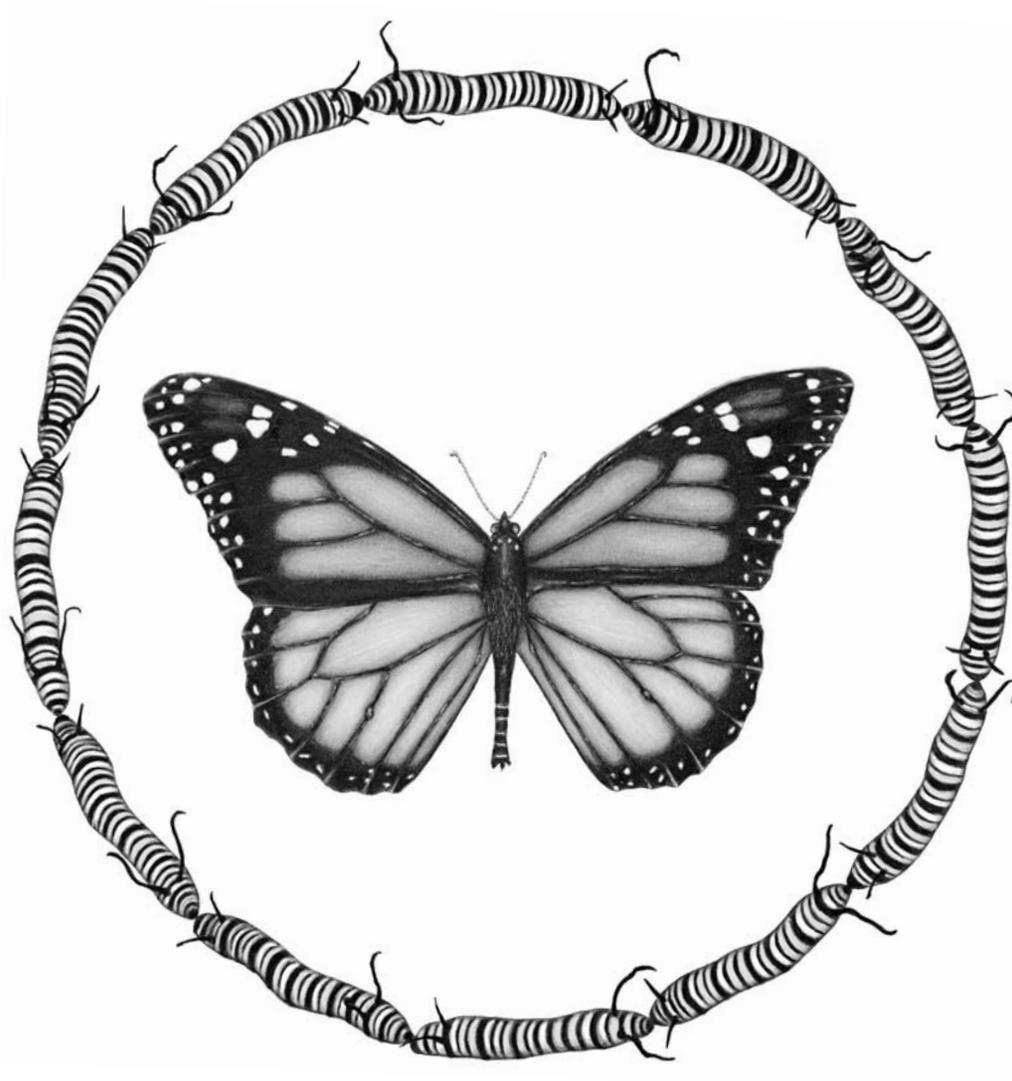


CROSS THE RIVER



Condensing the book
Ecstasy in Unity

Download this text at
crosstheriver.com

PETRUS

PROLOGUE

I clambered across the rocks under an unforgiving sun. Now the desert dropped down into a wide gully. I stopped to wipe the sweat from my eyes, and wished again for water.

As I made my way down the slope, I heard something that puzzled and then thrilled me. It was the sound of water flowing! I squinted into the distance and saw the river running below.

I had heard about the river, as all of us have. But I wasn't prepared for the sounds and smells that came to me when I reached its edge. The fragrance of flowers and the songs of birds and crickets floated across the water from the other side. I seemed to be transported.

I had heard about the land across the river, but now it faced me. It dawned on me that all I had to do to enter the meadow was cross the river.

Just then she appeared, and she walked right up to me. I had heard of her, of course. But nothing can prepare you for her presence. Her eyes are as deep as the ocean, and her hair shines like the sun. Her gaze met mine and pierced my heart. In a voice soft as moonlight, she asked me:

Beloved, wither goest?

Cross the River

Copyright © 2003 by James Peter Copping

Cross the River is a free publication for open distribution.

Permission is hereby given to readers to make and circulate copies of
Cross the River in the form of its PDF file and that file's complete printed product.
The reproduction and circulation of *Cross the River* for a fee or other consideration is not permitted.

To protect the integrity and quality of *Cross the River* its reproduction and circulation
in any form other than its complete PDF file or that file's complete printed product is not permitted,
except for brief accurate excerpts in quotation marks that are immediately concluded with the following note:
from *Cross the River* by Petrus (crosstheriver.com)

Published by the Azimuth Restoration Company Inc.
Toronto, Canada
Made in Canada

Graphic design by Gary Wein
Original illustrations by Ilene Black
Editorial assistance by Madeline Lunney

To buy or learn more about books by Petrus
please consult the website:
crosstheriver.com

PRACTICE

Cross the River may be read as a presentation of fact or as a work of the imagination according to the preference of the reader. This text condenses the book *Ecstasy in Unity* to make its central message freely and easily available.

Most readers will absorb this text within an hour. A single sitting with a printed copy is recommended.

Readers are welcome to download and print *Cross the River* in its complete and original form, and to freely share it with others. To obtain a copy please visit the website:

crosstheriver.com

CROSS THE RIVER

THE DESERT



1	Life Apart	6
2	Fear and Survival	7
3	Who You Really Are	9
4	Judging God	10
5	Feeling God	11
6	Entering the Unknown	13

THE MEADOW



7	A Moment of Change	14
8	Universal Life	17
9	Being in Form	19

THE RIVER



10	Releasing Your Self	21
11	Your Choice	23

I

LIFE APART

A time of great change comes now to our planet, and with it comes great choice. Each individual upon the Earth has a great power of personal choice at this time. Above all, each one of us is free to choose whether to live within the universe or to remain apart from it.

