

“In Sage of Synchronicity, Marcus T. Anthony calls you forward to embrace change. What is most exciting is that he shows you precisely how to do this, how to choose a life of Bliss aligned with your spirit, and the greater good of the human species. This book will appeal to those who like to see traditional philosophy, spirituality and progressive science given a human touch. It is highly recommended.”

**Dr Ervin Laszlo, author of Science and the Akashic Field;
founder of the Club of Budapest and the General Evolution
Research Group.**

“Wow! This is very exciting! Very impressive. Marcus T. Anthony’s new book moves with a wisdom and confidence that has the feeling of being channeled from that higher being within us so few of us ever manage to tap into consciously, or in conscious partnership. On target and hard driving....Sage of Synchronicity is a book that should be widely read. It illuminates and demystifies the mystical – no mean feat indeed! I have been greatly impressed by Dr Anthony’s academic writing on related subject matters for some years now, and I am no less impressed by this more personal volume. I heartily endorse this book, and have no hesitation in recommending it highly.”

**Dr David Loye, author of Darwin in Love
and Darwin’s Lost Theory.**

“Marcus Anthony has taken the theoretical elegance and sophistication of his previous book, “Integrated Intelligence” and written an easy to read and inspiring book on transmodern spirituality. I highly recommend Sage of Synchronicity to anyone looking to read a wonderful story that deepens our understanding of spirituality and the nature of intelligence.”

**Professor Sohail Inayatullah, Tamkang University, Taiwan
and the University of the Sunshine coast, Author/Editor of 20
books on futures thinking and strategy.**

“One frequently has the sense that Marcus Anthony is addressing one directly, and this combination of down-to-earthness and dry Australian humor is welcome in a field dominated by authors who seem to relish the distance between their own exalted and enlightened condi-

tions and the reader's benighted ignorance. In a book which is also intended as a wake-up call this is a precious asset – Marcus Anthony has been there; he knows what the struggle is like and the fact that he's been able to liberate himself shows that we can too. He not only describes in some detail the emotional and karmic obstacles which we bring to the struggle, but describes many practical tools which we can use to tune into our own and the Universe's wisdom. Sage of Synchronicity not only explains clearly and unpretentiously (why people do not live their Bliss), but tells us what we can practically do about it; with a wry but loving smile on its face. Congratulations to the author – the world needed this book.”

Simon Buckland, Wall Street International

Sage of Synchronicity

**Creating & Living Your Bliss
Using Integrated Intelligence**



Benjamin Franklin Press Asia
Hong Kong

The information contained in this book is the result of many years of diligent research, application, trial and error. However, the reader should be aware that time and care are required to develop the intuitive skills outlined here. It is recommended that the reader begin with small, relatively unimportant decisions, and gradually build up to more significant choices. The author and publisher can take no responsibility for the actions the reader chooses to take after reading *Sage of Synchronicity*. If you suffer from any serious psychological problems, you should consult relevant mental health professionals before applying the principles in this book.

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*For my teacher, Jessica -
You know who you are*

Acknowledgements

All writers know how lonely the art of prose can be at times. Fortunately, I have had some great help in bringing together the ideas you see in *Sage of Synchronicity*.

Firstly, to all the spiritual teachers who have helped me over the years, I give a big thanks. I have had the good fortune to have learned from some of the best. My good friend Simon Buckland read the whole script, and gave tremendous support and encouragement to me. His guidance has been invaluable. Thanks too, to David Loye, for being an ongoing supporter, and for believing in what I do. A big “thank you” also goes to Marisa Cohen, for her tireless and enthusiastic editing. Marisa also helped create the cover of this book, and did a great job. Finally, thanks to Steve Sims who polished the manuscript and improved the formatting.

This book is about integrated intelligence, and I cannot possibly conclude without thanking Spirit and the universe itself, for without their input, this book would never have been written. I have been constantly inspired and guided at every step of the journey, and I feel deeply blessed.

Marcus

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Foreword

By Ervin Laszlo

Marcus T. Anthony writes that we live in a crucial time in human history, one where we stand at the edge of possible catastrophe. I can only concur. In thermodynamics there is a concept known as a bifurcation point, where a linear process breaks down and becomes non-linear. Up to a certain point a system may run smoothly, but then it reaches a crucial stage. Many different outcomes are then possible, but change is inevitable. The system can completely break down. This is true for both human and natural systems. However, the system can continue in a new form. The process is inherently chaotic, not predictable, and a period of rapid change occurs. It is in this critical period that the future unfolds.

If we view the early twenty-first century as a bifurcation point, then we have to admit the absolute importance of our choices. Human beings are living beings with the possibility of conscious choice. Yet to choose consciously means to be informed; and to be informed requires access to information. In *Sage of Synchronicity*, Marcus T. Anthony shows us that we have at our disposal a potentially infinite source of information, and that we can apply that data through our innate Integrated Intelligence.

In my own writings I have talked about how nations, organisations and groups can help bring about a WorldShift, a global breakthrough which permits a more sustainable development of the planet we live on. *Sage of Synchronicity* is perfectly compatible with the idea of sustainable futures. Its author comes from a slightly different angle than I do, however. He writes from personal experience, telling of the way that each of us can consciously tap into the greater intelligence of the cosmos, and create lives of “Bliss”.

Most importantly from my perspective, is that his understanding of Bliss entails a broader dimension than the mere needs of the individual. In Chapter Two of this book he refers to a human Oversoul Template, a body of data which encodes the required lessons of the human species. As he puts it, the idea of “love” lies at the heart of

human choice, human consciousness and human evolution. As David Loye has pointed out in his many books on Charles Darwin's "lost theory of love", even the greatest evolutionary theorist of them all understood this well. Somehow mainstream science has forgotten such a vital understanding.

Even the most skeptical of us must admit that at times he feels somehow connected to others, the world, perhaps even the cosmos. This sense of connectedness is something that transcends culture and ideology.

More often than not, it features as an integral part of the world-view of societies both past and present. Indigenous societies have always lived with this awareness of mundane and subtle connection, and their lives are typically lived within a world that features a trans-personal connection with the land, the biosphere, and to the spirit world, including their ancestors. The ancient Greeks and their deep thinkers such as Socrates, Plato and even Aristotle - far from being the adamant logicians they are sometimes erroneously depicted to be by some modern scholars - believed that mind and cosmos are intimately intertwined.

Further, the monotheistic religions have strong mystical traditions (though they have typically been suppressed because their direct connection to the divine often threatened the power hierarchies within their institutions). Despite the increasing societal influence and power of the "detached" scientist, in recent centuries the Romantics and the modern alternative spirituality movement have continued to burn this spiritual flame.

In my own research and publications, I have constantly referred to the connection between mind and cosmos by its ancient Hindu terminology: the Akashic Field. This subtle body of all-knowing information is what connects the individual with collective, lower with higher knowledge, and the mundane with the divine. Such statements are not mere philosophy, but increasingly vindicated by science.

Vacuum physics strongly suggests that the Akashic Field is real, and this is echoed in the concept of the quantum vacuum—or better, plenum—a cosmic information field that fills all of space. Its multiple energies give rise to our physical universe - from the microcosm of

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sub-atomic particles and up to the sprawling macrocosm of galaxies, stars, planets, biospheres and even consciousness itself. This plenum-based Akashic Field contains within it the memory of all things past and future.

In parapsychology, we have had many enticing glimpses of cognitive abilities which suggest the intimate entanglement of mind and environment. These include clairvoyance, telepathy, precognition, and even psychokinesis. Although the evidence is not definitive, we would be foolhardy to dismiss the data based purely upon an insistence that the cosmos is machine-like. Systems science has already shown us the folly of such ignorance.

With the exception of physics, much of mainstream science continues to ignore the ever-growing body of data of an interconnected universe, and an Integrated Intelligence. The connectivity hypothesis is the four hundred pound gorilla in the room that some scientists are unwilling to acknowledge, being too preoccupied affirming their mechanistic predilections.

As Wordsworth famously stated, we murder to dissect, and the reductionism of the modern mechanistic paradigm has strangled the life - the spirit - from the world. Too busy counting, calculating, classifying, analysing and describing, many in the mainstream scientific community are still unable to connect the dots, nor connect with the cosmos.

The modern world, alas, has also gone through a period where it has largely forgotten the wisdom and teachings of our spiritual forebears. Our economically developed societies are all too often worlds of glass and steel, their inhabitants endlessly chasing financial security, craving material satiation, or finding distraction in mass entertainment mediated by information technology. We have lost our roots. Mainstream culture has become spiritually impoverished, and the world disenchanting.

