

Booklet 2

The Ameril Philosophy

by

steve molyneux.

Awareness Means Everything Real Is Love.

Dedicated to all those who set me free to follow my own path to becoming me, and all those who helped me on my way. Thanks.

All The Ameril Philosophy articles and booklets published to date and in the future, either in print or on the Internet at www.ameril.net or any where else, by me, are and will be copyright free. This means they may be copied, distributed, translated, printed and published free of any copyright charge.

Knowledge is free to those who seek it, only *beliefs* cost.

Chapter Two

Matter Light and Thought or why $E=mc^3$.

Introduction

This is chapter 2 of, “The Ameril Philosophy.” Chapter 2 is a Scientific, Spiritual explanation, which uses the laws of physics to show that we create our own Reality by the way we Think and behave.

A few years ago I went to a talk by a quantum physicist who said there are three phenomena that quantum physicists are unable to explain.

1) Why is the universe expanding and why is the rate of expansion accelerating?

2) Why, when subatomic particles are broken into two equal smaller particles, which are then sent to different parts of the universe and the spin on one is changed, how does the other one do the same immediately, without the time delay expected because of the speed of light?

3) Why do subatomic particles behave the way the scientist Thinks they will? By the end of this chapter I think I will have answered these questions.

According to scientists, everything in our universe is energy. If, “Energy is unable to be created or destroyed, only transformed from one form to another,” then firstly that means, “Everything that is in the universe now, including us, must have been there at the very beginning, but in a different form and we are as old as

time itself? Presumably, we have been evolving through many different forms, to where we are today?” If I reverse the spelling of, “evolve,” I get, “ev(e) love. As, “Eve” is Greek for, “Life,” then, the purpose of evolution and how we evolve, is by, “Loving Life?”

Secondly; it means that everything that has, is, or will happen, is already Known? Why? Because, if everything in the universe is energy, then Knowledge must be energy.

Thirdly, past, present and future, all exist now. What? How? In his book, “Illusions, The Adventures of a Reluctant Messiah,” Richard Bach explains it like this. Imagine you have a roll of film in a can in your hands, the film tells the whole story. The beginning, middle and end, all exist in the same millionth of a second, but to know what the story says, we have to put it in a projector and watch it frame by frame. When we, “Enter a Trance,” and buy our ticket at the box office, we also buy into the illusion that the flickering lights on the screen are Real 3-dimensional, people, plants, mountains and so on. When we, “Exit the Trance,” we come back to our own Reality. This is how it is with us. We are Souls having a human experience and to have that experience like the one in the cinema, we have to buy into the illusion that this space time system is actually Real. In other words, the Spirit world is the Real one, this one is the illusion?

Just as actor friends for, example, Paul Newman and Robert Redford may make films together and also ones with others, so it is with our soul friends. We could play the roles of best friends, worst enemies, a cameo role, or any other part, it is just like a film? We are unlikely to harbour a grudge against our soul friends because they played a right nasty person in the film! So why do it now? A cinema could be showing all the films they made together

and apart, and we can watch them in any order we choose. What an interesting idea? We could live our material lives in whatever order we choose?

In the Spiritual universe everything exists at once and the time between what we Think and it happening, are instantaneous. So, to see the film, we buy into this space time system and put on our bodies, so we can experience life in this dense atmosphere and give our selves time to change our minds.

Now, although everything is Known. We are the ones who write our script, act it, direct it, produce it, sell the tickets and run the projector, and regardless of how many times we change our minds, it is already Known what we will do, even though we have free will, to do whatever we choose. What an amazing idea?

In our 3-dimensional universe for anything to exist, there has to be three parts to it, two extreme opposites and a middle opposite. For example;

Positive	Mother	Hot	Soul	Spirit	Spiritualism
Neutral	Child	Tepid	Mind	Mind	Consciousness
Negative	Father	Cold	Body	Ego.	Religion/Science

We are unable to have one without the other two, which is the vertical column. If we were to put this column on a scale, it would be 100% positive and 0% negative at the top and 100% negative and 0% at the bottom, with neutral being 50% of each? Assuming that the words are in the correct place, then all the words on each horizontal line, corresponds to the others on the same line, depending on the topic.

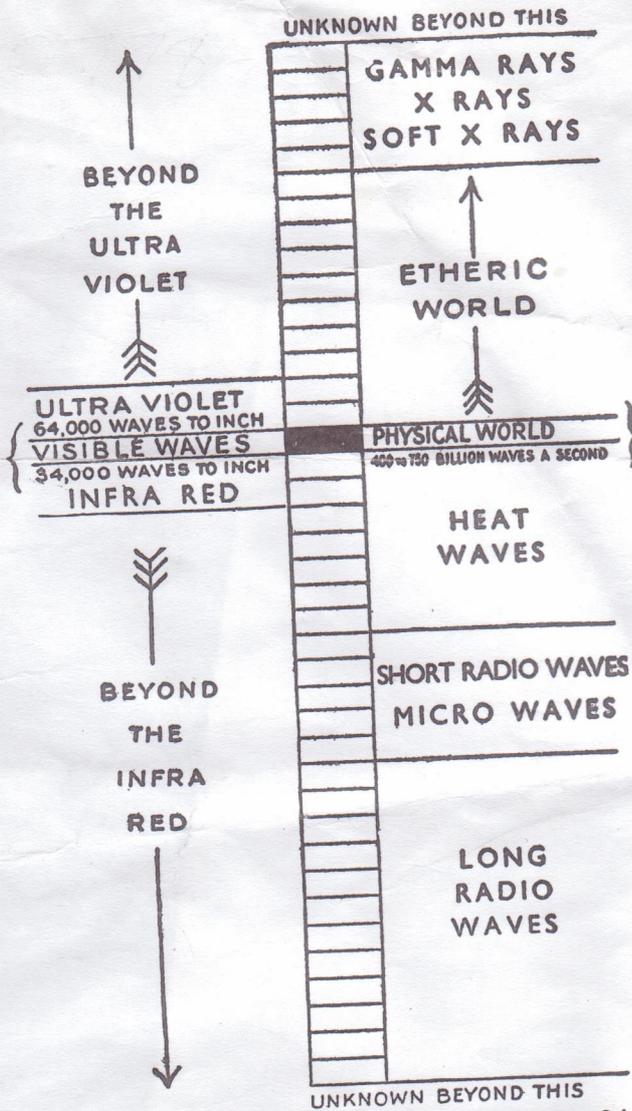
The figure opposite shows all the frequencies known to man. Everything we can; see, hear, touch, taste and smell, vibrates within the visible frequency range. (Taken from, “Beyond the Etheric,” by Arthur Findlay about 1934).

Arthur Findlay was told that if the range of frequencies, the vertical column, was a mile long, the visible region would be less than an inch. All the frequencies above and below the visible region are undetectable to us through our five senses. There are now thought to be a billion of these frequency ranges and in each one, a different universe exists and as the universe expands, so will the range of frequencies and universes? This could explain how we can live forever? So, there could be different life forms living where we are now and we would be totally undetectable to each other. I Think that when people talk of other dimensions or realms, what they are talking about are these different frequency ranges.

However, those who are Psychic in some way are able to communicate with those in the Spirit world. I have been told stuff about me that only I Knew about, how did that happen? Hallucinogenic substances such as Ayahuasca, Psilocybin and L.S.D. as well as meditation, drumming, chanting and making love, can take people into other realms and can cause them to change their perspective about Reality.

All the frequencies from the bottom of the visible, and above it, all seem to destroy disease cells and come from the sun, which is free. Those below the red cause them? So, if I were to limit my comprehension of the vastness of the universe to what I can see, hear, touch, taste and smell, and to only having one life, could be a little limiting?

VISIBLE AND INVISIBLE VIBRATIONS



The above chart makes clear how limited are our sense perceptions. Only the black portion represents the visible spectrum. This is all we sense of the innumerable etheric waves making up the Universe. The author has been told by his informants in the Etheric World that its vibrations just about told by those of the Physical World, and at times they can be detected by clairvoyance, by the seeing of etheric beings, called ghosts, and by psychic photography. Etheric waves, however, seem to be different from physical waves as so far we have discovered no instrument to contact them.

The second law of Isaac Newton's states that, "An object will remain at rest or travel at a constant velocity in a straight line unless acted upon by an external force." How does an object get from rest to travel at a constant velocity? By acceleration? Without anything to stop it, what will happen? It will continue to accelerate. Is that what is happening to the universe? "Yes." So, what is the problem? The idea that an object can travel at a constant velocity in a straight line is an illusion. The object would be travelling over the surface of a sphere, which is spinning on its axis, whilst orbiting the sun, which (According to the Maya) is orbiting Alcyone the central sun in the Pleiades, in our arm of the galaxy, which is orbiting a black hole, which is travelling in ever expanding spirals towards the outer reaches of the universe.....but other than that, it may appear to travel in a straight line at a constant velocity? Matter can only travel in spirals and light travels in straight lines, unless it is bent by passing through different densities, air to water for example?

To observe a change a subject has to be at rest or moving at a constant velocity. But as the subject is accelerating, it is constantly changing direction, so to overcome this problem scientists invent a mathematical system called, "calculus", to turn acceleration into speed. Then, they are unable to explain why the theory fails to fit the Reality? As matter is unable to travel in straight lines at a constant velocity, then momentum, which is mass times velocity, is unable to exist?

The third law states that, "For every action there is an equal and opposite reaction." which is true? However, this Principle is the same as the religious Principle, "I reap what I sow," which is the same as the Spiritual Principle of, "Karma?" Because, "I reap what I sow," then what I do to others (actions), will sometime in the future, be done to me (effect)." This means, "I create my own

Reality, by the way I behave?” Regardless of whether you have come across this idea before, hold onto that Thought for a while and let it sink in.

