



Awakening to your Nature as a Spirit Being Incarnated on Earth is to date the most extensive work I have written. In this work, I tie together a wealth of knowledge and experience that constitute decades of my own successive awakening. I wrote this book not only from the knowledge and experience I have acquired over this time period as an ego or personality, but also according to the guidance and direction I received from my higher spiritual selves. I present this work as a gift to humanity on Earth.

Chapter 2 as an excerpt from the book:

SUMMARY OF THE RINGS

Have you ever had one of those night time dreams where, while still in one dream you fall asleep and then awaken into another dream? That is, one dream nested within another? It is one of the most fascinating experiences one

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can have. Fascinating because upon waking up from the second dream, one wakes into the first dream, and depending on one's degree of consciousness, it may be apparent to one that one is dreaming. Or not. I have had a number of these "dream within a dream" experiences and I have also interacted with other individuals who have had such nested dreams. A nested dream is where there are one or more layers of dreams within dreams.

Better yet, have you ever heard about or watched Christopher Nolan's movie *Inception*? It came out in 2010. In that movie, there are individuals who do the nested dream realities several levels deep. As a Hollywood movie, it has a plot with an action theme, however the idea of nested dreams is an experience that individuals in the real world have. Movies are a great way that some truths are shared with the public. To date, apart from *Inception*, I can think of at least three movies that show the use of technology to access other realities while within a dream state. The first of those movies is *Total Recall*. In this movie, a person can have a technologically assisted mental experience of an otherworldly place like the planet Mars while dreaming. *The Matrix* is a famous movie that was released in 1999, where humans can live their entire existence in a state of sleep, all the while thinking that they are awake and living a regular life. In the third movie, *Avatar*, technology assists an individual in a state of sleep to access an avatar's body and to have physical experiences through that body.

Is Hollywood onto something? One could say that they often are. Regardless, this notion of dream experiences spawning other dream experiences that appear very real to consciousness having those experiences is one that has been pondered for a long time. Typically, the consciousness in the innermost dream reality is unaware of the dreamer in the immediate outer layer dream within the nested dream reality. For example, the ancient Chinese sage, Chuang-Tsu, is known to have written in his book *Zhuangzi* about a dream wherein he was a butterfly. While he was the butterfly, he had no notion of himself as Chuang-Tsu. Upon waking up, Chuang-Tsu pondered whether he was dreaming the butterfly, or whether it was indeed the butterfly that was dreaming his life. Similarly, we are typically not aware of the dreamer who is dreaming our real lives.

I bring up the notion of dreams and their possible nested nature because I would like to draw a parallel between the nature of consciousness experiencing manifest reality and this notion of nested dreams. Specifically, I would like to propose an idea, which is that the life we are living now, which we are so fully engrossed in, with some of us thinking that it is so real and all that there is, could in fact be the dream of another version of ourselves. That self, could also be the dream of yet another version of ourselves. At a certain point, the self that wakes from the dream is Source itself.

This idea of dreaming other aspects of ourselves, or even of entire realities, is not an arbitrary one. Apart from the nested dreams I and others I have interacted with have had, and noticing that Hollywood has made a few movies connecting dreaming on one hand with living conscious existences within the dream on the other, there are two sources I draw from, in making this analogy between nested dreams and the possible situation of our lives as being the dreams of other versions of ourselves. One source comes from conversations I have had with friends who are members of esoteric orders and who share that opinion as part of their esoteric knowledge, and the other source is at least one experience I had during a consciousness exploration exercise where I projected my consciousness far beyond the confines of this galaxy and into the higher spiritual worlds.

That being said, as a working hypothesis, I would like to propose a scenario where you and I, and the people we know in our lives, are conscious to one degree or another in our current incarnation. Yet, by becoming aware we are conscious in our current lives, and while still alive, it is possible to progressively backtrack with our consciousness to other aspects of ourselves that through their dreaming are contributing to our current life. We will find that these other aspects are in a state of sleep, or meditation. Their dreams ultimately contribute to our lives. If they were to wake up, our lives would come to an end. This is a similar idea to seeing yourself asleep while you are projected out of body, for those who have either had the experience or are aware of the phenomenon. The secret then, if we are to progressively gain greater awareness of ourselves, is to learn to merge with these aspects of ourselves that are dreaming our existence.

Herein comes the rings. What are these rings? They can be thought of as filters of the reality we experience, similar to the idea of dreams within dreams. In terms of the hero's journey, each ring represents going through

the entire cycle of departure, initiation, and return. When we come full circle within the ring, we acquire the gift that the ring has to offer. Ring one is the ring of childhood. This is the ring that we engage as a child, which defines our childhood world. Ring two, the ring of polity, is the ring we engage as adults in society. Ring three is the ring of the five senses. It is the ring we engage as the human mammal living in the real world. Ring four is the ring of life and death. It is the ring where we go beyond the physical world into the worlds of spirit where we reside before life and after death. Ring five is the ring of the higher self. It is the ring wherein we engage a broader spiritual identity beyond the soul that incarnates multiple times on Earth. Ring six is the ring of the separate self. It is the ring in which we realize that there are other selves with their higher selves, and that ultimately these other selves with their higher selves are also ourselves. Ring seven is the ring pass-not. It is the ring we engage as the creator within its own manifested illusion. Each of these rings will be discussed at length in chapters that follow.

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