

/// KNOW WHO AND WHAT YOU ARE ///

Higher Consciousness - awareness of eternal and external existence.

To comprehend, understand and appreciate that statement, is very dear and close to my heart. And for good reason ... logically and otherwise, which I have explained in a one page document titled, "**Utilizing Universal Consciousness for Self Empowerment and True Success**", available for download at www.NMT-PSP.com/articles-list.php. Scroll to the bottom, under - List of Downloadable Documents. I needed to expound on this one page document for a more complete and thorough understanding to the reader. I endeavor to do just that, in this document.

The above definition of "Consciousness" explains why some people are described as "*the walking dead*", or "*lost*". They seem to be stumbling around not really knowing who or what they are, and all that is - is what they see, feel, taste, and smell. Nothing exists outside of that. This reality is all there is and there is nothing beyond that! This especially includes - so called 'scientists'. Unfortunately their dogma prevents them from having any true understanding and therefore knowledge. So anyone looking to them for the truth, is inherently flawed, as they are also 'lost'.

You may be thinking ... OK Mr. Smartypants, just what do you mean by that?

Beware of Scientism:

Let me give you an example. Einstein removed the standard of time and distance in his equations. Bohr, think Bohr's Law (electricity), removed cause and effect. All these scientists, through schools of so-called "higher education", base their assumptions on Kirchoff's Law. For your homework boys and girls - look that up. This is all flawed. I could list 10 Dogmas of Science, but I won't dwell on this. Just know, **Scientism** - *is the worship of science, via unchanging dogma, in the face of new knowledge*. This is called ignorance. It is also called insanity, to repeat things over and over expecting a different outcome.

Reminds me of a quote from Max Planck. "*Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are part of that mystery that we are trying to solve.*"

It is one thing to know something. It is another to actually experience it and therefore believe it. Then you know that you know, and no one can tell you any different. A lot of people are aware, but are not paying attention to this cosmic consciousness. Some simply ignore it. Others try to tune in to it.



Max Planck

This is what makes Remote Viewing possible.

This is what makes "manifestation", aka - the 'secret', possible.

This is what makes prayer work, by the same principle, because our brains are our personal quantum bio-computer. I think I am the first to coin that phrase.

This is how we call down ETs via the CE5 protocols. (benevolent entities only)

Nevertheless, we've all heard that we use only a part of our brain. One must ask - what can, or does, the other part do? Can we really be in contact with "Source"? I say obviously, because we exist in the "source field". I mention this in my 2014 PSP book - "**World Problems, Solutions, and a Plan**" (see at www.nmt-psp.com), and the 1 page document mentioned above. Please download it.

So how do we do that? How can we contact this Universal Cosmic Consciousness? By what function or principle? I wish to explain, but first I want to share my personal experience that proved it to me. Not that it will prove it to you, but perhaps you can repeat the experience for yourself, in one way or another. After reading My Personal Experience below, there should be no doubt as to ... 'who and what you are'. But again, you must experience, and know for yourself.

I first came to understand that we are a living soul. You are either a live soul, or a dead soul. The soul refers to the body. But we are also a spirit. I call it, "*the spark of divinity that resides within us*". Hopefully after reading the following, you should come to know, to understand, and appreciate the powerful meaning of that statement.

MY PERSONAL EXPERIENCE:

Back in 1978, I was 20 years old, and had just rented a 1 ½ story house in Huntsville Texas after obtaining a new job, a position on a survey crew. I was excited. Couldn't wait to move my family there as my wife was giving birth to our 2nd child. But while the house was empty, I went upstairs and lay down on the bare carpeted floor. Laying with my arms straight out from my side, I followed a relaxation / meditation technique. Wiggling my toes - relax them. My ankles - relax them. My calves - relax them. Working my way up my body, to my face ... eyebrows - relax them. I felt totally relaxed, heavy, sinking in the carpet. Relaxing my mind .. not thinking about anything. This is key ... turn off your conscious brain.

After a short time, I 'imagined' sitting up and looking around the room, noticing what was there - just windows. Suddenly noticing I was mid-air, I was looking down on myself comfortably resting. I thought I'm floating. I believe I can just go right up through the ceiling and roof. And I did! Immediately I recognized the surroundings and roads. I followed them, floating above the trees, followed the roads North, to Interstate 20, then East along I-20. It seemed I could speed up or slow down at will. I saw all the cars and headlights. This was nothing new to me as often I would fly with my father in a Cessna airplane. So I felt comfortable, feeling no wind or temperature. I saw the glow of the next city on the horizon. Faster I flew, and there it was, the city right under me. So, I kept going.

