



WHY? We exist

ACCORDING TO
MY EXTRATERRESTRIAL INSTRUCTORS

WHY? WE EXIST

Hello everyone!

For many years of my long life, at night, I often would find myself dreaming that I was sitting in a special classroom to receive some teachings. These arduous teachings related to the great principles of the universe and seemed endless because I could never see the time coming when I would finally get a diploma. Now at the age of 65, I am no longer waiting for official papers from my extraterrestrial instructors and even I allow myself from time to time to skip school. It is still coming back to me, in memory of my early youth, the night when I received my first course which was very impressive by the novelty and strangeness of the context. It was about the most important question, even primordial, according to my instructors to ask oneself at the beginning of one's life: Why? We exist.

Here is a new and long reflection on the purpose of life based on multiple knowledge that I acquired over the years by keeping company with certain extraterrestrial people. They are not the Truth in the absolute but the most advanced truths for Them that are useful to function harmoniously in this universe. Keep in mind also that what I am re-transcribing here is what I understood of their teachings with the itinerant limitations to my student status. One part of the reflections of this text is taken from my first book 'The origin of all' but with a development, modifications and additions important to answer this big question: Why? We exist.

Good Reading!

A short version.

For those who would like the condensed answer to this great question as to grasp the essential, here it is: All that exists in the universe comes from a primordial essence that was originally perfect but unconscious. By taking form and in inter-reacting with other forms, it became aware of its existence but with an incomplete perception, so-called imperfect of itself due to limited senses of each form. By a progressive opening through more and more complex and vast forms, it is discovering itself in its diversity and totality with the same original characteristics but with also a new attribute, awareness of its perfection. So it is the successive awareness that is the main purpose of our existence, motor of our evolution to the ultimate consciousness where we discover that we form with the entire universe a perfect whole.

A long version.

To understand why we exist, we must first understand why and how the universe works. I am going to tell you here what the extraterrestrials I know have explained to me about what they discovered and accepted as a concept related to the purpose of being. I will give you the notions on the meaning of life that have been verified by their people through the millennia, even millions of years of their existence. It is good to know and deepen the principles that govern life, which can be useful on a daily basis and make us progress towards a better life.

The greater truths that have no basis in our reality are not desirable because they often only bring us in a state of infinite vertigo. It makes us lose our footing in the 'here and now' and is therefore unproductive for our immediate evolution.

For my extraterrestrial friends, ALL that exists in the universe comes from and is made of one essence, of one and the same primordial energy which, in reflecting on itself, has engendered all that exists. Their scientists, when they knew how to capture it and examine it in depth, discovered that whatever the treatments, the constraints or the influences to which it was subjected, it remained at the base indestructible, immutable, and therefore eternal. It could change shape, metamorphose into an innumerable multitude of appearances from the simplest to the most complex but the impact ended, it inevitably found its original status, its primary qualities. It still kept its exact quantity of before the constraints. That is why it was considered by them, rightly so, as sacred, even divine in your own words because it was the fundamental essence, the fibre of which all that exists is composed.

From this observation, they discovered that the black 'holes' that are in the centre of each galaxy, was this energy highly concentrated that orchestrated the gyratory movements of each galaxy and that the dark matter (black) present throughout the universe, at different dosages, was in fact also this energy in the pure state (without form). Space is black not because it is empty but because it is filled with this prime essence. They then discovered a gigantic black 'hole' in the centre of our universe (its heart) that governed the whole thing.

They also understood that the high density of this dark energy in the centre of everything could obviously only spread itself around the neutral space. But at the end of its momentum, at different stages of expansion, it returned to the source, to itself. What is at the origin of the universe as we know it, it is these returns of energy which caused vibratory shocks due to these first meetings. It was the beginning and the cause of the first forms of life because these original shocks triggered some attractions, repulsions and first gyratory movements that created the first closed envelopes. It has followed a proliferation of a multitude of forms that have ended up defining everything that exists, including all possible frequency plans.

In short, everything that exists in this universe comes from a unique energy. This primary energy, in reflecting on itself, led to the creation of a countless number of entities vibrating at different rates and perceiving their individuality. From this was born the first consciousness of existing, which is always linked to the perception of an envelope that separates us from the rest of the universe, of what is not self.

In comparing their discoveries on the universe with the functioning of their own bodily entity, they came to the conclusion, with supporting evidence, that the entire universe was an immense alive and conscious organism and that they lived therefore in this one. In their explorations, they could even trace the limits in the form of a palpable envelope, a skin of some kind. This gigantic organism can bear the name of God because it is from him that we all depend totally. It is He who also gives us the possibility of a higher global consciousness and in return we give him a sensory perception of his vast universe from the inside. In other words, everything that is alive in him, including us, sends him permanently a range of perceptions, sensations and reflections that allow him to be aware of himself from within and, in exchange, he maintains a unity of his whole by his cohesive energy. From there derive enigmatic phrases like 'We were created in his likeness' 'The infinitely small is like the infinitely big' God is everywhere and in us' 'God is aware of all things at every passing second'

'God is the all conscious in us'.

