

Are We God?

Yes, and I Can Prove It.

By Don Durrett

(First Edition, April 2024)

Copyright 2024 by Donald David Durrett

Digital Edition

www.dondurrett.com

Books by Don Durrett

A Stranger from the Past

Finding Your Soul

Conversations With an Immortal

Spirit Club

Last of the Gnostics

The Gathering

Ascension Training

Team Creator

The Path Forward

Your Soul Explained

Get Healthy / Stay Healthy

America's Political Cold War

Post America: A New Constitution

The Demise of America

Contents

[Introduction](#)

[Chapter One – Consciousness is Not Self-Contained](#)

[Chapter Two – Proof](#)

[Chapter Three – Who Are We? Why Are We Here?](#)

[Virtues](#)

[Truth Bombs](#)

Introduction

It's 2024. We are finally getting close to when the truth will be released to humanity. What is that truth? Simply put, that consciousness is not self-contained. Stated another way, we all share the same consciousness. This knowledge has always been known by a small subset of humanity. Some of these knowers have tried to share this knowledge, but it was never accepted by more than this small subset.

I remember trying to tell a friend that we were souls having a human experience, that we didn't come from here, and that we would return from where we came after this lifetime ended. He thought I was nuts. That has been the general response to the truth. It's too big a concept for people to grasp.

If there is only one consciousness that we all share, then that makes us part of the Creator. Said another way, it makes us inseparable from the Creator. It also makes us one big family.

At least 3% of people know this truth, and it's likely around 5%. I'm one of them. I do not live by faith. I *know* that I'm a soul having a human experience and that I won't die when this lifetime ends. Nobody dies. That's not how it works.

If you want to know more about how life works, you can read my book *Your Soul Explained*. The PDF version is free on my website.

Can I prove that we are God? I will try, but usually, it requires effort on your part, such as watching NDE videos or reading esoteric material. I know that I can't prove it to everyone. There will always be some skeptics, especially when the truth is initially released. It will be much easier to accept after it becomes a common belief. Most of you will be the first wave that awakens.

You probably have never asked the question, why am I here? What is the meaning of life? These are not questions your parents asked you, or were asked at school. These are questions you had to seek out on your own.

Everyone on this planet came here for a reason. There are many souls who would like to be here at this time. If you didn't have a good reason for being here, then you weren't allowed to come. It's like applying to college. Not everyone is admitted. There are only so many spaces.

What are the reasons for coming? Primarily two. The first is that this is an ideal situation for your soul to grow and expand in awareness. This planet is a school. The second is that you volunteered to help the planet transition from darkness into light, hate into love.

I'm a volunteer, also called a lightworker. I'm here to remove the darkness and spread light. This is the generation that gets to be the progenitors of a transition from hate to love, from war to peace, from separation to unity.

It's 2024, so you probably think that is a fantasy. But by the time we get to the end of this decade, you won't think that way anymore. By the time we get to 2030, it will be apparent that humanity is transitioning into a new era, one based on peace and unity. Humanity will begin to work together.

I've known that this transition was coming since 1989. I've been waiting patiently for it to begin, and that time has finally arrived.

I decided to write this book for newbies, so that they could quickly get up to speed that we are all one. Separation is an illusion. There is only one consciousness, which is the consciousness of the Creator. Your belief in your individual identity is an illusion. Yes, your soul is real and has its own uniqueness, but it is not separate from the Creator. When you say I am John, or I am Jill, you are living in a simulated reality. Not only is the reality simulated, but so is your identity. This book is to help you understand that fact.

The personality that we have chosen is simply a role. It is not our true self, or who we truly are. In fact, it is a tiny fraction of who we are. Our souls are incredibly powerful with a myriad of capabilities. Each of us is a conglomeration of all the superheroes. There is nothing we can't do. Our limitations on this plane of reality only exist so that we can learn lessons. That is why we are here.

The soul seeks expansion of awareness. We are all striving to become more aware. Aware of what? Our capabilities. Our connection to source, the Creator.

Isn't it interesting that so many video games are about achieving higher levels, with each level providing us with more capabilities? Intuitively, we know that this is what life is really about.

If we are here to learn, and we are, then life is much more serious than is perceived. Our achievement in this lifetime translates into more capabilities. We are here to achieve higher levels of awareness. The Bible says that you cannot take your riches with you, but you can take your experiences.

Intuitively, we know that a life wasted is a tragedy. We know that there is more to life than meets the eye. Christians say that if we live a good life and believe in Jesus, we shall go to heaven. And that if we do not, we will go to hell. Both are delusional and why Christianity will begin to wane very shortly.

They did get the idea of an afterlife correct, but they totally bungled why we are here. At least the Hindus recognize reincarnation and getting stuck on the wheel of karma. Their beliefs are closer to reality, but still miss the point that everyone is here to expand their awareness. It's ironic that India has a caste system with their supposed level of spiritual awareness.

Thankfully, both America and India (and the rest of the world) will soon drop their beliefs regarding separation and move toward unity consciousness. Racism and judgment of others will become a thing of the past, once we begin to recognize that we are all one.

It was decided (by the mass consciousness) that this planet would awaken to the truth, beginning with this generation. The next ten years will be a period of wonder as billions awaken to the truth. However, because many will refuse to accept the truth, and it will take four generations to complete. The good news is that we will see the beginning of the changes and know the outcome – that peace and harmony are coming to this planet.

While that sounds amazingly beautiful, it won't be easy. The problem is that we have to forget the past to move forward, and people won't easily drop their baggage of false beliefs. Instead, they will hold on tightly. Conversely, some will want change to happen immediately, but that's not how it works. Change comes slowly. This is why it will take four generations.

So, it will be a struggle at first, especially for the rest of this decade. But, our destiny is now set. All have to do now is the work. We have to exert effort to create positive change. Now you know why we are called lightworkers. We have work to do. We have to change humanity. We have to awaken humanity from its delusions, the first of which is that we are separate from each other.

