

Dear Reader,

You have in your hands a most powerful book, *The KNOWERS—Second Move*. Through you this book it will start a process to end the world's turmoil and make it a more friendly place for everyone. Change begins rapidly. It has started in Tunisia and Egypt. Young people are the driving force for change as they seek freedom from autocratic rule, dignity, equality, and economic opportunity. Young people in other countries are responding to this change-energy and all will become part of a truly convulsive upheaval literally affecting the lives of the world's population.

These global changes have common political and economic themes. Not being afraid to suffer beatings, torture, or death in order to gain personal freedom from fear, is the underlying force, like hot lava, that can obliterate the oppressive past and transform the social landscape for fertile growth.

But more is needed than just personal freedom, political and economic change. For these changes to have lasting effect, people need to turn to their inner selves and acknowledge that they do have two parts. Their physical self, that, through influence of the masses, is bringing about change, and their spiritual self, which can sustain these changes. People need to know their spirit. It guides their physical ego in response to their spirit's purpose—to be an influence for love and compassion—to help others.

You ask yourself, "How can I be involved?"

A good question, and let me point out what attracted you to inquire about this book in the first place. It was your curiosity about spirit. Knowing your spirit is immortal can be a fascinating experience. And through you and many thousands of others who share your curiosity, the world using social networks, can begin to be a more gentle, loving place. Because you, and I and others will be an influence for change. We will all be Knowers.

So, *The KNOWERS—Second Move* is ready to lead you on a journey for you to acknowledge and then to know, I mean really know, that you do have an immortal part of you—your spirit that never dies. Your spirit that can have a profound effect on your physical self, your ego self, if you listen and respond to the guidance of its wee voice. Following its guidance will be easy once you are committed to know and feel that you do have an immortal spirit. Start the journey right now. Start a process where all the world's people will know they have an immortal spirit with a purpose. And that purpose is to love and sustain a peaceful, compassionate, caring world. We **all** will be Knowers.

The KNOWERS — Second Move

by

Robert Temple Frost

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LIGHT BEING COMPANY

The KNOWERS - Second Move

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Boulder, Colorado 80302

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DEDICATION

I was inspired to write *The KNOWERS—Second Move* as a direct result of a personal revelation, one that became the foundation of my spiritual awareness. For this I thank Hala and Maia Khan. I value the readings of Sheila Hearn-Frost, Patricia Frost-Fitch, Jena Khan, Robert Byrne, Elaine Adams, and Jeanie Brooke. Their comments have helped me achieve greater clarity and focus. In particular, I want to thank my wife, Sheila, as she shared her wisdom and insights when we talked about our physical body as the means for spirit energy to have an experience on earth. My thanks to Jeanie Brooke for her many suggestions and editorial assistance.

PROLOGUE

We are all immortal spirits having a life experience on Planet Earth. On a global scale, our collective spirit energy can create both the theme and the reality of a peaceful, loving, interactive, and supportive world civilization living in balance with Nature.

Each of us has the challenge (and the responsibility), to live as our spirit guides us. After you have read *The KNOWERS—Second Move*, I am confident that you will know—and feel – that you have an immortal Spirit. You will know what your spirit's purpose is, and you will begin to accept the concept that your physical body—what you think of as, you, in this present moment—is the vehicle your spirit needs to accomplish its purpose during your lifetime.

If you feel threatened by this concept, know that it is simply your physical ego sensing that something is about to happen. And it will. You will be so in touch with your spirit, your energetic body, that your intellect and reasoning abilities will convince you to listen to your spirit [the still small voice]. Then you will begin to live as your spirit guides you.

My hope is that when multitudes have read *The KNOWERS—Second Move*, a new communal energy, a grassroots movement, will swell up – that Americans will be proud to be part of intentions that will focus on national and global needs. This new movement could:

- o Provide health care for all;
- o Influence our education system to help students succeed in acquiring the knowledge and the skills we need to continue to evolve in a technological and information society;
- o Make changes to establish and maintain a sound national economy;
- o Resolve our dependence on fossil fuels; and
- o Decrease the rate of global warming.

In addition, this new grassroots movement could, aided by the insights gained by people of lesser-developed nations, develop social and economic strategies to benefit their citizens, and at the same time, preserve their unique cultures. A clear global benefit would be to remove the reasons for individuals to become terrorists.

The KNOWERS—Second Move will help you know your own spirit. Those who know their spirit's purpose, the Knowers, can influence others in shaping change. And young people, in particular, can, and will, value the opportunities to become active participants and leaders in this movement.

Finally, *The KNOWERS—Second Move*, was written to enable you, through your use of reason, to know the truth about life, to know the truth about yourself, and to become enlightened—to become in-spired!

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CHAPTER 1

PLANNING YOUR JOURNEY

I think, therefore I am. Rene Descartes, a French philosopher, (1596–1650 A.D.), wrote this to convey the idea that a person can use his or her ability to reason to know truths.

A common aspect of self is that we have the ability to reason. We did not grow up as reasoning persons, however. We learned to obey, to conform by what we were told from childhood.

Has the time come in your life when doubts or questions have arisen over what you have been told to believe? Are you feeling confused, anxious, fearful because of these conflicts? I wrote *The KNOWERS—Second Move*, to enable you, through your use of reason, to know the truth about your life, and about your self, to become enlightened.

Many of you scanning this book now think you already know who you are and therefore this will be old stuff for you. But consider this; it's fine to know that you have an immortal spirit, but are you comfortable talking about spirit freely with others?

Are you aware of the purpose your spirit has set for itself? Are you certain that you are living 'as your spirit' right now?

If you can answer 'yes' to these three questions, I'm pleased for you. You are now a person I call a KNOWER. You can help by leading others to this book so they may join you in your state of spirit awareness.

If you could not answer 100% in the affirmative, then know there are new things to read that you may enjoy as you deepen your present state of knowing about your spirit. There are original poems to help you focus your thoughts and feelings about spirituality vs. religion, about knowing vs. believing.

To be enlightened. Does the phrase attract your attention? It may seem to have a spiritual content, if we think of Buddha, the Indian philosopher (563?–483? B.C.) who founded Buddhism. Buddha used words like nirvana and enlightenment. In this context, think of the word enlightenment as meaning to comprehend truth. This ties it closely to the art of Descartes' reasoning.

I am so pleased that you are willing to start reading *The KNOWERS—Second Move*. While you are reading, I urge you to be open to change, to value feelings that may bubble up in your mind and heart as you use your reasoning ability.

Are you a happy person? Most people are. But, are you, like many people, aware of a sense of uncertainty, a feeling of emptiness about your life? Have you felt this way for a long time but you just don't know what to do about it?

Is that feeling of emptiness like an early morning fog that drifts into your consciousness, swirling, obscuring, clearing, always changing? You look for familiar landmarks, but they are not there. You may be feeling puzzled, even fearful about what's going on with you and why you feel the way you do.

How do you share such strange personal feelings? How do you talk with others, even family or close friends, when even you can't describe what you're feeling?

If you go to any religious gathering, you listen to a preacher, a priest, a mullah, or a rabbi; persons to whom you grant wisdom and spiritual knowing. You listen to words that you hope will lessen your fears about life, that will give you a sense of direction, a sense of purpose.

If you don't go to such gatherings you may still have questions about death, when you allow yourself to think about it. Do you feel a sense of fear or uncertainty about your own death? About what life means to you? How you value your life?

Can it be that your feelings of uncertainty, of emptiness, have to do with not knowing for sure if you have an immortal spirit? How do you know you have an immortal spirit? Is not knowing you have a spirit the reason you feel that you don't know who you really are?

The KNOWERS—Second Move will guide you to the truth about who you really are, and lead you towards enlightenment. I want to be your friend, to earn your trust and your willingness to be open in your heart and mind to the changes I will help you experience.

I can be your guide because my own search has brought me enlightenment. I'm already there. You will learn later how I know this. I want you to arrive at this same point in your life as well. And you, too, will also know when you are there.

As you walk along the path to enlightenment you will feel as though you are coming out of the mist into a sunlit garden, a garden that will greet you with wonderful views, clarity and insight.