Everything that has ever, is or will happen to you, is totally of your own creation? This may seem a little scary at first, but Think that, “By changing the way I Think and behave for the better, will change my Reality for the better and I can create any Reality I want.” This is awesomely empowering idea because it is True? It empowers me to create the Reality I want?

There are three ways I can behave. The first is when I have Thought to do or say something new. This is called, “An action”, and starts a new positive cause and effect cycle. All new Thoughts are positive? Why would I consciously and thoughtfully, Knowing what will happen in the future, start a cycle that will cause me stress? The second and third options are when the cause comes back to me as an effect. I can either react in a subconscious, thoughtless, negative way to what comes back to me, or respond in a conscious, Thoughtful positive way to what comes back. A response is a reaction plus a Thought. Each time the cycle comes back to me I can choose what I want to happen to me in the future, and Think and behave in the appropriate way, to make it happen?

I call being aware of the best way to Think and behave, “Knowledge.” Actually doing it I call, “Wisdom.”

However, to continue this train of Thought I need to turn to the fourth pillar of physics, “The Theory of Relativity.”

Awareness Means Everything Real Is Love

Matter, Light and Thought or Why $E=mc^3$.

According to scientists everything in the universe is energy. To me Einstein's, "Theory of Relativity", says, "All the Energy or Everything (E) in the universe exists as 3-dimensional energy called matter (m). Matter is usually described as a; gas, liquid, plasma, solid or supercritical fluid. Matter has the 3 dimensions of height, length and width, it has a mass, which means it can be weighed and all it does, is occupy space.

The 2-dimensional energies of light are described by c^2 or $c \times c$, and c is the speed of light. However, how c^2 described light energies, was beyond me, until I had this idea. The speed of light is just a speed, a very specific speed, but still a speed, and speed is a distance (d) divided by time (t). So,

c^2 is $\frac{d \times d}{t \times t}$.

a frequency or light.
a vibration or heat
a rate of expansion or growth
at any given time, the radii squared
of a circle,
and acceleration.

Force (F) = mass (m) x acceleration (a), describes matter spinning on its axis and matter orbiting another object. Light, heat and acceleration are frequency energies and the other is expansion energy.

What is interesting is that $E=mc^2$ and

$$A=\pi r^2$$

and $F=ma$ all correspond to each other

E, A and F are the same,

π , matter and mass are the same,

and c^2 , r^2 and a , are also the same?

So, if the amount of Energy in the universe is fixed, then as the universe expands and gets lighter, the amount of mass energy must decrease and the amount of light energies must increase?

It also means that matter travels in circles and light emits from a point source as a circle, rather than as a sphere?"

However, $E=mc^2$ only describes two types of energy, and for anything to exist in our 3-dimensional universe there has to be three parts to it, so there must be a third 1-dimensional energy (c), but what is it? If matter corresponds to body and light corresponds to Soul, then what corresponds to Mind?

Thought? Is a Thought energy? If everything in the universe is energy and I am in the universe and have a Thought, then that Thought must be energy? Everything starts with a Thought, even the universe. The idea that, in the beginning was the word, fails to make sense. For there to be a word, there had to be a mouth to speak it and an ear to hear it. "In the beginning was a mouth, an ear, and something for the sound to travel through" I doubt it?

So, if (c) is one-dimensional energy, then E, must= mc^3 , and explains why light emits from a point source as a sphere.

$V=4\pi r^3$ is the same as $E=mc^3$? Where, "V" is Volume.

3

The simple model of our solar system shows planets orbiting the sun in elliptical orbits, but fails to take into account that the sun is also moving, apparently at 70,000 kilometres per hour, and the planets are following behind it, like dust caught in the slipstream of a lorry? $E=mc^3$ allows for the third axis of matter to travel in spirals?

Space contains lots of matter, but on a human scale it appears

to be empty, however, shove something as massive as the sun, through space at 70,000 kilometres per hour and it will produce a slipstream or vacuum? On some photographs of the sun's corona, the flames from the sun can be seen to be bent like the smoke coming from a moving steam train.

In a video by Nassim Harriman, which is on YouTube, Nassim compares the sun static with the planets circling it, then one with the sun moving. It is easy to see the frequency of the planets and apparently, if their frequencies are speeded up harmonically so we can hear them, they coincide with the scale C.

So, the Thought created the light and the matter to produce the universe we live in today, because we are unable to have one without the other two? For me to see how this could happen I consider that there was a short interval of time before the light interacted with the matter. So, the universe would have been without any light, heat, or expansion energies therefore, the universe would have been dark, at absolute zero and of minimum radius and maximum density, and perfectly still, the original black hole? The light then warmed the matter, which caused the matter to vibrate, expand and spin. If it broke into two pieces, then that would account for the expansion and orbiting. When a large atom breaks into smaller pieces, the total weight of the pieces is less than the weight of the original whole piece, because the matter energy has been converted to the light energies. The light emitted warms the matter and this continues the process of expansion and the conversion of matter to light, to produce the universe we live in today? Presumably, because light travels faster than matter, then the universe of matter is surrounded by an ever expanding sphere of light? Matter is just slow moving light. The faster matter travels, the lighter it becomes?

So, because the first Thought produced the light and the matter, then everything in the universe must be conscious in its' own way. If this is True, then is the universe surrounded by an ever expanding sphere of consciousness? Everything exists and happens on the Mental, Spiritual, and Physical planes or levels?

The black holes in the universe today could be the remnants of the original neutron of universal neutronic weight that is still breaking down and releasing lighter atoms, particles and light. The dense matter would be near the centre, the gas clouds at the outer edges of the galaxy and the light and less dense matter can be seen on photographs being ejected at right angles to the plane of the galaxy, to fill up the empty space created by the expanding universe?

All atoms on earth are about the same size and when one splits into two, they occupy twice as much space and fill up the void created by the expanding universe, this process is called "Entropy," Nature abhors a vacuum?

So, when the particle is split, it emits light, which travels out as a sphere at 186,282 miles per second, matter travels more slowly. So, when I separate the two particles and change the spin on one, then because they are both within the same sphere of light they are still connected, the other will change its spin immediately. It is without the need for the information to arrive, it is already within that sphere of light / Knowledge? This suggests that, the material universe is surrounded by a sphere of light and / or consciousness, that has been expanding since the beginning of time?

All atoms except for hydrogen, have an equal number of electrons, protons and neutrons, however, as the universe expands,

they can lose a proton and an electron, which is hydrogen atom or they can lose a neutron, which is an electron and a proton or a hydrogen atom. This probably accounts for hydrogen being the most abundant element in the universe?

Oxygen 17 reduces to oxygen 16, nitrogen 15, nitrogen 14,, carbon 13, carbon 12 and so on, each time producing a hydrogen atom. As this process continues, matter energies are converted to light energies. The more light energies in the universe the less matter energies and an ever decreasing possibility of gravity stopping the expansion of the universe? As matter energy is converted to light energies by the expansion of the universe, the amount of gravity decreases?

The boson particle is supposed to be the force that binds the universe together, but it is falling apart? Life is the only energy that pulls matter together, and when it dies, it falls apart again?

In the double slit experiment, large matter behaves in the way the scientist expects as matter. But, when the particle size is reduced to an electron, it behaves like a wave. Also, when the electrons are observed, they change their behaviour. Now, the primary function of science, is to explain, through observation, what is going on, so they can explain the Reality we live in. So, how can we ever Know what would have happened if everything changes its' behaviour when observed? (See the video, "Dr Quantum double slit experiment", from the animation "Down the Rabbit Hole," by Andre Givogue on YouTube.

However, the problem with this idea, is that to see the electron, light has to be bounced off it and that would cause the electron to deflect, but why would they all go through the same slit? In Reality, to see where an electron is, means moving it

somewhere else, all we would know is, where it was? If a star 10 light years away died a year ago, it would take 9 years before we found out?

Thought is energy and whatever the scientist thinks will happen, does happen, which is why subatomic particles behave the way he Thinks they will? So, if Thoughts affect the behaviour of subatomic particles and everything material is made from these, then surely it must affect bigger ones? If a scientist, or any one else for that matter, Thinks they will find say, “A boson particle,” then they will? With our Thoughts we create our Reality.

The placebo effect shows us that if someone Thinks they are taking a drug they get better, where as those who think they are taking a placebo, report getting worse, or staying the same. So, Thought must be having an effect on their Reality and Thought has to be a form of energy?

In 1926 Otto Warburg won a Nobel prize for discovering that cancer could only exist in an oxygen poor, acidic body and was unable to exist in a neutral or alkaline body. In 1934, at a dinner in his honour, Royal Raymond Rife presented his paper to 44 respected scientists of the American Medical Association entitled, “An End to all Diseases,” in which he presented data showing all diseases could only exist in an acidic body, that a disease cell was a healthy body cell living in the wrong liquid environment, and that sunlight also destroys diseases. The medical industry makes money from sick people, so it keeps them sick? Is that why they have yet to find a, “cure” for cancer?

In his water experiments Dr Emoto showed photographs of spring water, that had been exposed to words such as, “Love, Gratitude, Peace,” or classical music, he then froze the water at

-20 degrees and looked at them with a microscope and saw they had beautiful crystals like snow flakes within them.

The same water exposed to words such as hate, fear, to rock music or had been microwaved, were devoid of any crystals. However, if this water was then exposed to words such as, “Love or Gratitude”, the crystal shapes came back. He asks, “If we are 70% water, what effects do you Think words and music will have on us?” He said that it is our Thoughts that cause the changes. So with our Thoughts we create our own Reality. When he was asked about the words, “Smoking Kills,” on a pack of cigarettes, he said that the words caused more illness than the contents, (Because people think it does?) and it would be better to write on a pack, “I love you.” (So I did)!