For some, this vision of God may seem materialistic but we must not forget that as we ourselves have several other vibratory bodies outside the physical body, the planet earth as a living organism also has different rates of vibrations outside the matter. Then, by simple deduction, the entire divine universe possesses different levels of vibrations which raise it up to the so-called spiritual frequencies which are in fact only very high frequencies.

This concept that the universe is a colossal living entity explains, among other things, why it is expanding. The extraterrestrials have compared the original big bang, which gave birth to the whole universe, to the phenomenon of the first days of a fetus. The concept of the big bang according to the earthlings is partly false because it starts from the postulate that if the universe is in expansion it is that there was at the starting point of the creation an explosion which is not the conclusion of the ET. They are convinced that the expansion of the universe is due to the same phenomenon that we live in our body. At the beginning of the life of an embryo, it is a rapid multiplication of one single cell which, by subdividing, gives an organism more and more complex and voluminous. When the organism has reached a certain maturity, its expansion becomes a cyclical phase due to its own breathing. According to the extraterrestrials, the expansion of the universe is the realization of the breath of a gigantic being in the making.

As in the breathing of a humanoid, when we breathe in, the air that enters us fills our ribcage which then expands and when we exhale, the opposite happens, the air is expelled and our body contracts. This is true today because the terrestrial scientists have found that the matter in periphery of the universe, far from slowing down as in an explosion, is accelerating. This is normal because the peripheral matter of a body goes farther and faster than the more central one. Therefore the universe is inspiring in this moment because its matter is expanding while its energy is returning to its centre. At the limit of expansion, it will expire and its energy will spread while its matter will return to its core. It will go to a certain concentration which will define it in a stable space without dying or destroying itself. It will simply be more compact. There will be a pause equal to the time of the two other phenomena, freezing life as if in a state of sleep and the three cycles begin again. This movement is so slow that it can only be calculated with some vertigo.

The analogy with breathing in three times of all living beings (inspiration, expiration, stop) is not fortuitous but because we are from this universe and are therefore the replica on a tiny scale. We are not in the process of attaching our peculiarities to the rest of the universe but it is our creators who endowed us with these already existing universal characteristics. We live inside a being hardly measurable in size and unimaginable in his overall appearance. But what is certain is that he is not about to go out. For those who have an overflowing imagination, know that the extras suspect that he may not be alone of his kind.

If you want to believe in an only God and describe him, it is this first essence which originally was perfect but unconscious of itself; at the end of its expansion, it reflected on itself causing the creation of a multitude of shocks, swirls and then envelopes. This unique energy, trapped in individual forms vibrating at different rates, has become aware of its existence by the difference between its inner vibration and its outer vibration. It perceived itself for the first time through the contact with the other, the no self, and felt limited. The whole known universe, as complex as it is, is made from a one and same essence which, by reflection, has

given all the manifestations of lives that exist. There is nothing that is not this modified energy. In other words, God is this sacred energy that inhabits all things in him and is the very fibre that weaves the entire universe.

Every form of life, including ourselves, is a unique universe in oneself and even a God for all forms of life that inhabit us and constitute our entity. It is a perfect symbiosis where each party benefits. When we are in harmony with the universe, we make sure that God feels good internally and globally. For the divine universe, we are all very important because we are its inner senses that constantly transmit information and allow it to be aware of itself. The same is true of all forms of life that inhabit us and are our internal senses. We are as important and vital for God as all the microscopic lives that live and make up our bodies are for us. How many elements in us can we unload ourselves of without threatening the integrity of our being?

Originally, the first essence was perfect, immutable and therefore eternal, in a sense, divine but yet unaware of its condition, of its perfection. By reflecting on itself, it had the shock of seeing itself through the other which was actually itself retracing its steps in the opposite direction. It then became aware of the existence of this double unknown inverted. This phenomenon has been reproduced in billions of copies wherever this energy came back on itself. This is how God became aware of his existence and of his tremendous potential through the multiplication of the variations of his own essence due to shocks of encounters; each entity, newly created in him, transmitting a range of sensations never known before.

So, it is the first essence, of which our bodies are made, which is perfect and eternal but unfortunately, without any particular form, it is unconscious. It is through its metamorphosis into different substances and matters that it becomes aware of itself but at the same time, its partial or limited perception of the other gives it the illusion of imperfection and ephemeral. If you believe that you have an element in you that never dies, that is eternal, what you call the soul, you must absolutely believe that this element is never born. What never dies is never born. It only becomes aware one day of existing and only this original essence has this property of eternity.

It is all existing but ephemeral forms of life with their interrelations that have given the universe a consciousness. Through all the sensations from our experiences of our lives, God explores his being from within. As for you when you dream, you become the main actor and you discover your universe from the inside. The time of a dream, you believe you are separated from what surrounds you and you live thousand adventures in interrelation with other beings and in multiple environments. But when you wake up, you realize that you, as well as all the other elements involved in your dream, are only facets of your unique being. For God, we are those actors who, with the time of a dreamed life, believe to be separated from the rest of the universe which is in essence only other selves but in other aspects. The multiple experiences of life are a long journey to discover that we were only one at the starting point. But without this illusion of separation, created by our envelope limited by its senses, there would be no interrelation with the other envelopes therefore there would be no awareness.