This magical garden is open to everyone; its beauty comes from within. Your view is not only what you see or think you see, but what you feel. We are part of Nature. We can learn through close observation of nature, of people, and the things around us, to wonder and to experience love.

That's where your journey can start—with love. Our spirit, or energetic body, is love. Your journey will end successfully when you know that your spirit is sharing your physical body

as its means to accomplish the purpose it has set for itself during your lifetime. Then you will be living as your spirit.



CHAPTER 2

THE INNER BEGINNING

I am excited about the journey we are about to take. I know I have been called to write this book, that this is something I've been prepared to do. I want what I write to inspire you, and:

- o be clearly understood by people of all ages, genders, races, religious beliefs and ethnicity.
- o to create a sense of curiosity, the urge to learn more about the potential for change;

I want my words to be felt as the meaning of love.

- o love is a state of being
- o love is spontaneous,
- o love is pure emotion,
- o love is reactive
- o love can be understood
- o love can be a long-lasting feeling.

Love, loving, love of self are not easy emotions. They require clarity to feel, to think about, to respond to. Feeling love carries risk. 'Fear of being vulnerable' is a major risk. So love may not be so easy to do. We want to find some aspect of life that is natural, that is with us all the time. It needs to be something you can tune into, take into yourself. It needs to be:

- o satisfying o effortless o lasting o rewarding o pleasing
- o accessible o reproducible o vested with positive emotion

What is it that you can tune into that meets all of these characteristics?

Your inner voice of spirit



CHAPTER 3

LOVING YOURSELF

That's what it is! Hearing the inner voice of your spirit, your/our spiritual ego! It is what make us unique from other primates, other animals, except whales and dolphins.

Our spirit is personal to us and within us. It is separate from our physical body, our physical ego. It is our source to love ourselves, each person and nature around us. At our energetic level it is pure frequency, pure energy. Our spiritual ego is the immortal part of us.

We can recall Martin Luther (1483–1546 A.D.), the German priest who started the religious break-away from the Roman Catholic Church that became known as the Reformation. Luther wrote that “a person should be his or her own priest.”

Did he mean that a person does not need to be told what to believe by a religious leader? Doesn't Luther's statement resemble Descartes' writing, that a person can use his or her own ability to reason to know truths? Taken together, do these thoughts mean our spirituality is within us and is us? We'll see. We'll learn.

How does a person begin to reason about his or her energetic body, or spirit? The process for you to know you have an immortal spirit is the reason for your journey. It is important that your knowing be built step by step, insight by insight, so that you experience reasons to release any doubts.

There I go again with the word reason; it will definitely be a close friend to you as we go along.

Return to my comments about love in Chapter 2. I said love is not an easy emotion and may involve some risk. I think some kinds of love have little risk content—purely emotional love that comes partly from what we see, and partly from how we feel about what we see. Sort of an intellectual love. How can that cause any fear?

We'll start there, because it is important to feel love as part of the fabric that makes life worthwhile, that gives us clarity about nature and objects around us, that lets us begin to know we have an energetic, immortal spirit that is love.

Feeling love. I want to share the first time I stood before the world's largest tree, the giant sequoia, the General Sherman, in Sequoia National Park in California.

My friend Steve was with me. We parked the car and took a short walk that led us past many large specimens, guardians to the special one.

The General Sherman stands alone. We approached it with reverence. Such grace, such mass, arising from the barren ground, not even a bush to decorate its feet! The giant sequoia rose like an organ's deep sound, out of the earth and into the sky, so massive, so straight, so bare of limbs, until the first branch appeared 200 feet high.

A huge limb, three feet across, the first of many on the towering top, was so far above us that we had to crane our necks back, back, and back some more. Standing as close as we could get, we stood in awe at the simplicity, the marvel of nature's success, growing a tree unique in the world, to become so ancient—two thousand years and more.

In comparison, Steve and I were physical midgets, but consciously aware, by spiritual intent, to honor, respect, and feel love for this worldly giant, now protected, never to be cut, to stand forever, as nature permits, a magnificent sentinel of height and mass, this Giant Sequoia, our newfound friend at last.

Spiritual intent, could you sense my amazement, my wonder, my awe as I stood twenty feet away (to keep off the roots), while Steve took my picture?

I have the picture he took in front of me right now: it really is astounding! My wife measured my shoulders as 18" wide, then proportionally, I measured the tree diameter as 12 feet wide at a point five feet above the ground to remove the effect of the spreading roots from the essential tree trunk width.

When I looked at the tree, felt its upwards thrusting energy, its massiveness, my energy swept upward, too. I felt humbled, amazed, loving. I could feel my love as a physical sense of awe.

The General Sherman drew out my feelings of love and respect because I was open to them. I felt love for that tree, love in the awareness that the tree was alive and still growing. I felt the energy of the tree, of the place, and of other sequoias nearby. The grove of sequoias was like a sanctuary, quiet, tranquil.

It was a beautiful experience. From my feelings of love for that tree, I could acknowledge my feeling of love for myself. In a spiritual sense, I felt equal to that tree, as we all are wonderful natural creations as well.

How about you? Did you imagine yourself there, feeling what I described about this huge tree? Did you get a sense of love for yourself as a reflection of your feelings?

I hope you have the opportunity to stand before The General Sherman, this marvel of creativity, during your lifetime.

I remember feeling love for another amazing creation when my wife and I visited the round-shaped Pantheon in Rome built in 27 B.C. by Agrippa as a temple to all the Roman gods.

As I stood inside and looked up at the huge stone dome, I visualized the scope and complexity of the scaffolding required to support the placement of each shaped stone in the dome. Each stone had to have beveled sides to fit with each adjoining stone in a gradually inward and upward curving arch.

Remarkably, there was an opening in the dome, perhaps eight feet in diameter, which meant the last ring of stones shaped on three sides acted as the keystones to lock in the stability of the entire dome structure, the same way that a keystone is the last stone placed in a traditional arch, which we know the Romans' discovered.

Again I felt awe, respect, and love for those ancient craftsmen who built this magnificent dome that has endured earthquakes for more than two thousand years!

My imagination took me back in time when a bonfire built on the floor below became the center for dancing priestesses and priests as they called upon their gods to help and protect them in all their worldly activities.

Those early Romans learned and then knew the secret of the arch. Imagine the thrill those builders must have felt when, piece by piece, the scaffolding was removed and the dome, with its center opening, relaxed with a felt jar and locked into place?

The builders knew it would hold. They constructed from reason and revealed the truth about the domed arch.

The love I felt for those builders was like approbation.

Again I had the opportunity to feel love for myself because I felt the way I did about the Pantheon. That's how love for yourself can work, it's a welling-up in your chest that comes from abundance, and often brings tears to your eyes.

The Catholic Church took over the Pantheon in 609 A.D. to use as a Christian church called Santa Maria Rotunda.



CHAPTER 4

FEELINGS CAN BECOME KNOWING

To feel love and to become aware that you know you feel that love—is due to reasoning. Read this again.

I have written that love as an emotion is energy and you can feel its warmth; that awareness is part of your 'knowing' that you feel love.

Awareness reveals the path. The object of your awareness can be someone—a lover, a spouse, an object, an idea, a feeling—or your self. Awareness, knowing—are inseparable. They illuminate the path we are on.

Rene Descartes, the French philosopher, lived during a time of great scientific discovery.

When he wrote, "I think, therefore I am", he got into trouble with the Vatican, because he used this personal insight as a premise to write and publish his proof of God's existence based on reason and not on religious faith or belief.

This 'proof' was outside the Church's teachings, a threat to the Church's position that a person must believe what they are told by the Church.

Descartes used mathematics as the basis for all truths that can be proven by observation and experiment. He was concerned that his 'proof' about God's existence and his 'proof' using math, were separate dimensions of 'being' that could not be measured or compared by the same standard of measure. If you had proof, he reasoned, you did not need religious faith. However, with pressure from the Vatican during the Inquisition, (Papal tribunals began in 1233), Descartes did not pursue his reasoning about God's existence publically any further.

