

## PERFECTING THE SPIRIT

The first two techniques of this series, "Multi-Level Awareness," and "Multi-Plane Awareness," deal with the physical creation. "Multi-Level" allows one to choose any advantage point (or combination of points) in the physical creation and look into the planes. "Multi-Plane" allows one to enter the physical planes (or combination of planes) and look outward.

This final technique has to do with spirit. Perhaps you have realized by now that spirit is the center of YOU. The creation is composed of two opposing parts, spirit and creation material. Spirit is (1) negative, (2) light, (3) motion, and (4) untransmutable. Creation material is (1) positive, (2) dark, (3) still, and (4) transmutable. The purpose or function of your own spirit is to follow the only commandment ever given to your spirit by the creator. When the creator released your spirit, he said, "Go, know my creation, and return it to me." At that moment he named you. That command and the name is found to be the first recording in the very soul of every individual that exists. (Go back to the time you were released and hear it.) Your very purpose in being is to move through the creation, initiating, experiencing, completing and returning your awareness of these actions to the creator.

With "Multi-Level Awareness" you found that you are very aware of everything going on, and by reading the records, aware of that which has happened. With "Multi-Plane Awareness" you are very aware of the present and future happenings.

Now, let us move into the realm of spirit:

Sit down and relax. Close your eyes. Follow the procedure you have learned and go to the 4th plane and integrate with your 4th plane consciousness. When this is accomplished, go rapidly up the planes, pausing just briefly to integrate with each plane consciousness -- 5th, 6th, 7th, 8th, 9th, 10th, 11th, and 12th.

When you are all together (integrated) on the 12th plane, direct your integrated consciousnesses to look around and spend a few moments becoming familiar with the location. Look all around. Then, look upward, directly overhead. Now, go right up through the sky on the 12th plane in a quick, definite movement. As you shoot out through the sky, ask to move into the center of your spirit. When you stop moving in a second or two, know that you are now within spirit. Rest there. Look around. Allow yourself and the other integrated consciousnesses the enjoyment of this bliss.

After a few moments, leave spirit where you found it and come down to the 12th plane. Rest on the 12th plane a moment. (Should have anyone there seen you, explain to them what you have done.) Then come on down to the 3rd plane quickly. Leave each plane consciousness on its own plane; 11th, 10th, 9th, 8th, 7th, 6th, 5th, 4th, 3rd.

Open your eyes and rest a few moments.

Close your eyes again. Go up the planes, bringing all of the plane consciousnesses to the 12th plane. Look around again until you are familiar with that particular 12th plane area. Then, go on out through the sky. Join spirit. After being there a few moments absorbing the spirit consciousness, looking outward and enjoying the peaceful bliss, all of the now-integrated consciousnesses look all around in unison and locate the central universe of the creation. It will be a rather bright crystal ball. Your spiritual consciousness will be able to confirm your sighting. This central universe is the abode of the main body of your creator.

Now, start the journey down the planes. Bring spirit and all of the consciousnesses to the 12th plane. Then, the rest of the way down; 11th, 10th, 9th, 8th, 7th, 6th, 5th, 4th, and 3rd. Now, spirit and all of the plane consciousnesses are with you, integrated with the 3rd plane consciousness, on the 3rd plane.

Open your eyes. Look around you. Do not be surprised if you see more than you ever saw before. After a few moments, stand up and take a few steps forward.

Ask, in your consciousness, to have the positive aspect of spirit to come in closer. Let it come in for a

moment, then release it. Repeat three times; each time have it come in closer and tighter and have it stay closer a bit longer. It is important to integrate the positive aspect of spirit with all of the integrated plane consciousnesses.

When you have finished this activity, turn around slowly and return to your seat. Sit down. Close your eyes. Look out through the back of your head. Look through the wall behind you into the yard and surrounding area. Look out over the land and water. Go out over the oceans. Look at other continents. See all that you care to see. Go up in the air, and go so high that you can see the planet small beneath you. Come down again and rest a moment.

Take all of the consciousnesses up the planes, step by step. Then all go out through the 12th plane sky. When there, beyond the planes, all consciousnesses again look out and find the central universe. When you have again located it, look carefully and find a circle extending some little distance from the central ball. When you have found this circle, look beyond it and find another concentric circle. This first circle is the outer boundary of the first universe. The second circle, the outer boundary of the second universe. These (and all) universes are concentric spheres; however, you are looking at the profile of the boundary lines. One and one-half times the distance beyond the second circle, a third circle is noted. Then a fourth circle is seen, one and one-half times the distance outward. Look for and find a fifth and sixth circle. The seventh circle comes even beyond these circles, but is so large that a part of it comes clear around behind you. You are seeing the seventh universe boundary, the boundary of the universe in which you live.

Now, return your attention again to the central universe ball (the home of your creator) and look carefully and see a spiral line coming out of the top of the ball. It spirals down around the ball through the 1st universe area and goes out of the 1st universe sphere through the bottom, and spirals upward through the 2nd universe area and out the top. On down it spirals around through the 3rd universe sphere, out the bottom,

up the 4th universe, etc., until you see the line of light heading toward you in the 7th universe. This line of light is a phalanx of galaxies. What you are viewing is the entire creation as it is to date.

Behold, and know that you are the creator. Leave spirit in its place beyond the planes. All of the rest come down to the 12th plane and leave the 12th plane consciousness on that plane, etc., all the way down to the 3rd plane.

Repeat these exercises once or twice a day for several consecutive days. After spirit comes in very easily down through the planes, then you may merely ask it to come directly to the 3rd plane without the exercises. Your other plane consciousnesses will be asking spirit to come directly to their planes.

Every day forward, ask spirit to come in, during times of work, play and relaxation. This is done in addition to inviting your other plane consciousnesses as you learned in "Multi-Plane Awareness." This integration of spirit and multi-plane consciousness does not hamper your 3rd plane activity, but greatly enhances your participation in the spiritual and physical creation.

Soon spirit will come unannounced and make itself apparent. It will take you unto itself.

What else can I say? Words now become secondary. The creation is now yours to hold and explore. Be the epitome of curiosity. It is the desire of the creator that you know everything. He keeps no secrets.

Soon new universes will be added to the physical creation. Many must be ready to participate in this exciting expansion. Even sooner, this planet will move into a higher plane of consciousness. Many millions will come among you to teach and demonstrate. Many of this planet will prepare themselves to meet the incoming masters on their own level. It is my great desire that you are one of them.

(Write and ask for additional copies of the above techniques. Stamped, addressed envelope appreciated. William Swygard, P.O. Box 3510, Miami, Florida 33101.)