

The Great Book of Jonah Chapter 2

Before we begin this study of Chapter 2, I should like to go back for a moment to further expound upon verses 15-17 in chapter 1.

Jonah 1:15 So they took up Jonah, and cast him forth into the sea: and the sea ceased from her raging.

Comment: Previously in the commentary of Chapter 1 it was noted that the raging sea is type and symbol of that which is a huge problem in our lives, but now I should like to further expound upon that idea for the pronoun "HER" is not there for no reason at all. The word raging is that of anger or boiling up of EMOTIONS. If we look to the allegory of Jacob, Leah and Rachel we see that Jacob is the Mind, Leah is the Emotions and Rachel is our Spirit.

It can be noticed at once that what is being said in verse 15 is that in a meditative state, the emotions are silenced. If you like we can use the analogy concerning Lot's wife - she was turned to salt which is not death but a preservation status. In a sense in meditation the emotions and the lower mind are sacrificed [silenced] upon the alter and there is an alienation of the Higher Mind which is abandoned into the abyss where "we" can't meddle with it. In other words, God does not want us meddling with the Divine for when we begin to meddle religion is formed. And we have plenty of proof to show how destructive religion can be.

When our ship is being tossed to and fro and we are an emotional wreck we need an ARK to weather the storm! It is good to build the ark prior to the storm so that there is a place in our consciousness where we can find rest. But remember 1:13 even though we know better and we know what to do we see that our mind is relentless - it will never give up - and we see the "men rowing hard to get the ship to shore". When we realize that is natural within our natures we can discover how to overcome ourselves.

What was drowning us is our EMOTIONS. But the sea ceased from HER raging when your Spirit or Higher Mind leaves the Ship! This is an out of body experience. And St. Paul discovered that he knew a man whether in the body or out he could not tell. And further we find a second witness:

2Co 5:6 Therefore *we are* always confident, knowing that, whilst we are at home in the body, we are absent from the Lord:

Comment: Whilst the Jonah aspect of you is present with the body we are absent from the Lord. Isn't it the quest of all religions to be present with God? But some religions teach that the only way to be present with God is to be dead. What a shame! Jesus taught that you did not have to die to be present with Christ! But Martha could not hear him.

2Co 5:7 (For we walk by faith, not by sight:)

Comment: We throw Jonah overboard by Faith for our senses trick us and our emotions lead us astray into wrong choices! So we CLOSE OUR PHYSICAL EYES. And come to life spiritually!

2Co 5:8 We are confident, *I say*, and willing rather to be absent from the body, and to be present with the Lord.

Comment: Now clearly St. Paul is not leading a doomsday cult teaching his disciples to "drink the Kool Aid" like some sort of Jamestown Peoples Temple ritual. To hear the preacher man tell it we have to die to see the Lord, that would mean St. Paul must then have lost his mind. But the Scriptures declare "we are WILLING to be absent from the body!" St. Paul is not advocating suicide, he is advocating alienating the Mind outside of the Body to be present with the Lord! That can happen THIS DAY in meditation.

Jonah 1:16 Then the men feared the LORD exceedingly, and offered a sacrifice unto the LORD, and made vows.

Comment: "the men" our minds - made "vows". So then what is being said we are separating from all thought. For instance lets look at a vow from the Old Testament which is greatly misunderstood. The so called "vow of the Nazarite" - we also see St. Paul in ACTS taking this same vow.

Numbers 6:2 Speak unto the children of Israel, and say unto them, When either man or woman shall separate themselves **to vow a vow of a Nazarite**, to separate themselves unto the LORD:

Comment: Now this vow required that the man or woman shave their heads and that a razor was not to be placed upon the head for the period of time whilst the man or woman is under this vow. The "hair" being cut off are the thoughts of man. The "hair" growing whilst under the vow represent the thoughts of God. What is being outwardly expressed is that man or woman is no longer depending on his/her senses or intellect but is wholly dependent upon the thoughts of God which descend from the Higher [Mt. Zion] down to the Lower [Earth].

Act 18:18 And Paul after this tarried there yet a good while, and then took his leave of the brethren, and sailed thence into Syria, and with him Priscilla and Aquila; **having shorn his head in Cenchrea: for he had a vow.**

Comment: St. Paul is demonstrating that he desires **this day** to be present with the Lord. He is not under the illusion that He must die physically to see Christ. He depends upon that which is Godly - give us this day our daily bread.