Descartes and Galileo (1564–1642 A.D.) were aware of each other during a 26-year period in their investigative lives. When Galileo published his findings that the earth and all the other planets he saw with his new telescope did, in fact, revolve around the sun, he confirmed the theory of Nicholas Copernicus, (1473–1543), the Polish astronomer whose theory had been rejected by the Vatican.

Galileo's report again threatened conventional beliefs and the Vatican's teachings that the sun and planets revolved around the earth.

Galileo was taken before the Inquisition Council. His findings were banned, he was forced to disavow the Copernican theory, discontinue teaching and forced to retire.

Official Vatican belief was not changed until the 20th century, when the Vatican publically acknowledged that Galileo was right after all. So much for beliefs!

On your journey we will explore key words like belief, faith, awareness and knowing. Is the search for spirit more in a spiritual dimension than it is religious? We'll find out.

I find a similarity in 'I think, therefore I am', and, 'I am aware, therefore I know what I feel'. A key element in your observations and thoughts is to feel your emotions when you have used reason to understand what you have seen or thought. Those feelings can become knowing.

Watch for the distinction between what you believe and what you will begin to recognize as knowing. Knowing is the partner of reason and awareness.

Knowing

*A scientist says, "I know"
when it is proved
something is true,
any doubts removed.
It starts with mathematics,
that bedrock theme,
underlies new findings,
opens up dreams
of how to do something
never done before.
Numbers provide knowing;
they open the door.*

*All science, engineering progress
is based on fact.
A fact is something proven
through scientific acts.
First a hypothesis,
then a theory,
the investigative way,
the experiment, the research
– analysis can pay
promising results,
the findings are clear.
Results become 'knowing,'
tell the world what is here.*

*When it comes to spiritual matters,
is there a Creative Source?*

*We can make long lists
of reasons to clear any doubt
But the purists, the skeptics,
believe only in hard facts,
even though rigorous studies
are without lack.
Can a Creative Source be the
only source
of perfection from chaos,
the unwavering course?*

*Now a multitude accepts this view;
only a Creative Source
has the power to create
all that is new,
to light earth
with nature's bounty,
form the universal sky.
We know now it's expanding
with ever increasing speed,
While only yesterday
we believed it would contract
into a smothering scene.*

Based on observations recorded by a NASA satellite in Earth's orbit far beyond the moon, astronomers have surmised that the 'Big Bang' occurred in one trillionth of a second. The universe expanded from the size of a marble to astronomical proportions. Furthermore, astronomers believe that a mysterious energy continues to accelerate the expansion of the universe, while creating new stars and new galaxies.

Will science someday explain the one trillionth of a second phenomenon that created the universe, or the form of energy we cannot detect directly that drives the universe's expansion at an accelerating rate of speed?

Will science be able some day to explain the magic of embryonic stem cells capable of becoming any part of human tissue into which they are injected and begin to repair missing or damaged host cells?



CHAPTER 5

BEST FRIEND

I have been leading you away from belief, because belief leads to faith, leads to religion. What we're after is a spiritual concept of knowing that has nothing to do directly with any religion.

Right now, on your personal journey, you will learn to accept that you do have an energetic part of you that is your immortal spirit?

Are you attracted to the idea that your spirit can be a best friend when you acknowledge its presence?

Soon, your life will become remarkable and you will affect the lives of others through the influence of your love, understanding and compassion. These three elements are the ingredients of the Creative Source matrix that connects us all.

When you know you have a spirit, doesn't that mean you care about other people and their well being? Doesn't that mean you admire the beauty, the perfection of other human beings, of nature's creatures? Doesn't that mean that all of us can celebrate our spirit's power to have beneficial influence on the physical aspect of humans, so that they do not kill or maim each other, or do harmful acts against nature?

I think it does. I want your journey to include learning and knowing the perfection of your physical being which your immortal spirit has chosen for its current Planet Earth adventure. Let's start with a human embryo.

How is it possible for a single fertilized human cell, with its two strands of DNA, chromosomes and genes, to become the blueprint for the development of a specific human infant's physical body?

Equally amazing and magical, that embryo grows from a single cell, then there are two, then four, then eight cells. If you were able to connect straight lines with the nuclei of the eight cells you create a star tetrahedron, a major figure in sacred geometry.

An extraordinary situation exists throughout nature for all organic entities. Externally, these eight cells look alike, whether they are intended to be an insect, a tree, a lion, or a human being. This geometric form is called the seed of life. It seems as if the Creative Source enjoys the economy of repeating what works. Does this suggest that we are all one?

The infant has finished nursing. The mother lays her down on a soft blanket so that you can look at her up close. You kneel down and look into the eyes of this four-day old child. Her eyes are focused on you intently. Her perfect little hands and fingers lay quietly at her side. Her feet, with tiny perfect toes, are remarkable in their beauty. You say to the smiling mother, "What a beautiful baby!"

You smile and feel a warm emotion rise within you, something akin to adoration. You are filled with awe as you recall seeing your friend four days ago when she was still pregnant. Now this child, this baby, this perfect creature, smiles up at you with such an expression of wisdom! You are reminded by your inner voice, "The eyes are the windows of the soul". Then you look at the child again and you see that she does indeed have the eyes of an 'old soul'.

I use the word 'soul' here, not as a religious term, but because this saying come from ancient wisdom. It is like other sayings with meaning, like harvest moon, or blue moon. 'soul' is spirit and saying anything about 'soul' reveals an ingrained pattern that is part of most cultural traditions.

Our immortal spirit goes to a different place when we die, whether our religion is Islam, Sikhism, Christian, Judaism, or Buddhism. If some part of us goes somewhere when we die, doesn't that mean that the spirit is a separate part of us, separate from the physical part of us? If our spirit leaves our body when we die, but then incarnates with a newborn child, does that explain why we say, "the child has the eyes of an 'old soul'?" Are we not expressing that our immortal spirit has reincarnated?

Einstein tell us that energy is either energy or matter, such as an object or physical form. We know that energy can never be destroyed, it only changes form. This infant has a physical body and immortal spirit of pure energy.

If our spirit is immortal, doesn't that mean we are part of the Creative Source? If we think of the Creative Source as the energy of love, then is our spirit not also the energy of love?

I want to help you accept your own growing awareness that your spirit, your immortal energetic body, is both a friend and a guide. Then you will begin to know the purpose your spirit has set for itself and hopes to attain with your help.

You will be confident and comfortable in that knowing. You can begin to think that you don't need anyone to tell you about spiritual matters: you know that your spirit awareness will be your guide. You begin to sense that you must pay attention to your inner thoughts about your spirit. You learn that is how your immortal spirit communicates with you.

CHAPTER 6

The Revelation

Now that you have read this far, I think that you are a person of reason. I want you to shift your thoughts from third dimension reality, the place where we live and think every moment, to a new place, a new reality. Webster's Dictionary will help us here, with definitions that are objective and acceptable by all.

For example, the word metaphysics can now enter our thoughts. Its definition is, "The branch of philosophy that deals with the most important principals and seeks to explain the nature of being or reality." The nature of being or reality. This is important, because soon we'll be experiencing a visit and conversation with a disembodied being who is now in a spiritual reality separate from ours, a metaphysical state.

As I said earlier your journey will be a spiritual journey, not a religious one. But for the sake of clarity in definitions I need to use the word "soul". It has a religious context, but I want to use it here because it's linked in a meaningful way to the word spirit. Webster defines 'soul' as, "the spirit of a dead person, thought of as separate from the body and leading an existence of its own." Webster also says, "Spirit is the animating principal in a human being, often believed to survive death. So, we can have it both ways. When your physical body is alive, your spirit is its animating principal. When your physical body dies, your spirit continues to lead a separate existence of its own.

Simply stated—your spirit never dies. It is immortal.

You know your mind, your personality as your animating principal. This is you. But you may still be uncertain about the immortality of this principal part of you. To secure this conviction that your spirit is immortal, we need to consider that your spirit does not go to 'heaven', or some other place and just stay there, throughout its immortal state as most religious teachings believe. Your spirit reincarnates, as you have right now, with your current physical body. Reincarnation is widely accepted among Asian religions practiced by hundreds of millions of individuals. As a spiritual practice, people of Western cultures increasingly accept reincarnation as part of their Buddhist knowing.

