

1 Introduction

How many times have you heard it said, or even said it yourself: “What’s it all about? There has to be more to life than this?” At one time or another, most of us have said this or something similar. It seems, however, that there is little we can do about it. We look over the fence at pastures greener, thinking “If only...”. But there is a lot more to life than we have been taught, a lot more to life than we appreciate and a lot we can do to improve how we experience it. That’s what I intend to show you with this book.

In 2000, I won a huge contract. Well I say ‘I won’ but that’s not entirely true as the other two consortium members and the team I headed would rightfully claim they played a big part. I was the British Telecom Bid Director bidding for the new accommodation building for GCHQ, (Government Communications HQ – serving MI 5 and MI 6). The service contract was internally valued at over £1.5 billion.

There are not many contracts of that value available to bid. Winning it should have been the pinnacle of my career, and on my CV it certainly was, however emotionally it meant nothing. I had no personal satisfaction, no high, and no glee; in fact, it was the opposite. I sat in my office one Monday at a little after 8am and called all my internal stakeholders. I got voice mail after voice mail on which I left a simple message, “We’ve won” and hung up.

It should have been one of the best moments of my life, but inside I felt very low and I said to myself, “There has to be more to life than this.” Someone upstairs heard that plea, as very soon I discovered there certainly is.

Within weeks, I had what could be called, ‘an altered state of consciousness’. It was an experience not commonly accepted or considered normal. In fact many would explain it away as being a trick of the mind. However, this was only the beginning as many more such experiences followed. Each one had an impact and little by little they changed my perceptions of what life is all about. So yes, there is a lot more to life than we in the Western world understand. I know it as I’m experiencing it and it’s a lot more satisfying than working in the business environment, no matter how senior you are or how much money you may earn.

I have been gifted a first class ticket on a voyage of discovery that is by any standards absolutely awesome. I’m 16 years into it now and most has not been my doing, not my intention, not what I have been taught or read about. I’m a passenger; things just happen and what extraordinary things they have been. It has though taken me a long time to piece everything together and make sense of it all.

Over the past 16 years, I’ve felt the depths of deep despair. Separating from my wife had me questioning whether or not to just end it all. Yet within 20 minutes of being at my lowest and darkest point, I experienced the boundless joy of feeling like the most loved person in the universe. It is not surprising that this led

to me to question my own sanity. When things get shaken up to this extent, anything can happen and things certainly began happening.

In 2012 I separated from my wife Steph and left the UK to live in Dubai. Looking back, I was running away from everything and everyone I knew from the first 60 years of my life. I didn't realise it at the time but I had to shed 60 years of learnt behaviour if I were to discover who, or what, we human beings actually are; namely multi-dimensional energy beings with capabilities beyond our wildest imaginations.

I spent three years in Dubai discovering myself and discovering the authentic me. Today I'm a different person to the one I'd become living in England. I discovered soul regression that led to a past life regression course where so much was revealed and undone; so many of my beliefs explained and my behaviours understood. I travelled to Sri Lanka, Kenya and to Peru where I ultimately settled.

What I now know is that there is so much more to life than we see on the surface. What our senses show us is only a very tiny percentage of what our life experience is really about. However, even this very tiny percentage doesn't provide an accurate image; it's filtered through the conditioning of Western society's accepted norms and as Quantum Science proves, it's an illusion.

I started having spiritual experiences when I was five years old - I suppressed them, as these things are not spoken of, especially by a child. Following my plea in 2000, they started again and they have got increasing more spectacular even bizarre. I call them "spiritual", as it's the closest term I have. Another and possibly more accurate description would be, I became aware of different dimensions of reality. Once we start considering spiritual experiences as experiences of other dimensions we see a more direct correlation with Quantum Science.

As Quantum Science tells us, we are not solid; we are made up of pure energy. What spirituality adds is that our energy vibrates. What I have experienced is that different dimensions are just different vibrational ranges and I've been up the scale, high up and deep down and I'm not referring to despair. The vibrational range is just that; a range. There is no 'light' or 'dark', that's just the interpretation that our senses provide.

I've been lifted to ride the energy waves of this third dimension to the very limits of its physical boundaries. It took me over 40 years to have the courage to allow my consciousness to expand to the very limits of the universe, to fill it. I have been one with it, completely. This may sound strange and contrary to many people's understanding of what is possible, but I've done it. I have had the experience.