I Think that the idea of giving thanks for what we are about to eat, may cause the food to be better for us to eat, by rearranging the water molecules in the food?

If our Thoughts change the structure of the water in our bodies, then surely it would also change the structure of our DNA and cause us to think and behave in a different way? If my DNA determines everything about me, how I Think and behave, the colour of my hair and eyes, whether I am fat or thin, and I change my diet to lose weight, then my DNA will change its self to change my body shape, surely?

Hence sayings such as, “Be careful of what you say, because with your words, you create your Reality,” and, “All words are spells, that is why we spell them?” A Real witch or magician would only cause positive stuff to happen, because they would be aware of they consequences of their spells? If I were to say or write something that made others laugh or cry, feel sad or happy, I

have changed the way they feel. All I did was to say or write something and changed their mood, just with words! This is how magicians, religious leaders, politicians and witches can control people. Some do it for their own personal gain, others use this Knowledge to enlighten and uplift others. Being aware of the consequences of what I am saying or writing is because I am conscious. If I am unaware, then I must be subconscious, even if I do it deliberately, because I would be unaware of the consequences of what I had said or written? If I change people moods for personal gain, then that is what others will do to me?

Have you ever been to an event in a stadium and found that the atmosphere inside the stadium was different from the outside?

Have you been to the cinema and come out and yawned thinking something like, “Back to Reality”?

Have you ever gone into a supermarket to get a loaf of bread and a dozen eggs and come out with £30 worth of shopping and Thought, “How did that happen?”

Was it because as you went towards the building it said “Entrance,” meaning, “Enter a Trance?” And you did? On the way out it said, “Exit,” meaning, “Exit the trance?” And you did?

When I worked in the laboratory, I was asked to detect and measure the concentration of potential drug in plasma and I asked for their method. I was given a sheet of paper that said, “Diprobutine HCl. White powder. Melting point 180- 220 degrees centigrade, pKa 5.5.” That was it. So, I did a search and was unable to find a method, and I decided to make up my own. I Thought that, “If I add that and that, give it a shake, spin it in a centrifuge, take off the top layer. Add that to this and so on, that

ought to work.” And it did! So, was I a brilliant analyst or did it work because I Thought it would? Initially, I thought I was a brilliant analyst, I now have my doubts!

In the excellent videos on YouTube called, “Sonic Geometry, The Language of Frequency and Form,” by Alanna Luna it starts by explaining the sexagesimal system of mathematics were the base is 60 rather than 100 as in the metric system. This system originated in Sumeria and the Sumerian's claim it was given to them, along with writing and the wheel, by the Gods from the sky called the Annuki. This system is why there are 360 degrees in a circle, each degree consists of 60 minutes, which are divided into 60 seconds, the smallest useful measurement of time; 12 inches in a foot, 12 pennies in a shilling, months in a year, hours of day and night, a dozen and so on.

It then goes on to show relationships between time, angles, geometric shapes, frequencies, sounds, matter and light.

For example, A triangle consists of 3 angles of 60 degrees, $3 \times 60 = 180$, add the digits $1 + 8 = 9$. 180Hz is F#.

A pentagon has 5×108 degrees = 540. $5+4=9$. 540Hz is C#.

432 Hz or cycles per second, corresponds to the natural note A on the musical scale. If it is increased harmonically 40 times 2, it corresponds to the colour red. The frequencies of the other notes on the scale correspond to the other colours. Multiply 432 by 60 = 25,920, which in years, is the time taken for the cycle of procession. Divide 25,920 by 12 = 6120. 6120 is the diameter of the moon in miles.

Multiply $432 \times 432 = 186,624$, which is very close to the speed of light, as defined by scientists at 186,282, and is probably the true speed in a vacuum, because it is natural?

Apparently in 1953 the authorities decided to make all

musical instruments and recordings use a frequency of 440 Hz, an unnatural frequency for the note A, rather than the harmonious natural frequency of 432 Hz, and moves all the other notes up by 8Hz. This causes discord to those hearing music at these frequencies, and has a subtle disrupting effect on our well being and DNA, causing us to change the way we Think and behave? Why did the authorities do this, probably to make people ill, more controllable, and stop them from becoming more conscious? Even if music were to be recorded at 432 Hz it would have to be on tape because a pure sound is a frequency which is rounded, but digital sound is bits of rectangular data and a square peg is unable to completely fill a round hole? The bit missing is the Soul of the music? Someone once said to me, "I listen to vinyl, but I only hear compact discs." To me, downloaded music is just a noise.

So, if harmonious notes on the musical scale make us feel good, then the colours they correspond to must also make us feel good, and, or reflect our mood. White is all colours, black is a lack of light and is the colour of servants and is depressing? Have you noticed how the car and fashion industries are making black, grey, and dark coloured (a colour with black, rather than a natural colour or one with white) cars and clothes? Do you wear colourful clothes?

Using the imperial system of measurement, when looking at the physical dimensions of ancient buildings such as pyramids, they are related to features such as the diameter of the earth. These correlations are unable to be seen in a metric system. The metric system seems to hide information from the past and to isolate people from the natural cycles of nature, like 440 Hz does? These videos are worth watching in my opinion.

If something like dry sand is piled on a plate attached to a

frequency generator and the frequencies start at the lowest we can hear, the sand jumps up and down. But if the frequencies are increased, after a while, the sand forms a pattern, whilst bouncing around. As the frequencies continue to increase, the pattern breaks apart and later forms another pattern, but more complex than before. This cycle with more complex patterns following periods of disruption seems similar to the cycles of evolution and extinction? If this is True, then what happens when we reach the highest frequencies we hear, do we evolve into a higher state of being in the lower ultra violet and a different universe?

If you want more information about how sound and Vibration interacts with matter, look up the videos on cybermatics. To see how all matter is made of triangles see talks on, “Sacred Geometry”, by Nick Marchmont

If I have a Thought (c) to do something, then it will produce the light energy, in this instance acceleration (c^2) for me to move my (m)ass, to go and do what I had Thought of doing. So E must equal mc^3 ? Quite simple really?

So, from “*Nothing*,” or, “*Not a Thing*” came a Thought, light and matter, how did that happen? For “*Nothing*” to exist, there has to be something and everything, and they are potential energy. Potential energy as the name describes, has the potential to be anything. This also called the zero point energy field and exists in the empty space between matter. Apparently, when scientists attempt to measure this energy, their instruments go off scale. That is why we live in a universe of abundance and have the potential, to create whatever Reality we want, it is only limited by our lack of creativity?

If I have a blank sheet of paper, there is, “*Nothing*” on it, but

it has the potential to be a sketch, drawing, or a painting, in water colours, oils, crayon, a poem, start of a novel, letter, a paper aeroplane, an origami snowstorm, whatever. It's potential, is only limited by my lack of creativity. As Richard says in, "Illusions," "Argue for your limitations and they are yours." We are lead to *believe* that we live in a world of scarcity of food, yet about 40% of food produced is wasted, because by being scarce, it is more profitable? If I think I live in a world of scarcity, then I do, if I Think I live in a world of abundance, then I do. It is my choice?

I am amazed at how limiting I was. "That is impossible," but is there an "a" missing between the "i" and the, "m", "I am possible"? Well, we live in a universe of infinite possibilities, then the possibility of it, must be possible?

I have just read, "We were born creative geniuses and the education system dumb's us down according to NASA scientists." IDEAPOD.COM. The scientists developed a test, which looks at the ability to come up with new, different and innovative ideas solving a problem. Only 2% of adults were considered to be in this group. They tested 5 year olds and found that a staggering 98% had this ability. Five years later only 30% had it and at 15 only 12%. They concluded that this was a result of the educational system that created conflict between different parts of the brain, whereby the imaginative side (the accelerator) was in conflict with the criticising, judgemental, evaluating side (the brake), at the same time. Adults are adulterated children, who think they know best? To bring back your inner child, think of 25 – 30 ways of improving a fork!

In 2000 I was asked to leave my job and when I got home, I Thought, "Now what? What do I want to do when I grow up? So, after a while, I decided I wanted to set up a business that once it

was up and running, would supply me with enough income, to enable me to do whatever I wanted, without any or very little further input. So, I decided to sell energy saving products, the only things I could sell someone that would make them money, whilst reducing fuel consumption and pollution.

Then I wondered, if I could do whatever I wanted, what was it? My mind went blank. What do I want to do when I retire? Still blank. Over the following 12 months whilst I half heartedly started setting up this business, I spent more time reading, studying and Thinking about books on Spiritualism, self help, metaphysics, all kinds of stuff. After this time I decided to pack in the energy saving business idea, as it seemed to be the wrong time and do something else.

So, I said to Ameril, one of my guides in Spirit, God, the universe and the thing that sends me back my Karma (I wanted to cover all the bases), “That what I wanted, was to Know the Truth, the meaning of Life, God, Creation, the Universe and all that stuff, regardless of the cost. For it to be True, it had to be True for everything, all of the time, without any exceptions. It had to be bombproof, waterproof and tight as a gnats chuff. It had to be Whole with a “W” and complete, without any dangley bits. When I had learned the Truth, I wanted to be given the opportunities to tell those who were interested in what I had learned at; festivals, gathering and meeting, preferably in fields,” and I did and I still do.

I also said, “If this is what you want me to do, you will have to look after me, give me a roof over my head, somewhere warm and dry to sleep and keep me in food, and anything else I need to do my work,” and this has also happened. This is how I created a life where by I could do what I wanted, without ever having to

work for money. This is because what I do, is what I want to do, which is to learn my Truth and tell those who are interested in what I have learned, and let them decide if it True for them.

