

# **HELPFUL HINTS HANDBOOK**

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**BY**

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Unless you happen to be born into a privileged class, it can take a lifetime to figure out what this world is all about. Most never figure it out. What we want to do here is to present basic information which will help jump start you on the road to understanding your society, yourself and your hidden potential.

## **PLANETARY ANALYSIS**

The dominant life form on your planet is called Homo Sapien Sapien. The dominant state of consciousness of this life form is the belief system region of the lower Astral planes. Under these conditions, your planet will remain in a constant state of conflict as various groups defend their beliefs which they believe represent some absolute truth. This conflict will continue until (1) one group becomes dominant and exterminates all the other groups or (2) there is some quantum shift in the general state of consciousness which raises the general consciousness to a higher Astral level above the belief system zone. All belief systems referenced to the belief system area of the Astral world are

illusionary and have no absolute validity.

There is evidence that the Homo Sapien Sapien class has been genetically modified at some point in the distant past. The instinct program in the genetic code has either been deleted or switched off. All other life forms on your planet are born with basic knowledge of what they are and how to survive. However, humans are not. They are clueless. They must be educated and they will accept anything programmed into them as true. The evidence suggests that they were deliberately designed to be a slave race.

Your planet is controlled by a negative core of sophisticated evil. Sophisticated evil is not the same as garden variety "bad" people. Typically, sophisticated evil beings have developed the ability to avoid physical death, switch from one physical form to another and hide in time. Ordinary law enforcement is powerless against them. Your people will never know freedom as long as they remain in control of your world.

## **YOUR GOVERNMENT [US]**

Your government is fascist. A fascist government is a system in which the public sector and the private sector have melded together into a single unit [1]. The US did not begin as a fascist system. The process of converting the original republic into a fascist state was slow and evolutionary. However, there is no equivalent pathway to reverse the process and return to a free society. Basically, corporations, which were few and limited when the nation was formed, gradually grew stronger, eliminated legal constraints and essentially purchased the public sector and took control of the government. Since corporations now own the only two major political parties, they own the government.

Life in a corporation is radically different from life in some democratic society. A corporation is not a democracy. You do not talk back to the corporate bosses and you have no rights. You either obey or get fired. When a corporation owns everything, to "get fired" means "get eliminated" because there is no place you can go which is not owned by the corporation.

### Profiling

Governments like to learn details about the people they control without their knowledge or consent. Throughout time, various clever schemes have been developed to accomplish this.

Here is an example from the pre-internet era: Some kids wanted a free toy they saw offered on a box of food. The coupon asked for their name and birthday. They got the toy but wanted another one. So, they made up an imaginary boy with an imaginary birthday and got another free toy. Years later, a letter arrived from the government addressed to the imaginary boy who had now turned eighteen warning him to surrender and register for the draft or be hunted down and arrested. The "free" toy was a scam by the government and the corporation to collect information on young boys which could be later used against

them.

Today, profiling methods are much easier thanks to technology. For some mysterious reason, people don't seem to realize that everything they do on the internet is intercepted and sent to the government even though news stories expose this practice. Huge spy satellites literally vacuum up all radio communications which are then analyzed by computers. The government seeks no less than the ability to intercept, store and analyze all electronic communications on the entire planet.

Older methods are also still in use but are more difficult. Spies are still sent to infiltrate organized groups of people to see what they believe and desire. High school principals still send in the "principal's confidential statement" to the FBI which initiates the young kids FBI file. People wonder if there might be a file on them. Don't wander - there is one. The simple fact that you are alive makes you a "potential threat" in a fascist state.

### Understanding Aspects of National Politics

Say you meet every Saturday night with friends and play cards. Sometimes you win. Sometimes not. You do your best to win. However, you are not at war with these people. They are your friends. It's just a game. It is something you enjoy doing.