We all oscillate between the desire to unite with one another and at the same time wanting to keep one's identity. The whole universe is based on the balance between these two poles. Everything must constantly clash to vibrate and be the source of sensations. It is what gives

the consciousness of existing. God at the origin was unique, perfect in the timeless but unconscious.

Reflecting on himself, he became multiple, imperfect in time but conscious. God unique realizes his immense potential by becoming multiple through us. We are literally his inner senses. It is for this reason that the universe-god dedicates an unconditional love to all forms of life in him and manifests it in seeking to maintain a constant cohesion between all its parts. You should feel this same unconditional love towards all the particles of life that form your different bodies and give you your awareness of existing. This should be one of your priorities on the path of your recognition as a Divine being.

This first energy in you which is Divine and has taken your form, your personality, has always existed and will always exist. It is eternal in both directions. It is this element that is impregnated with your feelings, your emotions, your thoughts, in some way your life baggage and persists in time, sometimes well after your physical envelope has disintegrated. But in fact this essence keeps it the time to take a new body otherwise it blends in the global heritage that is most related to it. I would say that in general, this baggage, with respect to a characteristic of humanoids, is transmitted from a specific envelope to another variant.

The general concept of reincarnation, which most of you know, is just but rudimentary because it fits your understanding. This vision of an eternal soul borrowing different ephemeral bodies more and more subtle is the beginning of a more complex concept. First, know that the Divine energy uses your physical body in your case as the main tool of discovery to become aware of a part of its universe. But it does so in association with at least two other bodies, the emotional body and the mental body for your species. My extraterrestrials friends discovered that to be aware of existing and to be able to continue this state, it was necessary to have a minimum of three functional bodies or in their language, three levels of distinct vibratory frequencies. The first is for the actions, the second is for the reactions and the third for the observations. This trio is essential to the manifestation of the consciousness because it is their constant association that provokes vibratory shocks which maintain sparks of consciousness.

Therefore for everything that lives, really everything, it is the regular frictions between at least three bodies that allow life to manifest itself and to extend in all consciousness. When the first body dies, the other two last a certain time but no longer being able to maintain the consciousness, they automatically disintegrate into simpler particles that merge with their peers. In many cases, this will be done with the group entity to which they belonged and this will serve to feed the birth of other entities of its species. We can compare this to what some people call the group-spirit of a species that governs all its members. Your own physical body, at the death of each cell, draws from its internal global reserves the energy to renew it. Thereby your body automatically and constantly renews its cells to stay whole and alive. It is your unique consciousness that is the source of constant maintenance of your internal balance. God does the same thing with his inner body-universe.

To understand the rest of this presentation, we must accept the concept that the first essence started from a centre (a black hole) where it is very abundant and that it has spread around becoming more and more rarefied. So the first conscious forms of life appeared near these centres saturated with energy. The energy was so dense that it gave birth to entities already very evolved and more than perfect according to your criteria. We can consider them

as gods since they did not have to go through all the difficult stages of evolution like all beings born in a very dense matter and where the energy is scarce. These beings moreover have a body barely perceptible in their saturated atmosphere because they can vibrate only on a very narrow band of frequencies which unfolds above the ambient density.

So the appearance of conscious life forms was gradually made from a centre, also comprising the centres of each galaxy, then spreading further and further into the universe. At each level, evolutionary entities have sought to help through co-creation with the intelligent consciousness of the universe to further the appearance of the conscious life. But the air poor in primary energy, as in the periphery of the galaxies, forced them to invent life forms with envelopes more and more dense in matter to avoid the dispersion of the vital energy that they had to contain. This was done gradually until the creation of solid life forms like those that can live in your part of the universe.

So life never appeared at the base in simple primitive organisms to slowly become complex but the opposite, from already successful organisms that sought to push back the limits of the creation in the most remote corners of the galaxies. It involved the creation of increasingly resilient life forms able to survive in austere places at first glance. But in counterpart, they possessed more compact bodies with impoverished senses because more defined in precise organs. The conscious and complex life never appears spontaneously on a planet but is the fruit of transplants and imports by creators whose passion it is.

Why would highly perfect beings want to spread or even incarnate in places that are more and more problematic? It is always the same first reason as that of the original essence. What is perfection without the consciousness of its own perfection? The adventure of life, it is to discover one's inner world in exploring the outside world. In the superior worlds where the primary energy is very abundant, the range of possibility of expansion of the beings who live there is limited. As already said, they can only vibrate on a very narrow band of frequencies that unfolds above the ambient density whereas the more this primary ambient essence is rare, the more it leaves room for a wider range of vibratory frequencies so a greater number of varied experiences which also implies the ever greater discovery of phenomenal capacities of transformation and adaptation of this source energy.

So the first sense of evolution was, for those early Gods, to spread consciousness further and further to the confines of the rarefied energy. They had to lower more and more the frequencies of the body envelopes so life could adapt and prosper. Humans, like those of the earth who live in countries far from centres and seek to raise their vibratory levels to go back to the source, are thus in the opposite first direction of evolution. Their rudimentary senses, adapted to their environment, can only acquire, by raising their vibrations, a larger spectrum of sensations. In cases of imminent death, the experiencers who find themselves in their more subtle bodies speak of expanded senses up to 360 degrees and much more refined which tends to demonstrate the pre-existence of superior senses. The higher beings who already possess them, but have never descended into the dense matter, do not perceive all its richness. Only the ascensionists become more subtly aware of it.