It is time for something different. It is time for change. In *Sage of Synchronicity*, Marcus T. Anthony calls you forward to embrace that difference. What is most exciting is that he shows you precisely how to do this. He shows you how to choose a life of Bliss aligned with your spirit, and the greater good of the human species.

Foreward

Ultimately, what is required is not merely to choose, but to choose wisely. As Marcus T. Anthony puts it so aptly, we have to become the Sage. Wisdom is not merely intelligence. Intelligence is successful application of knowledge, but wisdom entails sagacity, grace and equanimity. For these things to occur we need to acknowledge the connectedness of all things. We do not act alone. We do not choose alone.

Our thoughts exist within a sea of cosmic intelligence – Integrated Intelligence. In a dynamic and interconnected system, everything affects everything else. This is the logical conclusion we can draw from systems science, and the mystics and sages of eras long gone came to the same conclusion through introspective means. Marcus Anthony agrees too.

We are not alone.

Dr. Ervin Laszlo

Founder of the Club of Budapest and the General Evolution Research Group. (*See Recommended Reading for references to some of Ervin Laszlo's books*).

Personal Prelude

Why I wrote this book

My goal as a speaker, writer and a researcher has always been to let people know that there can be an expansion of our understanding of mind and intelligence. Our consciousness can be transformed into something extraordinary. Most of the writing I have done so far has been academic, in the field of Futures Studies. I am a futurist. That means I question the future, and I like to think carefully about where it is taking us.

In popular culture and advertising, the future is often depicted as being about more money, more machines and more cool stuff for everyone.

Deep down we know that there is more to the future than just acquiring more possessions and amusing ourselves in more innovative ways. There are futures beyond flying cars and a faster Internet.

I am particularly interested in how people think, feel and relate. Relationship is at the heart of what it means to be human - relationship with self, with others, and with the universe we live in. Most important of all is the relationship with ourselves, and especially the way that our conscious mind interacts with the deep ocean of consciousness within - and beyond. I know of no better word for these relationships than “spirituality.”

I am a futurist who is concerned with the spiritual futures of humanity.

When I started writing about futures¹ I was rather academic and theoretical. I was scared that if I got too far ahead of the parade, nobody would be able to see me. I was afraid nobody would give me a job. Luckily nobody gave me a job anyway, so I didn't need to worry about

¹Futurists often prefer the word “futures” to the singular term “the future”, because we like to think of the future as being an unfolding field of potential. This is not just the case for mystically inclined futurists like me, but also for more conventional futurists, who tend to focus upon economics, technology, social systems and so on.

big brother looking over my shoulder. I soon got cheeky and started to introduce the personal, the esoteric, and the spiritual into my writing.

Sage of Synchronicity is thus the next step in a natural progression. The book has a smattering of the left-brained stuff, and the rest is personal and practical. And fun too. I confess to being very Australian. Where I come from, they start swinging at you if you take yourself too seriously. (We Aussies are very insecure).

If you read some of my early academic papers, you might think I am purely an intellectual; a bit of a “tossler” as we might say back home. In fact, many years ago I was a hard-line empiricist - just the facts, please. I had no idea as I was growing up about the kinds of concepts you will read of in this book. My father was a baker, and my family was very much working class. Beyond the odd trip to church, my childhood included no reference to spiritual experience. Chomping on a loaf of white bread was about as deep as it got for me.

Now I work with deep consciousness and the intuitive mind daily. The story of how I changed from being a left-brained intellectual philosopher to a whole-brained intuitive futurist will tell you a lot about me, this book, and why I wrote it.

In 1990, I was sitting in a lecture hall in the Department of Education at the University of Newcastle, Australia, waiting for another Schools and Society lecture to begin. Suddenly an impressive looking man sporting a cool goatee and wearing fine Italian clothes strode magnificently to the lectern. The first thing I noted about the man was that the room was only just wide enough to contain his huge shoulders. The second was his voice.

“Hello, I’m Ronald Laura”, he announced in a posh Boston accent.

Professor Laura is a brilliant philosopher and (to top it off) a former weight-lifting and world arm-wrestling champion. On that day, he lectured for two hours about science, mysticism, physics and philosophy in way I had never heard before. As Ron Laura spoke, something deep within me stirred. I was developing enough self-awareness then, at 24 years of age, to know that when something moves you like that, you should take note. I had the merest stirrings of an appreciation of what it means to follow your excitement. That day, my Western materialist/scientific worldview was shaken. Still, I remained skeptical. It would

take more than a few words of philosophy to crack this tough nut. In fact, it would take something absolutely extraordinary, quite literally.

That incredible event occurred almost three years later. That was when I met a remarkable woman named Leslie, while I was living in the town of Coffs Harbour, in northern New South Wales. Leslie was very much the New Age spiritual woman, and I attended her meditation classes for awhile. She possessed a type of mental ability that I had never encountered before.

She seemed to be able to intuit the general circumstances and emotional issues of people without physical evidence. I was intrigued, and I began to consider the possibility that human beings could “see” beyond the five senses.

Leslie inspired me to embark upon a disciplined study of my own mind. Every day, I recorded my dreams, meditated, and used self-taught trance states to tap into the depths of my psyche. I found I was able to gather both simple and profound data, merely by relaxing deeply, and directing specific questions to myself. I got “answers” in feelings, images and sounds. These were things I had never learned in school. A fantastic inner world suddenly opened before me. I wondered why nobody had told me about this before.

One night I had a very profound dream. Just after I fell to sleep, I “dreamed” that a dark-haired woman was standing beside my bed. By this time, I had developed the ability to remain conscious even as I dreamed, so I was completely aware of what was happening. The woman was moving her hands, holding them above my body. I knew some kind of healing process was occurring. She began to speak softly. She told me that I was using only three percent of my mental ability, and that there was much healing work for me to do on myself.

I awoke immediately, and remembered everything vividly. Reflecting upon the dream, I felt strongly that the experience was not merely imaginary. Yet if there were parts of my mind that I was not using, what were they? Or was all this the function of wishful thinking and an overactive imagination?

Then came the extraordinary. At the end of a group meditation session one evening, Leslie told everyone that she had dreamed a lot about “UFOs” the previous night.

“Whenever I have these dreams there are lots of UFO sightings around,” she said. “So if you go out tonight, you may see something. I feel that about two in the morning would be the right time.”

It was an outrageous claim that only a fool would take seriously. This undoubtedly explains why I dragged myself out of bed at a quarter to two that night to take a look.

My eyes almost popped out of my head when I swung my front door open five minutes later and looked up into the clear night sky. There I saw a large ball of luminous white light, about a third the size of a full moon. The thing was shimmering silently through the darkness, a few hundred meters in the air, gliding eastwards at about ninety degrees above the horizon. It was eerily unearthly.

I watched it disappear over the neighbours’ houses after about thirty seconds.

The ball of light was heading out over the ocean. Excitedly, I ran down to the beach a few hundred meters away and looked out over the dark water. But the ball of light was gone. I walked up and down the beach for an hour, the cool sea breeze brushing my face. I saw nothing more.

I started to walk home. Yet the strange night wasn’t finished with me yet, for as I was about to open my front door, I looked skyward one last time.

My mouth must have dropped open, for directly above my head I saw a group of about twenty small, red, circular lights in a double “V” formation - one “V” inside the other. The objects were flying silently southwards, parallel to the coast, and at a height of perhaps a few hundred meters. I stood there gaping, breathless. In less than a minute they had disappeared behind trees on the opposite side of the road.

The questions deepened. What were those things I saw that night? How on Earth did Leslie know that they were going to be there at that time, merely from a dream? Why are these kinds of subject matters still a taboo topic in modern science and education?

Despite these extraordinary events, up till that time I had seen but the tip of the iceberg. Almost four years later my worldview, and my ego, were to be shattered again.

It was during a meditation in early 1996, that the image came

to me. I saw a woman with dark hair. She was turned away from me, and on the back of her shirt were two letters: "NZ".

Brilliant as I am, I knew it must have something to do with New Zealand. Exactly what, I wasn't sure, as my knowledge of the Shaky Isles was restricted to knowing that their sheep are uglier than Australia's, and that they dishonestly tried to claim credit for the Pavlova, a creamy cake, definitely invented in Australia.

