

EVOLVE

A Study Guide for Brights on Earth

SHAWN WONDUNNA FOLEY

FIRST PRINCIPLE – FIRST NATIONS ACKNOWLEDGEMENT

One acknowledges the many and diverse First Nation peoples of Earth as the traditional custodians of Country (land, sea* and sky) and the ongoing living connections (mind-body-spirit) to the land, waters (salt/fresh) and community. One pays One's respect to One's spiritual ancestors, and Elders past, present and emerging. One honours the spirit in One and all sentient Beings on the planet and in the universe.

*Throughout this document, all references to 'sea' include all bodies of water.

Everything is Connected – All is One

Evolve: A Study Guide for Brights on Earth

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Introduction

Evolve: A Study Guide for Brights on Earth is an excellent resource for students, beginners, and anyone seeking to improve One's overall living wellness and spiritual wellbeing. This study guide has been created to help people understand how to shift One's egoic perception to a more spiritual perspective in life. The author recognises the struggles, challenges and suffering that adversely affect people's lives in the local community. This study guide aims to provide a solution as a companion document to the book *Evolve*.

To develop this study guide, the author engaged in Artificial Intelligence (AI)-assisted research and development, as well as personal consultations with people from different walks of life and sought advice from publication professionals, editors, creatives and designers. By doing so, the author was able to create a well-rounded and varied guide that addresses the needs of different people.

Evolve: A Study Guide for Brights on Earth provides an overview of Parts 1 to 7 of *Evolve* and a detailed summary of the individual sections contained therein. In essence, *Evolve* emphasises the importance of using a different language or starting point to assist people in thinking about things from an alternative point of view. By changing One's perspective, One can change the things that One looks at, which in turn can influence the trajectory of One's life.

To ensure that the information in *Evolve* is accessible to everyone, the author consulted with people from different backgrounds, each with unique qualities, interests and living energy. The author is grateful to everyone who has contributed to both *Evolve* and this guide.

In addition to personal consultations, co-design work also occurred that informed the final layout and design of the study guide. The author also acknowledges the guidance of One's spirit in this journey of creation, which has enabled One to bring this gift to the world. With *Evolve: A Study Guide for Brights on Earth*, readers can develop a deeper appreciation for *Evolve*, appreciate a more specialised spiritual perspective and improve One's wellness and wellbeing.

Assessment

Evolve by Shawn Wondunna-Foley is a powerful and thought-provoking book that speaks directly to the heart, guiding readers through the complexities of modern life towards a spirit-centric existence. This dynamic and uplifting work offers valuable insight on how to create an awakened reality and become an integral part of an interstellar spiritually united Type 1 civilisation.

Wondunna-Foley's straightforward approach and everyday guidance make this book accessible to anyone seeking the truth to co-create a more mindful, conscious and awakened life on Earth. The potential to completely transform oneself and the world is immense and limitless, and this book offers a path to transcend, transform, and transmute current ego-based lifestyles.

The author emphasises the importance of aligning with One's higher self to become a fully awakened Being or 'Bright.' By igniting One's inner light, love, and oneness, readers can manifest new experiences and relationships that align with One's true spiritual nature and essence.

Overall, *Evolve* is an essential guide for anyone looking to deepen One's spiritual practice and become an active participant in the evolution of spirituality in the universe. One highly recommends this book to anyone seeking to live a more mindful and conscious life.

Synopsis

Evolve is a dynamic, uplifting and powerful book about the evolution of spirituality in the universe. It is a thought-provoking and straightforward work that speaks directly to the heart, guiding readers through the complexities of modern life by inspiring and igniting One's inner light, love and oneness. The book offers a path to transcend, transform and transmute current ego-based lifestyles and evolve into a spirit-centric existence, both on Earth and in the universe.

The potential to completely transform oneself and the world is immense and limitless. One's spirit, soul, or cosmic consciousness is a unique and special gift in this world. Aligning with One's higher self is crucial to becoming a fully awakened Being or 'Bright'. The book offers everyday guidance on how to manifest new experiences and relationships that align with One's true spiritual nature and essence.

Wondunna-Foley provides valuable insight on how to create an awakened reality, helping readers become an integral part of an interstellar spiritually united Type 1 civilisation. *Evolve* is an essential guide for anyone seeking the truth to co-create a more mindful, conscious and awakened life on Earth.

Preliminary pages

Disclaimer

The disclaimer in *Evolve* states that the information is meant to provide general advice on spiritual enlightenment and mindful living interests only. Although the author and publisher tried to ensure the accuracy of the information, One is not responsible for any mistakes or problems that may occur from using it. The information is provided 'as is', without any guarantees, and the author and publisher will not be held responsible for any negative consequences or damages that may occur from using the information.

Preface

In the preface, the author shares One's personal journey of self-discovery and the responsibility One feels to share One's teachings and beliefs with the world. The author believes that a global shift in consciousness can occur if just 1% of people align with a new vibrational reality. The book is intended to provide readers with tools to empower themselves and create positive change in One's lives and the world. The author encourages readers to embrace One's inner self-awareness and positive energy to manifest a new reality on Earth.

How to use this book

This section is a summary of the book's message and purpose. It is a call to action for individuals to realise the light, love, and oneness within themselves in order to positively impact the world. The author emphasises the importance of personal responsibility, mindfulness, and aligning with a new vibration to manifest a better future for the planet. The reader is encouraged to focus on improving themselves and allowing One's positive energy to ripple out into the world, rather than trying to fix the world's problems alone. The author also suggests that the spiritual source code for life cannot be found outside oneself, but rather is already present within each individual. Finally, the reader is invited to visit the author's website for additional resources and to contribute One's own feedback and suggestions for improving the book.

Dedication

The author dedicates *Evolve* to those who believe in the idea of vibrational alignment and attracting prosperity and abundance. The author invites the reader to commit One's mind-body-spirit to a vision greater than oneself, which is a shared vision of an interstellar spiritually based Type 1 civilisation that changes the existing relationships with oneself, each other, the world, and interstellar beings in the universe.

The author asserts the need to answer a spiritual call to action, which involves embracing the unknown without fear and learning how to find stillness, silence and serenity in the chaos of life. One believes that a change of spiritual consciousness is already happening and that this book is part of the process that supports the spiritual evolution on the planet and conscious engagement with other interstellar sentient Beings in the galaxy.

The author positively encourages the reader to align with One's spirit, soul, or cosmic consciousness, as the closer One moves towards alignment, the faster the collective consciousness on the planet will reach a tipping point of dynamic and accelerated change in the world. The author assures the reader that the future will bring a new manifested reality beyond One's wildest imagination, which will transcend One's current beliefs, thinking and reality on the planet.

About the author



The purpose of this section in *Evolve* is to provide readers with background information about the author and One's previous work. This section usually includes a short biography, a list of the author's accomplishments and notable achievements and contact information.