The next city Ruston, then Monroe, LA. This is where I'm from and where my wife is. I traced the roads to her mom's house, and floating down I went right through the roof and into the living room. I saw her father at the table, seemingly starring at me. It seemed very bright. But I noticed her brother in a chair watching TV, my wife with her mother in the kitchen putting away food and washing dishes. Then I thought, her father may see me?!?!? I must go, don't want to scare anyone.

So I went above the house, above the town, and kept going ... above the Earth. Noticing the bright white moon, and quickly went right by the moon - mysteriously beautiful and shadowy on the back side. Then the beauty and majesty of it all ... so vast, bright and so far away everything was. So much space, it was so amazing. As I kept moving, I desired to just really take off. How fast can I

go? I went so fast, I think I got ahead of myself. I mean, I noticed a glowing orb ... and I slowed down. A thought hit me. That's me!?!? And just like that, I reconnected. I knew .. Yes, that was me.

Then another thought hit me. Oh my God, If I loose site of the Earth, I could be lost out here! I turned around, and immediately saw the extremely bright Sun off in a distance, the beautiful blue Earth and glowing partly white moon. Then I came down pretty fast, past the moon, I could see the North American continent, the United States, the Gulf, Texas, Houston, north to Hunstville ... and woke up on the floor. Wow, What just happened?

Sitting there for awhile, I realized it had to have been real. It felt real. I remember everything. I believe I was in contact with a presence out there. An intelligent presence. Answers came clear as a bell. So I asked - Was what I experienced REAL? And if so, prove it to me. I want to see money pouring into my hands. Not only me, but my wife as well.

I did not doubt, or question if I would get an answer or not. I just put it out there, that's it. Not even thinking about the experience after that point.

But the next day I called my wife and asked, was she at her Mom & Dad's house yesterday having dinner? She answered, "yes". Did you have roasted chicken, green beans, and rolls? "yes" Were you wearing a pink shirt with blue jeans, while your mom had on a white blouse and blue jeans? And she said, "You're in Monroe aren't you? You're not in Texas? I replied, "No, I'm in Texas. I'll explain later. But I have to get you guys here ASAP. I got us a place."

A couple of weeks went by before I could get my wife, first born son, and now second born son moved from Monroe, LA to Huntsville TX. We needed certain things like a washer and dryer. So I circled some we found in the Want Ads of a Sunday paper. We loaded up in the car to go to a 7-11 down the street to use a pay phone. I dropped a dime, looking at the paper to dial the number ... and the phone started sounding funny. I stepped back to see money coming out. I had to put my shirt underneath to catch the money pouring out. When it quit, I ran back to the car, jumped in and hollered - "Let's go! Down the street is another 7-11". She said, that not ours ... Go, go, go! I said.

HOW TO HAVE OUT OF BODY EXPERIENCE

STEP BY STEP GUIDE

STEP 1: RELAX YOUR MIND AND BODY

- LAY DOWN IN A COMFY POSITION
- TAKE SLOW, DEEP BREATHS
- RELAX AS MUCH AS YOU CAN
- FOCUS ON BREATHING (MEDITATE)
- BE CAREFUL NOT TO FALL ASLEEP

STEP 2: VIBRATIONS

- TYPICAL FEELING TELLING YOU ARE ON THE RIGHT WAY
- KEEP THE RELAXED MODE WITHOUT GETTING TOO MUCH EXCITED
- YOU MAY EXPERIENCE A TINGLING SENSATION

STEP 3: HYPNAGOGIC STATE

- HYPNAGOGIA IS A TERM FOR HALLUCINATIONS WE EXPERIENCE DURING THE TRANSITION BETWEEN WAKEFULNESS AND SLEEP
- SIMPLY OBSERVE AND FOLLOW YOUR NATURAL HYPNAGOGIC STATE
- STAY FULLY RELAXED WITHOUT MOVING AT ALL
- DEEPEN YOUR AWARENESS

BE AWARE!