Now, what I have just told you, is a spell. I Know it is a spell, because that is what has happened? Also, because it is written in the first person, as in, “What I want is to....,” you have also cast the same spell and if you put your attention on it or something else, then that is what will happen? That is how we create our Reality?

The media, religions and science do something similar, they repeat the message they want to get across to people so they can rule over and profit from them in some way?

A while a go, I decided to buy a motor home to live in. So, I said to the universe, “You Know what I will want the Motorhome for whilst I have it, so I want you to find me the perfect Motorhome.” Then, perhaps unwisely, I put limitations on my request. I said I wanted it to be turbo diesel, pre-computer technology, low mileage, four berth, double glazed clear plastic windows, the bed room at the back and a drive away awning. And for it to be mine, it had to be within a certain price range, 50 miles from where I lived and blue, Knowing that most Motorhomes are white, but I would accept; blue lines, lettering or logos.

Guess what I bought, exactly that! Now I said, “Perhaps unwisely,” because I later wondered, would I have got the same vehicle if I had just said, “You Know what I will be using the van for, so I want you to find me the perfect vehicle. And for it to be mine, it has to be within a certain price range, 50 miles from where I lived and blue,” accepting stripes, lettering and logos? Anyway, regardless of whether it would have, it gave me a

brilliant example of how Thought is energy, and how I created my Realityand so can you!

However, always ask for what you want now, rather than give it a date as you may have to wait until then! Also, it is recommended (Creative Visualisation, by Shakti Gawain and others) that you imagine that you already have whatever it is you want. By doing this you put your attention on it and what we put our attention on, is what happens!

So, if this has happened to me, then maybe you can remember occasions when this has happened to you? You have Thought of something and it happened. If it has happened in the past, then surely you can make it or something else happen in the future all of the time! But remember, before I can make my dreams come True, I have to have them first? Sometimes I may say, "I Think this will happen," and it does. So, does that mean it happened because I Thought it would, or because I am Psychic in some way?

One of the reasons why I bought the Motorhome was so I could get, "Back to nature," and clear my head of everyday stuff and concentrate on finishing the second booklet of, "The Ameril Philosophy. Obviously I have, because you are reading it! Walking bare foot on the ground, gardening and even weeing on the ground, all help to ground or earth us by allowing our negative energies (electrons) to flow to earth, leaving us feeling lighter and more positive?

You may have noticed that this chapter says the opposite of conventional science, but if the opposite to *belief* is Knowledge then it would do? So, is the opposite of, "time", "emit", which happens when we emit our Thoughts, when we are Thinking,

being creative or having fun, and the experience, is, “Timeless”?

As subatomic particles behave in the way the scientist Thinks they will, and if observing something changes the way the subject behaves, and this has been shown scientifically, then surely science has invalidated itself?

If matter (m), mass and π are all aspects of the same idea and π is an unreal number, does that mean matter is also unreal? If so, what are we left with that is Real? As all Thoughts are positive and come from Love and that the 1 and 2-dimensional energies give life to matter, then is, all that is Real, “LOVE”? Scientists say that everything in the universe is Energy, but is, “Energy,” the word scientists use for, “Love”, that is the same as, “Grace,” or, “Chi Energy,” is for other people? Just as hot, cold and tepid are the different aspects of temperature, so Matter, Light and Thought are all different aspects of Love?

According to the Kabylion, Hermes Trismegistos, The Master of All Masters said;

“The Principles of Truth are Seven; he who Knows these, Understandingly, possesses the Magic Key before whose touch all the doors of the Temple fly open.”

1) The Principle of Mentalism, “The ALL is Mind, the universe is Mental.” “Mental,” means, “Of the Mind.” The “ALL” is everything in the universe including the Creator being.

2) The Principle of Correspondence, “As above, so below, as below, so above”.

3) The Principle of Vibration, “*Nothing* rests, everything

moves, everything vibrates.”

4) The Principle of Polarity, “Everything is Dual, everything has poles, everything has its pair of opposites, like and unlike are the same; opposites are identical in nature, but different in degree, extremes meet; all truths are but half truths; all paradoxes maybe reconciled.”

5) The Principle of Rhythm; “Everything flows out and in, everything has its tides, all things rise and fall, the pendulum-swing manifests in everything, the measure of the swing to the right is the measure of the swing to the left, Rhythm compensates”.

6) The Principle of Cause and Effect; “Every Cause has its Effect, every Effect has its cause, everything happens according to the Law (Principle) Chance is but a name for Law *not* recognised; there are many planes of causation, but *nothing* escapes the Law.

7) The Principle of Gender; Gender is in everything, everything has its masculine and feminine; Gender manifests on all planes.”

I can remember reading this and Thinking, “I am missing something,” the it dawned on me, it was similar to this chapter, but written possibly 2000 or more years earlier.

As I Know I can consciously create my own Reality and heaven on earth, so I can make it happen and live it. Then, does it matter whether it is c^2 or c^3 , or if the earth is round or flat? I mean it is all an, “ILLUSION.” So why spend my time wondering if the universe as I see it is made of a tetrahedral array, and although solids feel solid, they are more than 99.999% empty space, if it is

an “Illusion?” Scientists have already come to the conclusion that the universe is a mental construct or hologram, in other words, “The Universe is Mental.” “The Universe is of the Mind?” It is an Illusion? It just appears to be Real, it is as Real as the flickering lights on a screen or tell-lie-vision?

When I decided I wanted to Know the Truth, I was looking at it from the perspective of religions and Spiritualism with a little bit of science as in chapter 1. After watching a program called, “Einstein’s Greatest Blunder”, I Thought it would be great if I could come up with an explanation for scientists.

Also, the first two Chapters of, “The Ameril Philosophy,” would show that the author was capable of logic and rational Thought and would enable and encourage people to take chapter 3 more seriously, and live it for their and our benefit.

Chapter 3 is about falling in love and staying there. Assuming being in love will make me joyful, that energy would radiate out from me and interact with everyone else and raise their consciousness and awareness. This seems to me to be a great idea, by making myself joyful, I make everyone else more joyful. I can live with that. As Love is all there Really is, then making some more must be a Loverly idea? This makes sense to me and just happens to be the title of Chapter 3 of, “The Ameril Philosophy.” and discusses the difference between sex and making love and why the latter can also be a Spiritual experience.

Remember, “Whatever I put my attention on, is what happens, whatever I think or do to others will be done to me?”

Awareness Means Everything Real Is Love.

Chapter 3

If Love is all there Really is, then Making some more must be a Loverly idea?

In The Ameril Philosophy Chapter one, (www.ameril.net) it says that, “Karma is the Principle by which everything in the Universe learns to love life or evolve.” It also says that Karma can be described as the Principles of, “I always reap everything I sow,” (Religions), and, “Cause and effect” (Science).

So, if I always reap everything I sow, what happens? Well, if I behave in negative ways towards others, sometime in the future others will behave in negative ways towards me. When they did, I used to behave in a negative way again and start another negative cycle. Also, when people behaved in negative ways towards me, it caused me stress. Stress is the cause of all my pain, suffering, diseases, illnesses and eventual death. The more stressed I am, the more ill I become, until eventually I become so ill, I die?”

Then I Thought, “If I stop behaving in negative ways towards others, sometime in the future others will stop behaving in negative ways towards me? This will stop all my stress; pain, suffering, diseases, illnesses and I will survive.

However, if I behave in positive ways towards others, it makes me feel good? Also, sometime in the future others will behave in positive ways towards me, and I will naturally behave in a positive way and start another positive cycle? When others behave in positive ways towards me, it makes me happy. The happier I am, the healthier I am, and the longer I will live?”

I then thought, “If I were to spend a little more time everyday being a little bit happier, eventually I will be extremely happy all of the time? If I were extremely happy all of the time, it would be like living in heaven, here on earth?”

This means three things. Firstly, I must create my own Reality by the way I think and behave? Secondly, Heaven must be state of mind rather than a place? Thirdly, if I can create heaven on earth, by changing the way I Think and behave for the better, so I become happier, healthier and live, then surely this gives me, Some Meaning to my Life?”

Thirdly, “If I can live in heaven here on earth, then heaven must be a state of mind, rather than a place?” (So, what state of mind is the most heavenly for you?)

Also in The Ameril Philosophy it says that, “Using sex to get what I want, to get my own way or to get my own back, is the worst form of human behaviour.” However, it also says that, “Making love to get what I want or to get my own way, is the best form of human behaviour, so what is the difference?”

To me, sex describes a range of activities, ranging from; violent rape, sadomasochism, pornography, prostitution, if you do this to me, then I will do that to you, to the best that sex can be, which is when both people come at the same time. Sex is about satisfaction or gratification.

Making love or xes as I call it, is the opposite. Xes is when I, the male, pleasure my partner and I give her more orgasms than I have, an excess as it were? This is why I call it xes because, as well as it being the opposite of sex, it describes what is going on, my partner has more orgasms than I do. The reason why women

can have multiple orgasms is to enable us men to make love to them. Great eh!

So, having cleared all that up I will continue. If heaven is a state of mind rather than a place, then what state of mind is the most heavenly? To me, from what I can remember, it was when I was in love.

The problem with this approach to creating heaven on earth is that, “falling in love,” just happens to us, rather than we cause it to happen, or can we cause it to happen? Well, what do we do when we are in love? We hold hands, we give each other cuddles, hugs and kisses, (including tongues and tonsils), we make love instead of having sex and we talk and listen to each other more often. Then over time we fall out of love and stop doing all these things, or do we stop doing all these things and then fall out of love? Obviously, the easy way to find out, is to start doing all these things (again) and see what happens?

