

THE POWER OF YOU ARTICLE

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It was around Christmas 2013 that I made what to me at least felt like a hugely important discovery: it's that eight of the most celebrated sources of channelled wisdom of the last fifty years have all had one, main, consistent message for us. Those eight are Jane Roberts' Seth, Esther Hicks' Abraham, Darryl Anka's Bashar, Neale Donald Walsch's God, Mary Ennis' Elias, Jayem's Jeshua, Eva Pierrakos' Pathwork guide and JZ Knight's Ramtha.

So what *is* this key message? It's the fact that *each of us is entirely responsible for creating the reality we experience at some level of our consciousness*. Every single one of them not only stresses this as fundamental in their earliest communications, but carries on stressing it and its ramifications thereafter.

Of course this isn't a new idea and it has received significant exposure, especially in the last few decades, via a number of best sellers. Perhaps like me you've taken it on board intellectually, and in practical terms played with affirmations and the 'conscious creation' or 'manifestation' of desired outcomes – probably with varying degrees of success. But you might well have been juggling with ideas like 'karma' and 'life plans' at the same time, so that you don't believe you're creating literally *everything* you're experiencing. You might well put some of it down to carry-overs from past lives or from earlier behaviours and experiences in this life, and some down to some sort of soul-level plan agreed before birth.

Well, I've got news for you. It may be time for us to forget past lives... forget karma... forget life plans... for that matter forget God and his or her mysterious ways, and chance and fate into the bargain. What's more don't just take my word for it, because that's the *fundamental* attitude adopted by every single source mentioned above – even if some of them seem to water the mixture down sometimes to make it more palatable.

Many of these ideas have also been fundamental to the evidence-based framework of 'Rational Spirituality' I've been developing for years in my *Books of the Soul* – and it's pretty easy to become so attached to them that letting go presents a serious challenge. Nevertheless I knew I had to go in search of a new theoretical model of the soul – or, more accurately, of consciousness – that fits with the primacy of us creating our *own* reality in its entirety from moment to moment.

So what kind of model fills that role? The first clue lies in the fact that all our sources also insist that all lives are ongoing and happening simultaneously, whatever 'historical' era they apparently involve. This idea is very hard for our human conditioning to work with – which is precisely why we've only paid it lip service for decades, while continuing to rely on a simple, comforting, linear reincarnation model where each life comes *after* the last. Second, as a result, it has to be a model involving a level of consciousness that directs operations from *outside* of space-time, by monitoring the various 'soul probes' or aspects of itself – like you and me, for example – that it sends out to operate not only in various different realities but also, from an earth perspective at least, in the different historical eras within them.

Some have referred to this level of consciousness as the ‘oversoul’ or ‘higher self’, but these terms can be confusingly used in different contexts – which is why I use the word *supersoul*, the title of the first book in this series and of the series itself. The concept of the supersoul is primarily based on the supporting evidence of a number of the best-known out-of-body explorers of the last hundred years – each of whom encountered what initially appeared to be a being of such wisdom and energetic power that it could easily have been mistaken for God or ‘source’ itself, until on repeated exposure they came to realise it was actually a higher aspect of *themselves*.

Fortunately for me, the revelation that we’re entirely responsible for creating all aspects of the reality we experience coincided with a revision of the models of consciousness I’d just developed for *Supersoul*. What’s more the new ‘synthesised’ model of supersoul consciousness I came up with for a heavily revised second edition is entirely based on simultaneous lives – to such an extent that the idea of having *many* lives only makes sense if we adopt our supersoul level of consciousness. Under this new model there’s no karma carried over from other lives, and each soul probe is entirely responsible for the reality it’s creating for itself in each moment of now. ‘Past’ lives we appear to connect with under regression or spontaneously then become those of ‘resonant souls’ from our same supersoul collective, with whom we have an especially close connection because of strongly shared traits or challenges.

In addition, if all lives are simultaneous, then logically there can be no ‘interlife’ in which some form of pre-birth planning creates challenges based on the lives that have gone *before*. Instead the only planning under our new model takes the form of the ‘birth givens’ that are determined by the supersoul for each of its soul probes, which can clearly vary hugely. They encompass our sex, our main psychological and physical traits and propensities – in terms of both challenges and strengths – and the socio-economic position and geographical location of our parents. On that basis we’re here to ‘paint the best picture we can with the palette we’ve been given’. Other than that any pre-birth planning of events in our *adult* lives, or ‘soul contracts’ with others, are probably kept to an absolute minimum – to give us maximum free will to direct our experience as we choose.