Act 21:23 Do therefore this that we say to thee: **We have four men which have a vow on them;**

Act 21:24 Them take, and purify thyself with them, and be at charges with them, **that they may shave their heads:** and all may know that those things, whereof they were informed concerning thee, are nothing; but *that thou thyself also walkest orderly, and keepest the law.*

Comment: Before anyone runs out and shaves their head in some sort of literal translation, understand what is being said. The ones under the vow [returning to Jonah] have thrown Jonah overboard and are now seeking the "Unleavened Bread of Christ" which is to say The WORD in Truth. But notice these PLEDGED themselves to God seeking Christ. These Grant their lives in Trust to Christ seeking His wonderful benevolence in Love. These know what it is like to truly believe - a misnomer - I mean to entrust their being to Jesus Christ. These obey Jesus and trust Jesus enough to turn off the preacher and find the Kingdom of God WITHIN just as Jesus said it

would be. The "vow" is that we will no longer be dependent upon that which comes from ourselves but that we are looking and waiting on the thoughts and deeds of the LORD.

Jonah 1:17 Now the LORD had prepared a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

Comment: So one under a "vow" is communing with God, the "Whale", shepherding the thoughts of God. And the new hair growing upon the bald head represent that which is from I AM. If I am within God and God in me then I and the Father are ONE! Amen. Jesus said exactly the same thing! If we are One then there is a homogeny! I am released from guilt, fear, and anger, greed, lust, I can come naked before God in my "tent", which is to say my consciousness - drinking the "new wine" - a renewed Jonah. I, am Noah sitting in my tent drunk on the new wine - it is truly a love feast that can be enjoyed THIS DAY. I is you, we can all do this! You don't need a Bible, you don't need any money, you don't need any teacher, or preacher or anyone. But only you can do it for yourself!

And when that part of you is renewed that is the SIGN OF JONAH. You are renewed. There is the sign you seek. For Jesus was very clear - the Kingdom of God DOES NOT come by observation! So why are folks looking without themselves and not within? Why are they not WILLING to be absent from the body? The answer is fear. And it is this fear that is used to oppress and make merchandise of the man. The sea of emotion stagnates a man.

But when the part of you is renewed then your Mind is resurrected from its dead carnal state into life! For that which is spirit is of God and man cannot change it. But the soul man indeed can change! And it is the resurrection of the soul that is beautiful as it ascends in meditation from Earth, to Water, to Air, to Fire to a RENEWED MIND.

Jesus promised. Here is the Jonah allegory retold.

*Joh 21:5 Then Jesus saith unto them, **Children, have ye any meat?** They answered him, No.*

Comment: The "mariners of the mind" are rowing and rowing from the "left side" which is to say emotional intellectualism and yet where is the "meat" = real understanding, real knowledge?

There is none. There is merely religious traditions and literal translations which lead exactly to the grave!

Joh 21:6 And he said unto them, **Cast the net on the right side of the ship, and ye shall find.** They cast therefore, and now they were not able to draw it for the multitude of fishes.

Comment: The ship is your flesh which is to say our conscious body. Instead of fishing out of our senses and emotion - throw Jonah into the sea and commune this day with Christ.

Remember "*give us THIS DAY our daily bread!*"

Joh 21:7 Therefore that disciple whom Jesus loved saith unto Peter, *It is the Lord.* Now when Simon Peter heard that it was the Lord, he girt his fisher's coat unto him, (for he was naked,) and did cast himself into the sea.

Comment: Here Peter is analogous to Jonah. Peter is the ROCK upon which the Church is built WITHIN - which is to say the HOLY SPIRIT. He is naked - he takes no thought. But he girt his fishers coat to prepare himself for the bounty - which is to say the thoughts of God. In another sense John is elect and Peter is the church but for this commentary we are focusing on the inner man. Peter is blind in this age which is to say the Church has no idea what the allegorical meanings are in Scripture the veil of Moses is still upon their eyes. But John the elect sees and will gently work in the field to bring about change upon the "dry land".

Joh 21:11 Simon Peter went up, and drew the net to land full of great fishes, an hundred and fifty and three: and for all there were so many, yet was not the net broken.

Comment: Here "great fishes" are the wonderful thoughts of God - Divine Thoughts. And 153 ==> $1+5+3 = 9$ the number of consciousness. And we see 153 is a cubic triune number. $153 = 1^3 + 5^3 + 3^3 = 1 + 125 + 27 = 153$ a perfect number. Peter and Jonah are the same aspect of our consciousness. But notice even though the bounty was SOOO great - the net was not broken! God is good! Good is God!