I've also experienced the lower vibrations through a direct connection with Mother Earth, who taught me the importance of remaining grounded, although

that lesson had to be repeated many times. Through all the travel in the higher dimensions I wasn't as grounded as I needed to be.

I've seen three-dimensional creation at its very core, as sacred geometry describes: a beautiful toroid from which our reality is formed. I've seen it in operation; it is awesome in the true sense of the word.

I've stepped outside our concept of three-dimensional time, a very uncomfortable experience, very disorientating. But I had to do this to understand that time is indeed an illusion.

We control what we experience, and I explain how to control it. Although it's a simple process, there are a few conditions and they sit deep within our unconscious mind. It's not just thinking about something, wishing for it or having the constant reminder of a vision board, there is more to it. Once we understand what we need to do, then we can start our journey and discover what life is really meant to be and that is considerably more than we experience.

My vibration has been lifted into higher dimensions to where we know deep within our consciousness the power we hold; ultimate power to create anything we desire. However, with it comes the total lack of desire to create anything at all, as everything there is, absolutely everything, already lies within.

I've been shown the vibration of many higher dimensions that together with our known universe, our three-dimensional world, form creation itself. Creation just is, it is indescribable perfection. This may sound like a contradiction, as the world we live in seems far from perfect, but that's because this world is the illusion that we, collectively, are creating.

I've felt divine love and utter bliss beyond imagination. Nirvana cannot be described in words, it's timeless bliss; being unconditionally loved by "All That Is".

To many, these statements may all be a little difficult to accept. What I describe is contrary to what we are taught; contrary to traditional Western understanding, traditional science and religions. However recent developments in Quantum Science, Neuroscience and Cellular Microbiology have some very startling comparisons. There is an increasing number of scientists that are seeing the light.

I'm being taken on an amazing journey, and when I look at all the things I've been shown and all the experiences I've had, I finally recognised they are all connected. What I have discovered has deep and profound implications for us all.

In this book I explain my life's journey, the events that led to the discoveries and how, when I was straying from my destined path, my guides intervened to get me back on track. And intervene they certainly did; it was the proverbial 2x4 to the back of the head.

My background would not make me a typical advocate of spirituality, I have had no spiritual teaching nor have I studied such things.

I've come through an engineering and commercial career. I've won and delivered large scale, high risk, multi-discipline programmes. I've worked at senior levels for major blue-chip companies. I've had the company Jaguar, a metallic gold XJ8, with champagne leather interior; it was very nice and it provided the external illusion of success. In the Western definition of success I probably was, but inside I certainly wasn't, and the more I was shown, the more detached from the Western paradigm I became.

Buddhism was the obvious home for someone having the experiences I was having albeit they didn't originate through meditation. My experiences lead me to learn Reiki, NLP (Neuro Linguistic Programming) and hypnotherapy, then soul and past life regression. There has been more, all of which have played their part in increasing my appreciation of what I am and my life purpose.

When we move into higher states of consciousness, we lose our learnt behaviour, our conditioning, how we've been programmed since birth to believe what we believe. Losing our conditioning is the most liberating experiencing one can have as it releases us from the tethers that hold us down.

Without our conditioned thinking mind to interfere with our observation we see this world from a totally different perspective; from a truer perspective. We begin to see reality and it is not what we presently perceive.

From this different perspective comes the appreciation of the nature of consciousness. Philosophers, sages and gurus throughout the ages understood consciousness, but their wisdom has been lost as the West took the route of object-driven science and object-related proof. So much truth and wisdom has been ridiculed, dismissed as tricks of the mind.

I now understand how well developed ancient cultures actually were, indeed some not that ancient. The North and South American indigenous peoples knew so much more about the nature of creation and consciousness than their conquering masters. So much has been lost.

The West has lost its moral compass, lost its values that on paper may seem reasonable enough but in practice have caused a shift away from virtues and morality to one of a new God, that of money and the accumulation of wealth.

Everything is now about money, however when we look at ourselves as human beings it isn't money that makes us happy. This may seem a little controversial, as the lack of money can cause serious difficulties. It's hard to find happiness if you are being evicted. However it's not how we got into this position that this book is about, it's about how we can individually lift our vibration so we can appreciate the higher dimensions, where money and power over others isn't important.