The vision of the NZ woman remained perplexing.

A few weeks later, I was talking to a colleague of mine over lunch. He mentioned that an international school principal from New Zealand was coming to Australia to recruit teachers, and suggested I apply. I said I would think about it, said goodbye and walked over to buy a snack from the kiosk. When the cashier handed me the change, a coin jumped out at me like a punch in the nose. It was a New Zealand twenty-cent piece, somehow mixed in with the local currency.

I took the hint. I applied for the job, got an interview and received an offer shortly afterwards.

Had I known that this synchronicity was an invitation for a joyride to hell, I suspect I would have said "No". Which is probably why the universe declined to give me that little bit of additional information. Still, the fact that my flat mate, Martin, had also received an offer from the same school, and accepted it, encouraged me. His position began three months before mine, so he flew out first.

On July 8th 1996, I stepped off the plane at Wellington airport. The hellish bit didn't start right away. It got a bit warmer slowly every day, until a certain point about three months later when the world as I knew it became a furnace of chaos.

At work, my department head literally would not acknowledge my existence, not even to say hello to me in the morning. She gossiped about me in staff meetings, conspired to turn other staff members against me, and nailed long lists of demands to my forehead - her preferred way of communicating. What was worse, I was told that she made fun of my clothes behind my back (and if anyone who tells you that trousers that are two-inches too short are uncool, they don't know what they are talking about). My Australian flat mate Martin had already

been bullied to such a degree that he resigned not long after I arrived. Australians were an endangered species at the school, and we hadn't even mentioned the pavlova.

Then I met a wonderful but intense assemblage of advanced souls who worked as part of a group that drew people from all across New Zealand and the world. I told them what a bunch of bullies I worked with, and how bad they done me wrong. I demanded some sympathy.

I didn't get any. My spiritual teachers took me aside and told me that I had to take complete responsibility for my work and life. I got slapped just hard enough to snap me out of my delusion - and the collective delusion of modern humanity. I was told I had lived my life as a victim, and had not yet healed, nor even addressed, the deep wounds that existed within me. They showed me how to begin. It would require some old fashioned guts and a whole new way of using the body, mind and soul. The worst part was that the journey would go via the road to hell. But rather kindly of them, they said they would help me through the gates of the furnace and back out - if I made it.

Not content in seeing me being battered about the head and body at my place of employment, my teachers proceeded to see how far I could be pushed before I broke. They threw me into the fire, and looked on to see whether I'd burn alive or if I'd claw my way back out of the embers and construct myself anew.

Slowly, something special began to happen. I started to draw in the lost pieces of my soul, the light and the darkness within. I connected with the inner child, the part of me that had never been loved. In this emotional bonding, I began to develop acute perception. Soon I was able to draw information from past, present and future, from within and without - in an instant.

I said it was hell. But it was really just a very, very big test because that was what I needed. It all came back to my Bliss, something I had asked for when I had first begun my spiritual journey. I had asked to be shown what it means to truly love. What I didn't know at the time of asking is that everything has a price. I didn't realise that genuine love requires healing the parts of the mind that lie in shadow.

You never quite know how powerful you are until you have been

stretched to the limit. Even as I went through the most challenging period of my life, I was given the most amazing gifts. Besides beginning to stand in my power as a human being, I met the most brilliant, incredible and courageous people. These people became the inspiration for my doctoral thesis and my first book *Integrated Intelligence*. Integrated intelligence (INI) is the idea that we human beings have an innate capacity to draw upon knowledge and intelligence which exists beyond the confines of the five senses.

Given the right environment and support, and with the personal courage and commitment to push personal boundaries, ordinary people can develop extraordinary intelligence - integrated intelligence. This includes the capacity for deep intuition, and to perceive the profound meanings often hidden within life. It also entails the ability to process information from spiritual realms currently not on the map of modern science. Integrated intelligence can make you wise, by deepening your relationship with the world and cosmos. It can help you perceive and understand synchronicities, the numerous fortuitous and deeply meaningful events that come into your life every day. Integrated intelligence can make you a Sage of synchronicity.

You might like to look upon this book as an adventure, a somewhat “in your face” challenge. Try to suspend disbelief for a few hours. Sage of Synchronicity is meant to shake you up, not make you feel as if your world is becoming increasingly certain and comfortable. I prefer my spiritual journeys to be shaken and stirred.

Now, I know what you are thinking. If this guy is taking me on a trip to hell, I’m going back to reading *People* magazine. Well, it isn’t quite like that. My journey has been a difficult one. I have suffered at times (who doesn’t?). But as the Buddhists have so wisely taught, suffering is largely a product of the mind. Much suffering is unnecessary. Quite a bit of my suffering - mostly the hellish bit - was that kind. The great news is that because of people like me who have journeyed before you, you can skip that part, if you just have a commitment to disciplining the mind. The other great news is that the suffering that is legitimate is not really suffering at all. Such suffering is just the interpretation of the ego.

Nonetheless, what I outline in this book is no feel-good New Age

Why I Wrote This Book

philosophy. It goes much deeper than that. I am going to show you how to put yourself on the road to your Bliss, how to get what you really want and need. I am going to tell you about worlds and human abilities that mainstream science and society still refuse to acknowledge. And I am going to talk about the development of consciousness, the higher self, and a grand unifying love that underpins all of cosmic evolution.

This is the Sage's journey, and it requires more honesty, courage and commitment than many populist approaches to creating your Bliss. As I mentioned, there is a price to pay for everything. The only question is whether you are willing to pay it.

Marcus T. Anthony, June 2009

Introduction

What is a Sage of Synchronicity?

In 1999, I moved to Taiwan, and began work as an English teacher. I greatly enjoyed my time in Taiwan, but a year after I arrived there I suddenly realised that I was just about the only foreign guy in the town who didn't have a girlfriend. I had spent twelve months without so much as having a date, undoubtedly a record for a white guy in Taiwan.

One Saturday morning when I had just completed doing some inner work on myself, the realisation hit me that this was not a situation that I preferred. I wanted to see a bit of action with the ladies. So, I sat down to seek guidance from Spirit. I meditated, entering a light trance state. I put a question out to the universe.

God, why is it that in a town where even the most awful rejects of western humanity can get it on, have I failed to get lucky?

God could have laughed in my face and called me a loser. But he must have been in a good mood that day, because straight away an image came into my mind. It was a picture of the little motor scooter which I drove around town (the standard means of transport in Taiwan). In particular the image zoomed in on the brand name of the motor-scooter - "Charming". The bike was actually designed and marketed for women, but was perfectly fine for men to use.

Immediately I knew what the message meant, and it wasn't that a six foot five white guy riding a woman's motor scooter is uncool. I was not attracting women because I lacked charm. I was being too aloof, too serious. The solution was simple. I needed to learn to relax, smile more, and do a bit of good old fashioned flirting. So I decided to change my behavior and attitude towards women. Soon after that I entered my first real relationship in Asia, dating a young Taiwanese lass by the name of Nini.

I tell this little story because it is a typical example of how I have long employed the intuitive mind in my life. When combined with a positive intention and focused action, this innate intelligence is life-changing. Enhancing relationships is just one application you will learn (see Chapter 11).

You are a lot smarter than you think you are. There is an infinite stream of intelligence which moves through you, connecting you with all the knowledge and wisdom of the universe. I like to call this integrated intelligence (INI), and this book is about utilising this innate intelligence to create a more deeply meaningful and fulfilling life.

Integrated intelligence will help keep you *really* smart.

The book you have in your hand is called Sage of Synchronicity for a reason. Integrated intelligence implies an intelligent cosmos which joins you in a kind of cosmic dance of creation. Wisdom born of integrated intelligence comes, in part, from listening to the universe, taking note of the fortuitous events that occur around you, then making smart choices. You too, can make wise decisions in an instant, drawing upon the intelligence of the cosmos, just like that. You can be the Sage.

Wisdom is not exclusive to elderly wise men and women living in temples and wafting incense. It is available to all of us, anywhere, any time. All learning is process, and learning to use INI is no exception.

The law of attraction is something that has been talked about by many over the years. In recent times there have been quite a few successful books and videos on the subject. I am not going to focus on that law in this book. Sage of Synchronicity is more about the process of connecting with the intelligence that allows you to tap into the law of attraction. The INI Tools I will give you are the mental equipment missing from many other books. These tools take often-vague ideas about creativity, imagination and inspiration, and turn them into real, practical technologies.