The text about the author provides background information on Shawn Wondunna-Foley, a Butchulla (*Badtjala*) First Nation Australian independent author, creator and public speaker. The text highlights his diverse skill set, which includes serving as a positive thought leader, street artist, creative designer, spiritual lifestyle coach, cultural advisor, and philanthropist. The author has written several books on mindfulness, wellness, and spiritual consciousness, including his latest work, *Evolve: Transmute – Transform – Transcend*. The text also accentuates the author's belief in the interconnectedness of all things and One's desire to help individuals transmute, transform, and transcend One's personal pain and suffering. Finally, readers are invited to visit the author's website to learn more about his work and connect with him.



Read Shawn's blog and connect with him on his website innerway.com.au. One is also invited to click on the resources at innerway.com.au/resources, which supports this document and Shawn's learning, teachings and pointings.

Important note: Language of Spirit or 'One'

The purpose of this section is to explain the language used in *Evolve* and its significance in the spiritual journey of the reader. The section summarises the use of the term 'One' to reflect an intimate conversation between the spiritual Source for all things in the universe and the reader's spirit. The terms 'I', 'you' and 'your' are deliberately omitted to provide greater clarity, spiritual unity and global inclusiveness, which is fundamental in shifting the reader's mindful perception to a more profound inner knowing and divine sense of oneness within One's spirit or Being. This section encourages the reader to journey deeply within oneself to awaken One's own divine existence and living reality on Earth.

Useful terms

The purpose of this section in *Evolve* is to provide definitions for key terms that may be unfamiliar to the reader. It helps the reader to understand the concepts presented in *Evolve*. The text summarises the definitions of the following terms: Bright, co-existence theory of the universe, Declaration of Freedom, Declaration of Spirit, egosite, futurition, global awakening process, global spiritual harmonic synergy, human coherent synergy, infinite state theory of spiritual consciousness, insanity, lifernity, light hole, meme, planetary citizenship, reactive fear response, sacred space, self-organising theory, seven key states of consciousness, seven key virtues, sol, spironergy, statum intuitanics, spiritual entanglement, spiritual singularity, spiritual sovereignty, the awakening, the way, transhumanism, Type 1 civilisation and wellship.



Introduction

The introduction in *Evolve* discusses the importance of spiritual growth and self-reflection to achieve a higher level of consciousness and existence in the universe. It emphasises the need to defeat one's ego by being a student of One's spirit and aligning with it daily, and by stepping into the unknown and facing the fear within One's mind. The author also highlights the societal pressure to conform and live a conditioned way of thinking and living, and the need to break free from mental conditioning to realise one's place, purpose, and destiny in life. The paradigm for a new existence is changing from the egoic doctrine of 'I think, therefore I am' to 'One exists – so One is'. The author concludes that when One breaks free from mental conditioning and realises One's spiritual identity, One can live a more contented, prosperous and abundant life.



Part 1: Welcome to Earth

Part 1: Welcome to Earth consists of seven sections, each discussing different spiritual and philosophical ideas:

- **First day on Earth**
- **Spiritual facts that matter**
- **Welcome to life on Earth**
- **Divine identity as a spiritual Being**
- **Being an Interstellar Ambassador**
- **Spiritual call to action**

Overall, the author's work is a call to embrace spirituality and shift away from materialism to create a more sustainable, peaceful and equitable world for all.

First day on Earth is a spiritual message to someone who has arrived on Earth for the first time. It speaks of the challenges and opportunities that await them, including adjusting to the physical body and navigating human relationships. This section emphasises the importance of cultivating a spiritual practice to stay centred and grounded. The author encourages the reader to congratulate themselves on One's entry into the third dimension, and to embrace One's life purpose, mission and goal. In addition, the author also stresses the importance of assisting others in raising One's spiritual consciousness, with the ultimate goal of evolving into an awakened and spiritually enlightened civilisation.

Spiritual facts that matter discusses the importance of understanding spiritual facts that matter, particularly the seven truths about One's spirit, soul, or cosmic consciousness: eternal, immortal, and infinite spiritual being:

- One is and will always be an eternal, immortal, and infinite spiritual Being.
- One is a free spirit, existing in an endless continuum of infinite beingness beyond space and time (non-dimensional multi-state-based existence).
- One is oneness, nameless, formless, timeless, shapeless, sexless, egoless, fearless, selfless, and pure cosmic consciousness itself.
- One exists in any or all seven states of divine consciousness (knowing, awareness, oneness, joy, free will, peace, and presence) at any given moment in the universe.
- One is spirit, soul or cosmic consciousness and host to One's human (mind–body) form and manifested experiences in the universe.
- One co-exists in a divine synergy of pure consciousness (spirit) and altered consciousness (mind–body).
- One is here now to awaken to One's spiritual reality and be present at this moment as a sentient Being of the universe to exist, express and experience conscious mindful living and being now as part of One's journey of infinite existence.

It also highlights what One is not, such as One's mind, body, partnership/parenting/family/sibling/kinship role or relationship, place or position in society, and achievements, among others. The author emphasises the need to embrace and accept one's spirit and spiritual reality and awaken to it, and how One can make great things happen in this new space-time continuum.

Welcome to life on Earth is a philosophical and spiritual reflection on life on Earth, emphasising the infinite potential and power of sentient beings, and the need to transcend human conditioning and egoic programming to achieve a higher level of existence. It asserts that individuals have the ability to tap into the wisdom and cosmic energy of the universe and co-create a better reality for all humanity. The author calls for a paradigm shift in human consciousness and encourages individuals to embrace One's spiritual existence and work towards a collective awakening to create a new Earth. The author also critiques the current global societal structure, which perpetuates egoic living and denies spiritual existence, and calls for the removal of the egoic cultural algorithm from society.

Divine identity as a spiritual Being discusses the importance of understanding One's divine identity as a spiritual being for personal growth and fulfillment. It highlights that recognising the spiritual aspect of oneself helps connect with the divine within us and allows us to realise our true potential. Understanding one's divine identity provides a foundation for a more meaningful and contented spiritual life by helping individuals tap into One's inner wisdom and access higher aspects of oneself, find peace and joy, and overcome obstacles and challenges. To understand One's divine identity, One must first become aware of one's spiritual nature and recognise that One is part of a larger spiritual community. The author further explains that one's human identity is constructed in the first seven years of life and is often an artificial construct or fabrication that is egocentric. The ego is a thought algorithm within the mind that influences every decision made, but eventually, it dies as individuals awaken to One's true spirit or cosmic consciousness. The source of truth for One's existence is One's inner spirit, not the false idea or social construct of whom One thinks One is or was told to be by another person in life.