We're conditioned from our earliest years to believe in the model of education, thinking that hard work brings progress measured by better jobs for the sake of more money. The marketers tell us that to be happy you need a bigger house, a better car, the latest gadget and designer jeans. If you are not climbing the ladder, you're falling off it. What utter tosh! I've climbed the ladder and it doesn't bring happiness but we are told to believe it, after all there seems no alternative.

Well, there is an alternative and you can choose it more easily than you would believe. Sound utopian and too good to be true? There are those with vested interests wishing to maintain the status quo who will tell you just that.

I ask you to decide for yourself but to make that decision you need to understand what the alternative is, and most importantly can it work for you, can it be practically implemented and if it can will it change your life for the better? Obviously, I believe so.

A lot of what I write about I cannot prove, what is important however is how you feel when you are reading it. Do you feel intuitively it to be true? Your gut feelings are recognition created at a higher level. Believe in your gut feelings, your intuition, it will not mislead you.

Becoming aware of inner truth, rather than the truth we are told to believe in changes the baseline. It changes our understanding of life and our part in it. We all have a part to play, a soul purpose, a reason for being. However our soul purpose is drummed out of us by traditional educational and social systems. We seldom act on intuition. Instead we respond to our conditioned, educated, thinking, logical heads.

Imagine a huge iceberg yet only seeing the tip that is above the surface. This is where our thinking, educated, intellectual mind resides. Whereas the might, the scale of consciousness, is only appreciated when we look deeper.

Within the deeper elements of our consciousness lies the unconscious mind where we set the intent that we manifest in the three-dimensional world that we believe to be reality. Yes, it is real enough but really it's an illusion. Once we see it for what it is, then we can begin to change it. Modification can be as easy as changing the content of a text message, but obviously before the message is sent. We need to be very clear about what we are sending right now, because this is what we're creating.

Power of the unconscious mind

In 2007 I had a massive heart attack. It was certainly not my intent but I was able to put into practice something I'd recently learnt, and this gave me opportunity to try it out, a true test.

Steph and I had been visiting Charlie and Janice, friends who had a villa in the south of Spain. We were all driving home together when the pains hit.

I was admitted to Burgos hospital that fortunately had a specialised heart unit and I now have a stent and even a DVD of the operation. It was six days before I was discharged and part of the discharge procedure was an echocardiogram. I was shown my pumping heart however a large part wasn't, 30 per cent in fact. It was explained to me I had 30 per cent scar tissue and I could see it. The doctor explained this was manageable as I had 70 per cent still functioning.

I asked why nearly a third of my heart wasn't working and the doctor drew me a sketch showing an electrical web over my heart and explained that part of the circuit had broken.

A few weeks earlier I'd completed an Advanced Hypnosis course with Dr Michelle Rhodes of Opal Training. Michelle spoke at length about Deepak Chopra's book '*Quantum Healing*' and I was taught the technique.

I began self-hypnosis, an hour a day reprogramming my unconscious mind as Michelle had taught me. I set my intent, to repair the circuit around my heart, at the deep unconscious level.

On my return to England I went to Wythenshawe Hospital near Manchester and was under cardiac rehabilitation for six months. At the end of this period, again a discharge procedure and this time some consternation. I knew something was odd when 20 minutes into the procedure I was asked to confirm my name, then my date of birth. I'd been through this twice already. Then the doctor said, "are you sure you had a heart attack?" "Yes", said I rather indignantly, to which he responded, "well there is no sign of it now, you have 100 per cent heart function, the Spanish obviously got it wrong."

I have a letter from Wythenshawe Hospital saying there was no damage to my heart and I have 100 per cent heart function. This is obviously good, however there was no investigation, no enquiry as to why my heart had miraculously healed itself.

At no time in Spain or in England did anyone ever suggest this could happen, there was no discussion ever about healing my heart. All I was told was how to maintain the condition with a concoction of prescription drugs. But why was there no investigation? I can appreciate doctors are busy, but what is apparent is that there was no process to pick up on things that fall outside - or could challenge - conventional understanding or medical practice.

Challenging conventional medical practice is controversial, as there are considerable vested interests in maintaining the status quo.