Sage of Synchronicity is for people who have at least some openness to embarking upon a spiritual journey. It will particularly benefit those who have explored some spiritual territory before, but are now looking for a path that involves more depth and substance than often found in popular expressions of spirituality.

Introduction: What is a Sage of Synchronicity?

Just as you don't need to know how your computer works to surf the net, you don't need to know the precise mechanics of INI to apply it in your life. The proof of the pudding is in the eating, not in the lab report detailing the chemical composition of the cake. What I will tell you is everything you need to know to become competent at using INI. The part I cannot teach you is the bit where you learn through applying what I say, and learning from your actions.

Sage of Synchronicity thus differs from many New Age and popular self-help volumes in that the latter often begin by telling you that you can have it all, but explain little about how to establish your personal power or discern wisdom from inner trash. In *Sage of Synchronicity* I tell you how to build a solid platform which will allow you to actually live your Bliss. You need to lay the groundwork before you can start erecting the superstructure of your Dream. You first need to know your soul. The immediate wisdom of the Sage has a price. Part 1, Foundations of Bliss, will tell you what that is. Living Your Bliss is outlined in Part 2.

Part 1 begins with the chapter Frontiers of Mind. It outlines the idea of integrated intelligence in detail, including all the mental capacities it entails.

An aim of this chapter is to introduce you to certain key concepts, which will help you understand the rest of the book. I explain why INI has been forgotten by mainstream science, and I introduce different ways of knowing. I also tell you about the competing voices within your mind, and why being aware of them is so important if you want to live your Dream. Most notably, I redefine what it means to be human. Beyond your place in the consumer society, you have a far greater value; your capacity to express love, and serve humanity and Spirit through the expression of your Bliss. The rest of the chapter looks practically at how integrated intelligence can be used to express your empowerment - or the capacity to live life the way you need, when you need.

Chapter 2 is called The Soul Template, and it is important. Any vision which you attempt to create in your life must be aligned with your Soul Template, or it will lead to great difficulties. Your Soul Template is the essential character of your soul, and contains three components.

The first is Soul Issues. These are the soul's self-limiting behavioral habits. The second is Karmic Issues. These are further soul habits which are carried over from one lifetime to the next. The third aspect is Soul Aptitudes, which consist of the various abilities at which you excel. These are the key to expressing the creative nature of your Spirit, and the love which is the essence of your journey. This chapter outlines how you can get to know your Soul Template.

The purpose of Chapter 3, *Standing in Your Power*, is to explain the way that you can use INI and the natural wisdom of the Sage in practical ways to create real abundance in your life. This chapter defines empowerment, and addresses ways that human beings often deny or abuse their power. This leads to the idea of the Karmic Triangle, where people typically assume one of three tendencies in power plays: the victim, the rescuer, or the persecutor. The second part of this chapter explains that intuition is not simply a vague feeling, but can be developed and called upon at will. I will tell you about the INI Tools, and how they can be applied to create your Bliss. This chapter also outlines certain key attitudes that are necessary to create genuine abundance: commitment, self-discipline, passion and the capacity to suspend doubt.

Chapter 4, *Power in Practice*, details the specific tools which you can use to draw upon integrated intelligence. There are fourteen of these in total, and they are ranked in order of the proficiency required to use them effectively.

In Chapter 5, *Moment to Moment*, you will learn why presence is the most noble and empowering goal of all. Without presence, your true empowerment is impossible, and all the physical power and control in the world is ultimately meaningless. Chapter 5 is about the importance of your achieving presence and inner peace, and how you can do this. Presence allows a space for both the beautifully simple, and the miraculous. In presence, serendipities flow.

Presence is also necessary to use integrated intelligence optimally, and I explain why that is. INI works best in the silence of the present moment. It is least effective and least reliable where there is energy of fear, doubt, judgment or haste.

This chapter explains how to work with your ego, which can be a

roadblock standing between you and your Bliss. The ego likes to create distractions and dramas; and may even be working stealthily to sabotage your Dream. You will learn how to manage your inner trickster, avoid the dramas, and keep your Dream alive.

Chapter 6 is called The Real Secret, and it analyses popular spirituality and the New Age movement. I point out the strengths and weakness of this version of spirituality. The great truth is that we do have far greater power to create our Dreams than we often imagine, while the great lie is that this power is not unlimited. The key distinction I point out is between Dreams which emerge from the ego, and those which emerge from Spirit. Anyone who has tried, or is interested in trying to apply the teachings of popular New Ageism in their lives should read this chapter.

Doorways to the Soul is Chapter 7. In order for you to project a clear intention in your life and to work joyfully towards your Bliss, it is necessary to address the healing needs of your Spirit. These emerge from your Soul Issues. Simply focusing upon your Dream is impossible while the psyche retains trapped trauma from the past, including the negative belief structures which these create.

There is a strong relationship between the deeply hurt parts of ourselves - what I call the wounded child - and the ego. Much of the false desire which is projected by your ego emerges from the pain within you. These desires often have little to do with your genuine soul purpose, and are typically associated with manipulating people and circumstances to gain power, control and attention. The unconscious agenda of the ego and the wounded child is to avoid further suffering, rather than to create Bliss. Chapter 7 tells you how to connect with these parts of the psyche, and bring healing to them.

Having developed the foundations of Bliss in Part 1, Part 2 begins with Chapter 8, where I talk about Answering the Call - *your* calling. Once you come to understand your Soul Template, much of the guesswork will be taken out of your life and your quest for Bliss. The key to identifying your Soul Aptitudes is simply to follow your excitement. I explain how you can create a set of goals which align with your gifts, and how this allows integrated intelligence to direct you towards the fulfillment of those goals. The process is action-orientated,

and I outline how you can harness the intelligence of the cosmos via the power of synchronicity.

A key part of this chapter is practical, and I explain how the INI Tools can be used at all steps of your journey. Chapter 9, *Keeping the Dream Alive*, outlines how to stay on track once you know what your calling is. The Wisdom Cycle is key. It allows you to continue to connect with Spirit as you feel your way through life. For, as the chapter will explain, the Feeling Sense is crucial. Chapter 9 also explains how to deal with negative people and negative energy by keeping your consciousness field strong.

I will show you how to intuitively assess the value of any decision before you take action. This will take a lot of the guesswork out of your life. The process centers upon the Wisdom Cycle, a formula to help you make wise decisions. This involves taking action with the help of integrated intelligence, and learning from the results. The whole process is joyful, as your Bliss is not simply your goal, but your journey too.

Creativity is essential as you live your Dream. Chapter 10, *Inspiring*, is about how you can use INI for inspiration and creativity. The brain is a self-organising system, and can help you generate ideas, insights and solutions. Yet, there are three key factors to creativity which are not acknowledged in mainstream psychology. First, your higher self plays a key role. Secondly, your mind can access infinite knowledge. Finally, spirit guides can assist you. I will show you how you can deliberately develop your relationship with your guides. I will show you how you can use the INI Tools to these creative ends.

Chapter 10 explains that there is a dark side to integrated intelligence. Your intuitive feelings can be affected by negative energy. These can include the human ego, interference from the fear of the human collective mind, and low-vibration spiritual entities. Such negative energies can interfere with your creative process by inputting distracting information and stopping the flow of positive inspiration. I will tell you how to protect yourself from such negative influences.

Love has always been the key desire of human beings, and in Chapter 11, *Love Matters*, I will show you how to create truly loving relationships that honour your Spirit. INI is particularly useful in your

relationships because it helps you intuit the true feelings, attitudes and motives of self and others. Once you have developed the capacity to connect with your intuitions and deep feelings, you will also be able to connect with others'. This includes any human relationship - intimate, friendship, employment etc.

There are several important skills which you will learn in this chapter. I will show you how to measure the "energy" of particular decisions, such as whether to date a particular person, discontinue a relationship, ask for a raise and so on. Secondly, I will teach you how you can connect with your psyche to clearly see the ego projections and agendas which can harm your relationships. Finally, you will learn to intuitively "read" the motivations and projections of friends and partners. These processes will help empower your personal relationships, and minimise conflict within others.

This chapter also outlines more about "drama". Dramas are conflicts which exist either at a physical or psychic level within relationships. They involve unconscious struggles for power and control. At the superficial level these are ego projections, but under them lie the emotional scars which drive your ego. I will show you how to identify these, and pull out of energy-sapping conflicts. This all comes back to being aware of your Soul Template, which brings you a deep understanding of who you are, and why you are here. Working with such understanding will help you to create the well-being and wisdom required to live your Bliss.