Don Durrett

April 2024

Chapter One – Consciousness is Not Self-Contained

Who are we? We are God. We are the Creator. I know that may sound overwhelming, but it's true. This is not subjective truth. It's objective truth. How can I know this? Because consciousness is not self-contained. That means all consciousness is interrelated and interconnected.

Have you heard of quantum entanglement? Science has been able to conduct experiments that connect two particles at a subatomic level, no matter the distance. For instance, a scientist can spin one particle at one location, and the other one spins at another location. Science doesn't know how this works. Einstein called it spookiness at a distance. How are the particles communicating? Obviously, there has to be some type of communication between them. The question arises: Is this communication intelligent?

Quantum entanglement has been proven with experiments using the building blocks of matter: electrons, protons, and molecules. They can talk to each other. If that is true, then there is a type of intelligence occurring. This is somewhat analogous to nature itself, which somehow knows what to do. Anyone who denies the intelligence of nature is ignoring reality. A flower blooms because it knows how to bloom. A tree grows because it knows how to grow.

The incredible diversity of plants and animals on this planet, and how they can thrive without our help, clearly shows an intelligence at work. Who created all of these beautiful animals? Clearly, there was a Creator. This incredibly beautiful planet didn't happen by chance.

Quantum entanglement proves that lifeforms can communicate with each other. Science has more work to do on this subject, but it will soon conclude that all matter is conscious and has a form of intelligence. This generation of scientists will prove that all matter is interrelated consciously. They already know that all matter is energy and that particles can communicate with each other. All that is

left is for them to discover scientifically that all matter is interrelated consciousness.

Life is intelligent, and all matter is life. Not just organic matter, but also inorganic matter. We interact with both using our consciousness. There have been many experiments with people telling their plants that they either love them, or they hate them. Or, when you water it, you can tell the plant it is beautiful, or it is ugly. The results have been astonishing. Plants are like animals. They respond to how we treat them. How can that be? Quite simply, plants are intelligent.

Have you heard about the experiments on plants exhibiting fear? They connected plants to an electrocardiogram and then had someone come in with scissors and slice them up. The plants were not only agitated but were metaphorically screaming on the device. Google it.

Another mind-blowing experiment was done using human consciousness to change the molecular makeup of water. Masaru Emoto did extensive experiments to prove that this was possible. Google it.

We tend to think that rocks and dirt are not alive. This is far from the truth. Everything is alive and conscious. At the molecular level, all matter has a type of consciousness that can communicate with other consciousness.

Holistic healers use crystals for healing because they emit energy that impacts our consciousness. It is known in the New Age community that crystals are conscious. These stones are alive.

Highly evolved adepts, such as yogis in India, can make objects appear or disappear in their hand. How do they do this? They communicate with the object.

Our understanding of how matter and consciousness interact is still primitive. However, humanity has reached the point where it is now time to go further in our understanding. We are now ready for science to begin studying consciousness, specifically unity consciousness.

Ironically, the signs were always there that all consciousness is interrelated. How many times have you picked up your phone and knew who was calling? Or, how come you can read the energy of someone and know they can't be trusted, or

that they are lying? What were you reading? Their energy field, which was a consciousness. Your consciousness was interacting with their consciousness.

How many times have twins felt their twin at a distance? How is that possible? It's no different from quantum entanglement. Those twins were communicating with each other consciously.

How many times has a mother known that one of her children was hurt or in danger? How is that possible? Her consciousness was communicating with her child's consciousness.

Why do some dogs run to the front door and wag their tail when you are still a mile away from being home? How do they know you're on your way home? Their consciousness is connected to yours.

Have you ever watched a flock of birds fly in crazy patterns and wonder how that was possible? Interrelated consciousness.

Did you know that there are children today who communicate telepathically with each other over long distances? Yes, it's true, and this will become widely known soon that this is happening, and it is increasing in tendency as the planet becomes more spiritually aware.

Are you beginning to understand that consciousness is not self-contained? All consciousness is shared under the right circumstances.

Today, only one college in America (Arizona University in Tucson) studies consciousness. By the end of this decade, it will be all the rage, and every college will be studying it. Why? Because the time has come for us to awaken.

* * * * *

Some of you likely remain skeptical and are asking yourself, so what if everything is conscious and consciousness is interacting? Why does that prove that we are God? Well, you didn't think it was going to be that easy? One chapter, and I would prove it? Give me a few more chapters. This was just an introduction

to the fact that consciousness is interrelated and not self-contained. My point is that you do not exist in a solitary bubble of consciousness. Not only is your consciousness interacting with other consciousness, but it is being impacted and is impacting other consciousness. We are experiencing life together and not in isolation. In fact, you do not exist in isolation. If you feel alone, that is an illusion.

We think of ourselves as individuals, but we are all constantly sharing our consciousness. We are all open books and not self-contained. When you piece it all together, you recognize that the totality of consciousness, which is the mass consciousness, is a oneness, which is the Creator. You cannot separate yourself from that oneness. Well, you can, but it will be both an illusion and delusion.

Chapter Two – Proof

While I can't prove that you are God, I can provide proof. The key is if you accept this proof. Some of you will, and some won't. Not everyone will grasp this truth, and there are many reasons why. You could be a skeptic and demand experiential proof. You could be stuck in prior beliefs that are incompatible with this truth. Or you could be open to the idea if it was more clearly proven.

This latter group will potentially enjoy this chapter and is open to the idea that perhaps all matter/consciousness is interconnected. And that this interconnection makes us all one, sharing the same consciousness as part of the Creator/God.

NDEs (Near-Death Experiences)

NDEs are perhaps the most potent and powerful way that God awakens people to the truth. Thousands of people have had NDEs, and researchers have interviewed many of them. There are a myriad of books and YouTube videos discussing these NDEs. It is very easy to find this material if you look.

A typical NDE goes something like this: 1) They find themselves outside of their body with their dead body within view. 2) They experience some type of interdimensional travel and find themselves in a place of wonder (which looks nothing like this planet). 3) They meet with someone who appears as some form of light-being and communicates with them telepathically. 4) They have no sense of fear and experience a feeling of bliss that is more potent than anything they have felt before. 5) They are told something that is specific concerning their current lifetime, and then after this conversation, are told that they need to go back to their body.