Creators, always seeking to push the limits of life forms further, decided a long time ago to create a species of which each individual would be able to extend indefinitely through different bodies. If three basic bodies were enough to sustain conscious life, yet at the death of one of these three bodies, the consciousness would disappear. The solution was to create a species

with more than three bodies so that at the death of one there always remain at least three. As a body is a vibratory frequency and that it is the friction with two others that maintains consciousness, it was about expanding the range of frequencies in a single entity so that the sparks of consciousness would endlessly linger. That is basically how the eternal individual survival was taught to be a step further in evolution. It is the name humanoid that was given to this new particular species and then which was spread to the borders of the galaxies.

This creation went a little in contradiction with the primary intention of the primordial energy which often sought to free itself from the form to find its informal state or at least a certain balance between the inside and the outside. In other words, it was the aberration to prolong indefinitely the separation, the limitation with the implication to have always in a body an incomplete and therefore imperfect perception of the universe. Was it good or bad? This is the whole paradox and the sole source of all the contradictions, oppositions and misunderstandings; the individual who seeks to extend and remain distinct from the rest of the universe while the first energy in him seeks to free itself from this envelope to reunite with its like.

The concept of love, dear to the earthlings, which is translated into the supreme desire 'to be all love, at all times' is an ideal that is not desirable in its absolute because it implies wanting to unite with all that exists beyond our envelopes to become one with the universe. This impulse comes from the first energy in us that drives us towards this goal but this ideal also implies losing the perception of our bodies that particularize us and are the source of our consciousness of existing. So it is better to oscillate between a time to forget oneself by uniting oneself by love to another, a time to recognize oneself by affirming one's self love and a time to balance between these two complementary states.

God is not only the sum of all the good things of the universe but all things balanced between them. Each individual must experience all the facets of what seems to oppose and then tend towards the balance between these opposites in assimilating them and thus canceling their disruptive effects. But the obtaining and prolonging of a balance that is too perfect leads to stagnation and inexorably unconsciousness. As for a walker, to advance, to progress, to remain conscious, one must always alternate between a desired step of imbalance and a step of momentary equilibrium.

God, the first source, was perfect at the origin but unaware of his own perfection; a huge unrealized potential. It is through us that he discovers himself from within, which means that everything that all things feel in every moment of its life redefines him constantly and gives him permanence. This is why that each second, as tiny as it is in our lives, is precious for God. We even speak of mutual influence because he is redefined constantly through our particular emanations as we are constantly redefining ourselves through his global emanations.

We are ourselves, as humanoid, beings with a potential of talents almost unlimited but not yet experienced, revealed. To manifest them and thus being aware of them, we must choose a principal one that we will explore in a specific environment, in a limited time, in including random interrelationships. Then we take a moment of reflection before choosing another talent that we will exercise in a new framework. The accumulation of reflections of all our experiences of lives leads us to perceive our acquired riches but also our capacities not yet explored. We are simply realizing by a progressive opening of our consciousness what we are

in our global potential. And we are a perfect being just as God is. We become aware of it gradually with each day achieved, with each aptitude realized, with each life accomplished. Our being realizes neither more nor less that it is of Divine origin therefore perfect in itself and that it does only discover it through its multiple experiences. In its finality, it will be as originally, perfect, but with a new attribute, the consciousness of its perfection.

So, in spite of everything, the creation by higher beings of a new species that can prolong indefinitely through many bodies has been seen as an undeniable progress. This particularity brought, among others things, the persistence of a more efficient memory because it becomes more complex and refined through successive lives of the same individual. The less fortunate side was the development of individuals very self-centered who could push their individual experiences to extremes including of course sublime acts never recorded but also behaviours of a rare aberration. It was the price to pay for these new experiments that were pushing back the limits of life. No one can imagine all the future results especially when it comes to a new creation that exceeds the capacities of its own creators.

You now understand that it is the fact of having at least four vibratory bodies that allows the humanoid race to extend indefinitely which is not the prerogative of most of the animal races and even of many highly evolved extraterrestrial races that only have three. But for humans and for caution, it is best to develop at least five bodies for the transitions to allow safe play. On the earth, it is possible to possess up to seven of them which gives the capacity to rise in the vibratory worlds. It is also the number of bodies that the earth can support. Even though in this part of the universe the number may go up to twelve bodies, this is not desirable as long as you have a physical body. The high frequencies of the higher bodies are so globalizing that they make you lose the bearings of the narrow perceptions of the senses of the physical body. The earth, which has also the potential to have three bodies and even more thanks to us, houses in its aura beings who live in their higher bodies, either transiently or permanently. To better understand the phenomenon, it should be known that in general every higher body is one-third larger than the previous one and lasts one third longer so, our perceptions of our environment becomes wider and wider and more and more subtle with the refining of their senses. Therefore at the death of the physical body of humans, their higher bodies will inhabit subtle bodies corresponding to the planet that unfold around it.