The result of all this is that, perhaps for the first time, we have a model of supersoul consciousness that’s entirely consistent with the primacy of each soul probe’s free will to create its own experience in each moment of now, whatever reality or era it’s operating in. The simplified tale of linear reincarnation that we’ve been using for millennia has served a purpose, but perhaps it’s now time to remove the somewhat artificial shackles of ‘past’ lives and especially karma as we move towards a more sophisticated spiritual worldview.

But, notice, this is still *not* a model in which the identity of the individual soul consciousness is totally subsumed into some ill-defined notion of ‘source’ or ‘universal consciousness’. Instead pioneering out-of-body evidence suggests that the supersoul itself represents the ultimate level of divinity that any human being has ever made contact with, either in or out of body. Nor should we forget that there are myriads of *individuated* supersouls sending myriads of *individuated* soul probes just into this version of earth reality – so they’re far from the ultimate *source* of consciousness, about which we really can say nothing that isn’t pure conjecture.

All this provides us with a strong and still rational, evidence-based theoretical framework. But this is of limited interest unless it's able to tell us something that's useful in our everyday lives. Simply by being unaware of our subconscious beliefs and preconceptions we constantly attract undesirable things into our lives. For this reason *The Power of You* concentrates heavily on the importance of *avoiding* the outcomes you *don't* want, just as much as it concentrates on *consciously* attracting the outcomes you *do* want. What's more it stresses the importance of not allowing yourself to be a victim or to feel you're not in control in any shape or form – which is precisely why ideas like karma and life plans *can* have a detrimental effect when they're used to justify being a victim.

The Power of You also attempts to tackle a number of tricky objections that are often swept under the carpet in popular manifestation literature – such as why nice people get ill or die early, why our attempts to direct our experience don't always work, why creating abundance for ourselves isn't selfish, and why there's no true competition for resources but potentially unlimited abundance for all – *if* we, both individually and collectively, choose to create that reality for ourselves.

Another fascinating message from our sources is that, at least theoretically, we can change our experience *instantaneously* because time isn't continuous but a 'discrete series of now-moments'. Again this is a hugely difficult concept for us to grasp, but it appears that it's fundamentally accurate nonetheless. If we're to make use of this fact, though, the challenge is to learn to override our natural human programming – which is to use 'past' associations to direct our choices and experiences in the now – in those instances where such associations limit us.

Our sources emphasise too just how much power we have to change our experience into *anything* we want. Once we truly appreciate that what we experience as physical reality is only a projection of our own consciousness and beliefs, then we can literally 'move mountains'. Jesus is an obvious example of someone who possessed this level of belief, and it's possible to argue that his whole purpose was to demonstrate that *any of us* can perform supposed 'miracles'. Indeed that each of us is just as divine as he was... or is. But instead we contrived to turn him into a figure of worship vastly superior to ourselves. It's very, very possible that we've turned his teachings upside down... but that's a topic for another article.

Nevertheless, maybe that's why *this* time our channelled sources have chosen *not* to incarnate themselves but to talk through ordinary humans, in the hope we'll be less likely to deify them and more likely to deify ourselves. Because they make it perfectly clear *we ourselves* are the creator gods talked of in myth and legend down through the ages. They say that any of us can choose to remove the blinkers, to stop identifying with the relatively limited aspect of our consciousness that appears to be just living *this* life its focussing on and experiencing, and to reach out to remember, identify with and encompass the unlimited creativity of our infinitely greater, divine self – or supersoul.

What's more it appears that the widespread *remembering* of who we really are, thereby *reclaiming* our divine birthright, is *the* vital ingredient if the current shift in consciousness is to have any real impact on the evolution of humanity as a whole. But, of course, time doesn't really exist... so there's no real hurry.

The Power of You: why you can change your life in an instant (Book 2 of the Supersoul Series) and *Supersoul: a radical worldview for a new consciousness (Book 1 of the Supersoul Series – second edition)* are both published by Rational Spirituality Press (www.rspress.org), 2014, price £11.99. Also available in Kindle format.