Now, we'll go to a metaphysical place for an amazing revelation.

A wonderful adventure was about to begin in my life; I met Hala. Hala is a spiritual entity whose last association with a physical body two hundred years ago, was as the daughter of a British diplomat in India. *Hala's* spiritual attainment has reached the frequency where she no longer chooses to reincarnate ("recycle", as *Hala* calls it).

I was fortunate to find *Hala*'s channel, a person who would go into a trance-like mode and allow *Hala* to use her voice to talk with me. This was an opportunity for me to visit with a spiritual entity and learn about consciousness and spiritual matters from an expert.

I like *Hala*'s use of the word 'recycling' as a modern term for reincarnation, noting that the population of many Asian countries, India and Tibet in particular, includes hundreds of millions of people who accept this concept of spirituality. This includes all those who practice Buddhism.

Hala became my spiritual friend. A majority of people believe they have a guardian angel and they feel good about that. I feel the same about *Hala*.

During our second session, *Hala* revealed something of great significance to me. What you are about to read is a transcript of the tape recording of *Hala* and myself during that session.

The channel and I were seated about five feet apart in her living room. The light was subdued. There was a tape recorder on a low table between us. The channel started the recorder, sat back and closed her eyes. Within a few minutes *Hala*'s distinctive British-accented voice began to speak through the channel.

"Umm, greetings."

"Greetings, *Hala*."

"Well, what shall we do today? I'll let you guide me."

"Yes, I'd like to do that. I'm happy to be back with you this afternoon. I've spent much time working with the information from our last session and I've decided intuitively that it would be important to go back to the period when I was four or five years old. As you recall, my mother died suddenly when I was five and a half. Some of the problems I've had since then I think relate to that period. So, I wonder, is it possible for you to be in touch with entities that may have been around and were aware of my mother and myself at that time?"

"Yes."

"OK?"

"Absolutely."

"Do you need to know the names of entities that were related to my mother and myself at that time?"

“Uhm—well—let us see what comes through . . . ahh without the names. Because already there is a very strong stream of something or other coming through.”

“From my studies it seems like an important period is going back to four years old—a year or so before my mother died. I have some questions I would like to ask, to see—can you tell me if I was breast-fed by my mother, and if so, for how long?”

Hala cleared her throat “—One moment—” (a forty-five second pause)

“Two interesting things are apparent, in fact . . . we have the introduction of another member . . . another physical being . . . with regard to this issue. We have, first of all, the health of your mother playing a crucial part . . . ahh . . . it seems that there was some difficulty with breast feeding, but ahh . . . it seemed to have something to do with her own health condition, ahh . . . there was a period where . . . ahh, what is the word . . . I suppose, where a *wet* nurse was used.

And so you were . . . the actual breast feeding did not have to cease, but you were receiving your fuel from another source, shall we say. And let us see . . . let us try to clarify this as much as possible. (Six-second pause).

There is a very strong sense of separation while this is taking place. It seems that your mother was dealing with a painful situation . . . it did not seem in terms of time . . . it did not seem to take place for very long, but there was a very strong sense of separation . . . ahh . . . if you were ever to tap into a past life when you were a breast feeding mother, I imagine you would understand that.

Let us see... significant in this energetically is that a wet nurse, someone else, was providing you with nutrition, and there was a strong sense of separation from you on your mother's part while dealing with physical pain that seemed to set up . . . was set up in association with separation from child . . . physical pain that in some fashion continued all the time.”

“OK. And is there a sense as to how long this wet nurse did nurse me—breast-feed me?”

Pause—“Again, not very long—it is very difficult to pinpoint exactly in time, but we would say roughly three weeks.”

“Now if we can move ahead to when I was four years old and beyond, can you determine the relationship at age four, three and a half to four, and going toward five years old that I had with my mother, and she with me?”

“Yes.”

“Our shared relationship.”

“Yes—what is coming through very strongly is this fear of separation—and this is coming more from your mother’s energy than from you at this point. Ahh . . . it is a direct outgrowth, if you will, from a prolonged period of pain, physical discomfort that she,—I am sensing strongly, withheld the degree of this physical pain from anyone else’s knowledge—and reinforcing this physical pain is the association she made with separation and physical pain during the first weeks of your life.

So, we have a situation where emotionally she is dependent upon you, in a strange sense.

Dependent upon your being very close, physically, and yet unwilling to allow that physical closeness to take on direct physical contact, which was difficult because—I don’t wish to say that you were accident prone, but you were very unsure about your physical environment, let me put it that way.

And there was in you a very strong sense of the coming transition . . . second sight would be the term that was being bandied about during that time. Second sight, and this ahh . . . scared your mother. Fear is what is coming through . . . so, let me also throw out briefly what is happening right now, where it’s coming from and all . . .

We—are energy frequencies, the nature of electromagnetic energy contains within itself modules of information, and as we access one it can trigger the opening of another, and as we probe one energy module, or sphere of information, another one can begin to open in turn, and so it can move back and forth and we can fashion a band or graph of energy frequencies dancing around, and this is how we can draw information. This is the background of what is going on.

“Now . . . so, there is this sense of you knowing that something is coming . . . not necessarily your mother’s passing away, but you are very aware of the fear that you are instilling in her and you do not understand why there is this push and pull with the physical connection, why it is so important for you to stay at your mother’s side, and yet physical contact really was not encouraged.

There were other family members, another woman, in fact, it is the wet nurse again. She seems to have remained in your life up through this time period, just overwhelmingly suffocating in warmth, but a genuine love and concern. A very strong bond developed, of course, during the breast-feeding phase, so there is that. So there is resulting confusion about the role and the relationship between the mother and child at this very early age.

And this is also the time when the second sight is developing. You are aware of some of the other little friends you have around, and *they* are sharing with you such playful anecdotes, such wonderful, joyful types of experiences that it really throws it into your face...the sadness and the seeming discomfort of your mother. And you, of course, are

not aware of the physical pain, it seems that nobody was aware of what she was going through. It is not possible to pinpoint a physical reason for the pain, for the physical pain.”

This session was transcribed on February 15, 1990.

Five years later I learned from my second cousin, Elie, that my Aunt Margaret told her that she had nursed me for a while when I was first born because my mother could not. Aunt Margaret was also Elie’s Aunt and they were very close when Eli was growing up.

My mother’s sister, my Aunt Margaret, was the wet nurse Hala had described! Equally astounding was the phrase Hala had expressed about my Aunt, “Just overwhelmingly suffocating in warmth, but a genuine love and concern.” From my experience, that described my Aunt Margaret exactly!

Hala’s revelation was expressed as you read it. There was absolutely no way the channel lady could have known about my Aunt, let alone this intimate detail. I understood then why it seemed so important for me, intuitively, to ask Hala that very first question—had my mother nursed me.

I was elated to hear what Hala said. I did not doubt what she had told me, but here was the purest confirmation from my mother’s older sister, my Aunt Margaret, that she had nursed me when I was new born.

At this point it is important for you to know about *Destiny of Souls, New Case Studies Of life Between Lives*, by Michael Newton, PhD, which I found to be very complementary with *The KNOWERS—Second Move*.

Dr. Newton is a PhD educated psychologist who has taken hypnotism to a new level. When in an advanced state of trance, his clients are able to recall and recite their last experiences as disembodied spirit energy. In this state an energetic spirit spends time to plan the purpose of their next reincarnation, and chooses the parents to whom their infant will become the spirit’s physical partner for a new experience on planet earth.

Dr. Newton states that most of his clients come to him to learn if they are in fact living a current life for the purpose their spirit had set for itself. Dr. Newton’s book documents these trance interviews. I highly recommend this scholarly book.

Now that you know the revelation I promised, is your sense of reason beginning to open to the possibility that you do have an energetic immortal spirit that has reincarnated to be with your present physical body?

This revelation made all that Hala has told me in our many sessions talking about consciousness so satisfying to my sense of reason. I was hearing and learning truths. These experiences have given me a clear understanding about life and death.

Sharing my experiences and insights with you gives me a sense of purpose in encouraging you to be open, to be aware of your own immortal spirit.