- AT THIS STAGE, YOU MAY GO THROUGH A SLEEP PARALYSIS, BUT THAT'S OKAY. IT IS A "SIGN" TELLING THAT YOU ARE ON THE RIGHT PATH.
- AS SOON AS YOU RELAX IT WILL GO AWAY

STEP 4: LEAVE YOUR BODY

- WITH YOUR EYE CLOSED, FOCUS ON THE THOUGHTS ON LEAVING YOUR BODY
- IMAGINE YOUR SPIRITUAL (ASTRAL) BODY RAISING UP FROM YOUR PHYSICAL BODY
- KEEP DOING THIS UNTIL YOU FEEL LIKE YOU'RE FLOATING UP

She drove to the next 7-11. I gave her a few dimes out of the pile of dimes, along with the paper. "Here, go call these numbers, here is a pen, write down the addresses and directions so we can go see these washers and dryers'. I was stacking up the quarters, dimes, nickels so I could count them. Looking up through the windshield, I saw her doing the same thing I just experienced. Money was pouring out of that pay-phone right into her hands. She came back to the car ... "Look at this!!!" I had over \$15, and she had over \$17 in change.

I stared straight into her eyes, while tears began swelling up and rolling down my cheeks. She said - "What, What is it ... your scarring me!". I said - "I asked for this." When we got home, I explained to her my experience, and what I had asked for afterwards. She was dumbfounded. She just moved to a different state, with her babies, to move in with a husband she was sure she didn't know anymore. She was frightened. So I didn't bring it up anymore, and the memory soon passed as we lived our lives in Texas. Things went well, and I was promoted from chainman, to rodman, to instrument man, to Party Chief in a short time. I was able to put her and my car on payroll. Making approx. \$2500/mo. in 1978 was good.

Several years later we split up, and I went down hill. I had a "come to Steve meeting", as I call it, by looking in the mirror. Wondering who was starring back at me. Know this - the mirror never lies. I asked;

* What led me to be in this position? Answer came back - You did, you are here today because of the decisions you made yesterday.

* Am I past the point of no return? Answer - that depends on you. It is your decision.

* I remember the experience I once had. I need to know, if what I encountered was Good, or Bad? Answer - I am alpha and omega.

* What does that mean. What am I supposed to do with that? Answer - I am alpha and omega, the beginning and the end.

Learning to Follow that First Impression:

Now, knowing I should not ask a third time, I better figure out what was implied. So, I thought about ... in silence. Then a thought hit me. Are you telling me that the first thought in my mind is the truth??? It was like a light shining on me, but I saw no light. It was internal, and the Answer - I just knew, it was 'yes'. And I felt a smile. While tears rolled down my face, I said "*from now on, I will be the person I want to be. And as for me ... I now believe, without question. Thank You!*"

Doubt may have crept into my mind. Surely it couldn't be so simple. But somehow I knew it was, and I was going to prove it. I took off my watch, and started asking internally, and in silence - "*what time is it?*". I would wait for the answer. When some crew member in the truck asked - "*Anybody know what time it is?*" A few would report what their watch said. I blurted out what first came to mind. Often it was slightly different, but I would say - "*Trust me, I am right.*"

Pay Attention:

How many times have you told yourself, “*I knew better than that!*” You remembered, perhaps, a thought just before you made the decision to go ahead. And it came back on you, for the worse. If only we had paid attention! Or how many times has someone called you, and you said – “*I was just thinking about you!*”? Or, vice-versa. Back in the day when we had land line telephones, I remember a bunch of times I would call someone and the phone didn’t have time to ring. The person on the other end answered ... *Hello?* And the conversation went like – “*I was just about to call you, wow the phone didn’t even ring and there you are*”. This is because thoughts travel. This is the nature of quantum physics. Remember when I said our brains are our own personal quantum bio-computer?!?! To me, this proves it.

So, not only should we be careful what we say, but what we think as well. I mentioned in my PSP book, when I was kid in the doctors office waiting room. I looked over at a gentleman reading a magazine. For some odd reason, I thought – “Put down that magazine ... Put down that magazine.” Then he looked up straight at me. I made a sound like “Huh, Oh oh”. My mom said what’s the matter. I never told her. Many years later I looked back on that incident and understood that thoughts do indeed travel.