Did you Know that, when we kiss someone, our bodies release compounds called beta-endorphins that cause us to boost our immune system and make us feel happy? Way back in August 2005, there was an item in the Observer (31/7/2005) that said it is our first kiss that starts puberty by releasing a protein called kisspepsin. Drug companies said this discovery could help develop drugs to block the premature onset of puberty in young children and new treatments for breast and prostate cancer. I think I would prefer to kiss my lover, to heal myself rather than subject myself to any of their toxic drugs?

To start the experiment, I recommend that couples spend at least five minutes three times a day giving their partner hugs and kisses. Now, this theory comes with a guarantee, which is this. “If after 28 days of continuously striving to make your partner and yourself happy you have failed to notice any overall improvement in your general well being and happiness, you can stop making

your partner and yourself happy and have all of your indifference and misery refunded!”

I look at it this way, instead of looking for someone to make me happy for the rest of my life, I look for someone who I want to make happy for the rest of their life and then do it?

In his book, “The Path To Love,” Deepak Chopra says the following on Page 149; “In our culture, “good sex” is usually defined in terms of performance. We overlook that sex is a creative act, which is without the need to be critiqued or evaluated. Biologically, human sexuality is essential to the process that creates babies, but the same energy contributes to many things at levels of life that maybe other than biological. Sex is creativity itself, and we have the capacity to create on every plane of existence, from the biological to the spiritual.

Sex is creative when it produces a new feeling, insight, or experience. In this exercise some of these experiences are explored.

Look at the following list of experiences. Put a check by any that you have had during sex. These are suggested phrases that you may interpret as you wish-your own perception of bliss; carefreeness, playfulness and so on are all you need to go by.

Delighted laughter,
Sense of timelessness,
Ecstasy.
Warm flow in the heart,
Merging with partner,
Floating sensation, as if the body disappears,
Warmth or physical light flowing up the spine,
Loss of ego,
Carefreeness,
Playfulness,

Unattachment to your performance,
Complete letting go,
Expansion,
Sense of wholeness, safety, belonging,
Blessing,
Bliss,
Acute awareness of self or surroundings,
Unbounded love,
Contentment, peace in your heart.

Now look back over the answers, the experiences you have checked indicate your spiritual horizon. That is, you have learnt to use your sexual energy to create these experiences. If you have had some of these only once, these are the envelope of inner growth. The experiences you have had more than once, especially if recently, indicate the growth you have already integrated into your loving personality.

Go back over the list and mark the experiences you have yet to have, but think could happen next. These are your spiritual goals. Your desire for them is enough to bring them about, on your inner landscape you are already working toward them.

Now go back over the list and mark the experiences you *believe* are out of reach or impossible for you. These could be interpreted as blocks to spirit. Since everything truly is in reach in the creative use of sexuality, naming them what you see as “impossible” experiences holds a mirror to your current *belief* in the limits to love.

On the path to love, impossibilities are resolved by turning *nonlove* into love. With spiritual growth comes new potential- which can take the form of sexual experiences- leading to the

realization that you are pure potential, able to fulfil any creative impulse”.

I Think what he is saying is that, by making love we can have any or all of these experiences and we only have to desire them for them to come about. He is also saying that making love is a creative experience and therefore Spiritual. Sounds great to me!

However, Deepak fails to give any ideas as to how this can be achieved, so I have described my own as a possible way for others to start their growth, assuming that they want somewhere to start?

I found that, if I spent sometime kissing my lover on the lips (The ones on her face), I could sort of "tune into her." I would think about, "How it would feel if she were to gently brush her lips across my cheek, on her way to my ear." I would think about, "How it would feel if she pretended to move to my ear, but turned away several times, and how it would make me feel tingly." I would also think about, "How, when she did touch my ear, I would feel squirmy." Holding on to the thought of, "How it would feel if," I would work my way from one pleasure centre to the next most sensitive pleasure centre. When she came I would continue what I was doing until the orgasm subsided and I would then start to tease the next most sensitive area. I would also think that the "feelings" I could feel were only a tenth of the sensation that she could feel.

The sites of special interest to visit could be: the ear, the head behind the ear, the side of the neck, the top of the shoulder, and the little hollow by the collarbone. The least sensitive part of the breast is the top, then the cleavage, and then the underside of the breast. The side of the breast nearest the arm is the next most sensitive, followed by the area around the nipple and then the

nipple. After the second breast, travel down the centre of her stomach to her belly button. From the belly button either travel straight down or come down her hipbone. The inside of her thighs is the next most sensitive, followed by the outer lips of her vagina, her inner lips, her clitoris and her vagina. Inserting two fingers in her vagina whilst stimulating her clitoris with the tongue seems quite effective. By teasing her and taking my time, for instance by undressing her using my teeth, and encouraging her to squirm against my thigh during the squirmy bits, she may ejaculate or squirt, as some of my friends describe it, during the popular bit. This seems to suggest that she is ready for the next stage.

At this point, I found to my initial dismay that, instead of being rampant and raring to go, I was only semi erect. (It is an energy saving process; it is pointless having an erection, until I need it! Apparently?) However, I found that because she was so slippery I could slip in. I also found that by kissing her and twitching my penis it would cause her to have a contraction, which would make me get hard. I also found that by taking my time, and telling her it was getting bigger, even if it was already full size, she would orgasm just by me getting hard and twitching my penis. As I wanted to last as long as possible, I would let her get on top for a while. I think that when making love, my body is to be used by me, to give her pleasure, and that my body is for her to use, for her pleasure! If she is having fun, then so am I! By thinking about, "What it would feel like if," enabled me to Know what I was doing and know what to do, because I sort of Knew, "What it would feel like!" Hopefully, you will now also "feel" something similar.

The, "What it would feel like," approach can also be used for massage. To give someone a massage, just do to them, what you would want them to do to you? Though I would suggest that

slapping anyone, as in used in some forms of massage, may destroy the ambiance?

Once when I was in tune with a girlfriend, I thought to her, "My shoulder is itchy, would you scratch it for me"? To my surprise she started to scratch my shoulder and gave me the best scratch I have ever had. When the itching had gone, I thought, "Thanks that was brilliant," and she stopped scratching me. I was amazed, I mean how did she Know which shoulder it was and where it was itchy and how hard and fast to scratch my itch so perfectly? All that information somehow must have been contained in my Thought?

On another occasion I asked the same girlfriend what she Thought about our love life and she replied, "What I love about it is this, let me get it right. Okay, what I love is that, I Know that you Know, that I Know that you Know, exactly what it is you are doing to me." Both these occasions told me was that we were in tune with each other on a telepathic and a Spiritual level? This confirmed to me what Deepak Chopra had said and that making love is a Spiritual experience?

The way I see it is this, after making love I feel great and happy and I behave towards others in a more positive way. Once I / we have given all our love away, we can get together and make some more, that is why it is called, "Making love," it does exactly what it says on the can? Have fun, remember, practice makes perfect, great eh?

(Apparently there are some men who *believe* that "going down" on a girl is "unnatural." However, why do we have more nerve endings in our lips, tongue and rude bits than anywhere else? What other reason is there to account for the fact that, the

tongue is the strongest muscle in the body, apart from nagging? If she is sighing with pleasure, she is unlikely to be nagging)?

According to Professor Petruska Clarkson (Observer Magazine 12th May 2002, “For many women there are more nerve endings in the anus than the vagina and this can bring so much pleasure. But anal sex is associated with feelings of guilt and shame. I *can't* recommend it because it is illegal in this country even for married couples. But my feeling is that many couples try it” Why is it illegal?

It seems to me that, what consenting couples do is of little if any relevance to anyone other than the people involved. Is the reason for it being illegal because couples could use anal sex instead of contraceptives and the pharmaceutical and condom companies would lose their profits? Those in authority seem to dislike people enjoying themselves and prefer people to suffer and be ill so they sell them more of their toxic drugs? They make money from sick people, so they keep them sick?

Another possibility is that religions become more powerful and wealthy by having more people offering sacrifices to their god. So, as well as beating up their neighbours and forcing them to become members of their religion, they can also get more members by them having more offspring, because the people have been denied anal, manual and oral sex?

By making sex a sin so they can get more sacrifices / money and sin causes guilt, which in turn causes sexual transmitted diseases, who ever heard of a love making transmitted disease? It would create happiness?

Those in authority, who *believe* they own us, want us to get

married and remain faithful, so they know who owns whom? In many religions the price of adultery is death, even the South American ones such as the Maya and the Aztec.

If a couple have four children between them, then there are only two sets of genes in the four offspring. If someone has four children with four separate partners there are 5 sets of genes between the offspring. Which is better for mankind or any species, inbreeding or out breeding? It suggests that the often-vilified single mums, with children by a number of different partners are actually doing a great service to mankind? Of course, only some people want to live their lives with the same partner, and maybe this chapter will have given them some ideas on how to have more fun.

In the Gospel of Thomas, Jesus is asked if we can commit adultery and he replied, "You can if you think you can" Why did he say that?

Having just come across (excuse the pun) a copy of, "The Illustrated Karma Sutra," by Marilyn Chambers and reread most of it for the first time in years, I have come to the conclusion, that most of the theory came from her book. It seems I just did what she suggested and added the Thoughts!

Tantra is Yoga or union with God through sexual practises.

Remember practice makes perfect fun!

Awareness Means Everything Real Is Love.

Chapter 4.

Shelise's Message.

I had heard of Shelise a long time before I met her. She had a notorious reputation for being a liar and thief, according to those I knew. "I have Known Shelise for years, I love her to bits, but I *wouldn't* trust her an inch. She would be smiling sweetly at you, whilst stealing your shoes from your feet. Promise me you will *never* let her in your flat!" Was how one person described her. Shelise had upset a few people who really disliked her, and then there were those who Really loved her.

I knew who Shelise was before I heard she had died then, that she was seriously ill with a collapsed lung and had been put in a coma to stabilise her. So, I sent her some love. A few weeks later I heard she was in town.....pissed! "Bloody hell Shelise, what does it take?" I Thought.