Dr Bruce Lipton is a cellular microbiologist whose research was into why, after a heart transplant, some hearts rejected. Lipton made a seemingly fantastic discovery; he discovered that it was the mind that controls the health of human cells. It is down to how we think. Lipton has two videos on YouTube.

[Bruce Lipton - The New Biology - Where Mind and Matter Meet 1 of 2](#) (1 hour)

[Bruce Lipton The New Biology Where Mind and Matter Meet 2 of 2](#) (1 ½ hours)

The first is a lesson on microbiology and the second is how he discovered the power of the mind over matter.

I know both Chopra and Lipton are right, as my experience provides the evidence. It does though raise two issues; firstly and most importantly is the incredible power of the unconscious mind once we understand how to set our intent correctly. Secondly why was there no investigation? If the data is not collected, then it is easy to say there is no proof, write off my experience as anecdotal and blindly continue with the established tradition of doling out prescription drugs.

Some scientists do have the evidence so why is it not part of our medical practice? Could it be that if people were taught to heal themselves, there'd be fewer prescription drugs sold?

To understand how our unconscious mind manifests intent we need to understand the rules it works by, and there are several. In brief we need to be aligned with our soul purpose whilst recognising and dispensing with the conditioning we have been subjected to since birth. Add to this an understanding of karma, vibration and connecting to the universe and we're on our way. It may sound like a lot but once we understand it we can begin work and you'll be surprised how quickly you can address it.

What will result when you align your intent with your soul purpose?

Throughout the book I reference doctors and scientists who have stepped out of their traditional boxes and seen the implications of recent discoveries; indeed many have made the discoveries themselves. I understand them as they resonate with my own experiences.

As with Lipton, I reference several who have videos on YouTube and I provide the details. Watching them will improve your understanding of the points we make. I summarise them to enable you to continue reading, but if you can I strongly recommend that you watch them. In all there are over six hours of video. Some are only a few minutes, others over an hour, I provide the duration for each one and they are all listed in the appendices.

If you're using an e-reader that can utilise hyperlinks then just click on the highlighted title, otherwise I have used the same title as YouTube so if you're reading a hard copy book they can be found easily via a search on www.youtube.com.

You will discover there is considerable evidence from others that align with my experiences, however they're all individual and separate and it's not until they're all put together that we can see the big picture and what a picture it is.

So, if there is so much evidence, why is it not accepted as scientific proof? This is the first obstacle to understanding as many refuse to listen. I consider this to be important as throughout my life, when I've tried to explain the experiences I've had, I've often been ridiculed and even called bonkers. "It's all tricks of the mind, there is no proof," detractors say.

If I'd had only one experience then it could have been difficult to maintain my position. The fact I've had so many and I've discovered others that explain similar experiences provide the evidence that it is nothing to do with tricks of the mind. However, what about the countless people who have had one-off experiences but suppressed them out of fear of ridicule?

One of the objectives of this book is to provide information and references that can be used to counter the objectors, to make it easier and more easily acceptable to discuss spiritual experiences.

I want to provide people who understand, or who have had experiences, with the evidence they need to support their case, and to assure them that they are not alone. I wish to bring as many people as possible on the journey as this is how ultimately we will change society for the benefit of all mankind.

Some may say, there is no proof to support what I say, that it's anecdotal. This is the weapon used by skeptics. I set out to provide the evidence that we are energies well beyond the traditional scientific understanding. That we all have abilities well beyond our imaginations, that we are souls presently experiencing a life for a reason. Souls who chose to have many experiences of life, each one for a specific purpose.

Proof vs Evidence

Material science often says that there is 'no proof' to support what I'm writing about or in reincarnation or rebirth; however there is indeed considerable evidence.

The key word here is 'evidence' and how it is applied and what is considered 'evidential'. Rebirth cannot be explained by traditional scientific method, however, it is evidential as is explained in a wonderful book by Victor and Wendy Zammit, *A Lawyer Presents the Evidence for the Afterlife*.

Here is Victor and Wendy's explanation of what the High Court in a Western judicial system such as the UK House of Lords or the US Supreme Court would consider technically admissible as evidential:

“Objective knowledge can be classified as scientific where the same results and the same ‘cause – effect’ connection can be demonstrated over time and space.