As far as animals are concerned, they all have the same three basic bodies as humans; the physical body, the emotional body and the mental body; at the death of the first one, the other two last for a while but the consciousness disintegrates quickly. The inheritance of the entity's experiences automatically seeks to unite with its likeness and naturally joins the spirit-group of its kind from where it will be drawn from new units to be born. It is a form of extension of the experience of each but through the whole. The longer life of the two secondary bodies ensures that the death of the animals is not too sudden and brutal. A few rare specimens that rub shoulders closely with humanoids have a chance to extend their individuality after their physical death but it is thanks to the sustained contribution of the energy of their companions. For those who have difficulty accepting the same three basic bodies in animals as in humans because they see the marked differences, they must know the importance of the two other bodies specific to humans. For having already experienced personally (Colin) the withdrawal of these two higher bodies that I call the sentimental and the amorous body by extraterrestrials for a specific modification, I found myself amputated of a great part of my cognitive abilities. I could see the limits of the first three bodies which consisted of surviving, eating, sleeping, with difficulty to think, to apprehend anything; special

context of course in relation to my usual state but which the animals are comfortable with.

The question that often comes next; is there a purpose, an end to all this? Unfortunately or fortunately, the road of evolution is endless. It is a series of cycles where life starts from the source to spread in the universe and then leaves in the opposite direction to return to its origin. This gigantic back-and-forth of myriad life forms comes from the movement of the entire universe, a vivid breathing like that of an individual at a small scale. So it is a loop that might seem to be repetitive in the eyes of some and even a vicious cycle for apprentices. But for those who look at it from a higher point of view, it looks like a spiral. It grows at every turn for all beings who are spreading in the universe; which is what gave the masculine characteristic of conquering new territories and new experiences. It diminishes for all beings who return to the source which is what gave the feminine characteristic which is to refocus on oneself and the essential. The evolution of each one is to become more and more aware of our unlimited potential by becoming ever more and more complex and rich of experiences while at the same time seeking the simple and fundamental principles that govern the universe. By a gradual opening, we discover that we were originally perfect but unaware of this perfection and that the only extra attribute that we acquire is the awareness of this perfection.

On the path of evolution, we must at first go through the gradual takeover of our road and this, through the understanding of the mechanisms that govern it. At first, for the most part, the path seems all drawn in advance by mysterious Gods, capricious or worse, the game of an absurd chance and we feel powerless to change anything. We only hope that the incomprehensible fate will be somewhat favourable. Then know that the daily reality of your life is made of all your past emanations that come back to you in the opposite direction and that it is your reactions to these in the present that shape your future. In analogy to the movement of the original energy, your constant emanations, whether in gestures, emotions or thoughts, at the end of their impulses, come back to you with the same force and the same content. Through what is the other but which is you under another aspect, these returns provoke, in you, new reactions which, as soon as emitted, will return inexorably to you one day or the other. This will be done tirelessly until you become aware that it is your own projections that are the principal cause of your experience; then will come the evidence to take control of our least emanations. This is what makes the first evolutionary difference between the beings who choose their plan of incarnation and those who undergo it. But there is a gradation between these two extremes.

There is no real finality to life except the deepening of the eternal contentment in the present. As far as my eyes can see, I do not see definite fulfillment, irreversible achievement. For all those who seek inner peace, serenity, happiness, look no further. It is basically your current state of being and not an experience to be realized, a goal to be achieved or even a place to find. There is no road that leads to a final Eldorado because, I repeat, the evolutionary path is in a loop. Even for the beings who seem to reach a major achievement, the spiral stop after a great cycle, only time for a rest before starting again in the opposite direction. The absolute fulfillment involves blending completely into the unity of the source but many beings at this stage choose to turn back to simply retain their individuality. Their new course will be different because forcefully tinged of their immense knowledge even when they will become unconscious in their new restricted envelope. Happiness is therefore in the joy of going on an endless path. It is in the very sensation of the walker who is more and more in agreement with everything that he does, feels and thinks. Since happiness is a state of being

beyond situations, this state of being can only be felt in the present. Only the present moment has an eternity value.

Happiness, as a state of being, is constancy beyond circumstances. In other words, it is your fundamental self which is made of all your past experiences that have become stable and permanent in you. These are the solid basis on which new experiences are lived that will be assimilated, integrated only with time. This stable self can be more or less happy or more or less unhappy but it is the one that allows you to live or survive in your current context. It is that state that suits you in this moment and which is therefore your particular happiness. If this fundamental state that I call your present happiness no longer satisfies you, it is up to you to change it by questioning and deepening your actual reality to discover what are the frustrations or the limits to transmute.

The first thing to do it to make the effort to take a certain distance with yourself and to watch yourself react to all that life brings to us and which are always returns from our past actions. Whether we are attentive or not to these, our past emanations come back to us inexorably and carry messages that must make us aware of what really radiates from us. No excuse to not see oneself as one is and thus to start on real solid bases to really improve our situation; to accept that the other is another me and as in a mirror, it reflects our true face; to listen to our conscience which knows if our emanations are the best of ourselves or below our current evolution; to redefine our eternal present so that it is satisfactory and gratifying especially in the immediate future; to ensure that all that we accomplish brings joy and happiness in the short and long term for oneself and one's surroundings.