What is fascinating is how dramatically these NDEs change these people's lives. Once they experience their consciousness outside of their body, they are never the same again. They experience another dimension of reality. They can

see, hear, and think, even though they no longer have eyes, ears, or a brain. In fact, their intelligence is heightened to a level beyond normality.

In this state of consciousness outside the body, they experience their soul directly. They also experience their consciousness being interrelated with other beings with whom they interact during their NDE. They often experience a feeling of being one with everything in the dimension they visit.

They nearly always experience a feeling of love that is so potent that they don't want to return to their body. They also feel like they are home and don't want to leave. They often have to be talked into returning to their body and are told that they have more to accomplish, and that they are not finished yet with that lifetime.

People come back from these NDEs knowing that everything is connected consciously. This experience changes them for the better. They now know who they truly are – part of something much bigger. They become more empathetic and more responsible. They now know that they are here for a reason and that this isn't a vacation or a place to have fun. They realize that life is much more serious than is perceived. Perhaps the biggest takeaway is the idea that they chose to come to Earth to learn something.

Another common thing that occurs is that people are shocked that their beliefs are all wrong. This happens to both atheists (who suddenly become believers) and those who are highly religious. Often, people come back from an NDE and say everything we have been told about God is a lie.

This isn't surprising because religions begin with the premise that we are separate from God, and from this false premise arises one false assumption after another.

One of the most profound outcomes of NDEs is that nearly all people who have one come back knowing that they don't die. For this reason, they lose their fear of death. They know that their soul continues on living, and that in fact, this lifetime is a type of illusion. It's similar to the movies *Tron* or *Ready Player One*, where a human finds a way to become part of a computer game. *Tron* was just a game, but the human was impacted by the game from their experiences. Earth is

similar. We are just here to learn lessons through experiences, and then we go home.

Nearly everyone who has researched at least 20 NDEs comes away convinced that not only are they real, but that they reveal the truth of who we are. We are not humans. We are souls having a human experience.

Here is a YouTube channel that has a lot of NDEs. I recommend that you watch a few: [The Other Side NDE](#)

OBEs (Out-of-Body Experiences)

OBEs are similar to NDEs, although not nearly as intense. Robert Monroe wrote a book on this subject and created the Monroe Institute. He was a trailblazer (beginning in the 1950s), but many researchers have followed his lead.

Most OBEs are short-lived, where people unexpectedly find themselves floating above their bodies (usually during sleep), and then quickly return. What normally happens is that people unexpectedly find themselves outside their bodies and the shock normally pushes them quickly back into their body.

Many people have had this experience. It is estimated that around 5% of the population have experienced an OBE at some point in their lifetime. You would think that this relatively non-rare experience would be more widely known. However, nobody talks about it because paranormal experiences are considered a taboo topic of conversation.

Some people learn how to have OBEs consciously while they are wide awake. They learn how to pop their soul out of their body in order to explore the possibilities of interdimensional soul travel. This can also be called astral projection, which is what many call it. People often soul travel to other dimensions using OBEs. Many people have written books about their experiences, or how to consciously have them.

What people who can do this discover is that this reality, this dimension, is not the only one. Plus, they discover that their consciousness is their soul, and that their soul is intelligent. Thus, we have two brains. Our physical brain and our soul

intelligence. I recently was watching a YouTube video where a girl said she regularly visits heaven using OBEs. She soul travels using her soul intelligence and leaves her body lying on her bed.

Here is a YouTube link that has a lot of OBEs: [OBE](#)

The Four Clairs / Telepathy / Telekinesis

I've grouped all of these together because they are all considered a form of psychic ability. What is fascinating about psychic ability is that most scientists consider it impossible. When science doesn't have an explanation, they revert to the same argument. They will say something like it doesn't exist, or that it's fake. They rarely will say something to the effect; it might be happening, and we can't explain it. Just like NDEs and OBEs, scientists prefer to control the narrative of reality and pretend the paranormal is impossible. However, anyone who is psychic clearly knows that it is real.

The four clairs are clairvoyance (seeing images), clairaudience (hearing voices), clairsentience (feeling thoughts), and claircognizance (mystical knowing).

The question arises, how can these four clairs occur? The answer is quite simple: consciousness is interrelated. The images, voices, thoughts, and knowing are coming from outside of one's immediate consciousness. Psychics have a (metaphorical) consciousness antenna that tunes into this interconnected web of consciousness.

When a mother feels the pain of her child from a distance, she is being clairsentient. Her conscious connection to her child is being felt.

Telepathy is a form of clairaudience, although it is direct communication between two individuals. Clairaudience is more profound than telepathy, where the source of the communication is not proactive, and randomly occurs as if by magic.

Telekinesis is quite common, yet science refuses to acknowledge that it is real. Yuri Geller has been bending spoons with his mind for decades, and science

continues to call him a magician. He often teaches thousands of people at a time how to bend spoons with their minds. Yet, there is still no recognition from science that the mind can do this. Clearly, there is a consciousness connection between the individuals and the spoons.

It will be the proliferation of telepathy and telekinesis that finally forces science to begin studying consciousness. Scientist's positive experiment results will finally begin to sway the public (and scientific community) that consciousness is indeed interrelated.

Predicting the future is related to clairvoyance, clairsentience, and claircognizance. Psychics tend to use all three of these clairs when they see into the future. Once again, science claims this is impossible, yet time and again, psychics predict the future with uncanny accuracy.

If you don't know that psychics are predicting the future accurately on a daily basis, then you are not paying attention. Many psychics get up in the morning and know things that will happen that day. Or, a psychic will read the energy of someone and know what will happen to that person in the near future.

Many psychics have said that there are many future timelines and that we create new ones all the time (no pun intended). So, while psychics often see the future and make predictions, they are generally wrong, especially when the predictions are more than a week away. Their strongest predictions are for that day or that week. Could timelines change that quickly? Perhaps.