Being an Interstellar Ambassador discusses the importance of becoming an Interstellar Ambassador in order to promote peaceful and cooperative relationships between different civilisations in the Milky Way galaxy, and to ensure the long-term survival of humanity. It suggests that being an effective Ambassador takes time, energy, commitment, work, meditation, cooperation, spiritual alignment, and a successful win-win-win strategy to truly bring value to all people living on Earth. The author provides seven tips to fast track one's success as an Interstellar Ambassador, including knowing oneself, desiring to learn and grow, being adaptable and flexible, believing in a vision for the future, being passionate, positive and proactive, learning from mistakes, and giving back to others.

Spiritual call to action urges people to evolve into Beings of light, love, and oneness, and work towards a Type 1 civilisation. This requires a shift towards spirituality and away from materialism. It involves developing a deeper understanding of oneself and the universe. By raising individual vibrations and achieving human coherent synergy, individuals can work together towards a shared vision for humanity on Earth, leading to greater unity and progress towards a sustainable and equitable world for all. The author emphasises the importance of letting go of outdated beliefs and habits and aligning with One's new reality and destiny.

Part 2: Spirit, soul or cosmic consciousness

Part 2: Spirit, Soul or Cosmic Consciousness consists of six sections that focus on various aspects of spiritual growth and development:

- **One is not alone**
- **The first seven years of life**
- **The false truth of One's ego**
- **Being a spiritual entity in the universe**
- **Flowing with freedom along One's spiritual path**
- **Being an inspiration in the world**

This part emphasises that sentient beings are not alone in the universe and that there is a mathematical probability that life exists on other planets. The author also talks about the importance of the first seven years of a child's life for One's spiritual, mental, and emotional development. The author suggests that every child is an expression of divine consciousness and a free spirit existing beyond space and time. The article also discusses the importance of overcoming ego for a more fulfilling life, recognising One's inner spirit, and pursuing personal growth, inner development, and human evolution. It highlights the importance of virtues such as compassion, acceptance, and generosity as pathways to connecting with One's spirit and the universe. The author also stresses the need to let go of pain and suffering, remove all attachments and judgments, and simply flow with the universe to achieve freedom in all aspects of life. Finally, the author discusses how to become an inspirational leader and suggests seeking out, studying, and connecting with great people from the past and present who are beacons of light, hope, and inspiration. Overall, the author encourages readers to awaken to One's inner spirit, embrace One's cosmic destiny, and pursue personal and collective growth and evolution towards an interstellar spiritually united civilisation on Earth.

One is not alone discusses the idea that sentient Beings are not alone in the universe and that there is a mathematical probability that life exists on other planets. The author mentions that evidence of interstellar Beings' contact with humans exists but is hidden from the public under a veil of secrecy. The author also talks about the existence of top-secret black projects related to these interstellar Beings. The author encourages readers to awaken to the reality of other interstellar conscious intelligences in the galaxy and to seek spiritual harmony with these entities. Finally, the text states that even if One may feel alone at times, One is not alone in the universe, and that the spiritual plane or realm of existence surrounds us all.

The first seven years of life emphasises the importance of the first seven years of a child's life for One's spiritual, mental, and emotional development. During this time, a child's ego is emerging and One's personality and personhood are being established. The author asserts that many modern cultures and societies disregard the importance of a child's spiritual, soul, or cosmic consciousness due to a lack of exposure or understanding of spiritual concepts and fear-based agendas. However, there is a growing awakening on the planet, with people turning to spirituality and inner consciousness to bring about positive change. The author encourages raising consciousness in children during One's first seven years of life as critical to this shift and creating a harmonious and spiritually aware society. It suggests that every child is an expression of divine consciousness and a free spirit existing beyond space and time. In addition, the author also contends that the denial and disregard of a child's spirit, soul or cosmic consciousness are commonplace in many modern western cultures and societies around the world. It suggests that raising the level of consciousness in the first seven years of life on the planet is important in bringing about a quantum shift in cosmic divine energy on Earth, leading to a new interstellar spiritually united Type 1 civilisation.

The false truth of One's ego discusses the importance of overcoming ego for a more fulfilling life. The ego is an ego-centric mindset that is programmed into One's mind through various sources such as family, friends, society, and the education system. Most people are currently operating under this ego-centric mindset, largely unconscious of its influence on One's daily lives. The article highlights that understanding and overcoming ego is important and that One's ego shapes much of who One is and how they interact with the world. The article also explains the correlation between ages of development in children and brainwave cycles and how this programming shapes a person's future behaviours, attitudes and achievements.

Being a spiritual entity in the universe emphasises the importance of being spiritual, recognising One's inner spirit, and the pursuit of personal growth, inner development and human evolution. It suggests that the pursuit of fame and fortune is an illusion that distracts individuals from One's true purpose, which is to awaken to One's inner spirit. The author also states that every living Being on Earth has the power to bring positivity and awareness to the world. It highlights the importance of virtues, such as compassion, acceptance, and generosity, as pathways to connecting with One's spirit and the universe. It emphasises the need for individuals to question One's own beliefs and become aware of One's own spiritual sovereignty and divinity. The author also discusses the existence of negative groups with the intention to control and manipulate the population but that these efforts will ultimately fail due to the unstoppable awakening process and convergence of timelines towards an interstellar spiritually united civilisation on Earth.

Flowing with freedom along One's spiritual path is about embracing One's inner awareness and finding true inner peace, joy, and contentment by breaking free from limitations imposed by family, community, society, and cultural programming. It highlights the importance of acknowledging One's divine responsibility to One's spiritual sovereignty and cosmic destiny. It emphasises the need to let go of pain and suffering, remove all attachments and judgments, and simply flow with the universe to achieve freedom in all aspects of life. The text also stresses the need to live in the present moment and be aware of all that is happening around oneself to live freely. Finally, it asserts that One is born free and can reclaim freedom by consciously improving One's core human operating system to an intentional place of spiritual awareness.

Being an inspiration in the world discusses how to become an inspirational leader. It highlights that inspiring oneself is necessary to inspire others. The traits that make a person an inspirational leader is discussed, including committing to values and virtues, investing in personal and professional development, being genuine and authentic, skilled in communicating and negotiating, promoting shared unity and work-life journey, being approachable, open and inclusive, and accepting vulnerability and risk. It is emphasised that great leaders do not fear failure and look at it as an opportunity to learn and improve. They also possess a high level of honesty, genuineness, and integrity. In addition, the text suggests seeking out, studying, and connecting with great people from the past and present who are beacons of light, hope, and inspiration. Finally, the author mentions that inspirational people think, speak, and act intentionally to be One's true and authentic selves, which enables others to ignite One's own spark of inspiration to co-create a better world and future for all.