Now lets look at a real example from national politics. Consider the presidential race in 2004 between John Kerry and George W. Bush. Millions are spent on this contest and trillions are at stake as a prize for the winner. It sure looks serious. Now, consider that, first, George W. Bush and John Kerry are cousins. Secondly, both men are members of the secret Skull and Bones group. John Kerry knew that Bush stole the election but he quickly conceded. Why? Because it's a game. It is no different than the Saturday night card game except on a higher level. These men are not enemies. They probably had secret quiet get togethers all during the campaign and laughed about the whole thing. Do you think the future would have been dramatically different if you had installed the other Skull and Bones member as your President? Don't be a fool. There is no difference. Once you join a high level secret society like Skull and Bones, your allegiance is to them and certainly not to the US Constitution you "swore" to defend. The constitution is a piece of paper. It can't hurt you. However, the Skull and Bones brotherhood can and will if you dare to go against them.

### Population Management

The general population of your country is controlled by various psyops, theatrical dramatizations and managed news. The will of the majority does not determine the future course of your society. The future is determined by a fifteen year plan called the "national security plan". This means that all major events which will happen during the next fifteen years have already been planned. The history of your society is fake. You need a security clearance to read the real factual history which is printed in a set of books known as FRUS [Foreign Relations of the United States]. "Foreign Relations" includes interactions with aliens.

Following the daily news has about as much value as following a daily soap opera. When revolutionary changes are desired, dramatic psyops are used. Pearl Harbor was a psyop designed to motivate the population to desire participation in World War II [4]. The 9/11 event was another psyop designed to scare the population into surrendering all their civil rights so that a totalitarian dictatorship could be easily installed. Osama Bin Laden was trained by the US, reportedly actually died of kidney failure in 2002 [5] and was replaced by a look alike to "keep terror alive". The look alike obviously had nothing to do with terror and was a paid actor which explains why his "capture" and "burial at sea" left no evidence. The actor simply retired. Recall that original statements from those with "Bin Laden" confirmed he was not injured and was taken away alive.

The CIA especially likes to recruit actors and special effects artists. The chance of finding a real 007 type spy are slim to none. Carefully choreographed dramatic events, done on a relatively small scale and then amplified by the controlled mass media to sway the mood of the country or even the world are much more effective. If the mass media was honest, they would put the caption *dramatization* below the bulk of their news stories.

The US has used the same "play book" for many years. The basic methods have not changed. The only apparent reason for consistent success is that the general population has just been dummed down to the point that they are no longer capable of recognizing obvious deceptions. It is really their own fault but calls for them to "wake up" consistently fall upon deaf ears. It's sad to see a once proud people taken down with simple lies.

## **THE CORPORATE AGENDA**

The hidden corporate agenda seeks to return the world to a high-tech version of the Middle Ages where there were only two classes of people: the Lords and the Serfs. Descendants of these "feudal lords" exist today and are generally referred to as the "ruling families" of the world. They would like to return to the old days when they ruled the world by "the divine right of kings". Today, they see their long awaited goal in sight.

If you are wondering what your future life as a serf might look like, check out the internet articles and you tube videos on the FOXCON factory in China which makes Apple products. Young kids live six to a room and sleep on tiny shelves like those in prison cells. They never leave the factory. Until recently, their only escape from their miserable existence was to get to the roof and jump to their death. However, Apple now has the building surrounded with nets so they can't die. Guards will catch them and drag them back to work.

The corporate leaders see a future world where everything has been privatized and is "owned" by a master corporation. Everything includes the land, the oceans, the air, the food and the general population of the world which will exist at the pleasure of the corporate masters for the purpose of servicing their needs and desires. No private property will exist and no independent thought will be

tolerated. You will serve the corporate masters or you will not be allowed to exist.

## Influence on Education

In previous times, the concept of a complete education was a system that would prepare the young for the future by giving them general knowledge they could use to adapt to life according to their personal desires. However, corporations reasoned that, since the new generation would be working for them, they should be "guided" towards a thought process which would conform to the needs of the corporations. Since social planners make plans years in advance, kids should be programmed to desire what planners want to happen about 15 years in the future when they will join the workforce.