I can personally say that I have experienced predictions from psychics that have come true. I know many people who have had similar experiences. Often, you have to experience the paranormal for yourself before you believe.

I have done a significant amount of research into NDEs, OBEs, and psychic ability. One of the common outcomes of NDEs is the acquisition of psychic abilities. If you do any NDE research, you will learn quite a bit regarding psychic abilities, as NDE experiencers discuss their new psychic abilities. Some people come back from an NDE with an uncanny ability to predict the near-term future, such as if someone is going to die soon. They will see someone for the first time and know that they are going to die soon. And then it happens. Often, these

people (who are going to die) are completely healthy and then die from an accident.

How can people predict the future unless the future has already happened? How can clairvoyants see a future that hasn't already happened? The answer is that time does not exist, and everything is happening all at once – simultaneously.

What is going to spin your noodle is, how can there be multiple timelines if time doesn't exist? The answer is that each dimension can have its own reality, where time does not exist. So, all of these timelines can exist in their own dimension. Thus, our soul exists in multiple dimensions all at once. Our soul is much more complex than we perceive.

Here's another oddity regarding time. Nostradamus could travel outside his body and then follow timelines into the future. He could see the timeline forks where humanity would make big decisions. His passion and unending ambition was to find a timeline where the continents did not shift during our lifetime. He could not find one. He dreaded this shift because it was so devastating. It is very similar to the great flood that Noah experienced, although not as dire an outcome.

In conjunction with Nostradamus's prediction that the continents will shift in a major way (with California turning into a series of islands, and the Great Lakes creating an inland sea down to the Gulf of Mexico), many psychics have created this future Map of America. Do your own research. The similarities of these future maps are unsettling. It's possible this won't happen, but the odds are not in our favor.

My main point for this section is to impress upon you that what we think we know about reality is just the tip of the iceberg. Science knows practically nothing about reality and consciousness. Their Newtonian physics barely scratches the surface of reality, yet society has agreed to believe that physics explains our reality, and that everything else is false. That foundation for humanity is about to get rug-pulled.

The weakness of Newtonian physics is that it does not understand consciousness. That weakness is about to get exposed.

Channeling / Remembering Past Lives / Past Life Regression

Some people immediately know that channeling is real. I was one of them. In 1989, when I began reading channeled material, such as Seth, channeled by Jane Roberts, I knew that the information was not coming from Jane. There was no way that information was coming from Jane Roberts' brain. It was too philosophical, too original, too incredible. A human could not make that up.

Two of Jane Roberts' books are *Seth Speaks* and *The Nature of Personal Reality*. Those two books changed me. I was not the same person after reading those books. I was no longer a human. I was now a soul in a human body. Seth made that abundantly clear.

Once I realized that channeling was real, I read dozens of channeled books. I discovered that society and humanity had no clue that this incredible information was available. I was a college graduate, and I didn't know that channeling existed. People thought it was fake, much like NDEs, OBEs, and psychic abilities.

I have read over a hundred channeled books. I know without a doubt that this material is being channeled directly from discarnate beings who are alive in another dimension. Tens of thousands of people know this to be true. It is no longer a secret like it was back in 1989, and that secret is steadily eroding with the advent of the Internet.

Paul Selig is a channel that I read and is currently producing new material. He channels The Guides and has released 12 books so far. His book, *The Kingdom* will spin your noodle. While the channeled material that I read back in 1989 and the early 1990s was somewhat constrained, because humanity couldn't handle the truth, *The Kingdom* doesn't hold back. The theme of *The Kingdom* is blunt: we are God, and the only blasphemy is the denial of this fact. They (The Guides) state over and over, that separation is a lie, and that there is no separation between anything. There is only one consciousness, which we all share.

The book, *The Kingdom*, is not a good place to begin to research channeled material. It is too deep. I would recommend, *Conversations With God*, by Neal

Donald Walsch as a starting point. Read a few of those (there is a series), and then read *The Kingdom*.

The only way you will know if channeled material is real is to read it (or listen to it) for yourself. I have read and listened to Kyrion, channeled by Lee Carroll, for 35 years. Kyrion has released about 15 books.

Another channeler who has also been around for 35 years is Darryl Anka, who channels Bashar. I would highly recommend watching YouTube videos of both Lee Carroll and Darryl Anka. All of Kyrion's channels are available for free on YouTube. There are hundreds.

Once you begin to expose yourself to channeled material, you will quickly discover that these channeled entities have an objective. Amazingly, this objective is to help humanity evolve spiritually. They are sharing information to push us forward into a higher awareness of who we are – and it is working!

Millions of people are benefiting from this shared information from more highly evolved entities. Amazingly, this is still practically a secret. It is not acknowledged on mainstream media, and those who seek out this information do not share it with friends and family. Anything esoteric or paranormal is hidden from society as if it doesn't exist. It continues to be a taboo topic of conversation.

If I post anything on X (Twitter) regarding the paranormal, the trolls attack me for being naïve, a fool, or uninformed.

The reason I, or anyone, does not mention this information to friends and family is because most people are a product of their beliefs. Their very identity is based on their beliefs. In fact, you will be hesitant to share this book with your family and friends for this very reason. Why? Because what people don't understand, they attack. I have repeatedly been attacked behind my back by family and friends for delving into esoteric material. And you know that will happen to you as well, if you share this information.

If you force people to question their beliefs, they will have to choose whether to keep their beliefs, or consider your beliefs valid. It is always easier to hold on to your existing beliefs and dismiss someone else. Switching beliefs can be very messy and strain relationships that have lasted for many years. Moreover, they

can literally change your identity of who you think you are, and a new identity requires new relationships. That's not something that most people want to endure.

Fortunately, the world is about to begin changing its beliefs by accepting what you are reading in this short book. This will make it much easier for everyone to change. So, while you won't want to share this book in 2024 or 2025, it will be easier to share in 2026 or later.