Sage Teachings is Chapter 12. The present chaotic state of world economics and politics is calling us to shift to a higher state of being. An unbalanced focus upon money and power has built up the collective human ego, widening the gap between society and Spirit. We need to understand that expressing a soul purpose does not require an unbalanced focus upon materialism. The wisdom of the Sage brings with it awareness that we are part of Spirit.

Once you have begun to develop the genuine empowerment of Spirit, you inevitably become a teacher. As the Sage, you have a responsibility to give consciousness back to the world. Chapter 12 identifies ways you can do this, ranging from merely being in presence (a great gift to all), to communicating your wisdom to those around you. I also

give advice for those wishing to become spiritual counselors.

Chapter 12 also addresses relationships with spiritual teachers. I outline ways that integrated intelligence can be used to find and work with the people who are right for you, and to avoid the common pitfall of giving power away to the guru.

Don't forget the important appendices at the end of the book. Appendix 1 will tell you how to use the INI Tools in detail, while Appendix 2 will really assist you in reading the language of your mind: dreams, symbols and images.

I have learned much about how to apply integrated intelligence over the years. I have made wise decisions and some stupid ones, and I have learned from both. Slowly, I began to discern the way the human ego and Spirit interact. I came to see the way that integrated intelligence can be applied and misapplied in life.

We all know that wisdom does not really happen in an instant. A fool will not likely become a Sage by adopting the philosophy and using the tools in this book, anymore than giving a monkey the paintbrushes of Michelangelo will turn the primate into a master painter. However, what I say does offer you a way to bridge the gap between your ego and your higher mind. In reality, it often takes us time to adjust to a new way of thinking, of being. So, don't push yourself too hard. You need to be gentle with yourself. This is the ideal, loving attitude to self as you shift consciousness.

Remember, this is not only a book of philosophy. It is a "how to" book. The exercises are meant to be used. Practice and commitment are necessary. One way to approach *Sage of Synchronicity* would be to read the book right through first time around, then come back to it and begin to apply the INI Tools in your life.

Unless you take the actions Spirit is inviting you to, you will never really "know".

Part 1

Foundations of Bliss

**“I run on the road, long before
I dance under the lights.”**

Muhammad Ali

Chapter One

Frontiers of Mind

Intuition, intelligence & your future

In 1988, I left the University of Newcastle in Australia with an honours degree in Modern History and wondered what the hell to do with my life. I couldn't get a job right away, which confused me, as I knew all the key dates in recent Indian history. What was worse, I was very shy, and my people skills were one step below that of a developmentally delayed garden worm. I could have tried to get an office job, or land a cushy position with the public service to hide away from the world. Instead I stopped for a moment and thought to myself: "Considering that I am socially challenged, how can I learn better people skills?" After some deep reflection, I did the only logical thing I could think of, which was to take a job selling vacuum cleaners door-to-door.

After finishing the Dusty training programme, I was driven out into the 'burbs with a bunch of pimply-faced high school dropouts, and thrown out of the company van and onto a block of houses with another young kid. Our mission - as we had chosen to accept it - was to give away company cards and take people's phone numbers. This would help set up in-house demonstrations later on, for our unsuspecting householders. My young friend and I were told to go in opposite directions, knocking on each door until we met on the other side of the block, whereupon we would be picked up by the Dusty van.

Now, I was pretty fired up, as any chronically shy young man would be when out on the street knocking on doors and trying to flog super-expensive dust collectors valued at two thousand bucks each (and remember it was the 80s!). I did pretty well, and by the time I got to the other side of the block to greet my colleague, I had collected more

than a few phone numbers. However, my pimply friend wore the harrowed look of a man whose pet goldfish had just been diagnosed with a swimming disorder.

He began to moan. "This is all bullshit! I'm quittin'!"

And so he did.

But not me. No. I hung in there for another seven months, until I worked out that it really was all bullshit, and quit too.

Now, you might say that I am a slow learner, but the truth was that I had a strong motivation to stay in a job that literally sucked. The bigger picture was that even as I worked a hundred hour week for a few lousy bucks, I was learning what I wanted to learn. My people skills got upgraded, and I learned a thing or two about self-discipline and selling. Some things are worth more than the cash.

The reason I begin with this story is that you might be thinking of skipping this chapter because it looks a bit "intellectual," especially considering the title "Frontiers of Mind." However, if you do you, will miss something vitally important.

The fact is that it's very difficult to rise above the dominant beliefs and attitudes of your culture. You really need to see things from a distance. You need to see the big picture. You are part of the evolution of the consciousness of the human race, and of the universe. You must appreciate that this is a unique moment in history, and the present is just one of many possible futures that could have unfolded from the past.

That's what I mean by "the big picture". You were socially constructed as a human being, not unlike the way Toyota makes its cars. You were built to be a cog in the consumer machine, and not knowing any better, you bought the big lie. The problem is that the essence of your Spirit, and your soul purpose, isn't much good for cranking the handles of the cash machine. So they forgot to tell you the part about your soul. They forgot because they also were programmed to be cogs. They bought the big lie, and then sold it down the line, to you.

Armed with an awareness of your social status as a screw in the engine, you will be less likely to throw your arms up in the air when you get to the end of the first block, start moaning that "This is all BS!", then quit.

More about the big picture

As human beings, we have an innate capacity for integrated intelligence. We can access knowledge beyond the boundaries of the individual brain. We are in a constant state of data retrieval and “transmission” with people, environment, spirit realms and the cosmos itself. Throughout history, many of the wisest of people have been able to tap into infinite wisdom to create lives of deep meaning and purpose.

*You were built to be a cog in the consumer machine,
and not knowing any better, you bought the big lie.*

Strange it is, then, that we are not taught this concept in modern public education systems. Instructing children to memorise the words to the national anthem is more important to curriculum designers than teaching them to operate their minds to full potential. People are not taught how to live their Bliss. There is a general taboo in modern public education about mentioning integrated intelligence. Chances are that by the time you have graduated from high school you will have sung the national anthem thousands of times - and spent precisely zero seconds learning about utilising your intuition.

Let's step back for a moment and examine the reasons for this astounding silence about the intuitive mind.² Educational, government and corporate institutions express a culture of rationalism, where brain-based cognition is the only model of mind seriously discussed. Further, modern developed societies have created scientific and finance-based cultures, which mostly ignore inner worlds and the mystical and spiritual aspects of mind. The consumer society has constructed human beings as gratification-seeking automatons without Spirit.

In other words, modern life has turned us into a bunch of zombies.

21 have written two books, which address the reasons for this silence about INI. They go into much more detail than this chapter. See the recommended reading section. You can also find online a summary of what I call “the western rationalist hegemony”, in an article I wrote for The Journal of Futures Studies at http://www.jfs.tku.edu.tw/pdf/A_3.pdf.

It's not so much invasion of the body snatchers, as hegemony of the soul snatchers.

Historically speaking, the scientific revolution of the seventeenth century eventually led to the idea of the mystics and Romantics being extinguished, and along with that dismissal they jettisoned the human soul. In mainstream media and culture, references to so-called psychic phenomena and spiritual experience became associated with superstition. Integrated intelligence gradually became taboo in mainstream science and education. The dominant paradigm in much of science became that of a mechanical universe structured according to the laws of science. Ideas about spirituality, God and even consciousness became suppressed (though there has been some resurgence since the late twentieth century).

Free will is the absolute essence of human consciousness.

Finally, there is the issue of levels of consciousness. We are ruled and taught by people who have not fully developed their minds. They are chronically dissociated from body and Spirit, and to make matters worse, their minds resonate at a low-frequency level³ dominated by fear, anger, blame, shame and guilt.

This psychological dissociation is what I call “the alienated mind”. Our leaders and teachers are severely restricted in their capacity to understand and access high-frequency knowledge. How are they to understand it, let alone acknowledge and teach it, if they are not even aware of it?

Enter the zombie

One recent strain of thought in cognitive science maintains that we are not really conscious, and that there is no such thing as free will.

3 This is a metaphor. Sometimes I use the terms “low-density”, “low vibration” and “low frequency” to refer to low-level consciousness fields. The metaphors are based on my experience of them, not research. Many other writers have used similar metaphors.

We think we have choices, but it's all a delusion. We are really just zombies.