Joh 21:12 Jesus saith unto them, **Come and dine.** And none of the disciples durst ask him, *Who art thou? knowing that it was the Lord.*

Comment: This is a promise - and the King who is Christ says "Come and dine". Will you obey and trust Jesus? It's your choice. I am reminded of :

Psa 46:10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Psa 46:11 The LORD of hosts is with us; the God of Jacob is our refuge. Selah.

Comment: Exalted in the earth has a dual meaning. It has a macroscopic meaning in regard to all of mankind but it has an individual meaning in regard to that which is man.

Pro 3:5 Trust in the LORD with all thine heart; and lean not unto thine own understanding.

Pro 3:6 In all thy ways acknowledge him, and he shall direct thy paths.

Comment: The proverb just reiterates what has been previously said. We acknowledge the LORD when we trust and obey. We do not sit as religion does as a lame man begging for alms at the gate. Rather we are doers of the word and specifically the Way of God. We do not rely upon our "OWN" whatever for we know that was gleaned by and thru our five senses and we know those five lords [of the Philistines] are liars or rather they don't tell the whole truth and nothing but the truth.

Jonah 2:1 Then Jonah prayed unto the LORD his God out of the fish's belly,

Comment: At this point in the tale the Jonah aspect of us is "safe" in the center of that Great Fish [God] and we begin to pray. But there is a specific way that we are commanded to pray. We are not to sit as beggars asking for this or that with the mind that "maybe my prayer will be answered" ON THE CONTRARY, Jesus said:

Mar 11:24 Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

Comment: We can see that the method of prayer too is very specific. I am going now into opinion so reader beware. When I pray I try to speak in my mind that which is already mine. I believe that when St. Paul said that Levi tithed to Melchisedec in the loins of Abraham [ref

Hebrews 7:9-10] that the DNA in Levi is the product of the DNA of his fathers. Therefore there is a destiny of sorts or you might think of it as a genetic memory. This is both positive and negative. Negative in the sense of the generational curses - sins of the fathers so to speak - and positive in terms of that which is destiny. Now since Adam was made perfect = son of God in the image of Elohim, [both male and female aspects in marriage in one being] then the DNA in this Adam was perfect and is therefore within our vessels in memory genome. Therefore what we need is already WITHIN us. It is as Jesus said - the Kingdom of God is within you! [Ref Luke 17:21] Like I said that was my opinion, reader you decide if that is true for you.

Jonah 2:2 And said, I cried by reason of mine affliction unto the LORD, and he heard me; out of the belly of hell cried I, and thou heardest my voice.

Comment: Here it is "the belly of hell" is our carnal mind - that which is emotional intellectualism. Remember St. Paul who wrote for we know that to be present [in mind] in the body is to be absent from the LORD. But in our lower state we cry out to the Lord even in our Carnal self and the LORD hears. There is no place where the LORD is not. Everything in this Universe is of the LORD - everything.

Jonah 2:3 For thou hadst cast me into the deep, in the midst of the seas; and the floods compassed me about: all thy billows and thy waves passed over me.

Comment: "Into the deep, in the midst of the seas" is meditation. The floods are the thoughts of God which compass you - this is the 153 "great fishes" - found by casting our net to the RIGHT SIDE of the house.

Jonah 2:4 Then I said, I am cast out of thy sight; yet I will look again toward thy holy temple.

Comment: I am looking now to the Right Side of the house. I am now about the work of building the Lords Temple. Ref Haggai Chapter 1. Yet it is not I that build, it is I that got out of my own way so that the LORD might re-create me into His perfect image. My intellect, my emotion, my affiliations, my associations, my religion, my friends, my family none of these could help me in this very personal and individual journey. I and the LORD must go alone. For there is a place within each of us. There exists a well with a large stone upon it and a woman stands there waiting. This is Rachel; and that stone must be rolled away so that the Dayspring

might well up the floods of God's Truth in us. And we might receive a "new stone" which no man knows. That stone is not Baptist, Methodist, Catholic, Hindu, Islamic, Judaism, Christianity, etc. etc. it is none of the above. No man knows this stone save the one who personally received. It is that pearl of great price!

God with us - God within us - He sits between the Cherubim or you might say the Cerebrum in the "set apart" place within the Consciousness of man. And here Christ works to Recreate terrestrial man into Celestial Man a 7th day Man.