From studying channeled material, if you ask me a question about the soul or the meaning of life, I can answer it quite confidently. I also have a firm grasp on how humanity will evolve over the next 10 to 20 years. The average person has no idea because they have not exposed themselves to channeled material. It is the most powerful, potent information on the planet. Yet, the only people who have been exposed to it are the old souls, such as myself, who have been drawn to it. Kryon often says that the only people drawn to his material are old souls. The same is true for Bashar, The Guides, and other channeled material.

That brings us to the next subject, remembering past lives and reincarnation. When I read a book by Ian Stevenson about reincarnation, I almost laughed. He had clearly proven that reincarnation is real, yet nobody knew who he was except the New Age community. He had researched over 10,000 cases of people remembering their past lives. He was a scholar and thorough researcher, yet the scientific community shunned him as a quack because they believed reincarnation wasn't real.

Today, many researchers have followed in his footsteps and continued his research. It is quite easy to find case after case of people remembering their past lives. When you combine NDEs, where people describe remembering their past lives, along with case studies such as Ian Stevenson's, the proof is overwhelming. You have to be an entrenched skeptic to disregard the evidence.

Here is just one case, which is impossible to deny: [Past Life Memory](#). There are many that you can find on YouTube.

Past-life hypnotic regression is quite common. Hypnotherapists use this technique every day to help people with a myriad of health conditions that are potentially related to a past life. In addition to using hypnosis to help people

alleviate health issues, some researchers have used hypnosis (past-life regression) to do research and then write books.

My favorite researcher using this technique was Dolores Cannon, who died in 2014. I read her first book in 1989 after hearing her first radio interview. Reading that book (*Conversations With Nostradamus*) was a seminal moment in my life. I mailed her a letter after finishing, and she replied. She told me that it was one of the first letters she had received. She went on to create her own publishing company and published more than 20 of her own books. I have read most of them.

The material in Dolores' books came from people under hypnosis and regressed into a past life. I especially liked her *Convolutioned Universe Series*, which helps us to understand reality. All of her books had the common theme of reincarnation, since these were based on past lives.

It should be noted that the belief in reincarnation is quite common in Asia, especially in India. It is only in the West where it is considered a fantasy.

I included reincarnation with channeled material in this section to show the connection between them. Channeled material often says that Earth is a school, and that its students reincarnate here. We incarnate on Earth to learn how to become more spiritually aware. We come here specifically because we are spiritually immature. Only a few highly evolved souls have ever incarnated on this planet, such as Jesus or Buddha, who came to be examples. The rest of us are here because it is an ideal school for what our soul requires to evolve spiritually.

The only reason there is so much channeled material available to us today is because humanity is going through a period of rapid spiritual evolution. This is the generation that gets to pivot away from darkness (evil) into the light (love). This is why the channeled material exists. Without it, we could not evolve quickly on our own, and instead, we would likely destroy civilization.

This is also why the truth will be released to humanity in larger doses over the next ten years. We can no longer remain naïve to the truth and survive. Humanity as a whole, via the mass consciousness, has decided to release the truth and move away from evil, and toward love and unity consciousness. We have decided to awaken. It's a beautiful thing and is now inevitable and our destiny.

Our fate has been sealed for a wonderful outcome. We have crossed the barrier. We have made it. Note that this wasn't always the case. There were some ugly timelines that we avoided. Thank goodness.

One final point regarding this section: If channeling is real, then how does it work? How can this communication take place across dimensions? There is only one way: the integration of consciousness. If all consciousness is integrated and interrelated, then any two consciousnesses can connect and communicate. All they need to do is find a way to connect.

Channeling is just another form of psychic ability. The psychic is using their consciousness to reach out and connect to another consciousness. As The Guides like to say, everything is conscious, and everything can communicate. The key is knowing how to do it. That is one of the reasons we are here on this planet. Spiritual knowledge is the ultimate knowledge.

Astrology / Numerology

Many skeptics believe that astrology and numerology are fake. If that were true, there wouldn't be thousands of professional astrologers. I found through extensive study that both are indeed real. I can know more about a person's personality traits than they know, if I have their place of birth, date of birth, time of birth, and the name they used as an adolescent.

These systems are quite powerful, which any professional numerologist or astrologer would agree. The question arises: why do they work, and why do they exist?

I'm going to focus on astrology for this section, but numerology is also quite powerful.

Let's first ask why astrology works. Clearly, there is something deeply esoteric occurring. If my personality is determined by the location, time, and date of my birth, that indicates some form of intelligence at play. It clearly could not occur by chance.

Astrology was put in place by the Creator to help us to understand ourselves, but also to reveal that the Creator exists. Astrology dares us to look more deeply into the reality of our world and into our personal façade, which is the mask we chose to wear for this lifetime.

Not only does astrology determine our personalities, it can also identify influences on our lives by planetary movements (including the moon). This is bizarre, but it works. Every day, each individual is impacted differently by the alignment of the planets, along with the moon.

It should also be noted that the planetary alignments also impact society as a whole. The Creator is constantly stirring the pot with energies that impact our lives.

The next question is, why does astrology exist? There are a few reasons. I already mentioned two, which was to reveal that the Creator exists and to dare us to look more deeply. Another profound reason is for our own spiritual growth. As the great philosophers said, know thyself. There are no tools more powerful than using your natal horoscope, the numerology from your date of birth and adolescent name, along with the Science of the Cards (another topic). These tools allow us to know the mask we are wearing.

The Creator gave us these tools to help us during this lifetime, and to give us some insight into the mask we are wearing. This is a very difficult planet to live on. We need all the help we can get. I did not learn about these tools until I was in my late 20's and early 30s. I was shocked at how naïve I was regarding my personality. It was as if suddenly I knew the truth about my desires and motivations. I truly learned about the mask I was wearing, or put another way, the character I was playing in this lifetime.

It was kind of unsettling to discover that an astrologer knew more about me than I did. I remember when I met an expert in the Science of the Cards. She knew things about me that I didn't know. I was shocked at how closely I fit my card, which is a 5 of diamonds.

The Creator literally creates characters in his play that is occurring on planet Earth. In fact, the Creator allows us to choose these roles in advance (before we are born), including our parents and the location where we will live.