For example, if planners want to overhaul the highway system 15 years from now, books given to first graders might say stuff like, "It's so much fun to spread gooey tar in the hot hot sun." That way they would be conditioned to want to be road workers.

Lately, the influence of corporations on higher education has increased. Traditionally, colleges cherished the belief in academic freedom. Full professors could not be fired for expressing controversial opinions. It was believed that it was necessary when providing a liberal education to allow the student access to information on all aspects of every issue so that they could make free and independent choices.

Unfortunately, colleges also need money - endowments - to survive. Corporations have lots of money. They also have agendas. So, let's say you administer a college and one day a corporate executive walks in and says, "Hi. We like you. We would like to give you a million dollars and, by the way, would you mind instructing your English department to require all students to read books by Ayn Rand". Well, that's not a big favor so you agree. The next year the corporate man returns. "Hi. I have your million dollar check right here. However, first we need to have a little talk. One of your professors is doing research that could show that a product our company makes is bad for the environment. Sorry, but I can't give you this check unless you stop funding for this research, fire the professor and make sure he never works again - deal?" Well, it is a million dollars so you agree. The next year the company man comes back with an associate. "Hi. Our detective division informs us your college cannot survive without the money we have been giving you. I want to introduce you to our company's education compliance officer. From this point on, everything you do here - the professors, the curriculum, the textbooks, etc. - must be pre approved by him or your funding will stop and your college will close. I'm sure you will agree with us that our way is the only way you can keep your college open."

That's how it's done and is being done today all across the country.

## Perspectives

What is it like to be filthy rich - to be one of the 1% of the top 1%. Well, to begin with, you have never seen a poor person. Servants surround you. When you were kid, you never learned how to do anything. Instead you learned how to order someone else to do it. You have never known hunger. You can use

any one of the many homes your family owns all over the country and around the world. The word "homeless" is not in your vocabulary. All your friend's parents are billionaires. Since you have never seen anything else, you naturally assume everyone is the same as you.

As you grow up you begin to realize that there are others - strange hideous savages - living in the world that are not even millionaires much less billionaires. You hear rumors that some of these don't even have one home much less the dozen or so you have. What a shock! How can such creatures come to exist.

Then you learn some real scary stuff. You learn that these savages believe that they have some "right" to have food and shelter and, worst of all, if they are successful *it will mean less for you*. Well, this certainly can't be tolerated. Your parents explain the sad truth to you that it has always been this way - that there are *creatures* that sort of look like you but are not rich and who believe that they are somehow *entitled* to the right to live. You learn that to keep the lifestyle to which you are accustomed, these *things* must be beaten back at all costs. Certainly, they can't be human.

## **MARKETS AND MONEY SYSTEMS**

Markets and money systems are mental constructs. They exist only because people believe they exist. A common "program" must be somehow implanted into the mind of every person in order for this illusion to be accepted as reality.

Markets are rigged in favor of those who are masters of this type of deception. Let's use diamonds as an example. We choose diamonds because the real truth about them can be uncovered by anyone who does a little research. The average person believes that diamonds are highly valuable and will agree to pay dearly to possess them. The truth is that diamonds are trash. There are so many diamonds you could literally pave roads with them. Huge warehouses in Africa are stuffed with diamonds that are then released into the market *very slowly* in order to artificially control the price and manipulate the market in favor of the diamond producers.

Other markets are rigged the same way but are not as obvious. Oil markets are deceptive because oil companies deliberately hide and refuse to use sources they own to keep prices high based upon the created illusion that oil is somehow running out. They also must suppress knowledge of alternative sources of energy that would make oil obsolete if generally known. However, that is another story.