And the Holy Spirit said "To Day is the day, IF you can hear His voice". There remains a choice. Moses said it is a choice between life and death. My ears grow numb of "fundamental futurism doctrine" - in fact when I hear it these days all I seem to comprehend is a bunch of frogs - frogs everywhere - ribbit, ribbit.

Jonah 2:5 The waters compassed me about, even to the soul: the depth closed me round about, the weeds were wrapped about my head.

Comment: In this life we can sure mess things up. We find ourselves creating problems for ourselves so that we might have some sort of drama or just feel something in this age - anything. And when we drive ourselves into this mire we don't want anyone to help us out of it. We are happy to remain in this funk as long as we please, everyone else just has to wait. This is not what we truly desire but just to feel something other than the mundane. I know for my part that I sometimes do things that I don't even know why I am doing them. Stupid deeds and when called on by another as to give account I lash out to protect my little self haven of self centered ego. I think it is just best to leave me be at that time and for that matter others too. But now even in these depths of hell, I cry out to God and I am reminded that I created this prison cell. It is within my mind! I created this Hell. This is not what God wants for me, I did this to myself. I can't point my ignorant finger at some incorporeal Devil - what is that but a child. Reminds me of Adam and every man - it was the woman's fault - we always blame others for that which we negatively create.

But now, I can enter into my Ark in these depths of hell found in the lower earth - base consciousness - I can cease my emotion and my intellect and I can cry out to God and the "waters" might bubble up from within to Restore my Soul. I cast Jonah out into the sea and God

is there to receive me and Restore me. Sometimes I might even fast for three days - not by eating literal food or water but fasting from myself - sitting in meditation listening for the LORD's truth. Amen. Where is religion now? Where are the traditions of keeping days or eating or not eating? Those were mere symbols - school teachers - and yet even today we see Judaism being "Repackaged" and resold to the masses - Hebrew Roots movement. And I see men leaving their wives because of their vain perception that their wives refuse to keep a day or stop eating certain foods. What a shame. It seems many are "missing the boat" refusing to build the ark.

Jonah 2:6 I went down to the bottoms of the mountains; the earth with her bars was about me for ever: yet hast thou brought up my life from corruption, O LORD my God.

Comment: I am strangled with the emotions of my carnal mind - fear and anger and greed and lust strangle me about my HEAD - these are weeds - I went Down Down Down into a deep hollow where the sun does not shine. And I found my prison cell - Her Bars - my emotions imprison me - I created this Hell and I stand as my own jailor. I need not look for some other hell, I did this to myself.

But now, standing on the abyss of darkness I cry out to the LORD and I throw Jonah overboard in meditation, and I am SAVED from myself.

*2Co 1:12 For our rejoicing is this, the testimony of our **conscience**, that in simplicity and godly sincerity, not with fleshly wisdom, but by the grace of God, we have had our conversation in the world, and more abundantly to you-ward.*

*1Ti 1:5 Now the end of the commandment is charity out of a pure heart, and of a good **conscience**, and of faith unfeigned:*

*1Ti 1:19 Holding faith, and a good **conscience**; ...*

Comment: I must throw Jonah overboard, but it is by the Grace of God that I am SAVED. I trust Jesus enough to obey. To have the courage to BE STILL and KNOW that I AM God. For the God within me builds the house. And we in one genome in unity consciousness.

Jonah 2:7 When my soul fainted within me I remembered the LORD: and my prayer came in unto thee, into thine holy temple.

Jonah 2:8 They that observe lying vanities forsake their own mercy.

Jonah 2:9 But I will sacrifice unto thee with the voice of thanksgiving; I will pay that that I have vowed. Salvation is of the LORD.

Comment: Lying vanities is RELIGION. These forsake their own mercy. The God that dwells within everyone is made to take a back seat to those who think to operate their ship from the ego in emotional intellectualism. In a way it is like saying "I'm God down here". Down here in hell, I rule.

But then there is verse 9 which is wonderful. This verse shows a man who has made a conscious decision to pledge himself in trust to Christ - trusting the words of Jesus Christ enough to obey his commandments. And this one who has pledged himself in sacrifice says "I will pay my vows". He now has skin in the game - his vow is a promise made before God. And the vow is to no longer live by my own vanities, no more idols of religion, no more golden calves - but to seek the Mind of Christ with all my heart, strength and soul - everything. I seek that well within. I seek to remove that stone upon the well so that God's Truth might satiate my being. I no longer am in need of any other man. God and I are one! Amen. This is the end goal and the LORD shall re-create us into His perfect image. Christ has come in the life of that man. Amen. He knows to be absent from the body is to be present with the LORD [YHVH].