I remember having my natal horoscope read by a professional astrologer in 1990. I was still a newbie for astrology and spiritual knowledge. She wondered why I was in the United States. She said, "I don't know why you chose to come here. You should be in an ashram in India. The spiritual knowledge you want to share, nobody here cares about."

At that time, I thought she was crazy. How does she know that I chose to come here? And, how does she know that I want to share spiritual knowledge? Amazingly, she was right on both counts. I found out later that I did pick my parents, and specifically so that I could be in America. And, she was right about nobody caring what I have to say regarding spirituality.

I found out very quickly that my spiritual knowledge was not easily shared. I'm a 5th-level old soul, and highly evolved spiritually. I found that I could not talk about it with family and friends, who could not comprehend the truth. All I could do was write books (which nobody read) and wait for humanity to awaken to the truth. Thankfully, we are finally getting very close to the time when the truth begins to seep out into the mainstream.

I should add that there are many people like me who are highly evolved, old souls. I could have gone and hung out with them, and I did live in Sedona, Arizona, for one year, but that is not why I incarnated. I came to help with the coming transition (humanity's spiritual awakening) to help those who don't know the truth. I wanted to remain embedded with the normies. That's why I worked in the corporate world for 25 years.

In addition to choosing our personality traits and parents, we also choose our life lessons. It is these lessons that we come to accomplish. The Creator creates all of the characters, and then we choose the characters that allow us to learn the lessons we need to learn.

It should be noted that nobody who is successful in this lifetime hasn't earned it from past lives. We have all done a lot of work to get to this point. Myself, I

have lived over 1,000 lives to get to this point. Everyone is climbing the ladder of spiritual awareness.

We are all here for the same reason. To learn and to grow spiritually. From that growth, we will get new roles. That's how it works.

Love Works / Hate Doesn't

The Creator gives us a clue of what life is about when babies are born. Have you noticed that babies come into life with love in their heart? What is more innocent than the smile of a baby? That is the Creator's way of saying, I create love.

Is that just a random outcome of life? Could life randomly occur, and then love just happens to occur for all babies? No. There is no chance. This is intelligence. This is planned.

And what happens during our adolescence? Those children who are raised by loving parents tend to become good people. And those who are raised without parents or by neglectful parents tend to become bad people. Again, is this just randomness? Of course not. It is built into our nature. The Creator tests us. We are supposed to honor the Creator's creation of love and to maintain it. Alas, temptations abound, and love diminishes when temptation wins.

The Creator gives us examples of love. Dogs and dolphins are two of my favorites. They show us their ability to love humankind. They are the Creator's signal to us that love is possible. It is often said that people love their dogs more than they love other people.

Perhaps the most potent example of love the Creator gives us is family and friends. These are the people we love unconditionally in the same manner a dog will love us unconditionally. We like to say that a dog is loyal, or a friend is loyal. What really is occurring is unconditional love is present, and we notice it. We recognize how precious unconditional love is, and how much we like it. The Creator is showing us to pay attention to what is important. This world is based on love, not randomness.

What we are all learning is that the Creator loves all of us unconditionally. This is true, even if you are not aware of it. Once we learn that fact, we then learn that we are the Creator, or said more precisely, part of the Creator.

Proof

If you are still not convinced that we are part of the Creator, I would like you to complete the following steps. Once you complete them, you will not be able to un-know what you discover.

- 1) Have your natal horoscope done.
- 2) Have your natal numerology done.
- 3) Read your card (Science of the Cards).
- 4) Watch a few NDE YouTube videos.
- 5) Watch a few Dolores Cannon YouTube videos.
- 6) Watch a few past-life memory YouTube videos.
- 7) Watch a few YouTube videos of Lee Carroll channeling Kryon.
- 8) Watch a few YouTube videos of Darryl Anka channeling Bashar.
- 9) Watch a few YouTube videos of Paul Selig channeling The Guides.
- 10) Read *Children Who Remember Previous Lives* by Ian Stevenson.
- 11) Read *Journey of Souls* by Michael Newton.
- 12) Read *Conversations With God* by Neal Donald Walsch.
- 13) Read *The Kingdom* by Paul Selig.
- 14) Read *Conversations With Nostradamus* by Dolores Cannon.
- 15) Read *Kryon Book 1* by Lee Carroll.

Chapter Three – Who Are We? Why Are We Here?

Who are we? We are God. I know that may sound overwhelming, but it's true. This is not subjective truth. It's objective truth. Although I know it's true, you will have to find out for yourself, and science won't definitively prove it until around 2050.

The truth is that there is only one consciousness which we all share. This is why a mother can know if her child was in an accident and suddenly become frantic. Or, why telepathy is possible.

Separation is a lie. There is no separation between us and God. In fact, there is no separation between us and anything. Our consciousness is part of God's consciousness, and God's consciousness makes up the *whole*. This fact makes us eternal, perfect, and divine.

You may think that's an interesting theory, but not only is it the truth, but that truth will soon be released to humanity. Not only will it be released, but it will become the foundation for the next civilization, which our generation will be the progenitors.

Since I'm dropping truth bombs, I might as well tell you the meaning of life, which is to expand our awareness, which we do through experience. In other words, the reason we are here is to *experience*. So, this planet is a school where we have come to learn.

Wait a minute, Don. If what you are saying is true, then how come I haven't heard about these ideas? All this sounds preposterous. My response to that is that the truth is always true. The world is based on lies, and now the truth is coming out. It could not come out until humanity was ready, but that time is quickly approaching.

As our spiritual awareness increases, we become aware of God. This awareness is not through faith or belief, but through knowing. We come to *know*

God. Slowly, through many incarnations, we become enlightened, and consciously aware that we are God. Our individuality is an illusion. Under the façade of our ego-personality is a powerful soul that is essentially one with God. Duality is an illusion. All that exists is oneness.