Secondly, it is important, if you have not done so yet, to reclaim your life; to be true and honest with oneself. Becoming aware of what we do, say or think about everyday life and then, transform, improve what restricts us, prevents us for growing. We must tolerate obstacles, difficulties, oppressions only to the extent that they push us to go beyond ourselves and to become more aware of a state. If there is no awareness in what we live, there is no improvement of our condition, nor even evolution. The recovery of one's destiny is the best way to progress despite all the mistakes that can be made. For the evolutionary being that we are, it is not what we accomplish that is important but how we accomplish it. All that deserves to be done deserves to be well done to the best of our knowledge and that is what will remain in eternity; the gesture and not the result.

Know that the beings who have thought about this principle discovered the profound satisfaction of evolving in the happy situations; highlighting the progressive events through concrete actions leads them to be ever more beneficial. It is therefore in reflecting on our reactions to what we live that is found one of the keys to evolution. To live in higher worlds, this achievement is indispensable because where there are no more trials and sufferings, progress and evolution must be based on other criteria. In my world, they are goodness, beauty and truth or if you prefer, love, harmony and knowledge. As long as you do not understand this principle that one must constantly evolve and especially in happy times, fate will have no choice to force it through hardships or repeated returns in the harsh earthly matter.

Yet we are all masters of time, now. All of you, who are here listening to me, know that the Divine energy is here around us, in us and that it can achieve everything now and at every moment that passes. Everything is possible and you can realize all your desires, all your

aspirations at this very second. What must be done to make the miracle happen? You just have to believe it. But you are so loaded with past experiences and so eager to acquire future talents that you forget the essential, the present time. You must not go on forever pondering the past and eternally hoping for a better future. Anyway, it always happens in the present moment. You have power only in the present and it is not otherwise. The present contains all the possibilities but it is necessary to decide to act now.

The path of evolution is endless. Perfection as a goal exists only the time of its contemplation and the opposite way brings us elsewhere. So you have all eternity to explore your universe. No hurry. Why not take the time to savour each second of your life. It is not only in the duration of time that you find the key to evolution but also in the intensity of the present moment. Why not go deep into each situation in your life to find your revelation. In hyper-sensitizing each of your actions, each of your words, each of your thoughts, you stimulate your awareness. At this precise moment, it is important to know this great truth: Apart from the current moment of consciousness, all the rest is unconsciousness. Or if you prefer: Consciousness only exists in the eternal present moment, the now. Like the unfolding of a film which is in fact 24 still images per second, the consciousness is a succession of snapshots, sparks due to the friction between the bodies. This creates the illusion of movement.

When we start to meditate on that and understand the importance of the present moment and its role in the transformation of our reality, our past and our future are forever changed. Yes, the past can be transformed because it only exists in the eternal present that can reshape it as it wishes. When we understand that time is not only linear, that our past or near past does not follow a simple line, that our past lives are not only parallel but expansive in all directions, we understand that we can transform everything. As in our breathing where our bodies wander between expiration, our more compact self, our past; and our inspiration, our larger self, our future; it gives us the power to change our timeline in both directions. We oscillate too often, in our thoughts, between the past and the future even if it is always done in the present. But the more you learn to put focus on the eternal now, the more you bring down those perpetual back and forth that hide the true penetrating light of the present consciousness.

Some earthlings believe themselves to be powerless in front of their fate all traced in advance or in the contrary, others think they are left with too much freedom in front of a capricious chance. The truth lies between these two poles. Our present destiny is made of all our past emanations that come back to us. Our freedom is in our reactions to these. These new reactions will bring us new reflections that will be the basis of our new actions. All these reactions, reflections and actions will be our new emanations that will build our future destiny. Our universe only exists in relation to what we think and our emanations recreate it every second. If the universe has a certain permanence, it is because all living and conscious things including the mineral, vegetal and animal kingdom are constantly recreating it, sustained by the supreme consciousness of the being-universe which is the sum of all things.

We have to be aware that we are ourselves a God for all the living entities that inhabit our body and that together give its complex form. It is only a fraction of a second that is needed for you to become aware of the sensations of pleasure or pain emitted by a part of your physical body. Then, we must not doubt that the Supreme Being of which we are a part also feels the sensations emitted by one of its inner ensembles. This observation is found as much

in the immensely small than the immensely large. As an individual, you are aware of your body not through the actions of each of your cells but through the sensations and reactions that these actions produce on them. Your identity is therefore made of your reactions to the environment.

The universe of everyone is essentially made of its reactions to what it perceives from the outside and the reflections that flow from it. Its reactions-observations are themselves projected in the form of vibrations which, at the end of its momentum, will come back to it and will tint, prolong its known universe. Yet these are its own emanations going back in the opposite direction. These vibratory returns will be perceived as coming totally from the other and will confirm by reinforcement, the initial emanations. This is how personal universes are created and become the objective reality of their creators. The other sends back to us our own inverted image as in a mirror and we believe in this external vision of ourselves as the only reality.