Salvation is from the LORD = Yehoshuah = Yehovah Saves. **I will tithe my ten percent.** I will pay with the ten percent of the conscious brain which I use - I mean come on if this Jonah was actually in the belly of some whale - which is absurd - how is he gonna tithe anything?

Now let us look at what happens when one decides to tithe the ten percent of his carnal mind and emotions let's see what kind of peace is made.

Jonah 2:10 And the LORD spake unto the fish, and it vomited out Jonah upon the dry land.

Comment: I no longer am bound to religious or educational or financial or political organizations. These can no longer hold me. They all bore me as I now seek that which is universal. The ONE-ness in Christ! I am released from bondage. I can now stand on dry land and obey the direction of the Holy Spirit.

Shalom,
Michael Joseph

The following is research shared by brother Eric Charles.

• **100Hz - 200Hz LAMBDA WAVE RANGE** (Incomplete research in this range because it has only recently been discovered as being possible)

Lambda waves are recently reported very high frequency brainwaves. Lambda brainwaves are a 'newer' brainwave only because it is difficult to get instrumentation to accurately measure them. Lambda brainwaves are associated with wholeness and integration, as well as with mystical experiences and out of body experiences. Interestingly these extremely high frequency brainwaves seem to ride on a very low frequency Epsilon wave. If you were to zoom out from the high frequency Lambda wave far enough you would see that it is riding on a larger very low frequency wave.

• **40.0Hz -100Hz GAMMA & HYPER GAMMA WAVE RANGES**

Gamma waves are the fastest of the brainwave frequencies and signify the highest state of focus possible. They are associated with peak concentration and the brain's optimal frequency for cognitive functioning. Nobel prize winning scientist, Sir Francis Crick believes that the 40Hz frequency may be the key to the act of cognition. Gamma brainwaves are usually very weak in normal people but have recently been found to be very strong in Tibetan monks while doing a Loving Kindness meditation. 40hz becomes the dominant frequency of these monks while meditating and it is also the frequency that the core of Earth resonates to. A very important frequency when it comes to higher awareness and mystical experiences.

• **12.5Hz - 40.0Hz BETA WAVE RANGE**

Earth = base consciousness = desert = valley = low place

In this range you are wide-awake, alert. Your mind is sharp, focused. It makes connections quickly, easily, and you're primed to do work that requires your full attention. In the Beta state, neurons fire abundantly, in rapid succession, helping you achieve peak performance. New ideas and solutions to problems flash like lightning into your mind. Beta is identified with active, busy or anxious thinking and active concentration. A healthy beta state allows you to think quickly and improve your focus. But too much time in the beta state can cause anxiety, stress, and paranoia, which can lead to muscle tension, depression, high blood pressure, and insomnia, among other sleep disturbances and health problems. While too much time in beta is obviously not good, a lack of sufficient beta activity can also cause mental or emotional disorders such as depression, ADD and insomnia. In such cases stimulating beta activity can improve emotional stability, energy levels, attentiveness and concentration.

• **8.0Hz - 12.0Hz ALPHA WAVE RANGE**

Water = God's Truth

The Alpha state is an intensely pleasurable and relaxed state of consciousness essential to stress reduction and high levels of creativity. Artists, musicians and athletes are prolific alpha producers; so are intuitive persons, and so was Albert Einstein. Alpha researcher, Joe Kamiya says, "Its pleasure may come from the fact that alpha "represents something like letting go of anxieties." With Brainwave Therapy binaural beat frequencies you can begin experiencing the benefits of alpha biofeedback training right now. When we begin to relax or begin to get drowsy, but are still awake and conscious, we are at the alpha level. Alpha patterns vary from deep alpha, a state of deep relaxation, (often referred to as the twilight state between sleep and waking) to the higher end of alpha that is a more focused, yet still a very relaxed state. Alpha is a very receptive, absorbent mental state and can be used for effective self-hypnosis, reprogramming the sub conscious, accelerated learning and more. When you spend more time in Alpha state, you'll find it easier to tap into your higher levels of creativity and expression.