To live within the universe is to allow, know and realize oneself as part of a larger One. This is the experience of unity. To live apart from the universe, which we on Earth have long chosen, is to insist on being alone and apart from the larger whole. The whole is seen as everything outside the self, and the self is felt to be remote and apart from everything else. In other words, the whole actually excludes oneself. This choice leaves one alone in a surrounding universe that is alien to one's own nature and being. This is the experience of separation.

In unity, the One is all embracing. The One includes me, you and her, and the rock, the tree and the moon. My essential nature is the same as your essential nature, which is the same as rock's essential nature. Each of these discrete things emerges from, belongs within and returns to the larger whole.

The nature of things within the One is always changing, but these are changes in forms and relations. The essence of being is unchanging. A person in unity knows and feels his essential nature as being. And he knows and feels this same being as the essential nature of all the other persons and things that he encounters in time and space. All things have at their essence the very same changeless being.

This is a form of experience that everyone on Earth has known and loved. It is also a form of experience that almost everyone beyond infancy has forgotten. Yet we come now to a moment in our experience when all of us will be allowed, and even encouraged, to reclaim life in the One.

THE DESERT



2

FEAR AND SURVIVAL

The passage from separation back to unity is a journey of many colours, forms and shifting experiences. Each person who chooses unity will experience this passage in a different way. The way someone experiences the journey may not be within her power to consciously shape, but it does follow directly from her choice to regain life in the One. No person, institution or social code can prevent her from regaining the One once she has set her intention to do so.

You do not have to choose unity, and are free to choose among many degrees of separation. None of us must choose what another would have us choose. Only you can choose what is right for you. This text focuses on unity primarily to help its readers remember that unity is a genuine personal option.

If you appreciate this message and don't care about the details, it's perfectly appropriate to stop reading at this point, and pass this material along to someone else who might be interested. If you would like to know more about the choice between separation and unity – and the journey from the Other to the One – read on!

The feeling of unity is love, and the feeling of separation is fear.

The person who realizes himself as part of universal life enjoys love as the central experience of his own life. The person who sees herself as other than the universe – as a life apart from the whole of life – experiences fear at the centre of her life.

This contrast is easy to grasp once the difference between unity and separation is understood. In separation, the universe actually excludes us, because we exclude the universe from our idea and experience of ourselves. This makes the universe alien and potentially dangerous to us. In the back of our minds, under the surface of all our thoughts, is the idea that some aspect of the universe will rise up against us, deliberately or at random, and strike us down. Anything outside ourselves has the potential to turn against us and harm us or kill us. Because the universe is *other* and essentially alien to us, it can work against us, negate us and destroy us.

This is why we feel fear. We are afraid of car crashes, losing our jobs and being betrayed by our spouses. We are afraid of diseases, poverty and public humiliation. We are afraid for our parents, our children and ourselves. Each of us is alone in a universe that is other to us, and therefore hostile or indifferent to our lonely lives.

In this state of fear, the imperative of life is understood to be survival. *Take care driving home. Save for your retirement. Don't smoke. Eat less fatty foods. Don't be so hard on your kids. Don't be so easy on your kids.* The list of things you have to worry about is quite endless, and nothing you think about or feel is free from the undercurrent of fear. You have to worry about your body. You have to worry about your income. You have to worry about your family. You have to worry about your dignity. In short, you have to survive. It's tiring, and sometimes dangerous, and often much less pleasant than you would like, but you simply have no choice. If you don't struggle to survive, in separation, there is said to be only one alternative: you can *roll over and die*.



There is nothing illusory about this experience. It is very real. For a long time a great deal has been said about how real and non-negotiable our struggle is. More recently, we hear contentions about how illusory and re-negotiable our struggle is. The truth about fear and survival encompasses both perspectives. In separation, life as struggle is indeed what we must expect. We *can* renegotiate or reconfigure our personal struggles: but we *cannot* escape the underlying theme of fear and survival that is native to our separated state. Some degree and form of fear is indeed mandatory for all of us who hold ourselves apart from all that is.

However, fear and survival can and will be released by all of us who choose to regain the realization of our essential nature. Because our essential nature is the essential nature of all other things, our realization of it brings us into unity with all other things. In this state of unity, nothing can actually harm us. We are at one with everything, and the feeling we have is love. Life is experienced with a profound equanimity, and the struggle is finally left behind.

When you stand in unity and enjoy the common love of our universe, you do not experience your individual self as *life* and everything outside yourself as *other than life*. You have allowed yourself to feel the One Life of which your individual personal self is simply an example, or manifestation. Of course that manifestation will pass away. You have no difficulty with that fact because you do not confuse the essence of who you are with the form of who you are. You experience love, and not fear, because you are in communion with all of the things outside your own form. You are in communion because you feel the common essence that makes you as one with all of life's many and varied manifestations.

In this state of union you experience serenity, bliss and the great beauty of life. You have no need to survive in any particular form, so you are free to enjoy life in the particular form that has been given you. There is no fear. The thoughts, feelings and actions of life are informed by joy. You are happy, others are happy to be near you, and life is good.

As our planet approaches a major point of change, we are given the opportunity to understand personal choice more profoundly. Indeed, our range of personal choice is now expanded. Not only can we choose to be more or less loving, and less or more afraid, within a world of separation. Now each of us can choose to live in a world of unity or a world of separation. No one may interfere with the choice of another individual when collective life is re-ordered by forces above and beyond the collective itself.

The collective life of Earth is about to be reforged, and a great premium will fall upon the choices of individuals. The Earth as we have known it will be changed beyond all our shared expectations, sense of possibilities and even outright fantasy. New forms of collective life will be created to provide platforms for widely divergent personal choices.

This time of great change now approaches, and each of us is advised to prepare. The best preparation is to become familiar with the nature and substance of individual choice: for upon that does each individual's fate depend. We are no longer choosing our mates, our careers, our friends and our way of life within the world as we have known it. Now we are choosing our worlds.

3

WHO YOU REALLY ARE

You are God. This is the essential nature of your self.

God is the universal being. God is *being* in our universe. This is the Creator that gives rise to, permeates and upholds everything in our universe. Just as children are instructed by virtually all of Earth's religions, *God is everywhere*.

God permeates and upholds you, along with every other created aspect of our universe. This means that God stands at your very centre, in your very heart and in every fibre of your being. In other words, God is the essential nature of your self.