CHAPTER 7

BELIEF, A NARROW PATH

A scientist can say 'I believe that . . .' when he doesn't know the objective answer to a mathematics/physics-based question that hasn't been proved beyond doubt. When it comes to issues that have a religious content, as in, when is a human embryo a child? The Pope is firm on the teachings of the Catholic Church, 'from the time of conception that is, when the sperm and ovum merge'.

There is no debate. There is no reasoning. Because of that 'belief' the Federal Government, when George W. Bush was president, decided to restrict Federal funds for embryonic stem cell research to the few embryo lines that existed, before government restriction, as an ethical and political issue.

Fertility clinics now hold more than half a million frozen embryos. Some are still owned by the donor source as surplus from a fertility implant procedure. Others are owned by the clinic in the hope that someday they may be available for research.

Renewed Federal funding for embryonic stem cell research would assure that all findings of success or failure would be shared with the medical research community. Even though some State and private funds are now available for embryonic stem cell research, the lack of Federal funds has slowed the volume of medical research for potentially life-saving, life-enhancing methods all because of religious 'belief'.

Cold Refuge below portrays the tense situation about embryonic stem cells (and abortion) that exists in the United States today. As you read this poem, allow your intellect and reason to follow the theme and learn where *belief* conflicts with other alternatives.

Cold Refuge

*Nature created part of you
in your mother's ovary.
You were an incomplete cell,
a human ovum.
You were 'harvested',
never to travel in the tube
to meet your mate.
Now that union will take place
in a dish, a petri dish,
where your father's sperm
will swim and seek you out.*

You'll be there with other
'siblings' in your life,
You'll experience the bite,
as a single sperm
penetrates your outer sheath.
You'll welcome the union
as the first changes begin
and your chromosomes
and those of your mate
line up facing each other,
then cross over to merge
and become one.

Now, you and your mate
have become an embryo,
a complete cell,
for the very first time.
Will you be chosen from among
the fertile few
to be placed into
your mother's womb?
If so, the Catholic Church of Rome
will bless you, even though
the process before implanting
is deemed a sin.

If you're not chosen,
you magical embryo,
the Pope says you are still
a human child.
Within hours after merging
with your mate,
you'll be slipped into a
glass nest, coded with time,
source and date,
placed with many others
into a cryogenics' chilled case,
to wait, to wait.

You're still owned by your
source, they'll be charged
a fee for your retention.
Or they may give up
their legal rights to you,
and the fertility clinic

*will own you, for a price?
You, with many others,
wait for the hoped-for day,
when medical science,
politics and religion,
meld for an affirmative,
final decision.*

*But while you are waiting,
will you be destroyed
upon your source's choice,
or by the clinic's terminal act?
That will kill the child
the Church says you are.*

*Or, someday will you
be carefully thawed,
allowed to develop,
to become a source for
the inner cluster of
pluripotent cells to be
harvested before the 14th day,
to heal, renew other human cells
and at that moment of taking,
you can never be a child.
And that's the issue.*

This is a very difficult belief issue. Most biologists consider that conception occurs when an embryo implants on the uterine wall, thus contradicting the Pope's decree. The abortion issue is also linked to the belief that aborting a fetus is killing a human being with an immortal spirit

Now we have the benefit of a statement from Hala who knows the truth. Hala tells us that the spirit does not join the human physical body until the time of birth. Until the time of birth!

Humans are sexual animals, nature made us that way for the purpose of continuing the species. But accidents do happen, and people do change their minds. Nature abhors error and many pregnancies are naturally aborted in the early days of gestation, often when the woman didn't even know she was pregnant.

In these situations, does it not seem reasonable that sensitive, aware spirit energy would wait before joining the newborn until it is clear that a fetus is going to be born and will survive on its own?

But let's be clear about the sanctity of human life. The total perfection of the physical human being is realized at birth. Yet society must allow the woman to choose to have an abortion or not, and to protect that right for women. A woman is more than a brood mare.

The complexities of child rearing are primarily the mother's. A child needs to be wanted by its parents, not regarded as a burden. A woman and her partner can be ever responsible to avoid an unwanted pregnancy.

As a sensitive, loving individual you are learning that your spirit is immortal, never dies and is never killed. We can be sincere in our support for a woman's Right to Choose.

Once a child is born, we all have a responsibility to protect its rights. A challenge for our spirit energy is to influence us to find resolutions to the fears, religious conflicts, and evil acts that lead to crimes against the individual as well as against humanity.

Our spirit is our perfect moral and ethical guide. We can listen to our spirit's encouragement and act accordingly.



CHAPTER 8

NEW CONSCIOUSNESS

Are you gathering new insights? Do they satisfy your sense of reason? Love of self is a key. Let me share an experience, as an example, that allowed me to feel the power of love.

Feeling Sad

*The death of a beloved kitty
aroused feeling of sorrow.
The were partly for the kitty,
such a joyful life snuffed.
But, deep down in my emotional core,
was the realization
my kitty can't show,
that he loves me anymore.*

*Am I so fearful
during my waking hours
that I constantly depend
on others
to let my love flower?
Love for ourselves
we almost grudgingly give,
we're so attuned to the concept
that loving self is a sin.*

*Ourselves don't tell us that,
it's external spiel.
We can choose to believe it,
or accept the wheel
that turn inevitably
with us embraced.
Whether we accept it or not,
there's an eternal place,
where we're already there,
And its name is love.*

*Our pure spirit is changeless
with that main love of life
That springs from and is part of*

*that springs from and is part of
the Creative Source.
When we accept that truth,
the happier we'll be,
feeling our love—
feeling it free.*

The power of love is not only there for us, it is us. Are we not all children of the Creative Source, as are all organic entities in our natural world? Can we see ourselves as objects of amazement and reverence?

*I'm beginning to see,
out of the mist
a form so grand,
as to deserve acclaim.
I'll peer and focus my
inner eye,
to refine my view
as I reach for the sky.*

I hope that *The KNOWERS—Second Move* will set a new standard for spiritual clarity, replacing what has been fuzzy about the 'New Age.' We are learning that the power of love comes from within, it is the substance of our spirit. We don't need to be told who we are. We can know who we are, and thus have a New Consciousness. You're headed that way now, don't you agree?

*With eyes wide open
one sees and understands
the joys of living
without fear or strife
as one plots a course
through the shoals of life.
The shoals appear
as impediments,
but a faithful heart
knows how
to slip aside,
to slip away,
leaving groping hands behind.
We'll be honest
and straightforward,
without guile or bluff.
We'll say it as we know it
to bring the truth to light.*

I hope *The KNOWERS—Second Move* will provide you with fresh ideas to draw you into the acceptance of human rights, with a strong focus on gender equality.

*Walk the path
the narrow path
that leaves no doubt
of what we're about
that encourages all
to think alike with us
to see
the beckoning light.*



CHAPTER 9

REVERANCE

I find as each moment, each day progresses, that I am using my natural skills of intellect and reason to arrive at the state I call *conscious awareness*.

Conscious is:

- o alert o knowing
- o perceiving o feeling
- o thinking o receiving

Awareness is:

- o understanding o insightful
- o reverential toward self,
- o others, the Divine Source

*Conscious awareness is
like the bow of a ship
that first encounters
the medium of life,
and parts the way
for the ship to follow
providing with reason
a course led without strife.*

Reverence can be a key word in your journey towards enlightenment. What does it mean, to revere?

- o to hold up as a model, to emulate
- o to so admire without any feeling of need to change it.
- o to consider perfect, flawless
- o to touch into the deep chords of harmony,
- o to feel the essence of love from within, for it
- o to know the ultimate perfection

- o to know awe
- o to feel amazement

The Little Blue Book teachings can become the foundation for love of self. If you love your self, doesn't that involve revering yourself and others? This approach will stimulate new insights, perceptions, and understandings that are universal in content.

My wife and I were sitting outside at a picnic table eating sandwiches made with French bread. We watched a black ant with a great big bread crumb clutched in its jaws as it scurried to and fro, trying to figure out how to get off the table. Over a three-minute period, the ant demonstrated traits we clearly associate with humans:

- o opportunistic
- o intention
- o commitment
- o patience
- o perseverance
- o thought
- o reasoning
- o daring
- o athleticism
- o strength
- o communicative
- o successful

Read "Return Trip" and see how these traits are brought to life by this little black ant.