A while later Shelise started to come round to cadge a few quid for a can of super strength lager, for which she would have to endure one of my lectures. But, as I am also very open about my ex-alcoholism, alcoholics and drug addicts seemed to trust me, apparently, "I was sound." Also, I knew where they were coming from and the fears they faced, having experienced my version of the madness going on in their head.

Shelise's visits would go like this; she would call my name loudly and bang on the living room window, (I had a ground floor flat at the front of the house, without a bell). As I opened the front door, she would slip under my arm, stand with her back to the wall and say, "I *don't* want anything." "Good," I would say, "Because I

am skint.” She would go into the flat, sit in an armchair and say that, when my flat door closed, it seemed to lock the madness in the world outside. After a while she would ask for some money and I always gave it to her apart from once, and the vitriol she poured out made me decide that was the last time I would refuse her. If it cost a few quid to stop her having to endure that in the future, it was worth it. After a while, before she left, she would look down and say, “I love you. I Really do, you Know that, *don't* you?” I would reply, “I love you and you Know that, because I keep letting you in.”

Shelise told me that she was a bad person, a liar, cheat and thief, who had bitten the hand that fed her.....often and other stuff. She had been raped when she was seven, been on drugs since she was 14, had spent 8 years in gaol and was now 39, very ill and had to do something soon. She could go into detox whenever she wanted and after 6 weeks, there would be a car to whisk her off for a years rehabilitation programme. Although happy to do the six weeks detox to get off everything, the years rehabilitation programme was a bit too, “Churchy,” for her.

Shelise said she was scared because, if she stripped away all these layers, what would be underneath? Instead of saying, “The most awesomely beautiful being that you are,” which is what I Thought. I said something pathetic like, “It is just a fear, feel the fear and do it anyway they say. Once you Know it is just a fear, you are released from it and more free?” “Mmm.” She said doubtfully. “Remember when you first got nicked, I bet you shat yourself. By the third time.....,” “Yeah, it was water off a ducks back,” she interrupted. “Well, that is how it is with this?” I said. A while later she said to me, “You Know, on Monday, (it was Sunday) I am going in to tell them I want to go into detox now.” I somehow doubt if she did.

However, there was something about Shelise that failed to make sense to me. Shelise seemed to be on my level of comprehending what I was saying, yet she behaved like this! As some one who Knew her well said, “When she wakes up in the morning, she is without a clue where she will wake up the next day!” It seemed as if she was playing a part as Shelise, but the Real person under all those layers was someone very different. Someone filled with creativity, fun, playfulness, and vibrancy, so what was going on?

Also Shelise scared me. There was something about her that attracted me and I Knew she would always get her way. That Shelise had said she had bitten the hand that fed her.... often, put me off investing time in helping her. Especially whilst still using crack cocaine and alcohol. On several occasions, Shelise looked so small, lost and lonely that I wanted to hug her, but something kept holding me back. Maybe it was the fear that she would bite the hand that fed her and it would be mine and that the relationship would fail, was too much for me to cope with.

Anyway, despite everything she had told me about herself, and my reservations, I decided that, if she went into detox of her own accord, because she wanted to, then I would visit her every week to give her some encouragement. On the third week I would ask her if she would proof read chapter 3 and also tell me what she Thought of it. The following week I would ask what she Thought of it and she would say she Thought it was a great idea and would love a relationship like that. Then, on my big white charger in my suit of shiny armour, I would say, “If you would rather do that with me instead of rehab, I will give you a year of my life to do it,” Thinking we would fall in love and live happily ever after, was my plan. But Shelise had to do the detox because she wanted to,

rather than because I had made her a promise.

A few weeks later Shelise asked if I would take her to the chemists about 5 miles away to get her prescription. An odd request I Thought, because she has to go 6 days a week to get it, so why did she need me to take her? Events on the way there and back suggested she was showing me what her life had become and how this free spirit was dying, because her restricted life style. Just as that Thought arrived she said to me that, when she had a collapsed lung they put her into a coma. Whilst in the coma she met her nan, and as she move towards her, her nan started waving her arms and shouting, “Go back Shelise, go back, it is *not* your time.”

For some reason I interrupted her and said, “The next time that happens, ask them why, what is your message, what is your mission, you seem to have forgotten it?” She then said, “I *don't* Know what was in the stuff, they used to put me in a coma, but was so Real, far more Real than any of this, (as she swept her arm around meaning the outside world, whilst holding a can of lager), whether sober, cough, cough, on mushies or acid, they are just phuh!” From what she had said I Thought she had had a near death experience and if she Knew that, would probably kill herself, so I avoided mentioning it all afternoon.

Shelise seemed to be intent on getting me to help her in some way and that she must love me as she, “*hadn't*” robbed me, though she did owe me some money, but that was different. Eventually I decided to tell her of my plan and see what she said. As I went to do this, my mouth dried up and before I could moisten it, she asked when (her ex-boyfriend) was getting out of prison. I said, “On the 24th”, and she said, “I will have to be gone by then.” Assuming she meant “Into detox,” I worked out that she would

leave detox about the middle of January. Where we would go I was yet to find out. Then for some reason, she turned around and looked up at the portrait of Ameril, one of my guides in Spirit for a few seconds, and then excitedly said, “She’s just winked at me.” Shelise turned to look at me, repeated herself several times whilst looking at the portrait and me in turn. My immediate Thoughts were, “Ameril is saying everything is going to be brilliant, or I will see you soon.” Shelise also said she would call around in the morning to pay back some of what she had borrowed, which would give me a chance to decide whether to tell her of my plan.

As I had slept badly all week, I went to bed early and about 1:00 a.m. (I had forgotten that morning for an addict was a second after the bank cleared her money), I heard a gentle knock on the living room window. “I thought to myself, “F**k off Shelise, come back later in the morning like you said”. There was another gentle tap, the same Thought and that was it. If she had wanted to wake me up, she would have! That was the last I heard of her. Five days later I heard she was dead. This time she was, “Dead dead, there was *no* coming back this time,” I suppose that, as the Spirit world was far more Real than this world, she would have to go back to show it was True? Otherwise, when passing on her message to others they could think, “If it was that great, why are you still here?”

As I had heard from and read about other peoples near death experiences, regardless of what they had experienced, they all had three, “messages,” in common. Firstly, “It was far more Real than any of this world,” they had lost their fear of death and, they all wanted to stay there! So, in the Real Reality, what on Earth could I offer her, to make her want to come back? Knowing this made it easier for me to deal with her return home. It also put a different perspective on my white charger and shiny armour routine,

because, what was I going to save her from? Heaven! Big deal!

The following evening, I was wondering how, someone like Shelise, who was hardly what many people would consider to be a good girl, could die, go to Heaven, meet her nan, be sent back to tell her message. “There is life after death, it is far more Real than any of this, and everyone goes to Heaven.” How does that work? Instantly, a woman’s voice appeared in the middle of my head, (That was a novel experience!) The voice was crystal clear, without an accent, I had heard it before, but was unable to remember where.

The voice said that, “She had come to Earth to be the bad girl, to give people back their bad Karma so they could continue their Spiritual evolution, otherwise they would be stuck. The reason why she could do this was because God, (The Creator Being), had created the Universe and everything in it, so God could experience Godself in an infinite number of ways. God was without any idea of good or bad, to God it was just an experience? The only reason why we have good and evil, is so those in authority can make and enforce laws, to make people do what those in authority want, for their own benefit at the peoples expense.”

I was astounded, as well as hearing the voice, and what it said, it also seemed to me that this wonderful being had taken on the role of Shelise, totally contradictory to her True nature, suffered all those consequences, for the benefit of her own and other Souls Spiritual growth. I was also astounded by how well she had played the part and I said to her, “You were brilliant! You were awesome!” I then felt this huge warm feeling of love fill my whole body and I said, “I love you, I Really, Really do.” She said she loved me, and I then said she was awesome and a Star.

Then Shelise said something about Soul mates and I panicked thinking of the character she had been playing, rather than who she Really seemed to be. So I asked, “The Soul mate or one of a bunch of Soul mates?” Shelise said, “Figure it out for yourself.” I immediately remembered that when I was talking to her boyfriend, Shelise had picked up my A4 writing pad and written on it, “Shelise was here,” “On a mission to cure de condition, xxx.” “Lovin ***** , xxx.” And, “Steve is my best spar xx.” Shelise loved Reggae music and the Rastafarian way of life and spar means mate?”

“What!” I exclaimed. “What, we are Soulmates, That is *****ing brilliant! Look, we will have to have a holiday lovey lifetime together, one without all the crap that we have been through, say sometime in the Age of Aquarius?” “It is already booked,” she replied.

“So, why did I refuse to help you as much as I could have done?” I asked. “It is what we agreed before we came, (To Earth?). We Knew it would be difficult at the end. I would want you to help me and so would you, but if we got to Know each other, it would make it difficult for each of us to complete our missions,” Shelise said, and continued, “My mission was to play the bad girl and give people back their Really bad Karma so they could continue their Spiritual evolution. To die and come back and tell you there is life after death, it is far more Real than any of this and that everyone goes to Heaven.” “Your mission is to show others how to create their own version of Heaven on Earth and if they mess it all up, they still go to Heaven anyway.”

As far as I can remember that is where the, “conversation,” ended. I was buzzing all night I was on such a high. I kept going

over the conversation as I remembered it again and again, so I had it word perfect and could pass on her message.

The next morning I am looking at the half filled bag of green on the table, that a friend had sold me saying, “It is *not* one of those that make you go zzzzz! He had said with his head tilted to one side, “It helps you to chill out and mediate. You will love it!” “Mmm, I could hardly disagree with that,” I Thought. “I loved it!” “So, was it Real,” I Thought.” “Of course it was Real.” “Yes I Know that, because I experienced it. What I mean is, was what Shelise said True. How would I Know? I will ask the Tarot cards.”