Gold based money is another illusion. Gold is very valuable. However, it is not valuable for the reasons you believe. Gold transjection technology is the galactic standard for physical life extension. In the past, beings came to the earth in search of gold for this purpose and it has therefore become imbedded in the racial memory of the population that gold is very special. Unfortunately they don't know why and don't know how to use it. So, they just collect the stuff and "sit on it". Now, like other commodities, if you want to use gold as a basis for money, you first need to know how much gold there is. By some

estimates, there actually is 60+ times more gold squirreled away here and there than is officially admitted to exist. This creates the same rigged scenario as the diamonds.

Fiat money systems are totally imaginary. Fiat or "faith based" money is not referenced to anything. You are just asked to "accept on faith" that the money has value. Countries like to use fiat money because, unlike real things, it can be made to appear and disappear at will since it is essentially "created out of thin air". Unfortunately, as the peoples of the world are sadly realizing, when imaginary money is somehow linked to real things like your house or even your country, masters of this deception can cause these real things to disappear from your possession into their possession.

Consequently, the money masters are today poised to take control of the world using clever magic-like tricks against a population that is just not smart or clever enough to understand the deception.

## **SYSTEMS OF MEDICINE**

The two main systems of medicine are *ALLOPATHIC* and *HOMEOPATHIC*.

Allopathic medicine is conventional western medicine. It is based upon scientific atheism and looks upon people as some type of biological machine that just happens to exist. Actually, people are complex constructs which exist simultaneously in five dimensions. However, allopathic medicine only looks at the physical dimension and denies the existence of any other dimensions. It uses a cook book symptomatic approach which basically says, "if you see this, then do that". These doctors have no Spiritual insight and generally consider Spiritual people to be mentally ill. However, their primitive techniques are adequate for many situations.

Homeopathic medicine requires some Spiritual knowledge. The practitioner must be able to sense the human aura by seeing it, feeling it or otherwise identifying it. The practitioner must be able to do this because this form of natural medicine seeks to correct problems at the Astral level and so prevent or cure problems at the physical level. In homeopathic medicine, the drug is not as important as the quantity of drug used. These quantities are generally tiny. The practitioner must know what to use and be able to sense that the correct adjustment to the aura is being made. Because we now live in a world which has been altered from its natural state by science, new diseases we created by our ignorance may not respond to any form of medicine.

Top secret medicine, which is only available to a select elite of the ruling class, combines the best of homeopathic and allopathic medicine with secret technologies. Those who are allowed access to top secret medicine live physically forever in perfect health. However, ordinary people not only cannot access this system but do not even know it exists. See our book, *TOP SECRET MEDICINE*, for a more detailed coverage of this subject.

# RELIGION AND SPIRITUALITY

Religion and Spirituality are not the same.

Religions are systems of rules and doctrines designed to control people through fear. People believe that they must obey some authority figure or they will burn in hell or suffer some other awful fate. People who design religions and profit from them use Spiritual knowledge to entice people into their groups and then hold them there with promises of enlightenment in the future if they are obedient in the present. It is a clever scam. Followers never learn any practical Spiritual knowledge and are strung out for life on empty promises and scared with meaningless threats. Their lives, in a Spiritual sense, are totally wasted.

Legitimate Spiritual training is totally different. You learn that you have the power and the right to establish a direct relationship with GOD. Obviously, this information is bad news for organized religion because it proves that you do not need them. Consequently, organized religion seeks to suppress any legitimate Spiritual information because it is bad for their business. However, this knowledge is good for you personally and is your only legitimate hope to escape from this world. It is not easy to find information that rich and powerful religious groups want suppressed, however it is not impossible. If you truly seek truth, you must make this effort.

# SEX BASED RELATIONSHIPS

Everyone is likely to desire some flavor of sex when they reach puberty. The United States is a sexually dysfunctional nation. Even though people want sex and have sex, people seem afraid to talk about sex. Sex education which is standard and comprehensive in European countries either does not exist or has been dummed down to the point of being useless in the US education system. Consequently, if you are curious about any common aspect of sex, your best source of detailed information would be a European web site such as the National Health Service in the UK, <http://nhs.uk>.