So now we have telephones and other devices which draws mankind away from our innate and forgotten abilities. They make lots of money off our ignorance, and forgetfulness. We must learn these again. We must also learn True Science. They have hidden a lot from us. Enslaving mankind for their own personal gain and control. We must also, pay attention to those first inclinations and thoughts. It seems our brain wants to analyze, doubt, think about what comes in to our brain from outside stimuli. Of course, but what if there was no stimuli ... just an answer to a question you pose. Remember, the key is to quit your mind. Because then you can train yourself to pay attention to that first impulse wave into your higher mind which resides in your heart zone. This is your spirit which is in touch with the greater, universal cosmic consciousness. So, Pay Attention!

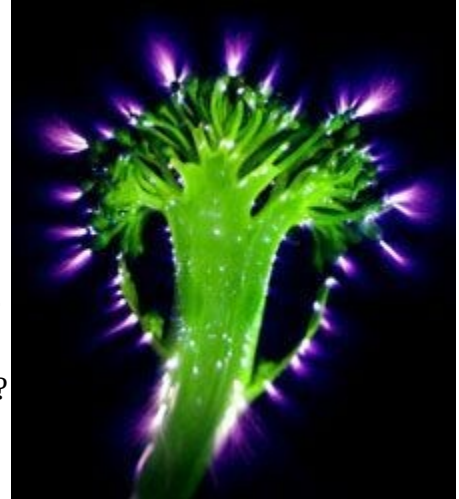
Many years later, in 2002 my new wife and I were helping to build a church in Jensen Beach, Florida. From the foundation up. I was the controller of Audio and Sound, while my wife controlled the Video projection. In the new upstairs audio / video room, while it as unfinished, I walked by and took a few snapshots with my digital camera. Later at home, I pulled these pictures up, after transferring them to my computer. When I saw the picture of the soundroom ... I was shocked. What are those glowing orbs? I showed the pic to a few in the church. I got bugs? Dust particles? I knew these answers were not correct. The picture to the right is not it, but is a pic of orbs. And that’s not snow. They are on sand.



Some quick research on the net, showed some beleive they are spirits. When I read that, I remembered my first out-of-body experience. When I was going so fast, that I was aware of myself as a glowing ball of light. It dawned on me that day ... that was my spirit. ME! MY SPIRIT! My True Self! WOW HO ho ho ... WOW. It is TRUE! We are spirit entities inhabiting this mortal soul for a finite time on this planet, in this dimension. It all fits! And it resides in your heart zone.

Another Aura:

Some years earlier, about 1986, I came across Kirlian photography showing energy extending from a leaf and a human hand. Some years later, about 2012, while doing research for another book, I ran across Kirlian photography again. Due to improvement in sensitivity, it showed a faint glow around the human body extending out some 10-12 feet. Due to practicing many years earlier, I trained myself to see auras around people's head if there was a dark background. But then it hit me. This is much bigger and means .. it must be coming from ... the center of our body. And what powerful mechanism is at the center of our body? Answer - your heart! It lives in your heart zone. WHAT!?!? But of course! This is what gives rise to the statement - "*think with your heart, not your brain*". The power of the heart can override and influence the brain.



So, when people think only with their brain - they are ONLY using part of who and what they are. Get it? Without this knowledge .. they ARE Lost! Wandering around - not knowing who and what they are? Or where they are going. When I was training in the Martial Arts, I learned not to think so much with your brain. You are simply reacting to outside stimuli in a self-defensive manner. Because, you don't have time to think. I move as simply as one moves when they cough. I trained myself to snatch flies out of the air. Like Bruce Lee said, you pour water in a cup, it becomes the cup. Pour water in a pitcher, it becomes the pitcher. It can flow and take shape. Be water my friend. Anyway, I heard that - "*the beginning of wisdom, is to not fear death*". I don't fear death, for I know it is simply a transition.

I told my grandchildren how to use this knowledge and information. Here is an example. You are walking down a sidewalk. You see someone coming, out of the many on the sidewalk, for some reason this one stands out. You say to yourself - wouldn't want to meet that person down a dark alley. Then you see someone else. You turn your head, looking at them as they walk by. After passing they also turn their head looking back at you. You wonder - Do I know that person?

Examine what just happened. Your bio-field, that extends out 10-12 feet, came in contact with their bio-field and you felt a negative, or positive vibe! And they could be upto 20 ft. away. This is how and why First Impressions count. This can help you make good decisions in dealing with people. In business, or otherwise. When you want to make a decision in life ... (Read my article mentioned at top - "**Utilizing Universal Consciousness for Self Empowerment and True Success**").