This very simple and obvious truth about your nature and my nature is still denied on our planet. We are prepared to admit that God is in everything without admitting that God is in our individual selves.

There is indeed a most powerful taboo against saying 'I am God'. No one is allowed to say that he or she is God. At many times and places on separated Earth someone could be expelled from society or even killed for saying anything that is understood to mean that. God may be your essential nature, but your personal life can be destroyed if you dare to appreciate it.

It would be easy to call this a mystery of logic, emotion or the human spirit. But there is no mystery in this contradiction when we appreciate the choice between unity and separation. The choice of separation requires that we deny our own essential nature as being, or God, or the One. We must deny that God lives within us. We must deny that we live in the One. This is in the very nature of our self-chosen separation.

We want to believe in God, and we want to believe that God loves us and helps us through our suffering. But we are not prepared to believe that we are exponents of God, because we have chosen to

identify with our transient forms rather than our essence. We have in truth rejected God in our lives.

Our religions and codes of spiritual belief reflect this principle. The faithful are taught that they are *sinner*s: people who do bad or negative things and so create suffering for themselves and others. The faithful are asked to hold themselves as bad and apart from God, and encouraged to become better in their hearts so that they will be more acceptable to God and thus freed by God from suffering.

The truth is that each of us has chosen separation. Each of us has chosen to deny that God is within us. And this is the real reason that religions teach that we have strayed outside of God: because in our minds we have cast God, or universal being, out of our own personal lives. This does not change the fact that we are still made of God and actually are God. But our denial of this is also real, and it is indeed the cause of our suffering.

Religions are not *bad* or *good*, and we are not *bad* or *good*. Everything is made of God and everything simply *is*. Religions as presently practiced on Earth are simply limited and limiting systems of belief that are perfectly appropriate to our general intention of living in self-denial and self-limitation. As created manifestations of God, all of us get to experience exactly what we choose. This is how reality unfolds and how our universe is propagated.

Evolving patterns of desire and intention among the created ones invoke an ever-changing dance in celebration of endless possibility. If we find it difficult to appreciate the creative play of universal life, it is only because we have chosen at present to play parts in which our own creative power is largely denied. Most of us on Earth today have directed our power of choice to having little or no choice.

4

JUDGING GOD



People on Earth have recently begun to see more deeply into the way reality behaves and are beginning to exercise more personal choice. When this happens on any scale, patterns in collective feeling and thought must begin to adapt; and economic, social, cultural and political changes will naturally follow. We live in times of accelerating change because, at root, people are becoming more aware of their capacity to create their own experience.

As in any good drama, this act in the play about Earth involves contending forces driven ever more exuberantly towards a climax. Different people are choosing different things with ever-greater vigour. The kinds of reality that people are choosing are not compatible and will require separate spheres, or planets. We are much more powerful than we have acknowledged!

It is not necessary for you to understand the structure and dynamics of the universe, or even to grasp your own journey within them. The thing that will help most in your thoughts and feelings is to rekindle your memory of your fundamental power in and of creation. You can move on to any kind of reality you genuinely choose.

This is because you are God.

Our codes of spiritual belief have cast an all-seeing yet merciful God judging our character and intentions, and determining our final status in an eternal afterlife. Our religions as practiced in congregations lead us to ask ourselves these questions:

Does God like me? Does God think I am good or does God think I am bad? How can I develop myself so that God will allow me life in eternal bliss and spare me from endless suffering?

Yet if we choose to see God within ourselves, this code of spiritual judgment loses all its meaning and force. When we realize that we are fully qualified exponents of God, we begin to accept responsibility for creating our own reality. We are in truth like sub-contractors in creation, and indeed we co-create with others. As we look around in light of this new understanding, we can see our fellow creatures co-creating in different directions. We can see different kinds of reality being suggested and even tested.

When we begin to investigate these different propositions about reality, we can see that the basic character of each arises from how its proponents understand the nature of the universe and its Creator, or universal being. We ultimately define our own selves according to how we conceive our relations with the universal being. The crucial question of our time is not 'Does God like me?' but rather its exact opposite:

Do I like God?

Only a simple inversion is required to make our religious training in judgment genuinely helpful.

As life on Earth races to the close of the present chapter in our history, the activation of personal choice will increase, and the divergence of those choices will become more and more obvious.

5

FEELING GOD

When the present age of Earth finally ends, the individuals who have populated Earth will find their ways to a number of different spheres, or planets. Like our Earth, each planet is designed to accommodate the choices of its residents: grouping like with like, and structuring conditions that support the experience selected. At the root of each design is a vision of the relationship between the self and the universal being.

This very liberal understanding of our universe will seem quite strange to a majority of Earth's people, according to the restrictive nature of the reality we have made here. It's almost impossible for us to conceive we could have that much power!

For this reason, readers may prefer to treat this text as a work of the imagination. Read in this way it may still bring value. Everything that arises in life is conceived in creative imagination. Vital ideas and feelings may reach us through presentations of fact, but also through stories, music and even casual jokes and simple mistakes. Any impulse that finds a resonance within us will naturally fuel our growth, while things that are not useful to us may harmlessly fall away. Each of us always decides which influences to let in and how to use them.

What if it were true that you created your own reality according to your choices and beliefs? What kind of reality would you end up in? What kind of life would you live?

If it were up to you, who would God be? Who would you be to God?

What if we could be friends with God? What would that be like?

When we live in separation and experience fear, it follows that God feels absent or remote. Yet we know in our hearts that we wish to live in wholeness and love. And we can recall in our minds that the universal being is everywhere: including ourselves.

On reflection, this provides us with a very promising opportunity. If the whole truth of the universal being is in our own essence – and distinct from the limiting assumptions and images of God we have in our minds – then it should be possible to contact the universal being and develop an authentic personal relationship with it. Indeed, thoughts that favour our personal connection with God can powerfully aid our self-realization. Conversely, thoughts about the universal being that shift our attention away from a personal connection may actually uphold our separation.



What does it mean to have a personal relationship with God? What would it be like to be friends with God? The universal being is so large, deep and powerful, while our personal selves seem so small, limited and weak. What could a friendship between us possibly be?