• **4.0Hz - 8.0Hz THETA WAVE RANGE**

Air = Place where One meet The Lord Jesus the Christ in Meditation, which is, “To meet The Lord in the air.” (1Thessalonians 4:17)

Theta is one of the more elusive and extraordinary brain states you can explore. It is also known as the twilight state which you normally only experience fleetingly upon waking, or drifting off to sleep. Theta is the brain state where magic happens in the crucible of your own neurological activity. But for most, being able to enter the dreamlike theta state without falling asleep takes meditation practice. Luckily, Brainwave Therapy can speed up this process, making it easier to drop into deep meditative states, even if you've never meditated before. When we are asleep and have dreams, and experience rapid eye movement (REM), and even when we experience deep meditation, we are at the theta level. Theta is a dream like stage, pre-sleep or pre-awaken stage (or deep meditation stage). Theta is associated with a number of beneficial states such as: sustained attention over time, enhanced creativity, boosted immune system, increased long term memory, opening the mind to suggestion and new ideas, advanced problem solving, deep meditation and deep relaxation etc., etc. In the slower theta brainwave pattern, the brain makes lots of relaxing endorphins that melt all your stress away.

• **0.5Hz - 4.0Hz DELTA WAVE RANGE**

Fire = Baptism of the Holy Spirit in the Mountain or High Place in Meditation (The furnished upper room: Mark 14:15 & Luke 22:12)

In the Delta state you are sound asleep. Delta waves are the slowest of all five brainwave frequencies and range between 0-4 Hz. Slow Wave Sleep or SWS, is the deepest of sleep states and it plays a vital role in health and well being. During this phase of the sleep cycle, the brain begins producing very slow, large Delta waves. Even if your lifestyle doesn't allow for the luxury of a full eight hours of sleep, a few hours of Delta waves will trick your brain into thinking it's had all the restorative sleep it needs. Delta brainwave programs are an ideal choice for when you want to access your subconscious for deep and powerful reprogramming.

Delta waves are usually associated with deep, slow brain activity found in deep sleep. Delta waves are experienced predominantly in newborn infants, as well as in healthy adults in deep rejuvenating sleep, or in very deep states of meditation. At the delta level the body replenishes its energy, releases anti-aging hormones like human growth hormone (HGH), relieves stress, and boosts the immune system. The delta state rejuvenates your mind, body, and spirit. When

your dominant brainwave is delta, your body is healing itself and "resetting" its internal clocks so to speak.*

*HGH: As we get older, decreasing quantities of HGH results in many aging symptoms including loss of muscle tone, increased weight gain, loss of stamina, sagging skin and muscles, wrinkled skin that lacks good tone and texture and flagging memory and many diseases associated with aging. HGH is produced naturally by the pituitary gland in the center of our brain. When we are in deep, dreamless sleep at the delta level the pituitary is stimulated to produce more HGH which is why we feel refreshed and replenished when we get a good nights sleep. The anti-aging properties of deep meditation come from the release of HGH when reaching the delta level during meditation. A healthy lifestyle and diet, and a calm mental and emotional life also stimulate the production of HGH. Lack in any of this is at least one of the reasons for aging, mental imbalances, sickness and disease and so on. Delta level mp3 sessions help bring the body to a deeply relaxed state so that one can reach the delta level easier. It also helps to have a healthy diet and lifestyle, it all works together for the better.

• **0.01 - 0.5Hz - EPSILON / ZETA WAVE RANGE**

New Mind = IsRaEl - Recreated Man, the Man that the Creator intended. The celestial Man, no longer a terrestrial man having fully achieved, "Greater things shall you do."

Is = Spirit Ra = Mind ==> The two become one and marry El ==> Israel - one with Christ. Recently the brainwaves below 0.5hz have been classified as a separate band called Epsilon. Interestingly again we find that they are strongly related to the highest frequency brainwaves (Lambda) in that if you zoom in far enough you would see that embedded within the slow Epsilon frequency is a very fast Lambda frequency wave. The same states of consciousness are associated with both Lambda and Epsilon waves. Wholeness and integration seem to be the main themes of these brainwaves. As you open to higher levels of consciousness (associated with the upper chakras and the opening of the "third eye"), you will be able to allow the higher, and extremely low, brainwaves to become more dominant in your brain activity. Your perceptions will then expand, you will be able to consciously perceive the higher frequencies of light and sound which are as yet unable to be detected by mere scientific instrumentation.

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End of Chapter 2

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