God is All That Is. Nothing that exists is separate from God. Everything is connected through an interrelated web of consciousness. God is not a being, but is consciousness itself, an integrated consciousness. This is possible because everything that exists was created by God *from* God. In other words, God can create only from itself. We are a piece of God that was spawned from the essence of God, as were all things. When an essence is spawned, it remains part of the whole, part of God's consciousness. This is where our consciousness comes from, which can also be described as the source of life. And because we are connected to the source, we have an instinctive desire for spirituality and to remember our heritage. In fact, it is inevitable that we find our way back home, although perhaps not in this lifetime. This is why enlightenment is a long journey.

So, now you know why we exist. We are the means for God to experience life.

* * * * *

Life on the physical plane – on a planet such as Earth – allows God to experience the infinite. God is interested in *all* experiences. One experience may be negative, another positive, but both are of God. Thus, all experiences are valid. There is no right or wrong, no good or bad. God does not judge or place value judgments on experience. Judgment is not possible because God is All That Is ... and God does not judge itself.

Experiences can have a *positive* or *negative* outcome. This is where free will comes in. We get to choose our experiences. We can choose to learn using positive *or* negative. But we don't get a free pass when we choose to learn through negative experiences. Thus, the consequences of our choices are quite real. The consequences, or effects, are called *karma*, which is an imbalance of

energy that must be re-balanced. Most of us add karma with our negative actions, then redress the imbalance with positive actions. Some souls become so out of balance that they regress spiritually, although this is rare.

There is not a saint among us. We all choose to have negative experiences with our free will. That is how we learn. Maybe we have been mostly good in this life, but that is not the case in every life. We all have dirty laundry and past deeds that we regret. Someone who appears to be a saint in this lifetime was a scoundrel in another lifetime.

We are in school. In fact, on the higher etheric planes of existence, Earth is called a school. Moreover, Earth is considered a very challenging school, one of the most challenging in the universe. Souls who have incarnated on Earth are highly respected on the etheric spiritual planes. You have to be courageous to come here, especially during this era. My soul group didn't want to come, and I incarnated by myself. I didn't want to miss this opportunity. Neither did you.

The reason it is so challenging on Earth is because we experience limitation in an environment with a high level of negative energy. Our awareness of God – our true self – is severely limited. This provides an ideal environment in which to learn, although also one where it is easy to go astray. If it were not for the limitations, we would not be able to experience such a wide array of possibilities. The duality of good and bad – positive and negative – could not exist without these limitations.

There is a saying that the greatest trick Satan plays is to convince us that he does not exist. Well, God has played a larger trick. God gave us amnesia so that we would not remember we are *one*. This is how God created duality, because once we realize who we are, the illusion is shattered, and duality loses its hold. *That* is what is about to happen to our generation.

Where we come from is not the physical universe, or what can be called the *physical plane*. The physical plane is an illusion and is not real. It is made up of only one substance, energy, which is vibrating at a certain frequency. Nothing on the physical plane is solid. For instance, our bodies vibrate at around 80,000 to 100,000 cycles per second (the more evolved you are, the higher you vibrate).

This is why people can disappear (if you think this is impossible, study the Yogis in India).

The physical plane is a place, as previously mentioned, that was created by God (with our help) to experience the infinite and for the expansion of our spiritual awareness. When we incarnate, we leave home, which is the etheric spiritual plane, and venture on a journey into the physical plane. We do this with one goal in mind: to expand our spiritual awareness. As we become more aware of our oneness with God, our God-like creative abilities increase. We literally become God-like over a long period of time and a multitude of experiences.

* * * * *

We are not physical. We are spirit. Our physical body is used to house our soul during this journey. The body is temporary, whereas the soul is immortal and indestructible. In fact, the soul is what can be called pure energy. It is literally the essence of God. On the other hand, our body is nothing more than a costume. From the soul's perspective, the body is analogous to a piece of clothing, something to wear for a short period of time.

Our true self – our soul – is much more than is generally perceived. It is this lack of awareness that creates our experiences. Thus, the more limited our awareness, the more likely we are to have negative experiences. Conversely, as humanity becomes more spiritually aware, negativity will begin to diminish.

Life is about becoming more spiritually aware, or in other words, it is about remembering who we are. Thus, in many respects, our journey is a series of aha! moments of remembering. For this reason, there is nothing to achieve, only to become more conscious. Moreover, as Buddha came to realize, there is nothing to *do*. We are here to *experience*, and that is all. Through experience, we naturally expand our consciousness. An effort to become more spiritually aware is not even required. It is a natural process. Yes, we can speed up the process with effort, but just living is enough to grow spiritually. We are all growing, except the rare soul who takes the road of negativity to the extreme, lifetime after lifetime.

Am I saying life is meaningless? Quite the contrary. I'm saying meaning is the byproduct of experience. Thus, any experience, both positive or negative, ignites spiritual growth and expansion of consciousness. Life itself is the meaning. It does not matter what experiences we have; we still grow. This is why this lifetime is so precious and such a gift.

Today, Western civilization focuses on achievement. Moreover, we view non-technological cultures, such as the Native Americans or Aborigines, as primitive. Is one culture better than another? Is one life lived in one culture more conducive to enlightenment than another? No. *Every* experience leads to the expansion of consciousness.

Each culture provides an array of experiences. Souls who are looking for particular experiences incarnate into those cultures. One culture is not better than another. Each provides unique situations that match what a soul needs.

We are God, and we are on Earth to experience a life that fits with what our soul needs. From this experience, our consciousness expands. For most of us, the expansion is very slight, or what I like to call a *blip* of growth. However, it is one more step toward our enlightenment. A few souls will have an epiphany and make great strides toward enlightenment in this lifetime. That could be you.

I do know this: the experiences we choose in this lifetime carry over to the spiritual plane and into our future lives. Thus, our experiences have ramifications. We do not get to clear the slate once we arrive in heaven. This life counts more than we know. All of the karma that we accumulate must be accounted for. As the saying goes, we can do this the easy way, or the hard way. Either way, the outcome is the same: enlightenment.

* * * * *

If you found this interesting and want to read more, I recommend my books *The Path Forward* and *Your Soul Explained*. Both are on Amazon. A PDF version of *Your Soul Explained* is free on my website: www.dondurrett.com.