We might consider how a little fish in the ocean could be friends with the ocean itself. In this metaphor, a number of useful thoughts come to mind. First, the fish is in the ocean, but the ocean is also in the fish. Second, the fish needs the ocean, but the ocean does not need the fish. Third, the fish is born in the ocean, lives in the ocean and dies in the ocean, whereas the ocean is not born or dying, but only is. Fourth, there are many other fish in the ocean, but only one ocean in all the fish. Fifth, the fish feels and responds to the ocean, but the ocean also feels and responds to the fish.

These relations provide a working image of our own relationship with the universal being. It is all around us, but also within us. We could not live apart from the universal being, but it exists independent of us. We are born and live and die, whereas the universal being enjoys an endless vitality. Many other individuals live along side of us within one universal being. Finally, we can feel and respond to the universal being; but, within its embracing presence, it also feels and responds to us.

The very nature of these relations can guide us in creating a personal relationship with the universal being.

First, because God is within us, to begin communicating with God we do not have to go anywhere, engage any intermediary, obtain any substance or apply any technology. In fact, if we do any of these things we might only distract ourselves from the act of communicating with God! To speak with God we must go deep within. In our metaphor, to communicate with the ocean the fish need not swim to some particular point in the ocean. Rather, the fish must be more fully *in the ocean* by feeling the ocean *within itself*.

Second, because God is independent of us, God has no need to control or shape our choices, including how we understand and relate to God. Although God could initiate direct communication with any of us at any time, we might wait a very long time for such a blessing! This is because the universal being above all *witnesses* the unfolding of the universe at the hands of the creatures it vests with powers of creation. We can say that God continuously responds to all its creatures in the way they experience life under the laws of cause and effect: as a result of their own desires, beliefs, thoughts and actions. By their own choice to be apart, creatures in separation are not likely to experience God initiating a direct communication with them. So if you would like a personal relationship with God, you are advised to initiate it yourself! Anyone can do this when they sincerely want and feel ready to.



There are many ways of initiating communication with God, including prayer, invocation, music, art and deep contemplation. However, these things can also be used for other purposes: including

the reinforcement of separation! There is no one *right way* to initiate communication with God from the state of separation. There are only the ways that are right for you.

What matters is your intention. When your intention is formed and activated, a channel of communication with the universal being will open in a way that works for you.

People sometimes ask:

How do I know which way is right for me?

The answer is beautiful and mysterious. When you are genuinely ready to begin, the way forward spontaneously opens up: and you intuitively know to take it. The universe will move to accommodate your heartfelt intention to regain the One. It will furnish a vehicle for your transit, for all or part of your journey, at precisely the moment you know you must move. The universal being actually responds to your call by accommodating your desire through the universal structure and dynamics in play all around you. Those things and individuals that are in resonance with your consciousness and reality come into service to provide you with the vehicle that is right for you.

When this happens, the feeling of wonder that comes into your life defies explanation. At last – but no sooner than you allowed – you are actually feeling the presence of God.

6

ENTERING THE UNKNOWN

The universe is bigger and livelier than we on Earth have imagined. Our planet has been sealed off from other dimensions just as we have sealed ourselves off from other forms of consciousness. Yet cycles of universal life now bring Earth and her people to a moment of profound change, when our consciousness will open and Earth itself will enter into other dimensions.

The kinds of planetary change we consider in our debates about society, technology, the environment and war are tiny compared to the scope of change actually coming to Earth. People are about to realize that all our present concerns, personal and collective, will soon become irrelevant. We will at least have the satisfaction of learning why our world becomes so strange.

In brief, Earth and everything on it is about to be reconstituted.

We are at a remarkable moment in our history. Everything about our world and our lives is about to be transformed beyond recognition, and beyond all our established points of reference. Yet only a small number of people – most of whom have no authority in any established area of life – have even a vague idea of what is coming. We are profoundly unaware and almost wholly unprepared for what comes next.

A MOMENT OF CHANGE

THE MEADOW



All life in our universe unfolds through cycles.

Everything alive on Earth lives by the alternation of night and day, as our planet spins on the axis of its northern and southern poles. The orbit of Earth's moon orders the rise and fall of our tides, and the very fertility of our sisters and daughters. Earth's orbit around the sun yields the dance of seasons: with the opening seeds of spring, the warm fulfilments of summer, the cool waning of autumn and the cold silence of winter.

By such cycles do all creatures live their lives, in all parts of our universe.

The very word 'universe' derives from Latin meaning 'all things turned to one'. *Turning* is what our universe does. *Turning* is what we humans do ourselves: a child into an adult; adults to one another; sperm and egg to a child. The very form and motion of our lives is cycles within cycles on the world in which we live. Just as Earth spins upon itself, so does our whole galaxy. As Earth goes around our sun, the sun itself goes around the galactic core.

Where does it all stop? One may journey deep within one's heart to know!



The time it takes for our solar system to orbit the galactic core is many times greater than all of our recorded history, much as a year is orders of magnitude longer than a day. Just as an infant will not remember the changes of the seasons, an entire civilization may hold zero knowledge of the wider and deeper changes that come as our sun turns around the centre of the Milky Way. None of our recorded history – or even the legendary stories that predate our history – can tell us how to prepare for changes embedded in cycles so vast that human lives seem like particles of dust.