Part 3: Transmute spiritual existence into a living presence on Earth

Part 3: Transmute spiritual existence into a living presence on Earth consists of six sections:

- **One's spiritual presence on Earth**
- **Expressing One's infinite existence**
- **Living as a Being of light, love and oneness**
- **Creating a shift in collective consciousness**
- **Activating spiritual intuitive intelligence**
- **Navigating One's spiritual evolution**

This part focuses on the importance of embracing One's spiritual presence on Earth, expressing One's infinite existence, living as a being of light, love and oneness, creating a shift in collective consciousness, activating spiritual intuitive intelligence and navigating one's spiritual evolution. By tapping into One's inner light and love, One can transform One's spiritual existence into a meaningful and impactful presence on Earth, leading to a powerful interdimensional force in the universe. Daily practices like meditation and breathwork can lead to a paradigm shift to a higher level of consciousness, allowing access to alternative dimensions and other spiritual planes, realms or the spirit world. Living as a sentient spiritual Being involves a shift in perspective, and the importance of taking conscious action to honour One's spiritual identity is highlighted. A shift in the collective consciousness towards light, love, and oneness is necessary for the survival of the human species and the planet. By accessing spiritual intuitive intelligence, negative cultural beliefs related to low self-worth can be overcome, leading to reduced stress and conflict. The journey of spiritual evolution involves embracing the power of consciousness, disengaging from ego-driven practices, and thinking positively to shape One's new future reality now.

One's spiritual presence on Earth emphasises the importance of embracing one's spiritual presence on Earth and taking responsibility for thoughts, feelings, and actions, which can lead to a powerful interdimensional force in the universe. By tapping into one's divine inner light and love, one can transform One's spiritual existence into a meaningful and impactful presence on Earth, which can manifest a new reality. The author also mentions Max Planck's belief that consciousness is fundamental and matter is a derivative of it, highlighting the power of spiritual consciousness in shaping reality and experiences. However, the author also acknowledges that negative energy and people can hinder One's spiritual growth, and it may be necessary to distance oneself from them and upgrade One's social networks to create positive changes. The author advocates openness as a virtue that can lead to inner presence and clarity, allowing One to spiritually connect with others and experience positive changes in life.

Expressing One's infinite existence discusses the concept of expressing One's infinite spiritual existence, which involves a paradigm shift to a higher level of consciousness through daily practices like meditation and breathwork. Accepting the truth that One is not just a physical human being, but a spiritual Being opens up access to alternative dimensions and other spiritual planes. Fully embracing and accepting this truth can lead to profound changes in One's life, including altering One's destiny on Earth and in the solar system. By believing in oneself as a spirit or cosmic consciousness, One can shape the fabric of space-time and manifest a new future reality on Earth. The author encourages readers to begin each day with quiet meditation and breathwork, aligning One's mind, body, and spirit to resonate with inner coherence. Finally, the author reassures readers that human death is only a spiritual doorway back to Source or the spirit world and One's pure consciousness in the universe.

Living as a Being of light, love and oneness discusses the idea of living as a sentient spiritual being, embracing One's spiritual identity, and creating a new reality for oneself in the present moment. It involves a shift in perspective from being a human being having a spiritual experience to understanding that One is a spirit or cosmic consciousness having a human experience. The author describes three modes of living: victim mode, survival mode, and creator mode. By living life as a creator of reality, One can manifest a new, more fulfilling reality on Earth. The importance of taking conscious action to live One's life in a way that honours One's spiritual identity is highlighted.

Creating a shift in collective consciousness discusses the need for a shift in the collective consciousness in order to ensure the survival of the human species and the planet. It affirms that outdated egoic thinking and systems of governance have led to a lack of consideration for the impact on the planet and future generations. The solution is for everyone to adopt a spiritual perspective of light, love, and oneness, rather than the egoic mindset of greed and materialism. The relationship between people living in most modern western governance structures and Earth can be best summarised as 'unconditionally exploitive' with little to no regard for people, place or the planet. Conversely, First Nations peoples' relationship with Earth has a guiding principle of 'respect, honour and custodianship'. The author asserts that a global spiritual harmonic synergy can be created that will positively influence the collective consciousness of everyone everywhere in the world, but it begins with each individual coming to terms with One's own spirituality.

Activating spiritual intuitive intelligence discusses the concept of spiritual intuitive intelligence, which involves aligning with One's inner spirit, soul, or cosmic consciousness to access a state of 'divine knowing.' When activated, intuitive intelligence leads to a reduction in stress, conflict, and suffering, allowing One to flow effortlessly through life. This ability is innate in all humans and can be rediscovered through practicing compassion. However, negative cultural beliefs related to low self-worth often hinder the discovery and use of spiritual intuitive intelligence. The author contends that including this concept in learning curriculums can help individuals better understand and access One's intuitive intelligence. It also highlights the negative effects of societal programming that promotes the worthiness of personal pain and suffering, and the need to discard such beliefs.

Navigating One's spiritual evolution discusses the journey of self-discovery and inner transformation that is necessary for spiritual evolution. It involves embracing the power of consciousness, realising One is a spiritual entity, and embracing a new vision of the future that aligns with a spiritually united Type 1 civilisation on Earth. The author emphasises the need to move away from ego-driven and individually focused selfishness, and to disengage from such practices and processes in contemporary society. The journey of spiritual evolution will challenge long-held beliefs and cause one to face up to One's social and cultural superstitions, perceptions, and perspectives from the past. The author also emphasises the importance of imagination and thinking positively in shaping one's reality.



Part 4: Transform mind–body–spirit coherence into a new reality

Part 4: Transform mind–body–spirit coherence into a new reality consists of eight sections that focus on transmuting spiritual existence into a living presence on Earth:

- **Creating a new mindful vision and conscious reality**
- **Accessing One’s infinite potential and cosmic consciousness**
- **Seven keys to personal empowerment and transformation**
- **Developing One’s spiritual toolbox for life**
- **Trust the process**
- **Just do what needs to be done**
- **Letting go**
- **Simple actions**

This part highlights the importance of creating a new mindful vision and conscious reality for humanity to spiritually evolve within the galaxy. It discusses accessing One’s infinite potential and cosmic consciousness and seven keys to personal empowerment and transformation. The text also emphasises developing a spiritual toolbox and trusting the process of personal transformation. The ultimate goal is to live in sync with One’s spirit and the universe and radiate joy, gratitude, and wisdom. By making small changes in daily life, humankind can achieve its goal of spiritually evolving and transforming Earth into an interstellar Type 1 civilisation.

Creating a new mindful vision and conscious reality discusses the importance of creating a new mindful vision and conscious reality for humanity to spiritually evolve within the galaxy. It emphasises that every individual needs to reflect on One's life and imagine a new vision for themselves to transform One's life. One needs to awaken One's consciousness to a new way of living life that is free from egoic attachments, judgments, and resistance to change within the mind-body. The author suggests that One can change the neural networks within the brain using mindful meditation, altered thinking-speaking and creative consciousness. It also discusses the signs that one is living a mindless and meaningless life, such as feeling empty or wasting energy without any real focus or purpose. One must realise the truth of One's spiritual existence and set themselves free from past conditioning and expectations of others. When One finally realises that One is free, it brings a great sense of hope, faith, and trust.