## Sex Chemicals

There is one very important aspect of sex that rarely gets attention. This aspect concerns the chemicals people's bodies make when they are involved in sex and how the natural properties of these chemicals influence relationships. Sex chemicals are designed to make people desire sex so that the human race will continue. They are powerful addictive drugs on a level with classic street drugs. Scientists have now identified these agents. The main chemicals are oxytocin, various endorphins, adrenaline, phenylethylamine, testosterone, dopamine, norepinephrine [similar to amphetamine] and prolactin [a recovery chemical to calm you down after sex].

Sex chemicals act like other addictive drugs. Once hooked, you want more. This guaranteed that, in previous times, young girls would become pregnant as soon as they reached puberty and basically stay pregnant until they died or lived long enough to reach menopause. Today, science has effectively



defeated the pregnancy mechanism so the main purpose of sex now is to have fun and enjoy the high you get from the sex chemicals.

Unfortunately, there are some problems that most people simply do not understand. Nature did not program people for life long relationships like, say swans, which mate faithfully for life and will not seek another mate should their mate die. In an exclusive relationship between two people, the sex chemical levels will gradually decrease after about six months and be essentially useless after three years. This means that nature has programmed humans to stay with one mate only between six months to a few years and then seek another mate.

There is a tiny autonomous village in China which has a social order that closely conforms to nature. In this village, there is no word in the local language for marriage. Women maintain the household. A male child never leaves home and will stay with his mother. A female child will stay home until the age of thirteen. At that point, there is some type of ceremony and the girl gets to dress as an adult. She also gets her own room which will eventually translate into a new household. Every evening, the adults have a dance. How you touch during the dance determines who you want to be with that night. You may also choose to be alone. In this society, every man potentially has the opportunity to sleep with every woman and every woman can theoretically sleep with every man. The children are protected. The family unit, although not traditional, is stable. All the natural inclinations nature has programmed into humans are satisfied.

In the rest of the world, social rules and programming do not conform to nature. Humans are not swans and are not wired to mate for life. However, society tells them they should. So, the only way to keep up a desirable level of sex drugs is to break these rules. You can get a new mate every few years or keep the same mate and have affairs which will reset the sex chemical mechanism. Life would be a lot smoother if couples understood the sex chemical mechanism and planned ahead for what nature had in store for them before committing to a life long relationship. It is really a cruel trick not to tell young kids having relationships for the first time that the joy they feel and falsely believe will last forever cannot endure. It is simply scientifically impossible.

To research this subject, search the internet using terms such as "sex chemistry" or "sexual chemistry".

## **THE LEFT HAND PATH**

The *Left Hand Path* or the path of evil is the road that leads to what is perceived to be success in this world. If you choose this path, you will first want to let everyone know that you worship Satan. Everyone on this path has signed their Soul over to Satan in exchange for power and riches. The easiest way to do this is to join the Masons. Once you join, your Soul is immediately transferred to Satan. However, members are not told this until they are initiated into the 30th. degree [3]. Consequently, most Masons are basically good people who believe they have joined a harmless social club. You should pay attention to the secret symbolism you learn as you work your way through the degrees because these are

the symbols you will see all over the country and in official buildings. For example, obelisks, such as the Washington monument in the nation's capital, are phallic symbols. All such monuments are and they symbolize the worship of the male creative force. Basically, they all represent "big dicks". You will find them everywhere. There are many other symbols which have hidden meanings.

There are two main approaches to the upper levels of this path. You can choose to begin in politics or in the corporate sector. There is no real difference at the end of your journey because the government is fascist.

It would help to have a law degree. By studying law you can avoid being caught when you commit crimes. Most lawyers are Masons and use the secret signs to communicate with each other and with the judges who are also most likely Masons. Since all Masons must swear not to harm a brother Mason, you are pretty much guaranteed victory if you are in a legal case against someone who is not a Mason.