Everything that is emitted from its centre will come back inexorably to us with the density, the intensity and the duration that we put to project it. The more it is projected with force, the further it will go from our centre and the longer it will take to return to us. But it will come back with the same density, the same intensity and the same duration. This law of attraction is well known to your scientists but is not really associated with the behaviour of individuals and their consequences. There is no great controller, a high-ranking judge who counts bad and good actions and then distributes punishments or rewards. This is done by a natural principle stemming from the primordial movement of the universe. All that is emitted by a centre returns one day or another to its transmitter and from this meeting, this vibratory shock, is born consciousness, source of transformation and evolution.

Everything is revealed by its opposite. This tiny sentence seems simple but its repercussions on the universe are limitless. I cannot be really happy until after experiencing misfortune. I can only know what true love is in contact with hatred. I am fully conscious of being alive through the experience of death. I feed on a great hope only after having despaired a long time in its opposite state. Consciousness arises from the meeting of two elements of opposite sense. Every form of evolution occurs at the meeting of the individual with the rest of the universe. The entire universe is filled with those beings who come and go in opposite directions and do not recognize each other; be it in the dark worlds the farthest from the source or in the bright worlds at the heart of the universe. One of the first observations on the path of evolution is to recognize oneself in the other and to insure that a certain balance is established between the two because our true happiness is intimately linked to that of the other.

Then do not be offended to meet your opposites because they allow you to redefine yourself constantly and the intensity of your reactions to them is the measure that reveals to you your own identical potential, balanced or not. One cannot recognize or identify a state of being in oneself until one felt its impact and its imbalance coming from the outside. All things are aware only of existing through their own meeting in the opposite direction. It is always our reversed reflection in the mirror that reveals the most about ourselves. Then, from this awareness, we can freely choose knowingly to prolong or change our states of fact.

There is no real evil in itself but only beings who are at different levels of evolution where the individual or collective survival is still expressed in every possible way. Even the evil which

consists of harming in all forms the progress of another being is simply the unconscious reflection of an inner pain of living. This is part of a long natural evolution in the worlds still poor in ambient energy and it is included and accepted in the big overall plan. Depending on your own evolution, you may face someday situations that are sometimes very dramatic, even traumatic but it is the way you live them that will make it a driver of transformation or not. One cannot become aware of the importance of respect for others until they experience the opposite in their own life through the principle of return which means that by unconsciously causing harm to others, the law of karma will make that one day or another one of our kind will make us live the same hardships. It is by feeling in our own flesh what we make others live that we become aware of the importance of other lives and not only that of the species to which we belong. The respect for all forms of life is a long learning process in some worlds still young.

A day must come when the respect for all forms of life must be transformed into love. True love is a conscious choice after having transcended all the potential of hatred that there is in oneself. Love is the acceptance, at a high level, of what unites us to all things. The universe-God is aware that his primordial essence is present in everything and that it is therefore the unifying link. This way he can only love all his parts. It is called the unconditional Divine love but in oneself, it is the cohesive energy that maintains a certain harmony in the universe. All its parts are united in an equilibrium constantly renewed. As an entity of Divine origin, we must also learn to love all parts of our being as tiny as they are because it is this unconditional love of our own entirety that guarantees a balance and harmony of the whole. This simple feeling of love towards oneself can exist and deepen despite the handicaps, the diseases, the worst situations as an entire acceptance of its reality. Only our true degree of self-love can be really shared with the other and with all in our environment.

How many multitudes of lives in you are waiting for you to take responsibility for living in harmony? Are there some ensembles in you that suffer from deficiency, illness or imbalance of any kind and that you ignore consciously or not? So why ask the Gods to stop your wars, your famines, your calamities of all kinds when you do not do it for your own inner universe. The Gods are our superlatives in a positive sense as in the other. There is a God to represent each ideal. Are you of those Gods who love only the parts of their all that are pleasing to them and who neglect or even despise those which are not to their liking? Do not do as your Ancient Gods who were concerned about the existence of their subordinates only when their bad behaviour disturbed them in their habitual pastime. So, do not wait for disorders of all kinds in your different bodies to worry about their fate.

This comparison a little severe with the Gods is to make you understand that, thanks to each one of your cells and particles of your bodies, you are aware of existing at every moment. They are each one particular and form ensembles that orchestrate in a coherent whole of which you can be proud. This whole collectivity deserves to receive your thanks and your unifying love daily. Take time to meditate on each part of your bodies, on each organ and on the harmonious beauty of the whole. You cannot meditate on each cell or internal particle because you are an immense and complex God. But you can learn to deeply love the whole being that you are and thus touch, by this love, every entity that inhabits you. This unconditional love will be perceived by the least of your parts and will be returned to you by a feeling of well-being, of global harmony. It will not be a state of being necessarily perfect, nor free from challenges to overcome but more and more serene in an eternal becoming.