Accessing One's infinite potential and cosmic consciousness discusses the concept of accessing One's infinite potential and cosmic consciousness, which is becoming increasingly popular. It suggests that individuals can transform One's lives by tapping into One's inner power and connecting with One's divine consciousness. Self-awareness, self-realisation, and self-love are crucial to unlocking access to divine consciousness. One must learn to control One's thoughts and feelings to cultivate this divine power, as every human thought and feeling creates a specific energy field in One's life. One can become an agent of change in the world by aligning with One's real being and creating time and space to simply be present now. The author also emphasises the importance of choosing positive high vibrational energy over negative low vibrational energy and of managing One's thoughts and feelings through mindful meditation and conscious practice. Finally, the author suggests that being present impacts everyone and everything in life and that individuals are not responsible for what others may think of them.

Seven keys to personal empowerment and transformation, discusses ways to create personal empowerment and transformation by shifting One's inner energy and creating outer changes in one's life. It emphasises the importance of being aware of One's consciousness, taking personal responsibility for One's transformation, and surrendering to the uncertainty of life. The seven keys to personal empowerment and transformation are listed as awakening to one's spirit, believing in oneself, creating a clear vision of the future, acting with integrity, being present in every moment, flowing in coherence with the universe, and living life as a spiritual practice. These keys aim to help individuals align One's lives with One's spirit or cosmic consciousness and co-create a spiritually united civilisation on Earth.

Developing One's spiritual toolbox for life discusses developing a spiritual toolbox, which is a collection of practices and habits to promote wellness and wellbeing, align with One's higher self or divine consciousness, and live life from a place of coherence within one's mind-body-spirit. The spiritual toolbox includes ideas such as meditation, exercise, spiritual habits, breath work, writing and journaling, spending time with supportive friends and self-care. The author also suggests ways to spiritually evolve, such as being aware and open, listening and learning, being accepting and giving to all, and adapting, evolving, and innovating. The ultimate goal is to live in sync with One's spirit and the universe and radiate joy, gratitude, and wisdom.

Trust the process encourages individuals to trust the process of personal transformation and the universe. It advises focusing on the present process instead of worrying about the desired outcome or divine destiny. It also advises individuals to be patient and live life with a sense of positive optimism, letting solutions come naturally. One should be aware, stay fluid, flexible, adaptable, and spiritually centred. The author emphasises the importance of being mindful and reflective of One's life on the planet, being grateful for what One has, and living a spirit-centric life. To avoid being sucked into the negative energy of others, one should learn to operate at a higher level of consciousness. The author suggests that One should change oneself to be more in tune with One's inner spirit or cosmic consciousness to align One's entire life to a new trajectory on the planet. Finally, the author emphasises that this new path in life focuses on being spiritually centred, prosperous, abundant and fully awake now.

Just do what needs to be done describes how humankind can achieve its goal of spiritually evolving and transforming Earth into an interstellar Type 1 civilisation by making small changes in daily life. The benefits of taking simple actions include improving spiritual consciousness, natural and social justice, eco-friendly sustainability, improved quality of life, economic stability, and space exploration. The author encourages readers to simplify complex systems and align with the new age of enlightenment or awakened thoughts and vibrations, and to rise above One's current circumstances and personal issues. By doing so, they can create great positive change in One's lives and the lives of others on the planet.

Letting go emphasises the importance of not holding on to things and moving forward in life. It encourages readers to release themselves from past mistakes and regrets, forgive themselves and others, and embrace the present moment. The three steps to assist in letting go involve releasing inner thoughts and energy, removing oneself from past egoic behaviours, and refocusing on creating a new and positive reality. By doing so, one can achieve inner peace, harmony, and joy, and live a purposeful life filled with love and unity. The text encourages readers to affirm their commitment to this process of self-liberation and transformation.

Simple actions outline and highlight simple actions that an average person can take to create significant positive changes on the planet. These actions include cultivating spiritual consciousness through mindfulness and meditation, advocating for social justice, conserving energy, reducing waste, supporting sustainable agriculture, and investing in renewable and interstellar energy technologies. While these actions may seem small individually, their collective impact can lead to the realisation of a spiritually united and sustainable civilisation in the future.



Part 5: Transcend to an awakened consciousness

Part 5: Transcend to an awakened consciousness consists of six sections that focus on the importance of spiritual growth and evolution:

- **One's spiritual purpose on this planet**
- **Being present on Earth at this moment**
- **Choosing the right path, process and practice to awaken now**
- **Valuing oneself and being spirit-centric in this world**
- **Knowing the right signs, connections and relationships in One's life**
- **Transcending One's human living operating system**

This part encourages individuals to discover One's spiritual purpose on Earth, be present in the moment, choose the right path and practices to awaken, value oneself as a spiritual Being, know the right signs and connections in life, and transcend One's current beliefs and ways of thinking. By doing so, individuals can achieve personal growth, mental wellbeing, self-awareness, compassion, a sense of community, and a better understanding of One's place in the world. It identifies the challenges of societal conditioning but suggests that an increasing number of people are becoming more spiritually centred and raising One's level of consciousness.

One's spiritual purpose on this planet discusses the importance of discovering One's spiritual purpose on Earth, which can lead to personal growth, mental wellbeing, self-awareness, compassion, a sense of community, and a better understanding of One's place in the world. It suggests that One's purpose is to be consciously awake and live life in joyful bliss as an expression of cosmic divinity through One's human form. The author also acknowledges the challenges of societal conditioning that hinder spiritual awakening but suggests that an increasing number of people are becoming more spiritually centred and raising One's level of consciousness.

Being present on Earth at this moment emphasises the importance of being present on Earth at this moment as it presents unprecedented opportunities for progress and positive change while also facing significant challenges. It highlights different reasons for this significance, including climate change, social justice, technological progress, and health and wellbeing. The author also suggests that being present allows individuals to make a positive impact on the world and shape the future for everyone. The author encourages individuals to stay present and engage with the world, adapt to changing times, trust the process, and cultivate a positive mindset.

Choosing the right path, process and practice to awaken now discusses the importance of One's spiritual journey and accepting the uncertainty and changes that come with it. It advises not to rush life and let it flow, be present in the moment and trust the process. One should ask different questions to get different responses and directions in life. It encourages shedding egoic personas and becoming self-aware of ingrained behaviours, repetitive thoughts, and familiar life patterns to evolve as a spiritual being. Personal pain is often required for growth and development, and everything changes in life. One should not be hard on oneself and trust that One is exactly where One is meant to be now.