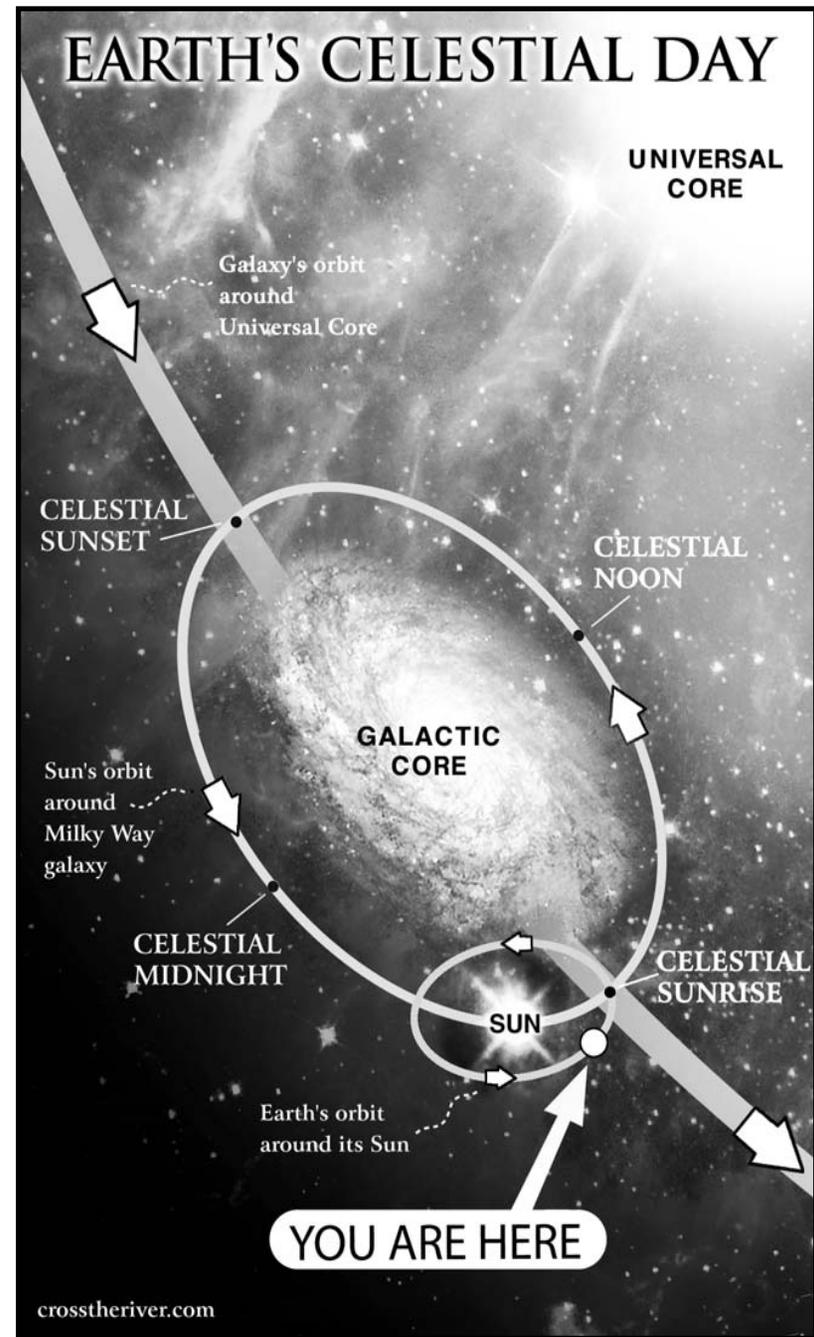
Yet our own sense of *life turning* may guide us. The ways of the larger cycles are echoed in the smaller ones. We may see great movements mirrored in little ones when we use the eyes of the heart.

Just as the deep night is cracked by dawn and yields to morning, so the cold winter dissolves in the thaw and yields to months of spring. The night is in common with the winter, and the morning is in common with the spring. Moments of changing essence mark the boundaries between sustained periods of the day and the year. When the sun appears at the horizon each day, the world feels changed in an instant. When the cold temperatures suddenly rise at winter's end, frost disappears and buds pop out with all the speed and pressure of resurgent life. The daily sunrise and the annual thaw are times of *transmutation*, when the very nature of experience is changed. Long periods of constancy are begun and ended in moments of piercing change. This is in the very nature of life in our universe.

As our sun orbits the galactic core, our entire planet may in one moment emerge from dark to light on a much greater scale. Earth endures millennia of chilling darkness when our sun – in its course around the centre of the Milky Way – is furthest from the centre of the universe. Our celestial dawn begins as our sun swings from behind our galaxy to its front, or from its *outside* to its *inside* in relation to the universal hub. After this brief transition, our solar system is showered with energy from the centre of the universe.

Universal light returns to Earth and all the life it supports upon this celestial sunrise. The long night has been cold, and human hearts are closed. But the pain of life in separation is ended with the return of original light. Then the depth and volume of energy available for all forms of life is vastly renewed: just as it is in the morning, and just as it is in the spring. All life surges and flourishes with vitality renewed.

For humanity, the celestial sunrise brings the opening of the heart and the end of life in separation. Direct knowledge of the universal being and the life it upholds is restored to humanity at that time. In a moment our planet changes from a world of separation to a world of unity: just as life's daily rhythm will *turn on a dime* at the dawn of our local day.



Our celestial day comprises four distinct periods that correspond to the periods of our local day: morning, afternoon, evening and night. The ways and feelings of Earth's successive epochs match the changing scenes of our local days and years.

The crack of celestial dawn begins a profound thaw in all consciousness on Earth: allowing everyone to prepare for the full power of universal light. Earth's celestial sunrise inaugurates long millennia of human experience in love. The work of civilization is the full development of its people, and their play is the celebration of life itself. The sustained growth of Earth's celestial morning is echoed in the surging joy of our annual spring.

The celestial morning eventually gives way to celestial afternoon, just as our annual spring yields to the majestic fulfilment of summer. Over long millennia of the celestial afternoon, humanity enjoys mastery of life and creates in nature with God.

As sundown demarcates day and night, a celestial sunset invokes a long suspension of human fulfilment. Celestial evening brings a waning and withering that is echoed in our autumn season. In this epoch civilization dedicates itself – with diminishing ability and resolve – to preserving consciousness and energy through the natural decline.

At length comes the moribund cold of the celestial night, when all hearts close completely and all consciousness of unity is lost. Then the powerful come to feed off the weak, and the high arts and sciences of life are perverted and reduced to sorcery and war. Just as in our winter season, all growth and development of life stops. Life holds itself in suspension: waiting for the renewal of spring.



In the transit of our sun around the galactic core, each period of our celestial day absorbs several millennia: periods longer than our entire conception of human history. In the depth of our separation and ignorance, it has fallen to our present generations – and even more to our ancestors – to know the cold darkness of Earth's long celestial night. Yet now we are blessed, for within our own lifetimes we may behold the world-renewing beauty of the celestial sunrise.

Imagine a sunrise that in one piercing moment opens the consciousness of everything on Earth. You are wise to imagine! Such a moment comes soon to a planet near you.



The acceleration of change in our times is due fundamentally to the increasing life force that comes into Earth in these brief and bracing years of celestial dawn. This phenomenon directly parallels the increase in ambient light across the sky just before our daily sunrise. It has a seasonal echo in the increasingly direct angle of sunlight that makes winter surrender to spring. Whenever available energy increases, all living systems grow faster and bigger in the set course of their development. People on Earth today have access to more energy than we have had in a very long time. Of course, how much we draw on it and what we do with it is largely up to us!