The cognitive scientists got it wrong. Free will is the absolute essence of human consciousness. However in a sense, we *have* become a bunch of zombies. Yet the zombie state is not innate to humanity. It's just that we have forgotten how to think, and especially how to feel; and other zombies keep telling us not to think about anything too important or to feel anything too deeply. Last time I checked, zombies were not usually too good at teaching anyone how to live and think. And just quietly, don't ever tell a zombie that he's a zombie. Zombies get offended, and the next thing you know, they want your brain.

All these factors have created the zombie delusion, as shown in Figure 1.1, below.

Integrated intelligence is the ability to draw on the extended mind and its intuitive capacities, to live your life successfully.

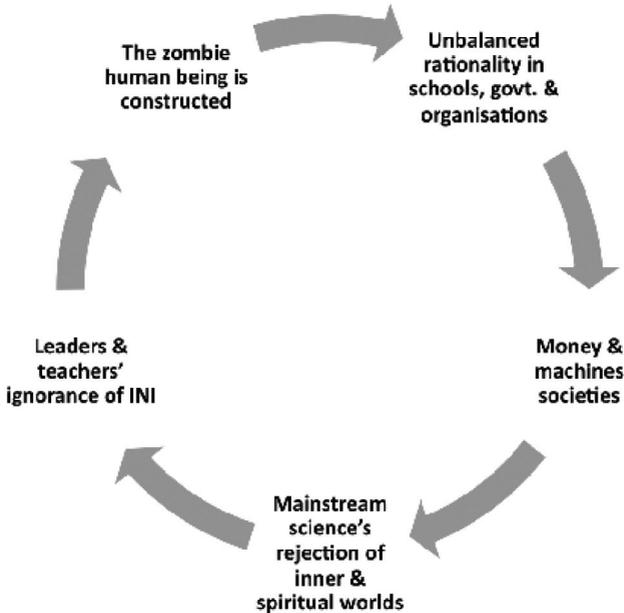


Figure 1.1: The Zombie Delusion

What is integrated intelligence?

Before we even begin to define integrated intelligence (or “INI”, for short), we should stop for a moment to ask what intelligence is. Intelligence is the mental ability which allows you to function successfully in a given situation. That’s about it, really. The fact is academics have been arguing about this for centuries, and still can’t agree on much more than the definition I give you.

It’s from this definition of intelligence that I define “integrated intelligence” as the ability to draw on the extended mind and all its intuitive capacities to function successfully and solve problems in your life. The extended mind, in turn, is consciousness that extends beyond the individual’s brain, and connects us with spiritual realms. So, in a nutshell, integrated intelligence is using all the abilities of the mind, including the psychic, to live the life you want.

There are at least seven core mental functions that INI allows you to perform.

Integrated Perception. This is the ability to sense the connections between and amongst things. This Integrated Perception includes the higher order enlightenment experiences where the individual’s sense of self expands out beyond her immediate body.

Integrated Location. This is the capacity to sense where things are, without having prior information.

Integrated Diagnosis. Integrated Diagnosis is the ability to intuitively find the cause of problems. Integrated Recognition.

Integrated Recognition is being able to immediately know somebody or something without ever being told about them or it.

Foresense. When you sense what is going to happen in the future, this is Foresense.

Integrated Evaluation. Integrated Evaluation involves being able to intuitively determine the wisdom or value of different options and choices.

Inspiration. This term refers to creative knowledge and ideas that come to you from spiritual sources, not your conscious mind.

There are also two outcomes, which emerge from the successful application of INI.

Wisdom. Wisdom results from the capacity to use INI to create a life that is deeply meaningful and in alignment with a person's highest needs.

Transformation. A core shift, lifting the person towards greater wisdom and intelligence, and creating a higher level of consciousness. This causes a transformation of their entire being.

Where integrated intelligence comes from

To speak in slightly simplistic terms, the knowledge in your mind arises from two sources. The first is mundane knowledge gleaned from life experience, and the way your mind processes that experience. There is an awful lot known and written about this in mainstream psychology. You can find out about it by opening any psychology textbook. The second source comes from beyond the brain, the home of INI. This non-local mind incorporates several different sources of information. Firstly, there are the energy fields contained within the environment, and the universe itself. Everything contains a field of information. The second source of transpersonal knowledge is the information that is given to you by Spirit.

Spirit will not grant you higher knowledge and power till you show you can handle it.

“Spirit,” in turn, consists of two channels of information. The first are spiritual entities, sometimes known as spirit guides, who have chosen to oversee part or all of your life, and guide you through it. We all have them, although many people are completely unaware of this fact. The kind of information you are given by Spirit depends on your level of spiritual maturity, and how much you need it. The second category of “Spirit” is the wisdom of the universe itself. Personally, I like to call this intelligence “God”, but this word has different meanings for different people. I tend to think of this in impersonal terms, rather than the personal God of religious lore.

Now, even though the voice of Spirit is not in your immediate control, you can actively ask it for help. You can, and should, develop a relationship with Spirit. The more you actively seek out the assistance of Spirit, the more Spirit is able to work with you.

If you show that you are a person of wisdom, Spirit will repay you by giving you more knowledge, and by implication, more power. When I first began my spiritual journey, I met an Australian Aboriginal woman named Maria, who clarified this point for me. Maria was an intuitive counsellor and a clairvoyant, and being young and naive, I sought her out for help. I have never forgotten what she told me. She said “You will be given power by Spirit. But not yet.” I asked her why that was. She said, “Because you are not ready for it. If they gave it to you now, you might destroy it.” That was some seventeen years ago.

What she told me was true - for all of us. Spirit will not grant you higher knowledge and power till such time as you show you are ready to work with the power in a responsible way.

Spirit and the Sage

What *you* can do, regardless of where you are on your journey, is to take small steps, and work with Spirit in the only place you will find it - the here and now. This book is about those small steps. All it takes is a moment for you to connect with your integrated intelligence and its innate wisdom. The wisdom comes in the process of applying that information to life, and learning from the process.

Spirit will give you tests.

Mastering INI takes time, application, and discipline. Spirit will give you many tests. Thankfully, they come one at a time. So, you can work your way through them, step by step. Even Sages get an apprenticeship.

It is said that in the journey towards Spirit, the person who arrives at the destination is never the same as the person who starts out. Each step of the way will transform you a little.

Your wants and needs will change too, and become less ego-centred. Your goals will transform along with you. It is not necessarily a

bad thing that we start out a little narcissistic. To some degree this is inevitable, so don't beat yourself up whenever you catch yourself being a show pony. Have a good laugh instead. Like it or not, a large part of your mind exists in the alienated ego state, and your dreams and desires are often a projection of the ego's pain, hurt and insecurity. If you are completely honest, eventually you will see these egoic goals for what they are, and simply let them go.

That's not quite as easily done as said. Ego is a trickster. Relax with that truth, hold gently to your desires, but be willing to let them go when they no longer serve you.

In the end the world will be the better for it. Both personal and planetary transformation will result from your application of integrated intelligence. Isn't that a wonderful thing?

The many voices from within

Before you can use INI to live your Bliss, you will have to learn more about how your mind works. There are multiple voices competing for attention within your mind, and it is imperative that you learn to distinguish amongst them. It is not difficult to let go and receive information from within. However, identifying the voice behind the idea is not so easy.

This confusion comes from the fact that we tend to identify with the personality construct; the ego. A prime function of your ego is to maintain the status quo. When the Sage begins to rise from within you, your ego will begin to lose power. This process represents death to the ego, and it thus resists with all its might. This is something you really have to appreciate if you are to connect with your Sage. If you don't, instead of becoming the Sage, you just might become the Silly Old Twit. Just between you and I, there are enough of those folks around already.

How can you distinguish the voice of ego from that of the Sage? There are recurring themes, which tend to give the ego's game away. Take a look at the list in Table 1.1 below, and note the distinctions between ego and the Sage.

When you listen to your inner voice, simply ask yourself whether the intention behind it is Sage-like or ego-like. If it tries to tell you that you

Ego	The Sage
<ul style="list-style-type: none">• Sees itself as the centre of the universe, & tries to establish observers.• Insecure. Needs constant approval from others.• Lives in a state of constant desire, in past or future.• Seeks control & power over situations & people. Pushes for outcomes.• Runs from pain, uses it for attention & emotional leverage.• Blames & seeks revenge.• Death denying. Seeks to maintain things as they are, or return to the past.	<ul style="list-style-type: none">• Knows that he is part of a greater whole.• Knows himself. Releases need of approval of others.• Lives within peace & presence.• Knows when to let go & listen to Spirit. Takes gentle action that honours all• Takes responsibility for pain &/or allows a healthy expression for pain.• Uses anger responsibly, including as a spur to take appropriate action.• Permits change & transformation, understands all things are impermanent.