Valuing oneself and being spirit-centric in this world encourages valuing oneself as a spiritual being in human form and aligning thoughts, beliefs, and actions with the mind-body-spirit. It advises reviewing and re-evaluating One's life, choices, and relationships, and focusing on what truly matters to align with One's higher self. The author highlights the importance of generosity and creating a positive flow of energy by unconditionally giving and adding value to others' lives. The reader is urged to take action and make oneself a priority in life to manifest a living future that supports co-creation of an interstellar spiritually united Type 1 civilisation on Earth.

Knowing the right signs, connections and relationships in One's life discusses the benefits of knowing the right signs, connections and relationships in One's life. It explains that such knowledge can lead to personal and spiritual growth, emotional and social support, collaboration, collective learning, and greater spiritual unity. People operating at a higher level of consciousness will automatically attract certain individuals, places and practices. Some people may not understand One's new path and lifestyle, but it is important to let go of trying to explain and invest energy into fixing things. One should focus on being present, non-judgmental, curious, and non-reactive to any issue, concern or worry that comes into One's life.

Transcending One's human living operating system discusses the concept of transcending One's human living operating system by breaking free from the limitations of One's current beliefs and ways of thinking and opening oneself up to new experiences and possibilities. This can lead to spiritual evolution and a deeper sense of fulfillment, purpose, and compassion. To achieve this, One must change the way One looks at things, freeing oneself from the mental matrix and conditioned ego-centric programming of One's own mind in this society. One can do this by knowing that One is on a mission to repurpose, refocus, and recommit oneself to a new manifested reality on Earth now. The key to moving forward while staying present is to align with One's spirit, soul, or spiritual consciousness and intuitively navigate a path using One's internal spiritual intelligence.



Part 6: Transfiguration of life, the universe and everything

Part 6: Transfiguration of life, the universe and everything consists of six sections that focus on how individuals can embrace change and evolve into spiritual Beings of love, light, and oneness:

- **Affecting great change now in One's life and on Earth**
- **Trusting oneself, One's spirit and the universe**
- **Altering, adjusting and adapting when things aren't working out**
- **Seeking the right way to self-realisation, inner awakening and divine enlightenment**
- **Rising above it all to truly succeed as a spiritual Being of love, light and oneness**
- **Knowing when One has finally arrived**

The author encourages letting go of old beliefs and social conditioning, trusting the universe, and breaking free from ego-centric behaviours. It emphasises the importance of seeking self-realisation, inner awakening and divine enlightenment, and rising above egoic stressors for spiritual growth and success. The author also discusses the concept of a global spiritual evolution and the shift in consciousness occurring on Earth, stressing the need for cooperation and mutual benefit among individuals, governments, and corporations to manage the transition to a new global culture, economy, and social order.

Affecting great change now in One's life and on Earth encourages people to embrace change and evolve into a Being of light, love, and oneness by letting go of old beliefs and social conditioning. The author advises against accumulating material items or engaging in ego-centric behaviours and suggests radiating positive energy through thoughts, words, presence, habits, behaviours and actions. The author also insists on the importance of trusting the universe and having faith that everything will work out, and highlights the illusionary nature of the fixed beliefs and cultural scaffolding of the past. The author concludes with the message that people should aim to become spirit-centric, and not ego-centric, by evolving spiritually and seeing the truth within oneself now.

Trusting oneself, One's spirit and the universe discusses the importance of trusting oneself, One's spirit, and the universe. Pain and suffering can lead to personal growth and greater awareness, and trusting oneself requires listening to One's spiritual intuition. Establishing principles of self-worth, self-care, self-awareness, and self-investment can help create an inner belief that is supportive of oneself. Overcoming fear and breaking free from sociocultural programming and conditioned neural pathways is also important for personal evolution. The process of evolution may require significant reconfiguration of 'the self,' and One's life will be reorganised into two parts: before and after One's awakening to One's true identity as a spiritual Being of the universe.

Altering, adjusting and adapting when things aren't working out discusses the importance of adapting and seeking help when things aren't working out in life. It suggests that the universe holds infinite intelligence and solutions to every problem. It encourages people to refocus, reshape and recommit to a new reality by aligning with One's higher selves. The author also criticises mainstream media for manufacturing false facts and invoking a 'reactive fear response' through One's content. It explains the concept of the 'Rule of Ego', which includes principles such as attachment to greed, continually judging others, seeking attention and validation, and manipulating or controlling others to get what one wants.

Seeking the right way to self-realisation, inner awakening and divine enlightenment discusses the importance of seeking self-realisation, inner awakening and divine enlightenment. This path can lead to a greater sense of purpose, increased compassion and empathy, improved relationships, greater self-awareness, and inner peace and contentment. It emphasises the benefits for both individuals and humanity as a whole. The author also highlights that this path is a personal choice and does not require any external factors such as sacred spaces or texts. It also suggests that individual spirituality is the same and exists in every sentient being on Earth. Finally, it emphasises the need to remain open, receptive, and present in the moment to be guided on this path.

Rising above it all to truly succeed as a spiritual Being of love, light and oneness, discusses the importance of rising above egoic stressors for spiritual growth and success. It explains how letting go of egoic stressors can increase inner peace, improve relationships, enhance creativity, promote a greater sense of purpose, and improve overall health and wellness. The author affirms that true success is about being the best version of oneself, living mindfully, loving openly, cooperating effectively, sharing willingly, positively encouraging, and being compassionate in the moment. The author also criticises the societal constructs and living ideologies that promote individualism and materialism and have led to an intensified consumer culture globally. It strongly suggests that people should look within themselves and connect with One's higher self to rise above the fear-based assumptions and panicked survival mode, which promote distrust and fuel more fear, ultimately leading to mental health issues, diminished creativity, and increased violence in society.

Knowing when One has finally arrived explores the concept of a global spiritual evolution and the shift in consciousness that is occurring on Earth. It emphasises that this change is inevitable and will impact everyone, leading to a new reality on the planet. The author notes that some people are already further along in the awakening process than others, but eventually, everyone will be exposed to it. The article stresses the need for cooperation and mutual benefit among individuals, governments, and corporations to manage the transition to a new global culture, economy and social order. It also highlights the importance of individuals taking responsibility for protecting the Earth and resisting fake news and false information. The article concludes that the growing tide of awake people will reach a tipping point that will trigger a global change in perception, which egoic extremists and egosites fear the most.



Part 7: Epilogue

Part 7: Epilogue describes a future where humans have evolved spiritually and have moved beyond One's egoic minds. This has resulted in a new interstellar spiritually based Type 1 civilisation on Earth. The tipping point of human spiritual evolution was reached and this changed everything. The language of One or spirit and the way of spirit are important in transcending time and moving beyond it. This has created a planetary paradigm shift in the living consciousness of all human beings. The world has evolved to a point where there is no hunger or illness, no violence or war, and the environment is healed and restored. The author encourages readers to allow themselves to be present in the moment, embrace the new reality, and be the change One seeks in life.