Return Trip

*Little black ant
on the picnic table,
you're only about five millimeters long.
We saw you first
when you were taking away
a great big crumb,
without so much as a song.
We could tell you were pleased
in having your say,
such a prize clutched tightly
in your jaw.
But your antennae were blocked
from feeling your way.
Had you thought if you hurried,
you could get more that same day?*

*In your rushing around,
you couldn't find
the way down.
Where was that leg
to reach the ground?
You kept coming back to
the place where you'd been,*

*perplexed and puzzled;
you were determined to win.*

*We'll hand it to you,
persistence you had,
as you kept scurrying
on different routes,
along the edge of the table,
then the very low edge.
And then somehow
a change of wood grain
you felt through your feet.*

*Your memory bank flashed
a recorded path.
You ran upside down
along the brace to the leg.
Your six little legs churned
down the route you had found.
We marveled at how rapidly
you descended to the ground.*

*How did you keep from falling
and at the same time run,
all the while holding onto
your great big crumb.
When you reached the ground
you met one of your tribe,
the good news communicated
in a quick aside
sent that ant up the same table leg,
to scavenge for crumbs
it wouldn't have to beg.
What a nest hero you'll be,
when deep under ground,
the larder is enriched
with the treasure you first found.*



CHAPTER 10

WHO AM I?

Isn't that amazing? That little black ant going about its ant business demonstrating all those human traits we so admire. We felt awe during our observations. And, as we have learned, to know awe is to feel reverence. So is feeling amazement and admiration without feeling any need to change it. All of these feelings are part of reverence. So is feeling the essence of love. Love for an ant? Yes, an ant is part of nature, too. Just like us.

We felt reverence for that ant. What about people?

Can we examine human beings to learn about characteristics that are common for:

- o both genders
- o all races
- o all ethnic communities
- o all religious beliefs
- o all languages

When we do that, will we feel a sense of reverence for people, too? Let's find out.

Common Forum Scale

Absolutely Common

- o sight, hearing, smell
- o touch, taste
- o need for food, shelter
- o need for love
- o thinking, feeling, curiosity
- o love for natural life
- o ability to reason

Probably Common

- o need for clothing
- o spiritual life after death
- o accept reincarnation (recycling) concept

- o how infants are raised through nine months
- o boys favored over girls
- o social no-no's based on fear

Weakly Common

- o food preparation
- o sense of life purpose

Absolutely Different

- o marriage and social customs
- o religious beliefs
- o no spiritual life after death

As we study the Common Forum Scale we can conclude that:

- o The absolute common aspects of being human are those necessary for survival of the physical being.
- o There is an awareness and acceptance of a spiritual connection.
- o Social/cultural teachings that begin at a very early age mold the senses to conform to the social/cultural norm of the person's environment. Fear has a dominant influence.
- o fear of failure
- o fear of criticism
- o fear that we won't survive
- o fear of death

Social customs are choices based on what has worked before; there's no reason to change. This can lead to emotional bias, righteousness.

Our Choice

*We have a choice, you and I,
to know our spirit before we die.
We enjoyed it once when as a child,
we played with friends,
did things wild.
Then our parents stopped this play
making us feel bad every day.
We closed the window to our*

*inner vision. As a child
it hurt to hear derision.*

*We grew up as animals, as all humans are.
Our thoughts, emotions, body took us far
into the customs, practices of adults.
We conformed and blended to
avoid any faults that set us apart
from the common tribe.
We willingly followed, eager to subscribe.
For many years we chose the pack. Now, how does a person
spring free from this trap?*

*Our religious leaders, spiritual guides,
demanded that we cast personal thoughts aside.
We were channeled, focused to
learn of the hereafter.
Keeping our soul unsullied was a goal to master.
But the feeling person in us
gradually became aware,
there's far more to us than the
usual fare.
We began to question, "Who really am I?
Is all that I am, what others say?"*



CHAPTER 11

LIVING WITH OURSELVES

Did you see yourself in that poem? Have social and religious expectations had an influence on you? Do you feel that any doubts you have about your spirit are the result of those kinds of influences?

To break free of these influences, consider the following three ways that will allow you to open your heart to the inner voice of your spirit. Then you can make choices in your thoughts and feelings about your spirit and about immortality:

- o create emotionally stable environment
- o be open to curiosity
- o accept feelings of 'knowing'

Let's examine each of these to learn how *The KNOWERS—Second Move* can clarify the importance of self and choice.

Create Emotionally Stable Environment

Do you remember when you were a teenager, and people began to ask, "What do you want to be when you grow up?" This was not an unfamiliar question, since when you got older you had searched for clues for yourself many times. Often your thoughts centered on what your mother or father was doing or did. Sometimes a parent or a relative may have tried to steer you in a certain direction.

As you grew up you realized that your life was going to be based on choices. You started to make more choices for yourself. Some choices only involved the moment, like acknowledging that you liked to get up early. This could become a pattern for life based on choice. Or, like your choice to continue your education and thinking of ways to accomplish that.

Life became more complex when you searched for a job, developed a relationship, decided to marry, have children, share in making with your partner, or by yourself, enough money to cover your expenses, and save for the future.

Some time in life, most people have experienced a sense of 'too much'. Too much is going on, there's never enough time, everything seems to be moving too fast. Have you experienced those feelings?

These feelings can lead to stress. Stress can be experienced at any age. An infant experiences stress being totally dependent on its care from an adult.

As you grew older you became more independent. Your choices often determined how busy you became in daily life. You may have brought yourself even more stress with the long-term consequences of your choices.

Stress is a signal from our physical bodies to slow down.

Ignoring these signals leads to illness, and long-term ignoring can lead to disease. Stress makes it difficult to hear your spirit's voice. The background noise, like static, is too loud, too distracting. Is there something missing in your life right now? Do you need to create an emotionally stable environment for yourself?

The key is to pay attention, to honor this need by responding to it on a daily basis. What you choose to do may mean giving up something else. Meeting this need cannot be rushed. For example, you can decide each day to just sit and enjoy a wonderful view, to feel and observe nature around you, to meditate for a half hour each day.

Your decision to give something up to make time for yourself can start a therapeutic process because you will decide priorities on what is more important in your life. It is healthy to baby yourself every now and then.

Be Open to Curiosity

A curious mind is an active mind. A curious mind is open to reason to understand what is being observed or thought about, and to the feelings that bubble up. This process leads to 'knowing'.

Being open to curiosity can influence your choice of new activities to create an emotionally stable environment.

A library can be an important resource simply enjoy the peaceful environment.

As an adult, an important aspect of being curious is to focus on nature, to learn more, to marvel more at the creative process. A walk in the park creates opportunities to see new things that can satisfy you emotionally. Here's an example of a moment in time I observed on a cold winter day in New York City.

THE ICICLE

*She was a Black woman,
very statuesque,
dressed in plaids,
quite complex.*

*At her side was a White girl, about four, not much more, the only child with her,
as they stood in the snow
near the edge of an awning,
its color aglow,
from the rising sun.
The frigid air didn't spoil their fun
as they saw icicles
hanging overhead,
tempting the lady,
as if child-like led,
to pluck a perfect spire
of ice.*

*She didn't think twice,
about whether it was edible,
she wanted to please.
The child
stuck it in her mouth,
clearly at ease.*

When I saw the woman and the child, I was curious. Who were they? This twenty-second event gave me new images to remember as joyful interactions between nature and human beings.

No doubt you are familiar with the term 'people-watching,' where you sit someplace where people congregate, like an outdoor market, and simply watch the people. Isn't this a great way to be open to curiosity? If you're like me, people watching adds humor to your life, lightens your mental load, and adds to your feelings of contentment.

Accept Knowing

An architect, or the builder, knows through thought, reason, and experience that if the foundation for a structure is built on bedrock, the structure will be sound. The builder can feel confidence, certainty and contentment.

Hala's revelation in Chapter 6 is my spiritual bedrock. When I said my cousin confirmed Hala's revelation, you had reason to accept that an energetic entity existing on a higher dimension than our three-dimensional world was talking to me. Did you accept a feelings of knowing?