Table 1.1: The Ego vs. the Sage

are the star, or that you can have it all, that is your inner tosser speaking. Tell it to sit down and behave itself. But do it gently. The best way to know the ego is to develop a close relationship with it.

The best way to know the ego is to develop a close relationship with it. Befriend it. Love yourself.

Befriend it. Don't try to pretend ego is not there. That will just drive it into the shadows, where it will gain more power over you. Remember, each time you judge yourself or deny parts of yourself, you retract from the unconditional love that is your birthright. So it is a case of loving self-discipline.

In the following chapters you will learn how to do discipline the ego while retaining a loving relationship with it.

Intuition and ways of knowing

If we define intuition as subtle inner feelings which prompt us towards a certain perception, attitude or action, then intuition is not a single voice, and has various sources.

In my writing, I divide intuition into two categories: mundane and mystical intuition.

Both contain useful types of insight, which you can use to your advantage as you move through life. However, both also contain intuition that can be negative or distracting.

You need to discern amongst them all. Table 1.2 shows the main rational and intuitive ways of knowing we can use as we journey the road to our Bliss.

Mundane intuition

Mundane intuition is the brain's way of communicating information through subtle feelings. The mind is, in part, a kind of self-organising, data-processing machine. The data goes into the brain via the five senses, and then the mind-computer crunches it.

The mind organises the information all by itself, and you don't have to think about it. The unconscious mind communicates its 'understandings' to the conscious mind via subtle feelings - intuitions.

Mundane intuition is brain-based. It contains no ESP.

There is nothing mystical or extrasensory about mundane intuition, and so you can find references to it in mainstream psychology.

Mundane intuition includes our unconscious attitudes. These are beliefs and judgments that we hold. They may, for example, lead us to size people up in the first few seconds that we see them.

However, they can also serve a positive function, as some general perceptions about kinds of people, places and things can protect us, or allow us to sense an advantage in a certain situation. A policeman seeing someone shuffling along nervously while lowering his gaze, might intuit that the person is somebody with a guilty conscience.

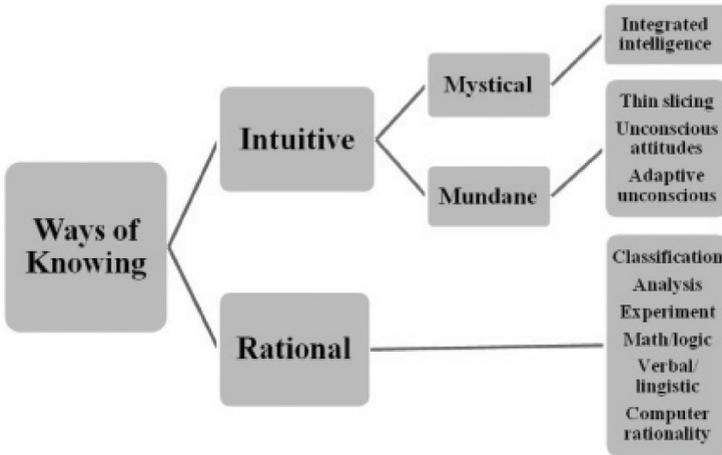


Table 1.2. Rational and Mystical Ways of Knowing

Another kind of mundane intuition is “thin-slicing”⁴. Thin-slicing is when we make an unconscious judgment about something based on a small sample of data. When we meet someone for the first time we may form judgments in the first few moments, based on what we see, hear, smell and so on. The information we receive may be barely conscious, and may pass within milliseconds, but we process the information nonetheless.

The final kind of mundane intuition I will refer to is implicit knowledge, where we have learned something, and it becomes habitual and unconscious. Implicit learning can help us perform certain activities, such as when we drive a car without having to think about what we are doing. However the negative aspect of implicit knowledge is when we apply the wrong procedures or behaviours when we misread a situation.

Mundane intuition is useful and real. I recommend that you take some time to understand it. Take advantage of it, as I do in my life. The more conscious you are of the feelings prompted by mundane

⁴ Malcolm Gladwell uses this term in his book *Blink*, which is all about mundane intuition. You can find Gladwell's book and others about mundane intuition in the recommended reading section.

intuition, the greater will be your wisdom within any given situation.

However, mundane intuition does not explain a great many kinds of intuition, and certainly doesn't explain integrated intelligence as I have outlined it. Some mundane intuition writers go to great lengths to disassociate themselves from any concepts related to mysticism and ESP. In doing so they lose the opportunity to explore and understand INI.

Mystical intuition

Mystical intuition has a source beyond the physical brain. It involves ESP. First, I will refer to the positive expressions of mystical intuition.

We all have spirit guides. They give you information to help you in your life. You can cultivate your relationship with them.

Spiritual guidance is information given to you by trustworthy spiritual entities. We all have spirit guides, and they can give you information, which will help you through your life's problems. It is not just one-way communication, though. The more you ask for help, the more assistance your guides give you. If you want to take full advantage of INI, you should cultivate the relationship with your guides. You do this by asking them questions, listening for their guidance, and then applying it to your life.

By connecting with the Sage you will discover your Soul Template, which encodes your calling.

The second source of mystical intuition comes from your inner Sage. Although most people identify themselves with their personalities and ego, there is a wiser self. Your Sage will, from time to time, prompt you with feelings and intuitions to help you out. Again, you can cultivate the relationship with your Sage by detaching from the ego. It is also important to stop believing that your mind chatter is really "you".

It is your higher self that will call you towards your Bliss. By connecting with the Sage, you will learn about your Soul Template, as we

shall discuss in the next chapter. The Soul Template encodes your calling.

The universe contains a vast reservoir of recorded information, sometimes referred to as the Akashic Field, after the Hindu term. This information is the third kind of positive mystical intuition. The “memory” of past and present is at your disposal. However, your capacity to tap into it depends upon your level of intuitive development, the state of your mind at any given time, and also on whether you are given permission to access the data. There is some data which is not permitted for ordinary human beings, or those not ready to see it. One time, for example, I was trying to use a light trance state to “look” at the life of Jesus. I was subtly told I would not be allowed to see it. I have not tried since. Jesus may well be your friend, as many Christians like to say, but that doesn’t mean he likes you snooping in on his personal stuff.

The fourth kind of mystical intuition occurs when we receive a direct stream of information from the environment. Every place you enter contains information about its history at a psychic level. The most typical way this is communicated is via subtle feelings as you enter the place. Some might call this the “vibe”. In every culture if there is a dwelling where a murder has occurred, the value of the house plummets. Why? Logically, if the past remains locked in the past, it should not matter even if it was the Yorkshire Ripper’s holiday home. Everything that ever occurred there, bloody murders and rapes included, would be “finished”. But it isn’t, and that’s what we intuit. Places have memories.

“Negative” mystical intuitions

Simply because you have a gut feeling, a vision, or a voice tells you something, it doesn’t make it the word of God. Mystical intuitions can become distorted by negative influences, and some of them simply come from the bad guys.

The first and most common cause of distortion comes from the mental projections of other people. Your mind is being constantly bombarded with the thoughts and emotional energies of others. The strongest are almost always negative, because it is when people want

to control or disempower you that their psychic “intention” becomes strongest.

This is hard for some people to accept, because we want to believe that the people around us love us, and want the best for us. At a certain level, this is true. However, we all have fears, and unacknowledged pain. Our egos try to arrange things so that they do not have to deal with those fears and pains. Our psychic projections are therefore mostly about control and power over others. If you are planning to relocate to another country, for example, your mother’s abandonment issues may get triggered. She may send you a stream of manipulative psychic energy to try to “dissuade” you from going.

The negative psychic projections coming from family, friends and others are usually unconscious. They would be shocked if they knew how destructive their thoughts often are.

These projections are often completely unconscious, and people would be shocked if they knew how destructive their mental projections often are. Recently, for example, I have been dealing with some very destructive psychic energy from a female relative. Let’s call her Wendy. This has been an ongoing situation. I rang her up just a few days ago, and she was as jovial as ever - “loving”, even. However, at a certain level she cannot bear the idea of my achieving success in my work and profession. My ongoing self-work also threatens her. She wants to retain control of me, and she does retain some control of me via my “wounded” child, the part of me that she psychically manipulates. At an etheric level Wendy constantly pushes me down, because a higher degree of self-empowerment changes the psychic relationship between us.