The key points for this section include:

- A new interstellar spiritually based Type 1 civilisation on Earth has emerged.
- The tipping point of human spiritual evolution has been reached and everyone is in a new manifested reality on Earth.
- Learning the 'Language of One or Spirit' and 'the way' of spirit enabled people to transcend time and eventually move beyond it.
- People spiritually evolved and operated at a higher level of consciousness, which altered everyone's relationship with oneself, each other, the world, interstellar beings, and the universe.
- The world is at peace, and free will and freedom are more than just words – One is a new way of working, living, and being on Earth.
- The living consciousness and harmonic vibration of the entire planet were raised due to people's intuitive awareness of One's inner Being and the divine truth of the universe.
- People willingly upgraded One's human living operating system to align with One's higher self or enlightened spiritual consciousness.
- The radiance of all life was brightened due to the divine light within each sentient being on Earth and interstellar visitors.
- Accepting the vibration of this new reality and future being present now is necessary to embrace and live with it as part of One's evolved spiritual life.
- Being the change that One seeks in life is important for manifesting the new interstellar future.



Appendix 1: Useful terms in Evolve

Bright

An enlightened awake spiritual sentient Being.

co-existence theory of the universe

Where all dimensional matter-energy (altered consciousness) and non-dimensional states (consciousness) or field-states co-exist relative to each other. A theory of everything that describes the coherence of all separate theories into a single theory of co-existence within the universe. It is a theory that gives rise to a singularity of infinite existence in the universe.

Declaration of Freedom

The *Declaration of Freedom* is a belief system that affirms the inherent and inalienable right of all sentient Beings to be free. It states that all Beings, including humans, possess infinite potential and immeasurable power to co-create themselves and manifest any reality in the universe. It asserts that all beings are imbued with certain states of aligned consciousness, including inner knowing, awareness, oneness, joy, free will, peace, and presence, which are bestowed upon One by Source Consciousness.

The *Declaration of Freedom* emphasises that all human beings have the inherent right to be born free, live free, and enjoy all the universal freedoms as citizens of Earth. These freedoms are not to be infringed upon by any external authority or institution and should exist in perpetuity for all future generations and Beings of the universe.

Declaration of Spirit

The *Declaration of Spirit* is a belief system that asserts the spiritual nature of human beings and One's purpose on Earth. It states that human beings are not merely physical beings but are instead spirit, soul, or cosmic consciousness hosting a human form or biological mind-body avatar.

In addition, the *Declaration of Spirit* declares that as a spiritual Being, One possesses seven distinct states of consciousness: knowing, awareness, oneness, joy, free will, peace, and presence, which are innate to every spirit. It emphasises that as a spiritual Being One is immortal, eternal, and infinite, and One's presence on Earth is not here by chance but by choice.

The *Declaration of Spirit* highlights the importance of radiating love, light and oneness to the world, honouring One's spirit and all other sentient Beings and aligning oneself with the synchronicity of the universe. It also stresses the importance of raising the conscious vibration of humanity to a higher state of existence in the galaxy by mindfully, intentionally and consciously manifesting a new reality through an individual paradigm shift within oneself.

Finally, the *Declaration of Spirit* envisions the conscious evolution of all humans towards a new interstellar spiritually united Type 1 civilisation on Earth. A world that is safe, free and co-created by all human beings believing and acting in synchronicity and harmony with 'the way' of the universe.

egosite

A person who has, holds or acts with an egoic parasitic intention, habit or behaviour to infect and feed off the spirit, soul, or cosmic consciousness energy of other living human beings for nefarious, unkind or self-serving purposes.

futurition

The act or process of introducing the spiritual consciousness of One's potential future self to One's present self. The state or condition of being aware of and connected to One's future potential. The study or contemplation of One's future spiritual evolution and potential.

global awakening process

A worldwide event whereby human beings voluntarily enter into and undergo a self-realisation and self-awakening journey of inner enlightenment to rise above individual egoic cultural and social programming by raising to a higher level of individual and collective spiritual consciousness on the planet.

global spiritual harmonic synergy

An inner state of interconnectedness and resonance among individuals, groups and the planet as a whole in which there is a shared sense of purpose, understanding and alignment with higher spiritual principles. It implies that when people are in harmony with themselves, with each other, and with the world around them, they can create a positive, uplifting energy that resonates throughout the globe. This energy can help to foster greater peace, compassion and understanding among all people, and promote a more sustainable and harmonious relationship between humanity and the natural world.

human coherent synergy

The idea that when people come together in a collaborative effort, they can achieve a level of unity and coherence that allows them to work more effectively towards a shared goal. This involves not only working together towards a common objective, but also aligning individual perspectives and values to create a cohesive vision that will enable people to manifest a new alternate reality and future now.

infinite state theory of spiritual consciousness

A way of predicting the probabilities of a sentient Being existing in one or all seven infinite states of consciousness. As a sentient Being of multi-non-dimensional conscious states, One exists in a single state and all states simultaneously (i.e. the eighth state). Until a particular state of spiritual consciousness is aligned within a sentient Being, One exists as an expression of any, multiple or all states of consciousness at the same time.

insanity

Being a sane person who tries repeatedly to 'fit' into a world where most people's minds are operating a stream of egoic unconscious mindless memes or thoughts.

lifernity

The concept of infinite existence, encompassing both the temporal nature of life and the eternal nature of the soul/spirit. One might say, 'The ultimate goal of spiritual consciousness is to attain a state of lifernity, where the individual transcends the limitations of time and space, and exists in a state of eternal harmony with the universe.'