Did your reasoning connect Hala with a thought about immortality? That Hala was an immortal spirit talking to me? Isn't immortality with us right now when we acknowledge the presence of our Spirit?

This could be a good time to re-read the transcript (page 13) of this revelation and my subsequent confirmation. I want you to feel your acceptance, knowing what Hala said is true. Feelings becomes a way of knowing.

Soon you will have an opportunity to experience your own emotional knowing that your inner voice is your spirit talking to you. That will be like getting in touch with yourself.



CHAPTER 12

YOU CAN CHANGE YOURSELF

Turn back to page 29 where I outlined the characteristics of humans that are absolutely common. Thinking and feeling are two characteristics that can be influenced by family and society in a controlling manner separate from a person's own natural thoughts and behavior.

These are the two areas where you can think about these influences and consider, based on what you have read so far, if your thoughts and feelings have begun to change.

Most other personality traits have been influenced by adults expressing *their* thoughts and *their* feelings about clothing and other cultural givens, such as gender and religious 'rules,' the environment, and racial attitudes.

A person's thinking/feeling activity springs from within.

'Springs from within' is a feeling. It does not have to be taught. The feelings are there even before you can articulate them. All the senses are involved in learning about what you have observed.

Have you had your natural thoughts, reasoning or feelings marred or suppressed by the forceful (and often fearful), verbal obstruction of parents, church and society?

Is it possible that due to external influences that clouded or confused your natural thoughts and feelings when you were young, that you are not yet a 'free' person?

I'm pleased with your honest assessment about a very intimate aspect of yourself. With sincere intent, you can change. You can tune in to your inner voice of spirit, and become the natural human being you were meant to be.



CHAPTER 13

PLAYFUL IN LIFE

Because they are guided by instinct, most non-mammal creatures in nature seem to *know* what to do at certain stages of their development. Do we think that little ant with its big crumb was taught to perform with all the human adult-like traits we recognized? No, it was doing its “ant thing” in its instinctual search for edibles.

Do ants have a spirit the same way that humans have a spirit? It is more likely that ants of a specific type have a collective spiritual *energy* that connects them all as part of their whole, or specific, ant family.

That ant family has an electromagnetic frequency unique to that specific type of ant that connects with the quantum physics matrix of energy that connects with objects and pure energy. This connectivity includes humans.

Now we can focus on why it is so important for the newborn child to respond to a loving, caring, protective environment that allows its spirit energy to adjust to its new home and begin to influence that child’s physical being which is pure animal. The child’s independent, instinctual concerns are for survival.

If the child’s needs are met by a loving, sensitive mother, the spirit energy can openly influence the behavior of the child.

The key is for the mother, the family, and eventually the whole community, to honor that ‘old spirit’ in its new physical body. This recognition will allow the child to grow and mature and to become sensitive to its spirit partner. This sensitivity can lead to awareness of the spirit’s purpose in choosing its new physical life partner.

What a change in perspective to accept that each newborn child has a pre-destined purpose in life which its spirit has chosen for its new experience on earth! That child is the spirit’s means to accomplish that purpose.

When we accept that awareness for ourselves, our behavior toward others may be modified by respect even reverence?

Our sense of perfection comes from within, a result of finding answers to the basic spiritual question, ‘Who am I’? Our curiosity is self-paced and involves three levels of experience:

- o Adults can accept what they learn from trusted sources;

- o Adults can teach what they have learned when they feel their knowing comes from within.
- o Children who have received a spiritual upbringing as

I described can also teach. When children teach adults about spirit and about spiritual matters—and when adults listen, agree, and learn—the full concept of knowing comes to fruition.

Life can be joyful, fun, and playful. Are you still young at heart? We can align with nature to observe the joy of creatures we see. Their happiness becomes our happiness. What we see and enjoy becomes an experience remembered forever. The Ducky Caper that follows is one of my favorite memories.

Ducky Caper

*Five mallard ducks drifted
on Boulder Creek
along with golden leaves.
The water was so clear
I could see their feet
tucked up in feathers.
The ducks let the current
guide their float.*

*In single file
they came to a flume,
a narrowed, forceful flow,
that sluiced-off a foot or so
into a pool below.*

*A drake in the lead
stretching out his neck,
dipped his head in the foam,
shook it forcefully,
spraying water off.
He made a loud quack.*

*They circled in the eddies
like carnival riders,
along with golden leaves.
They quacked and drifted
from pool to pool,
showing their joy,
as one with the flow.*

CHAPTER 14

Self Revelation

Having read this book so far, is it all of the things I said it would be? It is *un fait accompli*.

Now the questions are:

- o How do you feel about yourself?
- o Are you convinced that you have an immortal spirit?
- o Have you heard your immortal spirit's inner voice of love and acceptance?
- o Are you convinced that you have a purpose in life to love and help others?
- o And now that you know that you and your spirit are one, do you no longer fear death?
- o Are you now on the path to enlightenment?

If you answered "yes" to each of these questions, you truly are on the path to enlightenment.

While those who answered "yes" could feel like bragging, they will not. They are humbled and satisfied knowing where they are. They will be the first to encourage others to continue their quest.

If you were unable to answer 'yes' just yet, are you now prepared to take the next step to reveal your immortal spirit?

I thought so. Find a mirror and a quiet place where you will not be disturbed. Sit in a comfortable chair. Allow a half hour of quiet time. You need enough light to see your image reflected in the mirror.

Now you're ready. You have your mirror and you are looking at your self. The key is to see your self, to look deeply into your own eyes. Read the following three instructions, placing them firmly in your mind, then proceed.

Clear your mind of any thoughts except those about what you see reflected in the mirror. Look deeply into your eyes.

Whisper to your self, "I love you, (your name)." Repeat "I love you" with meaning as you look deeply into your eyes in the mirror. Stay with this for several minutes. Take your time. Vary the emphasis as you repeat each word. Love and accept any sensations or emotions that come to you, such as tears welling up.

Now close your eyes and whisper, "What is my purpose in life?" Keep asking this question with long pauses in between, until your inner voice answers you.

Now begin.



CHAPTER 15

THE NEW YOU

What a breakthrough you have made! How do you feel? Like you're a new person? Your conscious awareness is your state of being now. You feel unafraid, confident and full of purpose. You heard the inner voice of your immortal spirit.

As you looked in the mirror and studied your face, your expressions, your eyes and their reflected intelligence, you felt a sense of reverence for your Self. You listened to your inner voice and you knew it was the Real You. You listened to the words and felt the essence of your love from within. You touched deep chords of harmony, and you felt admiration for yourself without any sense of guilt. Perhaps for the first time, you saw and felt the perfection of your self.

What if you didn't experience what I described above—yet? It is difficult to quiet the mind's chatter, but you will, you can. Whatever your circumstances, it is worthwhile to repeat the mirror exercise again and again. Be alone with the quiet of your own thoughts. It will become an intimate form of meditation for you.

The search for meaning begins with yourself, not with someone else; you have to experience it. You have to find your inner voice and listen to it. I promise you, you will experience the love and reverence for your self. Loving your self becomes a spiritual duality because you are acknowledging both your physical self and your spiritual self, your immortal spirit.

You know now that you have an immortal spirit. You may even begin to recall the 'friends' you had as a child. You may have the same sense of connection with them that you had back then, and the memory of that time makes you smile.

You are learning, or will learn, that as you feel about yourself, so you are. Feelings are part of your emotional body and they influence your thoughts. Now that you have a growing certainty that you have an immortal soul, don't you feel special?

You are special! Doesn't this knowledge fill you with awe?

With 'knowing' your spirit, I hope you no longer fear death, because you know you are becoming as your spirit, and your spirit is immortal.

Through the ages Buddha has been recognized as a great teacher. In his time there were vast extremes between the rich and the poor, much as there is today in our nation and in the global civilization. Although Buddha came from a wealthy background, he chose to live simply, to develop his philosophy of life and teach it to others.

The essence of Buddha's teachings is this: to live an honorable life, to help others, respect nature, and to live each moment fully—with joy.