The changes coming to Earth, despite the apparent intensification of our fear and confusion, are positive in the extreme. The real question is about how people will choose to stand in a sudden but profound *transmutational moment*: when celestial light cracks our celestial night, and our planet and solar system are flooded with life energy.

Just before this precipitous event – in the moment just before the celestial sunrise – the life force increases quietly and subtly on Earth, as if hinting to her creatures. This *celestial moment* endures for one human generation: the time life gives a newborn girl to bring in a baby of her own. During this brief moment in our long history, the quiet intensification of the life force feeds all things on Earth. This includes humanity's positive or evolutionary tendencies, but also our negative or devolutionary ones. Our ancient impulses of separation to dominate, extract and destroy are excited and encouraged just as much as our newer and more evolutionary impulses to heal, learn and grow.

We see this drama of opposites play out every day in the world around us. The dramatic tension in our collective life is mounting with the silent, steady increase in life energy at this time of celestial dawn.

8

UNIVERSAL LIFE

Our universe is multi-dimensional. In deep separation, we forget this entirely: denying the reality of everything except the most congealed and slowest aspects of ourselves. When the possibility of unity comes even vaguely into our awareness, we begin to remember the multi-dimensional nature of our universe and ourselves. We become aware of our different forms and the different modes of experience they allow. And we begin to explore different ways of conducting ourselves to learn and feel more about these different aspects of ourselves.

Our universe is structured like an onion, with larger outer layers encasing progressively smaller and more inner layers. We experience different aspects of universal life as we direct our awareness from the outermost physical dimension, through the more interior dimensions, into the universal core. As we move from outside to inside, the basic stuff (or medium) of each dimension is progressively higher in frequency (or rate of vibration), greater in energy, and more fluid and responsive in character. Moreover, as we move from the outer to the inner dimensions, spatial and temporal volume decrease, and mass and structural density increase. A more inward dimension is faster, denser, more fluid and richer in energy than a more outward dimension.

As we move from the more exterior through the more interior dimensions of our universe, increasing mass and frequency represent greater capacity to hold consciousness. The variable that ultimately defines the dimensional structure of our universe is the degree of consciousness that is supported in each dimension. Consciousness is lowest in the outermost physical dimension and increases progressively as we bring our attention toward the universal hub. At the centre one discovers pure consciousness. There one may freely enjoy the experience of God: omnipresence, omniscience, omnipotence and endless love.



A human life comprises *different forms*, each of which inhabits a different dimension. One's various forms vibrate in *different ranges of frequency*, corresponding to the different zones or dimensions of our universe. The human design has four distinct levels: the *causal* or idea level, the *astral* or mental and emotional level, the *etheric* or vital level, and the *physical* level we like to call 'real'. These four levels of the human design correspond to the four outermost dimensions or layers of our universe.

The most inner and enduring aspect of the human design is operative at the causal level, as the most subtle and formative dimension in which humanity dwells. The true span of a human life is given by the longevity of its innermost causal form, which creates through ideas. This lifespan may be counted in many large celestial cycles, corresponding to trillions of Earth years. Our physical lives as we have known them are certainly much briefer; but these transient outer forms are merely the *tip of the iceberg* of our individual lives.

Individuals participate in various dimensions to different degrees, and with different intentions, according to their evolutionary state. More advanced or conscious individuals are awake and active at the causal level of life, and they can *cause realities* to come into form. Less advanced or conscious individuals are as if *asleep* in the causal dimension, and simply adopt and operate the realities that others have created.

Many individuals who are asleep or inactive in the causal dimension are nevertheless active in the astral dimension. Here they can bring a wide variety of objects into form through their intention. These people express themselves in the physical dimension by materializing the valuable objects of music, art, science, technology, all built things, healing practices and homemade cookies. Individuals active in the

astral dimension are able to direct more energy out through their etheric forms, resulting in greater vibrancy, vitality and physical health.

One's vital or *etheric* form vibrates in a frequency range below the astral one, and is perceptible in a more outward band of our universe. The etheric body can be visualized as a dense electrical system that supplies power to different parts of our physical machinery. Although our physical forms create power native to the physical dimension, using oxygen and food, the energy of the physical dimension is not sufficient to sustain our physical lives. The etheric form *steps down* energy from the astral dimension and *feeds* it to the outermost physical form.

Individuals who are least conscious are generally inactive in the astral dimension, and experience lethargy in physical life due to etheric deficiency. In the physical dimension, such people have no desire to bring objects into form, but prefer to enjoy the objects manifested by others. These individuals are more likely to experience material scarcity, depending on their learning intentions and the application of the laws of cause and effect in the course of their universal participation.

The laws of cause and effect operate at all dimensional levels. We *feed forward* into each dimension with our intentions and actions, and we get *feedback* in each dimension in response to our previous intentions and actions. We learn as we go in this universe of ours!



The zones of higher frequency are sometimes called the 'higher realms'. This reflects beliefs about superiority and inferiority: that the physical world and our physical forms are base and low, while the faster and more fluid forms are more refined and exalted. These beliefs are closely linked to beliefs about good and bad. In separation, the universal layers appear – if they are recognized at all – as segregated. As such they may be taken as objects in all kinds of comparisons and judgments.

Angels are compassionate and pure of heart, but people on Earth will show themselves to be selfish and mean.

In unity, however, an individual experiences these different levels as congruent and integrated, and simply enjoys all of them together. People in separation are preoccupied with the dualities of good and bad, pleasure and pain, and winning and losing. But people in unity are absorbed in the neutral and brilliant perception of *what is*. In separation, the different dimensions are separated and judged. In unity, the dimensions are different and yet integrated, and may be enjoyed in the wholeness of life. The experience of separation is not judged or rejected by beings in unity, but simply seen for what it is.

Even in separation, all of us are capable of experiencing life at each of these different levels. Indeed, using the appropriate forms at our disposal, all of us actually are present in all dimensions. However, in separation an individual may have little or no awareness in one dimensional form of the presence of other dimensional forms. This is simply because his various forms are not integrated or coherently related. The different aspects of his self are *segregated*. The choice of separation not only cuts the self off from everything outside the self; separation by its nature also fragments the self within itself.



Beyond the outward forms that we adopt to explore the outer aspects of our universe, each of us is also present in the innermost realms through the deepest aspects of ourselves.