### Political

If you choose the political approach, you must make your way into national politics somehow. Once you have reached Washington, D.C., to continue to advance you will need to become a member of the Council on Foreign Relations. You can't walk up to the door and join. You must be invited in. Next, you will want to get invited to join the Bohemian Grove group. You will need to do this early in life because, even though you become a member, there is a waiting list to actually get invited to the yearly secret meeting in the redwood forest of California. The next step is the Bilderberg group. However, this could take a while since you will need to first become at least a billionaire. However, it will not be as hard as you think using insider information you will gradually gain.

You are using the political path. However, in either case, the political path or the corporate path, there is something else you need to do. You must switch paths. You need to spend time in both the public sector and the private sector. Since you advanced through the political path, the money you got to get you into a national political office came from corporations. Now, it is time for you pass laws or change laws which will benefit the corporations that helped you. Once you do this, you will have become very valuable to them. You can leave your post in the public sector and work for one of the corporations you helped. They made billions because of you and now they will pay you millions to work for them. After a while, you can leave and rejoin the public sector again. You can repeat this process many times. Each time your value as an insider will increase and you will soon become a billionaire and set your sites on an invitation to join the Bilderberg group.

### Corporate

If you choose the corporate approach, you will need to reach the executive level in some major corporation. Once you become a trusted employee, you will be privy to the secret agenda of the corporation. You will work on clever tricks to evade laws designed to protect the public from whatever scheme the corporation has to make billions for the company at the expense of the public health and the environment. Once you are thoroughly briefed on this secret agenda, you will need to switch sides. The

corporation can arrange for you to "retire" from the company and take a job in the public sector where you can be in a position to change the government regulations that are stopping the company from completing its scheme. Of course, you never really left the company and still obey their wishes. Once you have successfully sabotaged the laws and regulations, you can resign and immediately return to the company except now you will make millions in salary and bonuses to reward you for what you have done. In time, you may be asked to repeat this process.

### The Final Step

You are now a successful billionaire. You have advanced in the Council on Foreign Relations to the Trilateral Commission. You attend the yearly Bohemian Grove event. You have been accepted into the Bilderberg group. However, there is one more step. This final step is an invitation to join the super elite who live physically forever and form the secret negative core group which rules this planet. Once accepted, you will have access to top secret medicine which will allow you to live forever in perfect health. Your power will be essentially absolute. This is the highest level on the Left Hand Path.

## **THE PATH OF IGNORANCE [MAINSTREAM SOCIETY]**

Most people have no knowledge of anything discussed here. They form what is commonly called *mainstream society*. They are generally happy people because *ignorance is strength*. They spend their short lives doing slave labor for some corporation. They never consider the effect that whatever they do will have on the world or other people's lives. They just follow orders. They only know what they *need to know* and have no desire to know anything else.

They will likely marry and have some kids. The marriage will not last. The kids will grow up in a broken home. Many times they will try for happiness with another marriage which will also fail. There will be arguments about custody and money. Lawyers will steal most of their assets as they fight. There will be nothing left for the kids because lawyers took it all. The kids will fight to survive in a world where all social programs have been canceled. As soon as they run out of money, they will be left to die.

You will live on a diet of poisoned food which is genetically modified and loaded with pesticides. You will suffer from diseases caused by all the chemicals scientists have made which never naturally existed in nature. If you can somehow afford medical care, you can get some temporary relief. If not, you will simply die. No one will care.

If you survive long enough to retire, you will be sent to an extermination camp called a nursing home. Here, any assets you have left will be stolen. You will be given drugs that will essentially leave you a mindless zombie. You will forget the life you just lived. All you will do now is eat, sleep and wait to die.

When you die, you will likely end up on a lower Astral plane with others like you. You will not realize that you are dead. People in this state seem to move in slow motion. You will remain like this until you reincarnate. Maybe you will be smarter this next time but more likely you will not.