Virtues

Those who can live up to the following virtues will be the new leaders of society. This new lifestyle is the future of humanity. Corruption, immorality, and degeneracy will no longer be common or accepted.

Honesty/Trustworthy

Humble/Humility

Gratitude/Grateful

Purity/Innocence

Integrity/Honor

Decency/Propriety

Tolerance/Unconditional Love

Benevolence/Fairness

Ethical/Blameless

Charity/Giving

Temperance/Patience

Ascetic/Pious

Service/Nurture

Respect/Courtesy

Courage/Passion

Truth Bombs/Affirmations

I like to write these on the back of business cards and read them at stop signs when I am driving alone.

We are God, and so is everyone and everything else.

Everyone's life is perfect.

Everyone creates their own reality by their beliefs and intent.

There are no accidents.

Life is an illusion.

Reincarnation is a reality.

Spirituality is a personal matter.

You are God.

You have lived many lives, each bringing you closer to enlightenment.

You carefully planned this life before you were born.

You are not alone in carrying out your plan.

You will not experience anything you do not want to experience.

Your life is perfect.

Everything is perfect.

Everything happens for a reason.

Nothing new can ever happen – everything happening has already happened.

Do not take life too seriously.

Walk with a light step and an easy smile.

Be kind and generous.

Love everyone.

Relish each day.

Be happy.

Trust the Universe to only give you what you need.

Have a plan that is congruent with your beliefs and intent.

Find something to do that you enjoy.

Living a higher spiritual life is service to humanity.

Matthew 22:37: Love God with all your heart, all your soul, all your mind.

Love your neighbor as yourself.

The purpose of one's life is to be a conscious instrument of the divine presence.

Be the best version of you.

Be an example: live with gratitude, virtue, and integrity. Shine your light.

The spirit is willing, but the flesh (ego) is weak.

Maintain a love frequency: remain neutral and accept all that happens in your life with equanimity.

Be grateful for all that happens.

Embrace uncertainty: always remain calm and stay present with a feeling of inner peace.

Nothing works for those who don't do the work.

The ego prefers entertainment, hedonism, constant pleasure, and selfish me-focus.

Success is creating using three things: focus (on what is necessary), intent (achieve your soul's objective), and discipline (daily habits).

The higher you align, the more you shine.

Trust the perfection of your life.

Marginalize the ego.

Mindset: your goals, intent, daily habits, and ongoing accumulated knowledge.

Heartset: your relationships.

Healthset: eat right, exercise, take supplements, and rest.

Soulset: marginalize the ego; be a conscious instrument of the divine presence; stay connected to the heart by living in the present moment.

The 4 Nobel Truths:

1. Suffering is inevitable without enlightenment.
2. The cause of suffering is craving.
3. The cessation of suffering comes from right thinking.
4. Right thinking comes from a spiritual path.

You attract the events in your life via your beliefs and intent; always remain positive or else you will attract negative events.

Belief/intent creates our reality; our soul vibration/tone also creates our reality.

Joy attracts joy, light attracts light, expect trouble and receive trouble, expect love and receive love.

Be positive to attract positive outcomes, expect a good outcome to attract one.

Only make choices for your highest good.

Be the peace you want to see.

Don't be a slave to your appetites, addictions.

Don't make low-consciousness decisions.

Self-love, self-respect is the key to it all. This is ultimately what creates outcomes.

True happiness comes from accepting each moment and appreciating each moment. This is a place of neutrality, which is unconditional love.

Consciousness is separate from the brain. This is why people who have NDEs feel the same when they pop out of their bodies.

The soul has infinite potential and is in continuous expansion; an awareness of this should create peace of mind.

The soul is striving to remember who and what it is: a piece of the creator.

A utopian society based on love is what humanity is creating, although it will take four generations to complete.

To overcome societal conflict, be yourself, be an example, and be a frequency of love.

Each soul must find the truth on their own.

Gratitude should lead to virtue and integrity, or else gratitude is false.

If you are not fixing the problem (darkness), then you are part of the problem.

The only blasphemy is the denial of the divine.

Separation is a lie, a false belief.

We are not separate from the Creator (God).

We are not separate from anyone or anything.

All is divine, all is connected.

Desire-lessness and disinterest of temptation is the liberator.

People think they are separate from source, which is a lie.

What is true is always true. Objective truth exists.

Fear and the truth cannot coexist.

I AM / God Is.

All problems are manifested from the denial of the divine.

Stay positive, don't let fear in.

Deep contentment with our true self and reality is possible.

Co-resonance: Judge darkness, and you attract it to you. Bless it, and it blesses you back

Discernment, discretion, and wisdom come from the soul, not the brain.

To dam another is to dam yourself; To bless another is to bless yourself.

Life events only have two outcomes: an opportunity (something to learn) or a blessing (something learned).

Life is a blessing. Live that way. Live with gratitude.

Expect good things. Create good things.

The divine only knows wellness, success, joy, aliveness, and unlimitedness. So, remain positive in this energy to be in alignment with the divine.

You pull yourself down with your thoughts and beliefs.

I am loved. I am supported. I AM.

As you become more aware, seeking is replaced by being.

Vibrate in success and joy. You are here. You made it. You created this lifetime.

Accept all that happens in the present moment with constant gratitude and an ongoing state of neutrality. This is the frequency of unconditional love.

Make the present moment your friend and not your enemy.

The more you love yourself, the more it will be reflected back to you.

To judge another is confirm your own place there.

To forgive another is to set yourself free.

How to live: Desire > Passion > Creation. Follow your heart. It is true.

What if something bad happens? What if something good happens? Both are beliefs. You can believe either. Fear is an idea/belief.

Embrace uncertainty. Live without fear. Stay positive. Stay present.

Fear is not real. Fear is an idea. Fear is the denial of the divine.

Fear is not wise. Fear's goal is to exist.

Where does our knowing of right and wrong come from? Is it taught? No. We bring it with us. Our consciousness is intelligent. It comes from our soul.

When people have NDEs they are shocked that they are intelligent without a brain. Our consciousness is our soul.