So, I shuffled and spread the cards out on the floor and for some reason asked, “Is Shelise the highly evolved Spirit that I Think she is?” instead of, “Is what Shelise said True?” I picked out the first one. The Three of cups depicting three girls dancing around a maypole, glasses of wine held aloft. To me this card is about celebrations and parties. “That is Shelise,” I Thought. The second card was Number 17, The Star. This depicts a naked maiden pouring water from a jug in each hand, into water and onto land. The Star to me, is the highest female Spiritual card in the pack, and it is what I had called Shelise, and was describing the Spiritual being who had played Shelise. Her nakedness is symbolic of her lack of interest in material possessions, just like Shelise. What the rest of the card means, I am without a clue!

The third card was the four of pentangles, which to me is to do with money and I was unable to see the relevance, so I looked up what it may mean, in a book that gave different meanings to different questions (Tarot Made Easy, by Nancy Garon). They were all meaningless to me, until I got to unions, where it said, “A union at this time is unlikely to succeed as your heart belongs to another.” Well, I Knew hers did, and there was someone who I

was interested in, at the time! Though two and a half years later when I came to write this, I looked up what it said about The Star and friends and it said, “Someone close is going to provide a feeling of, “safety,” or substance, a respite from the cares in the world,” which is what happened. For unions it said that, “You will feel that you are bound to another through an emotional state or Karmic tie and that even if you wanted to let go, you *couldn't*.” That made sense to me. For, “Emotional state,” it said, “Someone (or something) new is going to inspire you and give new hope or meaning to you life and affairs.” That also made sense to me.

So, I asked what was it all about and number 11, Justice was the card, depicting a set of scales. This symbolises Karmic Justice, where the scales have to balance and the universe gives us back what we do, say and Think, without any need of laws, courts and punishment, because we reap what we sow and always get what we deserve? What a great way to run a universe?

The idea that we had decided before we were born, 19 years apart, what I was supposed to do, made it seem that I was playing a part in a film. About 9 months later I read, “Illusions,” by Richard Bach, which may explain why the book resonated with me?

If I expand the idea that, if everyone thought that the, “afterlife”, was better than here, they would be unlikely to wear black and kill flowers to mourn the death of their loved ones, they would probably wear bright party clothes, and plant something perhaps a tree, to celebrate their life? They would have a wake to celebrate the fact that their loved one was now, “Awake”? Also, instead of killing their enemies, they would let them live? Executions would stop overnight, why send, “bad,” people to Heaven? The idea that, “Good” people can kill, “Bad”, people and still be, “Good,” because it satisfies some Satanic deity, was

always insane? People would be unafraid of death and would live their lives in a different way. Bikers would ride around without helmets, people would drive without seatbelts, if stopped they could say, “Why are you stopping me from going to Heaven?” This has changed my perspective on life and death, but that is because it makes sense to me.

The other idea that Shelise brought up, was we could decide what we wanted to happen, before we came here? Now I have said that the only reasons for something happening, is because I did something similar or I Thought it would happen. However there has to be 3 options and this could be the third. It happened because I had agreed to it happening before I came to Earth, as if it was part of my role in the series, “The Evolution of Life?”

I watched a video on YouTube about a women’s near death experience. She said that she had been seriously ill with cancer and had gone into a coma. She was unable to see anything but could hear what was going on. Then she became aware she could see what was going on in the room where she was, and the one above, below and to the sides. Then she felt as though she expanded to fill the whole of the universe. I think she was in New York and said she could see her brother in Hong Kong, rushing to catch a plane to see her before she died.

She then said she would describe the difference in awareness like this, but before she did she wanted the audience to count how many things in the room were red. She then said, “Imagine you are in a warehouse that is completely dark and all you have is a small torch to explore what was in the warehouse and find your way around, and then the lights come on. This reveals a warehouse that is so massive, it is beyond your comprehension and it is filled with stuff that is familiar and unfamiliar. It is a bit like that! So, how

many things in the room are blue? It is like that as well!”

She then went on to say that she was very unhappy when her father and brother told her she had to come back. However, the most important message she had to bring back was, “Whatever you put your attention on, is what happens!!!”

I Think that when she said she felt as though she filled the whole of the universe and her description of the difference in awareness, was because she was released from the limiting visible region to all the different frequencies at once? (See page 11).

As what I put my attention on is what happens then, “Health and Safety,” where people put others attention on, “Dangers,” or “Fire Hazards,” only serve to being a, “Self-Fulfilling Prophecy?”

Well, I have passed on Shelise’s message. What you Think about this and any of the other ideas in The Ameril Philosophy are for you to decide. Regardless of what conclusions you come to and do, will always be right? It is your life and Reality, you may as well enjoy it and remember there is always other lives to live and adventures to enjoy. For ever is a very long time and there are plenty of places and universes to experience?

Although Shelise is my Soul Mate someone else was the love of her life, maybe I have yet to meet mine. After all, I do have enough time, energy, health, money and wisdom to accomplish all of my desires. However, as I had refused to help Shelise until she did something about her addictions, maybe I have to do the same. What are your dreams and do you now Know how to make them come True, so you can live them?

Awareness Means Everything Real Is Love.

Chapter Five

Why, “The Ameril Philosophy?”

In 2000 I used to go to the Spiritualist Church in St. Ives Cambridgeshire. Once, in their monthly magazine was an advert from Nick Ashron, who said he could draw a portrait of our guide in Spirit. So I rang him and asked what he needed and he said my name, address, so he Knew where to send it, and a cheque. So I asked for three, one for each of my two friends and myself, and I sent him their names along with the other stuff. When the pictures came back, they each had a letter that Nick had felt impressed to write whilst drawing each portrait. In their letters each mentioned something that they had told me, between me posting my letter and the portraits coming back, as though I had told him! But all he had was their married name so, where did that come from?

My letter said,” “Enclosed is your portrait of one of your guide in Spirit.

This wonderful being is called, “Ameril,” an unusual name for an unusual being. As you are probably aware-those in “Spirit” can manifest in whatever form they wish and are multi-dimensional.

You will receive telepathically-information from your guide concerning the major changes in consciousness occurring across the globe at this time. We are on the verge of shifting to a higher dimensional plane and are being assisted by our ancient ancestors from the Stars, the “Star-Beings.” This is what “Ameril” is representing. She is filled with love and compassion. Love and compassion are our greatest healing tools at our disposal at this

time and you possess them both. She will also demonstrate that you are the creator of your own reality and can manifest whatever world you wish to live in. The key words are INTENT, TRUST and ALLOWANCE.

Ameril has a “Star” on her third eye (the pineal gland). You may wish to mediate on this energy point yourself.

Much joy and delight!

Nick Ashron

Usually I can remember where I read or heard an idea, but the "not, " word stuff and the idea that Know is short for, “Karma-now,” and that Karma stands for “Knowledge And Reason Means Awareness,” and the definition that “Conscious,” is being aware of the consequences of my Thought and actions, just seemed to appear in my head, (Like, I am smart enough to figure them out myself, though I did have to determine if it made sense to me)! However, if I am meditating and my mind becomes empty for a few moments, it makes the space for new ideas to come in, or to see something from a different perspective.

For me to Know the state of consciousness across the globe at this time, then I would have to Know what conscious means? Also, sometimes I may read an article about one topic and find the answer to something I had asked, maybe weeks earlier, being answered.

With regard to the state of consciousness of mankind at this time, it is difficult to Know whether that is a consequence of me becoming more aware, and so others who I meet are also more aware. However, I am often surprised at how much younger

people seem to Know, and I Think, “How do you Know that already? I was nearly 50 (or what ever), before I figured that out!”

It also seems to me that many people are becoming aware of what is happening in the world with regard to; authority, control, debt, inequality, propaganda and so on and that those in authority feed off negative energy, especially fear and are wondering what to do about it. This where, “The Ameril Philosophy,” comes in, as it provides an answer? It is, “Do what you want and be Happy.” They are unable to feed off Love. Sending them Love is the best way of changing the system?

Also I am meeting more and more people who are living the way they want, being kind and friendly, having fun, doing their bit for the planet, healing others and them selves and these numbers are increasing rapidly in my opinion.

I am without any doubt that I have been made aware that I am the creator of my own Reality, that is why I have written these booklets, to enable others to do the same.

I decided against using the portrait of Ameril, on The Ameril Philosophy,” website, because Ameril is one of my guides in Spirit rather than anyone else’s? Everyone has their own guides in Spirit, to assist them on their path. Then I Thought, “It is a lovely drawing so why keep it to myself, when I could share it?”

As Ameril has helped me learn my Truth, I named the idea,
“The Ameril Philosophy.”

Awareness Means Everything Real Is Love.

Chapter Six

About the Author.

In January 1999, our annual sales meeting was held in Florida. So, I rang my first sponsor in Alcoholics Anonymous and asked if he would like a visitor and he said yes. Trevor had moved out there with his partner Pat, because her angels (who come to visit her every night as soon as she falls asleep and take her where ever she wants to go in the universe,) had asked or told her to go there and set up a business and Spiritualist Church, which they had.

Before I went, I had a feeling that I was going to learn something different from work stuff. Alcoholics Anonymous recommended that people find their own Spiritual path and I was yet to figure out the difference between religious and Spiritual, other than, “Religions are for those who are on the road to hell, and Spiritualism is for those who have already been there!” So, I hoped that this visit may help me in some way. I went to their Spiritualist Church for a service and a healing. I had a reading from the girl who gave the general readings at the service, who told me things that later happened.