“Science is regarded as ‘objective’ in that any person who follows the scientific formulas will get the same results.”

A defined process generates a set of results. When we do the same thing, somewhere else, with different people and get the same results then it's considered objective evidence, technically admissible in a Western High Court.

The Zammits explain that there is overwhelming evidence for the afterlife. It could be termed the paranormal, so it is objectively evidential.

The afterlife is evidential. We need not be fearful of death. Death is just the closing of one chapter enabling the opening of another. However this is the very small tip of this very large iceberg, as beneath the surface we find consciousness.

Consciousness is not physical. It cannot be measured and so is consequently ignored by traditional material science. However, it is consciousness that survives the death of our physical bodies and consciousness that enters the embryo. It is consciousness that holds everything together and understanding this is the key to lifting ourselves into higher dimensions.

According to traditional science, rebirth has no scientific proof. Whereas there is formidable and overwhelming evidence, and if we examine it, look at the evidence there is only one possible conclusion, that there is rebirth. The point being is that the consciousness is not a result of who we are; consciousness is what we are and that's a lot more than we can imagine.

This is not what the West teaches or understands, it is counter to our philosophy and teaching.

To quote an old Irish joke, when an Irishman is asked how to get to a certain town, he replies, “if I was going there I'd not start from here”. Well, starting from the Western paradigm isn't a good place to start discussing spirituality so the next two chapters unwind a little of our Western conditioning.

In the rest of Part 1;

- I explain why I've used an astrologer, two psychics and a channelled entity called Zak. All of whom are referenced throughout the book. Fortunately I recorded the discussions, so I have been able to look back to discover how incredibly accurate they have been. The detail they have provided is astounding.
- I explain how to recognise what is our individual truth. I reference and expand on some brilliant work by Otto Scharmer of MIT.

- I describe the experience of being 'one with the universe', that resulted in spending 12 years attending the Buddhist Society of Manchester, which led to the bliss of Nirvana. These experiences were the start of developing my understanding of a multi-dimensional universe built on vibration.
- I explain how following guidance from above, I created the conditions for my divorce and how desperately unhappy that made me. How from considering ending it all to bliss in 20 minutes made me question my own sanity. However it was destined, it had to happen if I was to grow. Why I needed to leave everything I knew, 60 years of my life behind and move to Dubai.

Part 2 is about my three years in Dubai;

- How I began to rebuild myself, though a soul regression and many subsequent regressions on a past life regression (PLR) course. What retrieving a soul fragment felt like and dealing with a resulting 'Spiritual Emergency'.
- I describe my time in Kenya and being in the middle of a flash flood and what went through my mind facing imminent death. What young children in Nukuru's London slum taught me and what a profound lesson it was. Not all profound learning comes from gurus, some come from the most unexpected sources.
- I explain what standing outside time itself felt like and how disorientating and distressing it was.
- How mixing up e-mail addresses led me to a reading with a psychic that literally blew my mind and why I needed, and got, confirmation from another.
- I describe why moving back into the commercial world caused intervention from above and an accident that led to six hours of surgery and 12 days in hospital. Why again it was destined to happen and how this led to my discovery of the sacred plant Ayahuasca that ultimately created my move to Cusco's Sacred Valley in Peru.

Part 3 is about Peru;

- How arriving in Cusco, not speaking the language, having no plans and knowing one person who lived miles away, to within 2 months opening Munay Medicine, an Ayahuasca and San Pedro (Wachuma) retreat in the Sacred Valley.
- I discuss my experiences with the sacred plants Ayahuasca and Wachuma and what amazing experiences they were. I found out why I had to come to Peru and particularly the Sacred Valley of Cusco, I'd been before several hundred years earlier.

- Despite the untruths of Western propaganda I've discovered how important these sacred plants are and how they brought me to understand amongst other things, creation itself.
- I discovered the ancient wisdom of Andean Cosmology, the knowledge of the Q'ero who preceded the Inca. It is so similar to Buddhism.
- What connecting to 'All That Is', the collective is like. How leaving it I was shown my life purpose.
- I explain a meditation taught me by Mother Ayahuasca on how to manifest our future.

I believe reading this book will enable you to understand there is so much more to life than we appreciate. Ultimately, regardless of how far you progress in this lifetime, I trust that you will see it for what it is and be able to enjoy it more.