It falls to the *soul*, which is the accumulated wisdom gained from our universal participation, to tie our outward experiences together. The soul works like a council of elders, reviewing what has been learned and deciding what more needs to be experienced and learned in order to advance the creature along its chosen course through the universal experience.

If the soul is the essential guidance system of the creature, the *light body* is its essential vessel. An individual is not actually created upon a birth in the physical, etheric, astral or causal dimension. An individual life begins with the creation of a light body, which precedes humanity or any of its many alternatives. This is the originally created form of individual life, and it stands ever whole and free in the One.

9

BEING IN FORM

The true life span of a creature begins with the creation of its light body and ends with the dissolution of that light body within the universal being. On the scales of time, this allows an individual life span counted in trillions of Earth years. This longevity allows each creature an enormous range of experience in all dimensions.

A creature's soul develops as its light body sails through Creation, animating a wide variety of forms in a wide variety of conditions, and accumulating a vast and varied experience. Most of the people presently alive on Earth have had billions of incarnations in various forms in several dimensions. We are extremely avid students of universal life!



In a world of separation, most of us do not recall the multi-dimensional structure of our universe. We have lost conscious access to the many levels of life within our individual selves. We have entirely forgotten even subtler levels of life beyond our selves, where our very individuality was forged. Separation brings segregation, disconnection and fragmentation within individual life as well as the collective experience.

On the other hand, many of us are beginning to remember *all of what we are*. This is because our celestial dawn is now upon us: and we very much need to know.

We people of Earth live in separation and fear during our long celestial night. This wintry epoch is formed within our sun's orbit around the Milky Way galaxy as it circles the universal hub. We endure millennia of chilling darkness when our planet is most remote from the original source of light at the centre of our universe.

Earth's celestial dawn comes as our sun passes from behind our galaxy to its front – or from its *outside* to its *inside* – in relation to the universal core. At a certain point in its galactic orbit, our solar system is flooded with life energy from the centre of the universe.

This flood of life energy happens quite suddenly, and decisively changes our world in a very short period of time. Just like Earth's daily sunrise, this celestial sunrise occurs in one piercing moment of transmutation. However, the depth and scale of the change it brings to Earth is vastly greater.



Life energy originates in the universal being at the centre of our universe. This universal energy radiates through the dimensional layers to the outermost, physical layer. As the energy passes through each dimensional membrane, it drops in its intensity and modal frequency: much as the light from our sun diminishes and slows at its passage from air into water. Indeed, in the outermost physical dimension, universal energy emerges as the light by which we see. Light from the stars is the fundamental source of energy for all physical life.

During our long celestial night – after a nadir of absolute ignorance – we remember that Earth's life is nourished by the light of its local sun. In the celestial dawn now upon us, we will recall that we are also nourished by life energy emanating on a faster wavelength from our galactic centre. At last we shall remember that we are ultimately

sustained by the original source of life energy in the universal core: the universal being at the heart of *all that is*.

We learn about progressively faster and subtler forms of energy only as we progressively integrate the faster and subtler forms of ourselves. Our remembrance of universal order thus depends not on our scientific labour but on the evolution of our consciousness. The flowering of our science and technology will follow the opening of our hearts in the gathering light of Earth's celestial dawn.



The culmination of life is the realization of *being* in form.

This occurs when the universal being realizes itself within a form and that form simultaneously realizes the universal being within itself. In other words, God enjoys the form as an expression of itself, and the form enjoys God as its essence. In this scenario, the universal being participates directly in the dance of life that unfolds within it, while the nature and experience of the individual form is perfected in the purity of the universal being. The Creator and the Creature merge, so that the Creature knows the Creator *within* itself, and the Creator experiences Creation *through* its own Creature.

This is possible because God stands not only at the centre of all that is, but also at the centre of each created aspect. The descent and sustained realization of one's originally created *light body* within the outer aspects of individual life is a technical description of enlightenment, or the passage to unity. A human's incorporation of her light body is nothing more or less than her personal realization of God.

The experience of realizing being in form is not generally accessible to Earth's citizens during her long celestial night. Descriptions of this experience may seem hopelessly opaque or abstruse. This is because our state of separation in its very nature precludes our consciousness of *being* in our forms. Creatures in separation elect to stand apart from *all that is* in order to experience creation in a different way.

A darkened world, spinning far from the light of the universal core, accommodates individuals who have chosen to live apart. The

cycling of worlds through the celestial day and night creates a broad and ordered array of opportunities for creatures to experience both the evolutionary attainment of unity and its devolutionary loss through states of progressively deeper separation. Human evolution and devolution unfold within the nested cycles of life defined by the planetary, solar and galactic revolutions. As the universe turns, we creatures are given limitless – and vastly renewable – possibilities in our experience of life.

In a darkened world of separation, only a few very distinguished people enjoy life's culmination. These individuals have served on Earth as beacons and guides for the rest of us. And yet the complete realization of being in form is a very real possibility for any human being. This has always been the original message of the great teachers.

As energy from the universal hub increases daily on Earth just before our celestial sunrise, the limits in consciousness that we have endured for long millennia of darkness have begun to dissolve. We may now evolve much faster than we've been able to before, by drawing on the universal energy that becomes increasingly available on Earth in these brief transitional years of our celestial dawn. The realization of being in form now comes into view as a practical possibility for anyone who genuinely desires it.

It's an auspicious time to remember the presence of *being* in our forms!

10

RELEASING YOUR SELF

THE RIVER



The journey from separation to unity can be likened to death, and it can feel like a death. This is because it is the end of life as one has known it, and so the end of oneself as one has known it.

In separation our lives are infused with death. The end of separation is like the death of death, because it is the birth of life without death. The passage from separation to unity is at once the death of the separated self and the birth of the united self. The self passes from being apart from *all that is* to being one with *all that is*. In this state of awareness, the individual regains the universal being and becomes free of all attachment to form. All forms are adopted or met with a simple joy in the play of creation. This is a deathless state of life. Innocence and freedom are its hallmarks.

In separation we fear death above all. We most fear that which most defines our lives: the draining away of life. In separation we suck ourselves dry. If a moment comes when one finds a way to unity, one may be gripped by a deep and powerful fear of death. The separated self will oppose and resist the individual's passage to unity because it wishes to live on and not die. The separated self will actively resist and try to prevent the birth of the united self. It will scream:

But I will die!