## **BELIEF SYSTEMS**

Belief systems are logical constructs which appear complete within their space. There are many belief systems. The lives of the vast majority of the peoples of this planet are controlled by belief systems. Even though different belief system may contradict each other, they are still internally logically correct.

A belief system is basically an untested faith based belief. As long as no obvious facts challenge the belief, disciples tend to cling to it. A great example of this relates to the moon. Before men landed on the moon, there was a group in Britain which held the belief that the moon did not actually exist. They felt it was some kind of reflection or other phenomenon but was not a physical thing. They argued that their belief was true because no one could prove it false. They held fast to their belief for many years. However, when men actually landed upon the moon and even brought back some physical rocks, their belief was shattered. They immediately called an emergency meeting to decide what to do.

The intense power of collective thought can actually create a corresponding reality. There is a zone in the Astral world known as the *belief system territories*. This phrase is standard nomenclature. For more information you can do an internet search using this phrase. People who accept a belief system while alive generally go to the Astral equivalent when they die. They believe they are in heaven because they see what they expected to see. The "heavens" of all garden variety religions are in this zone. The belief system zone traps most people and prevents further Spiritual progress. For a more detailed discussion, see our book *ESSENTIALS OF MYSTICISM*.

You should realize that talk of the belief system zone is not "crazy talk". We know these things are true because many people who can project out of their body visit these places and report consistent stories. Groups such as the Monroe Institute [2] actually train people to go on out of body trips where they find people who have recently died and guide them from a low Astral plane to a more pleasant Astral destination.

## **THE INCREDIBLE HUMAN POTENTIAL**

What were people like in the distant past. How could they have survived without TV, the internet, cell phones and, of course, grocery stores. Life must have been simply unbearable for those poor primitive people.

Well, actually not. If you look back far enough you will see that people were once autonomous. They were complete creatures who understood and lived in harmony with the natural world. They did not see

themselves as only a physical body because they could leave their body at will and journey to other dimensions or to other physical planets. They were masters of their physical form and could compensate for environmental changes. They could transfer consciousness to other creatures. If they wanted to know, say, what it was like to be a bird, they could temporally possess a bird and see through its eyes. There was no language. Communication was telepathic and all life forms could intercommunicate. The planet was in its original natural state and nature provided for all their needs.

We are the people living an unbearable life - not them. However, some fragments of the past still remain if you are willing to look for them. You can still leave your body if you practice. Tibetan Buddhists still learn the yoga of controlling their body temperature to compensate for extreme weather without an external heat source. Lots of the "old knowledge" remains, guarded for centuries by dedicated adepts.

## **THE RIGHT HAND PATH**

We have discussed the left hand path which leads to power, riches and mastery over physical death so you can live forever and enjoy all that power and wealth. The right hand path is the path which seeks liberation from this world and the other created worlds of illusion and leads, eventually, to those imperishable worlds beyond illusion which can never be destroyed. You came from these worlds long ago but have forgotten your true home.

To choose the right hand path, you must first know that it exists. Mainstream media and education systems do not discuss this path. Mainstream science argues that it does not exist. Authoritarian systems don't want their people to know that a better life is possible. As long as people think, "this is as good as it gets" they will be cooperative. However, once they learn a better life is possible somewhere else, they will risk their very life to escape from their miserable existence. Mysticism predates all science and religion and is just as valid today as it has always been. Fortunately, because of the internet, resources are available if you choose to look for them. However, it seems strange that the only subjects covered in the mainstream concern aspects of the left hand path such as the economy, productivity, and the quest for money and power. You never hear a peep, for example, about the Astral planes although people visit them and many have even been mapped out. There is no question that they exist. However, don't expect to learn that from TV or even mainstream religion. No one interested in controlling you would want you to know that better places exist beyond this world and especially would not want you to realize that you have the power to access them.