In Buddha's view, reincarnation is a natural event. If, in a past life, there were negative aspects that affected other people, atonements needed to be made in the new life. These adjustments or balances he called karma.

A personal goal of Buddha's teachings is to live such an honorable, helpful, enjoyable life that there are no adjustments to be made for past lives. Buddha called this achievement Enlightenment.

You can now experience a most important awareness in your life. The awareness of knowing that you can forgive yourself for any and all grievous mistakes you may have made against anyone or anything in the past.

You do not need to wait for (or endure) the karmic process.

Feeling the emotions of recall, acknowledging and forgiving yourself is atonement, or at-one-ment. This begins the spiritual process of forgiving. You are now forgiven, the slate is wiped clean.

Complete this drama and you, too, will be on the path to enlightenment during this physical lifetime.

ENLIGHTENMENT is! Accept it, know it, and act from it, because it will be the new you. Your entire life from now on will be influenced by the knowledge that you have an immortal spirit and a life purpose.

Who you have become will benefit your loved ones and mankind. You will have a renewed love of nature. You will be confident using your new 'power,' which you realize is your willingness to be vulnerable but without fear. You will look forward to helping people.

You now know that you have no reason to fear death. You are, or soon will be, living as your soul.



This concludes the second of the planned KNOWERS series of books. I'll end with the complete poem, *Our Choice*. After you read this, please read the epilogue, *Focus for Change*.

You are now changed, or are in the process of changing. I applaud you for your success and commitment. With this new-found awareness you can begin to talk to others singly

or in small groups to spread the word about *The KNOWERS—Second Move*. Refer them to www.BeAKnower.com. They'll find that they too, can download this book, free.

Put your new-found awareness and passion to work. Share your awareness with others. Call upon your friends to help you begin to build a new community, where peoples' homes can be the first places to meet. Solicit of your schools, religious leaders, and theater managers and encourage them to open their facilities for larger meetings. Meet with others to stimulate talk about positive social changes. Befriend persons of different religion and invite them into your group to learn about their religion and culture. Talk about terrorism and possible means to counter terrorism and other crimes against humanity.

Wherever you are, I can be with you in spirit. In conclusion here is the full text of the poem, *OUR CHOICE*, where you read only the first three stanzas.

Our Choice

*We have a choice, you and I,
to know our spirit before we die.
We enjoyed it once when as a child
we played with friends, did things wild.
Then our parents stopped this play
making us feel bad every day.
We closed the window to our inner vision.
As a child it hurt to hear derision.*

*We grew up as animals, as all humans are.
Our thoughts, emotions, body took us far
into the customs, practices of adults.
We conformed and blended to avoid any faults
that set us apart from the common tribe.
We willingly followed, eager to subscribe.
For many years we chose the pack.
Now how does a person spring free from this trap?*

*Our religious leaders, spiritual guides,
demanded us to cast personal thoughts aside.
We were channeled, focused
to learn of the hereafter.
Keeping our Soul unsullied was a goal to master.
But the feeling person in us
gradually became aware,
there's more to us than the usual fare.*

We began to question, "Who really am I?
Is all that I am what others say?"
What is this spirit that does not die,
that is part of a Creative Source
in some celestial sky?
If I have a spirit, how can I know it?
If I go searching, will I ever find it?"
The questions before us can be answered, now.
The answer involves faith, we will feel how.
Our spirit, our energetic body,
is the Creative Source part of us.
It has joined our physical body
for an earthly trust.

Our spirit is eager to experience the purpose
it has set for itself.
To help others, to feel love, compassion.
Above all—the change
not easily made—is to tame our physical ego, our animal without, that has all
the instincts of fear for survival which can make us a controller, mean; we can even kill, if
ongoing life seriously threatens our will.

When we feel emptiness with unhappy life,
we can seek choice.
Our spirit is there, a coherent voice.
We can choose to accept what other humans know,
that our physical life is one of many
our spirit has joined before.

The key is to know this, not just believe.
Then we begin to be who we really are.
Our feeling accepts our spirit's immortal state.
Now we don't need to worry about our body's fate.
Our body can still be revered at its death.

Our Spirit helps us to be all that we can be.
The benefit to our Soul for success in its plan
is to increase its Spiritual Frequency,
to be a brighter light.
In turn, we become more Creative Source-like,
a teacher, a mentor
to help other spirits succeed on their paths
of earthly experience,
like our spirit, they'll have many.
Our physical face will reflect our spirit within.

*In our physical lifetime we can know our spirit
as loving kin.*

*We can then be an influence for a peaceful world
where all humans, both genders alike,
experience the new consciousness of Spiritual Light, to the degree that wars cease,
people share nature's bounty
while honoring all life.*

*Then the physical human, the animal that is us,
experiences spiritual knowing from dawn to dusk,
with joyful pleasure, without fear of death.*

*At our death we will know
that our spirit continues in its energetic state, preparing for its next task.
It will choose carefully
after evaluating its past.
So, go back to the children and let them be free.
Their awareness of spirit friends
is a good start, to learn
that human life is meant to be
a vehicle for the practice of spirit
to benefit humanity.*

Live with a good heart and be the person of purpose you were meant to be.

—Robert



EPILOGUE

FOCUS FOR CHANGE

In Zamboagna, Philippines, a bomb placed at an inn atop a restaurant exploded injuring many. The mayor said, "We are condemning the perpetrators. We will also show no fear, because if we are terrorized by this—this is what the terrorists want us to feel."

Feeling fearful has become a widespread, everyday reality.

How can society and individuals protect themselves against terrorism when men and women are willing to make the ultimate sacrifice by blending into large crowds to kill the maximum number of people and themselves. By committing suicide, their acts inspire others to emulate their success.

Detecting terrorist attacks before they happen is extremely difficult. World leaders respond to terrorism by watching aggressively, searching, detaining, capturing and killing. This incites more terror and creates more fear, thus satisfying a primary terrorist objective.

This reign of global terror must energize us to act now to quell it, before its effects become totally destructive to peace and stability.

Perhaps there is a more promising solution to terrorist problems. A solution based on a shift in our behavior, emotions, and goals. Underlying this shift is knowing that each human being is precious and intended to be a loving person. Knowing that each person, regardless of gender, has an equal right to life.

A grass roots movement can bring many people together to talk, to share feeling and insights. We need to understand the motivations of terrorists. We need to understand the anger and fear that influences them.

The sooner humans become the persons they were intended to be—loving persons—the sooner terrorists' threats can end with alternatives that benefit them as well as others.

There will be greater acceptance among all for cultural and religious diversity. At the same time, new feelings of parity among humans will bring us together with love and respect. We will begin to help each other when there are needs. Altruistic? Not if people listen to their hearts.

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I recommend to you these books about the spiritual realm of “truths.”

Jane Roberts

Seth

Complete audio, video and book sets

Stewart Edward White, Harwood White

Across the Unknown

Bob Frisell

Nothing in This Book is True, But It's Exactly How Things Are

Michael Newton, PhD

Destiny of Souls, New Case Studies of Life Between Lives

Michael Abrams

Evolution Angel, An Emergency Physician's Lessons with Death and the Divine

Lynne McTaggart

The Field, The Quest For The Secret Force Of The Universe

ABOUT THE AUTHOR

Robert Temple Frost was born in Denver, Colorado, U.S.A. in 1930. He earned a BS Degree in Business at the University of Colorado at Boulder. He met his first wife, May, when they were both active skiers. Married in 1951, Robert and May had one child, Patricia.

Robert served in the U. S. Air Force as an officer managing aircraft refueling activities at the Edwards Flight Test Center, and at Kadena Air Base on Okinawa. Leaving the service in 1967, Robert joined the Department of Commerce and served as business manager for research laboratories.

In 1950 Robert read *Seth* by Jane Roberts. This reading started his quest into spiritual matters. In 1990 Robert "met" Hala. His subsequent spiritual motivations about soul and life purpose led to his novel, *The KNOWERS—First Move*, self-published in 1992. Robert retired in 1991.

He and his second wife, Sheila, live in Boulder. Robert is also an active and published poet. He is now beginning work on *The KNOWERS—Third Move*.

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