The choice of unity in a world of separation requires great courage, or strength of heart. The individual must be strong enough to love herself despite the voice of self-loathing and self-denial that she hears within herself. Self-loathing and self-love cannot coexist for long in the heart of a human being. When someone truly begins to love herself, a crisis of opposing direction will arise every time she regresses to self-denial. Finally a moment will come when she must *dissolve* her separated self to bring her united self into form.

The separated self does not and cannot take itself to unity. The separated self must *fall away* to allow a new self to be born. We must

allow transmutation to come to the very heart of who and what we are. We shall never be the same again.

Oh. Is that what I really want? I thought I could be *me* in ecstasy. I didn't think I would have to become *another thing* to live in joy.

You can't get there from here in this particular sense: you as the separated thing that has defined and confined your experience can only live in a state of separation. By its own nature that separated thing cannot live in unity. You must give up that which you believe you are – *a thing apart from all that is* – to allow that which you truly are: *all that is*.

You must release yourself. This is self-liberation.



Self-release pivots on the intention of the separated one to regain the universal One.

Although a being in separation cannot truly conceive of life in unity, it *can* conceive of surrendering its separation. The separated mind cannot imagine *gaining unity* but – through the relentless negativity of separation – it may contemplate *losing separation*. The key to self-release is striking an intention to *give up* one's life in separation.

Separation's program has a hidden capability of self-destruction. Once a separated person apprehends separation as a phenomenon, even within its confinement he can isolate it from his idea of himself.

I am in separation because I have chosen this. I don't *have to be* in separation. I am not separate in my essence, but only in my choice to live outside my essence. So I am *not* my separation! Therefore I may give it up if I choose, and experience myself in my essence.

The separated one who chooses unity must forfeit his state of separation. He must abandon an entire construct of life that he has operated to spectacular effect for a very long period of time. He must *give up* the desert of separation for the meadow of unity.

A devastating surrender of one's separated state is at the crux of the passage from separation to unity. The ultimate victory of the self will be felt as a crushing and final defeat before it is made real.



A fascinating aspect of our journey from separation to unity is that its successful completion requires us to be fully present in our own separation: to fully allow and accept all of the fear and darkness in our lives. When we push away our darkness and suffering, we perpetuate its hold on us. Just as we're attached to our separation, it's attached to us.

We cannot release anything within ourselves that we deny. Nothing has a more powerful hold over one's mind than that which is denied. To deny our pain and suffering – as we have steadfastly done – is to perpetuate them. Conversely, allowing and accepting our pain and suffering actually begin their release.

We are even more dominated by the things we reject than the things we crave. Aversion, or negative attachment, is even more powerful than attraction, or positive attachment.

Have you something in your life you'd like to let go? All you need to do is this: Go in your consciousness to the centre of the thing you want to release. Hold your experience of it in your heart. With all of your feeling and thought, embrace that which you have sought to push away. Allow it to be there. Be with it. Be in it. Love it just for what it is. Accept it without condition. It's part of *all that is!*

If you still wish to release this thing after you get comfortable with it, you will be able to send it on its way. There may be others who still want or need this thing, and that is fine. Your experience of it will be complete.

So it is with separation. Be in your separation. Allow it and accept it.

Once you genuinely allow that you live apart from *all that is*, you will be free to change your mind!

II

YOUR CHOICE

To *cross the river* to the meadow of unity, we must allow that we live in the desert of separation. We must accept that we have chosen it and do *in each moment* choose it. We must embrace our separation, love it and be fully in it. At last we may walk into the river and immerse our sacred forms in the fast-moving waters of transmutation.

Each of us on Earth – including you and me – is vested with the full presence, knowledge and power of the Creator. We can make anything at all of our lives, our experiences and our futures. We can in truth make anything at all!

We do not know this yet because we do not recall our own essence as being: universal and absolute. We have forgotten that our nature is pure consciousness, which is the source of *all that is*. At the heart of *all that is* one finds One: the universal being, or pure consciousness. The One, as *awareness of is*, arises in None, which only *is*. In our most essential personality we are *awareness of is*: the universal being. Beyond all personality, and in ultimate reality, we are the absolute being of *is*.

We are the universal being and the absolute being in which it arises.

This is the ultimate truth of who we are.



We on Earth have long believed that we are Other to God and its Creation. We have held ourselves alone and apart: vulnerable and afraid, lacking and in pain, ever open to domination and manipulation by the other. We have made it so, made it real: and we have eaten the meal that we have cooked for ourselves.

As we begin to remember who we really are, we will begin to see how created aspects of the One create their own realities. Some of these realities are expansive, dynamic and beautiful, and some of these realities are restrictive, static and ugly. They are all equally real, equally created and equally accepted in the ultimate presence and knowledge of the universal One.



As our planet spins around our sun, and our sun spins around the centre of our galaxy, and our galaxy spins around the centre of this universe, Earth's celestial sunrise fast approaches. Planetary life will change sweepingly and suddenly. And the people of Earth have almost no awareness of what comes.

Yet help has arrived. Great beings of universal freedom and joy now assemble around our planet like an army of love. Other high beings have been born to Earth in human forms, and they come now into their power to aid Earth and her people in their hour of need. The strongest among our brothers and sisters are busy furnishing new tools and procedures to help us prepare. They may seem humble and obscure beside our presidents and movie stars, and yet they point the way.



People who choose to remain on Earth through its transfiguration in the celestial light will prepare themselves to stay. This is because the volume and frequency of energy that is coming to Earth will not be supportable by human forms at their present level of integration. Individuals who prefer to maintain lower levels of integration will require lower-energy environments to appropriately support their ongoing participation in universal life. A great deal of *coming and going* will characterize life on Earth in these last years of our present epoch.

There is nothing 'bad' about this, because it's part of what we choose for ourselves. Through the laws of cause and effect as they play out in the revolution of our celestial bodies, every aspect of the One – in unity or in separation – gets exactly what it chooses. A death is just as significant as a birth, but also just as momentary. The real substance of life is in *how we live*, how we choose: what we create and experience for ourselves.

We all get to choose our next reality! Earth is scheduled to become a heavenly garden through her next celestial day. Each of us simply needs to decide whether to be there... or somewhere else.

It's your choice!

BOOKS BY PETRUS

Butterfly Trilogy

Ecstasy in Unity
2003

Sex in God
2004

Azimuth for New Earth
2005

Other Works

Discourses
2006

Little Book of Big Affirmations
2006

Frequency Shift
2007

To buy or learn more about books by Petrus, please consult the website:

crosstheriver.com