The main prerequisite for embarking on the right hand path is your state of consciousness. State of consciousness determines the value systems of societies and their preferences in activities. Advanced technology does not indicate a Spiritually advanced society. It indicates a society which has Spiritually fallen. Spiritually advanced societies do not need technology. Technology is a compensation for abilities people once possessed but have lost because of Spiritual devolution. Not everyone, therefore, has a desire for the right hand path. If you do, it means that, in some way, your time has come and you

have been "called". Only you can realize this and choose this path. Although it is possible to oppress people and force them into slavery in the left hand path, it is not possible to force someone to become Spiritual or even advance in their state of consciousness. They must choose to do this of their own free will.

Progress on the right hand path is measured by your direct experiences. You must access the other dimensions to really understand that they exist. Reading about them may be an initial step but does not count as Spiritual progress. Spiritual progress is measured by real, verifiable experiences with other dimensions that you can repeat at will. Nothing else is valid. All human bodies have capabilities to access the other worlds. You can leave your body and project into them. Also, all humans have what is commonly called a *third eye*. This eye, which is associated with the Pineal gland, will allow you, when activated, to see other dimensions while fully physically awake. It is not necessary to leave your body to see them with the third eye. There are also other special senses you have but have forgotten how to use.

If you choose this path, it is always helpful to have supportive friends. They exist but can be difficult to locate. Legitimate Spiritual people are not interested in money or material things. They have evolved beyond this. Consequently, you won't find them in the yellow pages. You should remember that groups claiming to be super Spiritual which want to charge you or exhibit exotic material possessions are not legitimate. Like mainstream religion, they only want to tease you with promises which will never materialize and "play you" to get anything of value you may own. You will need to become "Spiritually street wise" and learn to avoid these things.

Much free information can be found on the internet. Our free book, *ESSENTIALS OF MYSTICISM*, is a quick overview of the Spiritual path. The easiest way to start is to look for mystic events happening in your life which have previously gone unnoticed. Do you remember your dreams. It is said people project into the Astral world every night but either don't remember or dismiss whatever happens as "just a dream". Consider that you may already be having direct experiences with an "alien" reality but are just not aware. Practicing to become aware would be a great first step.

This is a simple introduction to the right hand path. Your studies can easily take up this lifetime and possibly some future lifetimes. It depends on the state of consciousness you have already achieved and your desire to move forward.

## **REFERENCES AND CREDITS**

[1] Russia Today - RT - [www.rt.com](http://www.rt.com)

[2] The Monroe Institute - [www.monroeinstitute.org](http://www.monroeinstitute.org)

[3] Lectures by Walter Veith - [www.walterveith.com](http://www.walterveith.com)

[4] Check you tube or other internet sources for the BBC video titled "Sacrifice at Pearl Harbor"

[5] Check non traditional internet news outlets if you are interested in this

## RECOMMENDED SOURCES

"Tibetan Yoga and Secret Doctrines" by W.Y. Evans-Wentz - Also see other books by this author. The author was able to spend time with Tibetan mystics and describes their abilities. This is a great source of information on the powers people had before the age of science and technology. Only a few legitimate adepts remain today and it is rare that they will share any of the secrets they guard with an outsider.

"1984" A classic novel by George Orwell [Eric Blair]. This man reportedly was actually a high ranking member of a secret society. He did not want to directly tell secrets he had sworn to protect but had a desire to let the world know what was planned for their future. His work is classic. Today, we see the realization of his darkest visions. If you were never required to read this book, you should read it now.

"Brave New World" A classic novel by Aldous Huxley describes a future where everyone has sex with different partners, children are grown in the lab, everyone is on mind altering drugs and people are trained to desire death when no longer useful to society. If you were not required to read this book, you should read it now.

Video on secret societies: <http://www.walterveith.com/walter-veith-total-onslaught-videos.html>

Video # 211

Video on the UN: <http://www.walterveith.com/walter-veith-total-onslaught-videos.html> Video # 226

"The American Ruling Class" DVD ASIN: B001HM2CE2

"Expelled: No Intelligence Allowed" DVD ASIN: B001BYLFFS