This concept can apply to humans and One's spiritual evolution, as people strive to connect with One's true nature and attain a sense of purpose and fulfilment beyond the limited scope of One's human mortal lives. It can also apply to the broader context of spirituality and the interconnectedness of all Beings on the planet, as we recognise our shared journey towards an infinite existence.

light hole

A state of non-dimensional existence having an infinite presence of source consciousness so intense that all spiritual consciousness is drawn to it.

meme

An element of a culture or system of behaviour passed from one individual to another by imitation or other non-genetic means. Also an image, video or piece of text, typically humorous in nature, that is copied and spread rapidly by internet users, often with slight variations.

planetary citizenship

The position or status of being a citizen of a particular planet such as Earth or Mars.

reactive fear response

The automatic reaction of a human mind and body to a perceived threat or danger. It is a natural survival mechanism that prepares a human being to fight, flee or freeze in response to a potentially dangerous or life-threatening situation. This response is often characterised by the onset of physical changes such as increased heart rate, rapid breathing, sweating and heightened alertness, which help humans to avoid or react quickly and effectively to potential threats.

sacred space

An embodied emptiness by a particular individual within One's mind–body–spirit, holding a great respect, openness and alignment to co-create a new manifested reality or experience.

self-organising theory

The capacity of a system to change itself by creating new structures, adding new negative and positive feedback loops, promoting new information flows and making new rules. It is a process where the organisation (constraint, redundancy) of a system spontaneously increases, without this increase being controlled by the environment or an encompassing or otherwise external system.

seven key states of consciousness

Knowing, awareness, oneness, joy, free will, peace and presence.

seven key virtues

Compassion, helpfulness, acceptance, generosity, simplicity, patience and openness.

sol

A solar day on Earth. The interval between two successive returns of the Sun to the same meridian (sundial time) as seen by an observer on Earth.

spironergy

The state of being in harmony with One's spiritual consciousness and the energy of the universe, leading to a heightened sense of potential and power. The belief in the ability to access and use spiritual energy for personal growth and transformation. The study or practice of using spiritual energy for physical and emotional healing, manifestation and spiritual evolution.

statum intuitanics

The state-based knowing, sensing or understanding by intuition and/or intuitive spiritual intelligence.

spiritual entanglement

A phenomenon where source consciousness is present in such a way that the individual spiritual states of consciousness exist independently until aligned, and the act of conscious alignment of one influences that of the other, even when at a distance from each other in space–time within the universe.

spiritual singularity

A state of non-dimensional conscious reality where states of consciousness exist in infinite or endless beingness.

spiritual sovereignty

A state of self-awareness and self-realisation about One's true spiritual nature as a divine spirit who has infinite existence in the universe and takes full self-responsibility for One's life. The act of freely declaring 'One is Spirit', 'One is Free Now'.

the awakening

A spiritual evolutionary process that affects all human beings by raising the vibrational energy of individuals and changing the living mindful state of consciousness to a higher level of existence on the planet.

the way

A term used in Buddhism or Zen teachings that, in its simplest definition, means an approach to life that flows in harmony and alignment with nature or the natural synergy of the universe in the present moment.

transhumanism

A philosophical and scientific movement that advocates the use of current and emerging technologies – such as genetic engineering, cryonics, artificial intelligence (AI), and nanotechnology – to augment human capabilities and improve the human condition. Transhumanists envision a future in which the responsible application of such technologies enables humans to slow, reverse or eliminate the aging process to achieve corresponding increases in human life spans and to enhance human cognitive and sensory capacities. The movement proposes that humans with augmented capabilities will evolve into an enhanced species that transcends humanity – the 'posthuman'.

Type 1 civilisation

The Kardashev scale categorises a civilisation's level of technological advancement based on the amount of energy it can use:

- a Type 1 civilisation can use and store all of the energy available on its planet
- a Type 2 civilisation can use and control energy at the scale of its planetary system
- a Type 3 civilisation can control energy at the scale of its entire host galaxy.

A Type 1 civilisation can harness all the energy that is available from a neighbouring star, gathering and storing it to meet the energy demands and needs of the population.

wellship

Wellship can be described as a type of bond or connection between two or more individuals that prioritises the overall health and wellbeing of all parties involved. It is a relationship that is centred on fostering the physical, mental, emotional and spiritual wellness of each individual, as well as the group as a whole. By focusing on enhancing and maintaining the holistic wellness of each person, wellship aims to create a supportive and nurturing environment that benefits everyone involved.



Appendix 2: Author's quotes in *Evolve*

Everything is Connected — All is One.

Change begins the moment One looks inside oneself and realises who One truly is in this world and One's place in the universe.

First Nations have always had an intimate knowing and intangible connection to spirit. It is something that lives within everyone and Country (land, sea and sky). To live without spirit is like trying to breathe without air.

One simple moment of spiritual realisation.

One divine awakening for all of humankind.

One's free will is an integral part of One's spiritual identity and divine sovereignty. It exists in perpetuity.

Believing in the conscious truth of the universe is an act of spiritual evolution.

Only through One's spirit can One truly experience the infinite love, peace and divinity of the universe.

One is connected to everything and everything is connected to One.

Invest with intention. Act without expectation.

Within One is One's divine truth – within this truth exists One's spiritual identity and cosmic sovereignty.

The first step in avoiding the trap of ego is knowing of its existence.

Whatever thought One has had in the past does not determine One's present future now.

Inspirational people simply think, speak and act intentionally to be One's true and authentic self. This is the key that enables other people to ignite One's own spark of inspiration to co-create a better world and future for all.

Believe unconditionally in One's ability to inspire oneself and others to change, transform and act intentionally to benefit all. This is 'the way' to co-create a new reality, new future and new Earth.

Everything is flowing with the universe and One is part of this cosmic synchronicity.

With a great belief comes a great awakening to the truth of One's existence.

Know that no person, supreme interstellar Being or AI intelligence is coming to save One from oneself in this world. One must accept complete custodianship of One's own spiritual identity and divine sovereignty now.

One's job is not to 'fight with stress' but to 'flow with life'.

One's spiritual path and ultimate evolution are not limited by anything in the external world or the conditions in which One lives now.

What One believes – One imagines. What One imagines – One creates within One's mind and then can manifest it in the 'real world'.

For every question, there is an answer in the world. For every problem, there is a solution in the universe too.

Being present impacts everyone and everything in life.

Silence is 'the way' to spirit, soul or cosmic consciousness and other interstellar entities in the universe.

All One has is 'NOW'.

Within the 'NOW' of this moment, everyone and everything exists.

One is the creator of One's reality, life and future on Earth.

Little by little, step by step and moment by moment the world is created into what One imagines it to be now.

Everything changes in life and life changes everything.

One's spiritual presence is extremely powerful. It has the potential to create incredible, inspiring and amazing changes within oneself and influence others on Earth.

One's spiritual journey will always be more important than One's human destination in this world.

The best way to predict the future is to fold this alternative reality into the present moment now.

No single person is perfect in this world and yet this world is perfect for everyone.

Everything arises out of nothing, and nothing exists within everything.

The more One is able to reduce, remove and repurpose fear, the greater One will be able to create a space for love, trust and light to be present in every aspect of One's life.

For every issue, concern, worry or problem in One's life, an answer or a solution already exists within One's spiritual consciousness. Simply access it now.

To the universe, all reality is virtual. It has no planned agenda, only to know itself.

Everyone must discover the divine light that shines within and bring this radiance to the world that One lives in today.

Awake and consciously mindful people will always be able to see the truth. The truth does not need to hide. The truth has no agenda. The truth is like the light of day, it shines so that One may find One's way in the world.

The power of humanity to spiritually evolve, change and raise the level of consciousness on the planet has been and will always be indomitable.