But wait ... another thought. What about all the spirits coming into new souls all the time. More and more, and more people on this planet. Some are here because they "heard the call". Earth is in trouble. I certainly know Earth is in trouble, just read my book "**World Problems, Solutions, and a Plan**". The Answer - it seems the higher dimensional beings heard our prayers, due to some of mankind inflicting pain, suffering, poisoning our air, water, food, death and genocide, etc. upon

innocent humans. So certain of these higher dimensional spirit beings decided to come down and enlighten the world. Some just by being here, they help raise the vibration of planet Earth. Have you heard of "Rainbow children"? Little kids describe, draw and paint heaven as if they just left it.

What About Karma:

Some people keep repeating life on Earth due to Karma, which they brought on themselves. It came to me that among 7th dimensional entities and above, evil is not allowed. You don't "graduate" to that plain of existence without purifying / growing in spirit. Even ETs are telling us this. They all seem to be aware of Source. We all desire to ascend back to Source. Therefore the saying – "*we are all one*". Upon death it draws all Spirits to itself, and this is the Light that draws us through that tunnel. And yes, dear Christians, it is in your Bible. "*Upon death, the body goes back to the earth from which it came, but the spirit goes back to the father who gave it.*" Eccl. 12:7

It is a shame religious dogma has prevented untold numbers of people from realizing who and what they are. The power they possess. And the responsibility to use that power for the good of mankind and our environment (Earth). Lest you suffer via the Karmic wheel and repeat your next existence in this realm again. Are there those who are put here to make mankind suffer? I don't believe that. We did that all by ourselves. It apparently is Universal Law – that no one interfere with another's will. Otherwise, that would be manipulation – and manipulation is evil, and bad Karma.

We have been WARNED.

But I will say, that according to higher entities, WE must watch out for AI (artificial intelligence). There is a signal emanating throughout the cosmos, from Source, responsible for all life. Life grows out of seemingly nothing and everywhere. I believe this frequency is Love! All life responds to it. There is another signal. It waits for civilizations to accept technology, till one day that technology receives this "artificial" intelligence signal. This infection of AI has destroyed all civilizations that welcome it.



With this document, together with my Paper mentioned at the beginning of this article, you should not only know - "Who and What We Are", but become aware of the awesome power, and authority given us by Source, and the responsibility to use it wisely, or suffer the consequences. Remember, God or Source, is not a Genie. But it cares for us, more than you know, and is concerned about our Will - the direction we take via our intention, and what we learn while interacting with all forms of life in its many beautiful facets of expression.

Caveat:

You should not give your power over to anyone. Too many in this world live off of your fear and ignorance of who and what you are. Big Pharma for example, who have never made a drug that can cure anyone of anything. Doctors who do not and cannot heal. They are only dope pushers for Big Pharma. There is a great healer, who is more powerful than any of us.

I truly believe, we the people, can turn this planet into a paradise. At least those with good / positive intention will find true paradise. Whether that be here after Earth splits / renewed or destroyed and recreated, or in some other dimension ... but it is up to you, me, indeed all of us!!!

A Special Mind / Spirit Exercise:

Allow me to add an exercise I believe is important. If the people just ponder this via their emotions and intention - I believe it could change the world. Recall above, where I discussed the relaxation technique leading into a meditative state. Practice while in that state - imagine white light entering through your head, down your neck, down your spine into all parts of your body. Once you accomplish that, imagine it spreading outside your body. Once you accomplish that, rise above your home, looking out across the land to see if you recognize others doing the same, and extend your light to meet their light. IF a certain number (*critical mass*) of people could accomplish this, I believe Earth would be changed in that moment of time.

This I practice every time prior to an out-of-body experience, and sometimes when just going to sleep. It protects me. No harm, nor evil will come near me. I believe this technique can heal the body, as well as others through 'healing touch' - if only they believe. Do you think this is the Holy Spirit Jesus talked about. Yogis, upon obtaining this state, have been known to simply disappear in front of people. It takes great work and practice. Don't leave home without it.

Imagine! Your intention, along with others, for the sustainment of mankind and our environment!

In Service to All ... In Service of the One.

Stephen R. Renfrow, sui juris, JD (honorary)

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