Through every living being, the primary energy seeks to regain its lost universal unity. This is why it pushes each being to unite with others to regain the liberating equilibrium from before the form. This is how at each union, it becomes aware of a part of itself. But this new attained equilibrium, even if it is source of satisfaction, if it is too prolonged, it brings back the original unconsciousness. Only the search for balance is desirable but not its permanence because it is the imbalance that is the cause of evolution. Only the imbalance between two steps makes us get forward. The balance can only be maintained the time to refocus before launching again. The ideal is to be fully satisfied of one's achievements while developing and targeting new ideals.

Every gesture we make, no matter how small, is important for the construction of our present and future reality. Everything is included in the universe around you because the malleable first energy can be transformed into all things. What do you want to materialize in your immediate environment? You can create everything by your imagination and your diligence which can make the meaning of life very personal to everyone. But the first thing to do is to make a selection in your daily universe to choose to highlight what makes you feel good, makes you grow and to be indifferent to what hurts you, diminishes you. Each one of you instinctively knows, if he is not too disconnected from himself, what helps him to build bridges between him and the rest of the universe or the opposite, what makes him construct walls around him. You have to stop for a moment, regain control of your lives if you have not already done so and relearn how to taste all things using your senses to the maximum of their capacity. One must enjoy each second that passes by to make it a celebration to your recovered senses. You must again become aware of each gesture you make, of each word you say, of each thought you emit. Do they make you feel good, happier, greater? What can you change now in your life to make it more in harmony with you deeper self?

Why do we exist or should I say what is the reason for being? We are, with all that is alive, the consciousness of the universe. We are the very reason that the universe was waiting to reveal itself; become aware of the interior of its huge potential unrevealed and thus of its own existence. To be aware of one's own existence is in itself already a wonderful sensation but to be aware of one's achievements and potentials is a superior step that encompasses our reason to be. Nothing can equal the consciousness of existing and exploring a world that opposes or is receptive to us. A perfect but unconscious universe is only darkness and stagnation. An imperfectly perceived universe makes it possible to highlight infinite possibilities. We ourselves become aware of our existence through all our cells and particles of our different bodies which send us constant sensations and thus put us in touch with our inner universe. The results of all the actions, the reactions, the observations of all forms of life in the universe are infinite in the immensely small as in the immensely great.

Why do we exist? It is because the universe needed to understand itself, to find a meaning in its existence and it is through us that it discovers it. Then our main goal is to gradually discover ourselves in reflecting on ourselves to perceive the tremendous potential that we are and realize it in full knowledge of the cause and effect. To understand that it is in unifying more and more with all things that we rejoin the global Supreme Being in which we live. For that we must put in parenthesis, transcend our little self and open up to more vast, apprehend the higher self. There is no great finality to evolution if it is only the absolute contentment of the Supreme Being. But if we imagine that he is not alone, his own interrelations with the other universes are perhaps only in its infancy. Fortunately we also have bearings, moments of rest, of introspective to recover and simply enjoy life. These downtimes allow us to savour

our achievements but sooner or later, boredom, beginnings of unconsciousness will again provoke the desire to conquer new unknown spaces.

Our reason to be is to grow, to embrace ever more fields of exploration to become a being more and more complex and complete. For us the humanoids, to constantly be reborn from our ashes to continue to evolve individually, it is already an admirable goal. But this extension in time must serve to something, to improve our environment and that of the others. To continue indefinitely implies that we build and maintain a worthy reason to exist in the long term because God constantly asks us tangible proofs to continue to feed us with his vital energy. Without valid reason, he will stop supporting us like ourselves as we often get rid of entities within us that do not help to maintain our balance or worse undermine our integrity. The gift of life must be justified and the freedom of expression must not take precedence over our relationship with all other forms of life and the responsibilities that this entails. All creations, as tiny as they might be, have their reason for being and are worthy of respect. It is by sincerely unifying ourselves more and more with all living things that we can finally understand more clearly the reason for this great whole.

Why do we exist? To witness the beauty of the world. The universe needs our senses to know itself and be appreciated. We capture from the universe the register of vibrations that is accessible to us by our limited senses and we tint them with our baggage of past experiences. So the universe exists without us but at the same time we give it an intention which gives it a reason to exist. We particularize it in highlighting to it what corresponds to our perceptions. So we give it a meaning and a personality. The universe is in perpetual transformation because we reinvent it at every moment and the universe progresses or declines according to our moods. We contribute intimately, as a co-creator, to its own realization. Thanks to our wide range of emotions, which is a recent achievement in humans, we give God-universe a new range of sensations and reactions that personalize him to a level never seen before. Thanks to the humanoids which you are part of, he explores new vibrations which sadden or amaze him but never leave him indifferent. For that he gives us a special recognition like when a part of ourselves, of one of our bodies, sends us subtle sensations never felt before, then we feel contentment, gratitude. This is how God does the same by sending us waves of love when we are the source of well-being in him.

Why do we exist? For everything to be revealed to the universal consciousness and appreciated as a forgotten and rediscovered treasure. Seek in yourself your own purpose, explore it in all consciousness and share it with the rest of the universe to benefit everyone. Each little spark of consciousness helps to build and maintain the great light of the world and it is for this reason the divine universe has an unconditional love for all forms of life without exception.

This is what is taught first in some schools of the universe.

Colin and Naja