One afternoon I was talking to Pat about the Spirit world when she said, “There is one just come in here now.” I asked if it was one of hers or one of mine and Pat replied, “I *don't* recognise it, it must be one of yours.” Just then the hairs on my body stood on end and I said to Pat, “Look all the hairs are standing up on my arms.” Pat tapped me on the knee and said, “That is the angels telling you that what I am saying is True!” Then I asked Pat if she had a book that explained what she *believed* in and she said yes

and went to get it. As well as Spiritualism she had talked about Star Beings, whether we change our DNA if we change the way we Think and behave. I said we must do if our DNA determines how we Think and behave and we change the way we Think and behave, then our DNA must also change, to reinforce that new behaviour. So, when Pat gave me a copy of, “You can Heal your Life,” by Louise L. Hay I was a little bit astounded. If I recall correctly I Thought, “What the **** has this to do with angels, Star Beings and Spirits?”

Anyway, when Pat and Trevor were out, I started to read it. Louise described various types of behaviour and I would think that I Know someone who did this and some one who did that and then the hairs stood up on my arms. “What me critical, whenever have I been critical?” I put the book down on my knee, lit a cigarette and Thought about me being critical. I was unable to Think of anything. But ask the universe a daft question like that and over the next few days it it started to remind me, dozens of occasions may be an understatement, and what is more I became more aware of how critical I was. To such an extent, I was unable to start a conversation, because everything I went to say was a criticism! That shut me up for quite a while. Now when I could be perceived to be critical, I call it, “An observation!”

When I got home I bought a copy, read it, reread it and did all the exercises and spent several months working with it. The idea behind the book was that, “All our diseases and illnesses are caused by the way we Think.” Now, as I had spent 7 years working in a laboratory, breaking through and helping others break through the frontiers of medical science, and 15 years selling equipment to those breaking through the frontiers of medical science, this was a big pill to swallow! However, it made sense to me. A long with that little bombshell there were three

others that changed the way I Thought.

Firstly was the idea that, Karma, means “I reap what I sow, I create my own Reality and get what I deserve.” So, “Regardless of whether some one says or does something good or bad to me, I can only ever be reaping what I had sown in the past, and they are sowing what they will reap in the future. So, where is the sin or the crime, what is there to forgive or criticise, complain or feel guilty about, how can anyone be good or bad, right or wrong, it is just an experience?” Obviously, if I dislike the experience, then I have to change the way I Think and behave to get the experience I want? Hence, “The best way to change the world for the better, is to change the way I Think and behave, for the better.” After all, a “Good,” person or child is one who does what they are told regardless of what they want or Think is best. A, “Bad,” person or child does what they want or Think is best, rather than what they are told? As I would only ever want to do what I Think is best, would a Loving Being punish me for doing my best? As I had been brought up as a Catholic, then this was another big pill to swallow!

The second was the idea that, “If my god, guru or teacher tells me what I *should* or *shouldn't* do, then get myself another god, guru or teacher.”

The third one was, “Change the way I Think”, how can I do that? I mean, Thoughts just pop into my head, I am without any control over what comes in? This is still True for me today however, I now Know that I do have control over what I put my attention on, and that is what is important, because that is what will happen? For example, say my back aches, I can either put my attention on the pain, or I can keep telling myself I have an abundance of health and suppleness or what ever. What ever I

choose, is what will happen.

In March 2001 I decided to work full time on learning the Truth, and in my head sat down with a blank sheet of paper and a pen and Thought, “Where do I start?” So I decided to start with an idea that most people would agree was True for a least some of the time and that was the idea that “I reap what I sow,” “The law of Cause and Effect,” and, “Karma,” the Principles from the three ways of explaining the Truth, Religions, Science and Spiritualism. So I then opened up the idea that, “I reap what I sow,” and for the next two years or so, I became a hermit, only going out to get food or other essentials.

I was so “addicted,” to learning, I could hardly Think of anything else. I spent the summers in the garden and winters in front of a coal fire, reading about lots of different subjects and Thinking about them. Did they make sense, if so why? I can remember brushing my teeth very quickly and Thought, “What is the hurry, you have got all day?” “I just want to get back to my Thinking!” Was the reply. I Think the question came from my ego, and the answer from my Spirit, because my ego says, “You,” and my Spirit says, “I”, and my mind decides which way to go? Yes, there does appear to be three people in my head and how I distinguish which is which, I have just described.

When I was Thinking, I would always start at the beginning and check to see if it still made sense, then I would continue with new stuff. After a while I would start to Think of something else from the beginning. I seemed to always have four or five different topics going in in my head, one after another. I was as though I was checking the foundations to see if they were still solid. When I learned something new, I would have a conversation in my head with someone, as a way of comprehending what I had

learned.

In the past some relationships have failed to work out the way I wanted and I felt betrayed, angry resentful and so on. But on looking at the present and seeing how everything worked out for the best, then does it Really matter how it came about? For me, instead of feeling; resentful, angry and betrayed, I considered that I had been set free. Free to meet who I wanted to meet, go where I wanted to go, read what I wanted to read and learn what I wanted to learn so I could live and write The Ameril Philosophy and follow my calling and fulfil my mission.

It is by changing my Perspective that I can change my future and my past and this is how I changed my past, for the better?

So before I read, “You can Heal your Life,” by Louise Hay, I had a well paid job, house, company car and all that stuff. I would eat anything other than parsnips and celery and I rarely questioned anything I was told.

I am now a, “Raw until four,” vegan, living in a Motorhome in a field with water and compost toilets, going to events or sometimes them coming to me, giving talks and workshops and loving it. So something has changed, the way I wanted it to?

The rest of my career I have already described in previous chapters. Anyway, it is the message that is important, rather than the messenger? Remember, the message that “I reap what I sow, create my own Reality and always get what I deserve. And whatever I put my attention on and what I do to others, is what happens,” is more important than me and who I am?

The, “gods,” of religion and science offer people; happiness,

health, status, wealth and whatever else it is they want, providing they do as they are told. If they fail to do as they are told, it is taken away from them. They offer the people slavery?

“The Ameril Philosophy,” says, “All I have to do, is Think about what I want, put my attention on it, and receive it with joy and pleasure.” Happiness is our greatest Healing gift for ourselves and mankind? What an awesome way to run a Universe?

In the beginning was the Thought. That Thought was LOVE? This one Thought created the Universe and everything in it, just as every cell that I have had, have and will have, all came from the first cell and is why everything is connected? This is why “Ameril,” is an abbreviation of, “Awareness Means Everything Real Is Love,” because all there REALLY is, is LOVE?

So far, what I have written with regard to creating my own Reality always brings me back to Louise’s idea, that the way I Think and behave, determines my future. Therefore, it seems appropriate for me to end with the last affirmation in her book, “heal your body,” which is called, “Loving Treatment.” As Louise says, “This meditation is helpful to read daily as it creates a healthy consciousness and, therefore a healthy body.”

At first I changed the second paragraph to;

“I love myself; therefore, live a life that I truly enjoy living, one that uses my creative talents and abilities, working with and for people who I love and who love me and earning an excellent income. I love myself; therefore, I behave and Think in a loving way to all people, for I Know that which I give out, returns to me multiplied. I only attract loving people in my world for they are a mirror of who I am. I love myself; therefore, I forgive and totally

release the past and all past experiences and I am free. I love myself; therefore, I live totally in the now, experiencing each moment as good and Knowing that my future is bright and joyous and secure, for I am a beloved child of the universe and the universe lovingly takes care of me now and forever more. And so it is.

I love me and I love you, Louise.”

I changed it because a, “Job,” means, “An uncomplaining sufferer or victim.” Where as a, “job,” has a number of meanings including, “paid employment,” and, “a piece of work or business yielding unfair profit or advantage, especially in which public interests are sacrificed to personal gain.” Where as a life is a chosen path and why work for someone else when I could be free? So now you Know why Jobs / jobs are so important to politicians? I also changed some of the thats and whats, to who? What you decide to recite is up to you.

The beauty of this meditation is that it helps us to love ourselves, others and life? Everything comes from within and this meditation helps to bring it to the surface.

It is also appropriate for me to end with the meditation from Louise who died on the 30/8/2017, a couple of months before I completed, “The Ameril Philosophy,” because it was Louise who completely changed my Life when I read and did the exerciser’s in her book, “You Can Heal Your Life,” and inspired me to learn my Truth, for which I am forever Grateful.

Awareness Means Everything Real Is Love.

Loving Treatment by Louise Hay.

“Deep at the centre of my being there is an infinite well of love. I now allow this love to flow to the surface. It fills my heart, my body, my mind, my consciousness, my very being, and radiates out from me in all directions and returns to me multiplied. The more love I use and give, the more I have to give, the supply is endless. The use of love makes ME FEEL GOOD, it is an expression of my inner joy. I love myself; therefore, I take loving care of my body. I lovingly feed it nourishing foods and beverages, I lovingly groom and dress it and my body lovingly responds to me with vibrant health and energy. I love myself; therefore, I provide for myself a comfortable home, one that fills all my needs and is a pleasure to be in. I fill the rooms with the vibration of love, so that all who enter, myself included will feel this love and be nourished by it.

I love myself; therefore, I work at a job that I truly enjoy doing, one that uses my creative talents and abilities, working with and for people that I love and that love me and earning a good income. I love myself; therefore, I behave and Think in a loving way to all people, for I Know that which I give out, returns to me multiplied. I only attract loving people in my world for they are a mirror of what I am. I love myself; therefore, I forgive and totally release the past and all past experiences and I am free. I love myself; therefore, I live totally in the now, experiencing each moment as good and Knowing that my future is bright and joyous and secure, for I am a beloved child of the universe and the universe lovingly takes care of me now and forever more. And so it is.

I love you.”

Awareness Means Everything Real Is Love.