You are also influenced by the collective energy fields which your mind exists within. For example, major events in your family will influence the consciousness field of the family. If you have been working in one workplace long enough, your energy field will be partly embedded within it, and the dramatics of the workplace will affect your psyche.

Collective consciousness fields incorporate all groups, from small gatherings of people, right through to the collective energy of human-

ity. The longer a group has been together, and the stronger their emotional bond, the more powerful is the field of connectivity. For example, with the downturn in the world's economic system at the time of the writing of this book, there have been great psychic pressures placed on all of us. These relate to our beliefs about money, and lack of abundance. Another theme that runs through the human collective psyche, and is returning big time, is the idea of Armageddon, the terror of the end of the world. Whenever the boat starts to rock a bit, that theme begins to ooze its way out of the noosphere. The collective human energy field begins to destabilise, and fear and anger become elevated. In such times, you really have to watch your mind to see if you are becoming ensnared in the collective muck.

Ideally, the leaders of this world could take preventative measures during difficult times to ensure they don't get caught up in collective darkness. Unfortunately, the average garden snail knows more about quantum physics than your typical politician knows about integrated intelligence.

Another "negative" source of mystical intuition is discarnate entities. This is one of the less pleasant things to learn and experience as you develop INI. Mommy and Daddy told us years ago that there were no monsters under the bed. They were trying to make you feel safe, and that is good. Unfortunately Ma and Pa weren't too attuned to the subtle energies that move through the shadows of the mind.

Negative entities

The truth is that there are dark non-physical entities, which affect human consciousness.

Firstly, there are the souls of those who have passed away. The bad news is that people who die do not suddenly gravitate to paradise, as some religious and spiritual traditions suggest.

Greatly disappointing as it is to have to accept, there will be no bevy of vestal virgins awaiting you if you've been really good. The energy of the departed remains fixed at the level of consciousness they developed in their lives, and the realm they move to resonates at that same level. God doesn't send you to the top of the class simply because you drop dead.

The other bad news is that Grandpa is probably still hanging around. The psychic interaction between the deceased and those whom they have left behind often remains unchanged by their physical death. In part, this fact is due to unresolved issues that remain. For example, I have experienced a great deal of psychic interaction with my father, despite his having passed away a dozen years ago.

If you retain lingering guilt, blame, anger, sadness etc. towards someone who has died, your “relationship” will continue at an energetic level.

Much of this energetic exchange is unconscious and emerges from codependence, with its typical need to take, and give away, power. If you retain lingering guilt, blame, anger, sadness and so forth towards someone who has died, and/or if they retain similar attitudes towards you after death, your “relationship” will continue at an energetic level.

There are also what I might refer to as “dark energies”. These are spiritual entities which have been emotionally damaged and retain little spiritual light. They range from the human, to the human-like, and to those that are not human at all. These entities may try to draw you into their darkness.

Now, before you run out of the room screaming... It is true that some people will be greatly affected by such energies in their lifetimes. Still, I am not going to deal with this subject at depth in this book. Let me just emphasise that as you travel along your spiritual journey, you may become aware of these. And if that time comes, you will already be developing enough power and wisdom to deal with them. This may not be easy, but if I were you I would only worry about it when the time is right⁵.

Meanwhile, it is one step at a time. The best protection against dark energy is to keep your ego in check (dark energy loves to build up, and feed off egos). Refine your emotional energy by maintaining a mind-set of gratitude and positivity, and releasing negative emo-

5 At a later point, I will write another book for those who have used integrated intelligence over an extended period, and go into this in more depth.

tional attitudes. And do your healing work. Make sure you address your psychological or spiritual issues, and pay special attention to the needs of the wounded child within. In the remainder of Part 1, and in Appendix 1, you will find more information about two relevant INI Tools: Connecting with the Wounded Child, and Connecting with the Ego. These will help to protect you from the less pleasant energies of a connected universe.

Negative influences on your consciousness tend to be at their most pronounced when you are making a big shift in your life - changing jobs, starting up a business, establishing new relationships (or leaving old ones behind), working hard on spiritual issues and so on.

This is because the energy shifts within your mind are greatest at these times, and any shift in your psyche affects the energy fields within which your mind is embedded. That especially means those of your family, close friends and lovers, past and present

Times of marked change involve a “test”. Your energy field becomes destabilised as you process your unresolved emotional and spiritual issues.

Dark energy enters your energy field through emotional pain. It also builds up and feeds off egos. The best protection against dark energy is to keep your ego in check, and heal the hurt within.

Times of marked change always involve a “test”, where your consciousness field becomes destabilised as you process your unresolved emotional and spiritual issues.

If you “pass” the test, the energy shifts and the issues may be resolved. Your psychic connections with others may then change. The control that others have had over you at a psychic level will be diminished, and your need to exist in a state of co-dysfunction will be lessened.

Your energy field will then vibrate at a slightly higher level. However, if you do not process the energy (that is, you “fail” the test), your energy patterns will not shift. Chances are that the goal that you were trying to achieve at a physical level - the relationship, the business, or the healing process - will also fail.

Intuition in a nutshell

I summarise the various types of intuition below, moving from the most readily verifiable and mundane, down to the most mystical and spiritual.

- Unconscious attitudes and judgments.
- Thin-slicing (rapid, unconscious judgments based on small amounts of data).
- Feelings related to automatic responses, from habit and conditioning.
- Emotional and physiological responses, including from the drives of the human ego.
- The shadow (repressed feelings and pain).
- The consciousness fields of other people and collectives of people.
- The consciousness fields from the environment, including places, and all of nature (plants and animals, Gaia and cosmos).
- The higher self/Sage. The call of the human Spirit to align itself with its purpose.
- Spirit guides. Personal spiritual guidance including creative inspiration.
- The Universe/God (however you define “It”).

It is often hard to distinguish amongst these; however, you will get better at it as you work more closely with INI.

Start swimming

I developed the theory of integrated intelligence based upon years of work with people who exhibit these cognitive capacities. I have employed all of them to some degree in my own life journey. Speaking from a scientific level, there is no definitive proof for any of the mental capacities of INI. If you look into the field of parapsychology, you will find both hardcore sceptics and vociferous proponents. Their preferred intellectual position is one of beating each other over the head with blunt, heavy instruments.

I'm obviously a proponent of psi experience, and you will be glad to hear that I have put away my blunt instrument, at least for the duration of the writing of this book. There are valid arguments on both sides of the fence. I saw this early on when I became interested in integrated intelligence. I realised that I could spend a lifetime arguing the science and philosophy of all this, and still be none the wiser. So, I decided to put away the books for several years, and just jump in and test the water. After about five years of swimming in the volatile currents of the human consciousness field, I had discovered the knowledge that you find here in this book. I then swam ashore and once again dipped my head into a few books of science and philosophy, attended conferences (blunt instruments provided), and produced a PhD dissertation and a few academic books and papers about INI.

All the while though, I have avoided getting lost in the human intellect. Without the nourishment of Spirit, rationality is a desert for the

*Without the nourishment of Spirit, rationality
is a desert for the human soul.*

human soul. I have kept returning to the waters of Spirit.

I took the best of both worlds, threw away the unhelpful bits, and the result is what you see in this book.

Nowadays I use INI every day of my life. Few decisions, large or small, are ever made without it. I am very conscious that as I write this book, I am being guided and inspired through every page. For example, even as I began writing this section, I suddenly noticed that a song was playing in the back of my mind. It was Australian band Midnight Oil's 80s song "Best of both worlds". I think you can see how it helped me.

In the end, you will learn more about INI, your Bliss and your soul purpose by working with INI directly. The intellectual part is fine, but intellectualism without hands-on practice is just head stuff. I suggest you start swimming right away.

Final words

Integrated intelligence is the lifeblood of humanity. However, we

have been sold the lie that it doesn't exist. Over a period of centuries, we have cut ourselves off from this essence of our being. It is a setback to be sure, but merely a temporary one.

Rationality without intuition produces greatly impoverished human beings. Zombies. The intuition of our place in the cosmos has become muddled. Yet integrated intelligence has not gone away. The capacity to activate it has simply become diminished. We can rekindle the fire that empowers our Bliss.