+ BEING IN TWO PLACES AT ONCE

You could feel yourself be in two places at once. This information will cause you to remembrance that you can be in two places at once, and it is true that many people can to do this, and some are doing this more often than they realize. This knowledge will allow you to recall and to explore further this fascinating subject for yourself.

The main problem is to get used in projecting out of your physical awareness, then there is your God-Self and this seems easy to reject from your mind. You may not be aware that you have a twin representation that looks like your physical body in the existing space that you cannot see. And this image of you exists at the same time as you do.

Your Spirit lives somewhere while you are preoccupied with your human conscious. Mentally you can be aware that you exist somewhere else mentally and at the same time as you are relaxing in your comfortable chair. To make this experience real, you need to be aware that you can project you're double and make believe that you can think of a scene that you are thinking about. You can totally
imagine that you are seeing yourself standing in another location.

You see you as an invisible being of Light and you are making use of your Soul invisible body. This can happen because your Spirit is the director of your Creative Soul. Within your Spirit, you are able to feel that you exist in two places and you can see yourself living somewhere else and this will be at a location of your choice. You see your awareness knows no limitation but what you make yourself believe could be that you are resisting the knowledge that your Soul is your creator.

When you project your mental consciousness in another location, this is how you escape the shackle of your human consciousness which is tied to your human body. You are living a human experience because you have forgotten and you had no clue that you could also exist on the invisible plane. This knowledge of what you could do spiritually was completely erases from your memory. While you are live on this earth, you were programmed to live in ignorance. And, you had no knowledge that you are a spiritual being of Light.

Then as your inner awareness increased and with the strength of your willpower, it becomes easier for you to see that there were different layers of
consciousness that continue to open up as your wisdom increase. And when you started to transcend your lack of knowledge you are then able to **let go of your restrictive beliefs.** You often moved into a timeless state where you consciously altered your physical awareness in your meditation. And in this invisible dimension, you are aware of your double immortal body of Light, which is your Soul that looks exactly like your human body.

When you acclimatized yourself to this idea, it became possible for you to interact with your divine self. As this first happens, you may think that you are in contact with your guardian angel. This other self is your creator Soul and this is often known as your Higher Self. Individually this Soul is really the other aspect of you and this feels as if it was another person. While you are in contact with this light being, you will feel as if your intuition answering you. You are in communication with your double and your **SOUL** is the twin image of your physical body.

At first when you start to recall your twin self from this other dimension you will be seeing yourself in different activity scenes because of what you are imagining. You will feel uneasy the more you recall this awareness, and at the same time the easier it is for you if you keep an open mind that anything is possible. As you persist, you will tend to want more
knowledge because you are starting to feel more at ease the more you exist in this inner world.

As you begin to remember, you will find that you can project your awareness into other location by seeing your other higher-self there. You can use your conscious mind to report what you and hear from another level. This other you, is reporting all that you are transmitting from another location. For now, your twin self is saying what it hear, see and feel, it is a passive observer. At that time, your spiritual consciousness awareness is the receiver and you’re double is the transmitter. This is the same process if you want to communicate with your own Higher Self, which is known as your Soul. What you hear or see in this other location your Soul is pick-up the information and it is using your human body to transmit the information received. The information that is reveal will not be a mystery any more. You will be able to reach and communicate also with your multidimensional family.

You twin invisible self is your Divine garment that you will use to manifest your Spirit presence within this invisible world. You know this information is your truth. This is not a big secret anymore. Therefore, the idea is to transfer your consciousness and function from your invisible twin-self.
This document is gradually helping you to understand how you will achieve your immortality as you further expose your conscious awareness to the invisible kingdom. The key is to relearn and know how the shift happens once you are able to release yourself from your human consciousness. This information is about how you can consciously move into your immortal spiritual awareness.

YOUR MIND HAS ONLY ONE LAW

With your intent, you are able to participate eventually and maintain THIS higher level of conscious awareness as you allow yourself to function more from your heart. Once you do that, you will be able to achieve great success. Consider this: “What you think or imagine your mind doesn’t know the difference if it is real or not”. For example, if you believe your twin self is in front of you, know and touch it, feel its presence in that space. What you are imagining actually a reality that is happening NOW and it is not an illusion.

It was discovered a long time ago that the mind cannot tell the difference between what is real and what is not real. As you think about your past or future event, your mind is experiencing what you are thinking as an actual event. The reference point in this invisible space is you focusing on your mental
creation. What you perceive manifest in the space that is in front of you. In the space in front of you, this is where is found the reference of what you have imagined.

As you further change your former way of thinking you will eventually experience a different outcome in experiencing different feelings. TRUST what you see in the invisible and feel its presence.

Affirm the reality of what you see. Your mind cannot tell the differences between what is invisible and what is visible. It is that simple--trust what you have created and seen with your imagination. Now, with your eyes of Faith you can now affirm what you see is your truth. This is what you will experience in your life, eventually. If you have seen it, just know what you have already seen is the truth now trust what you saw.

What is mentally shocking at first is how fast you can change your mind. This is why it is so important to discipline and strengthen your WILL. Otherwise your monkey mind will have a field day with you, and this type of awareness will get you nowhere. To succeed, you will need to establish those thought patterns and get used to thinking a certain way. Your mind loves to be practical and it does not like changes from its usual routine. It likes to stay the
way it is because it is so used to having its way. You are going to change this and you are going to be in charge of your will.

With this information, start to manifest your self-image in the space in front and visualize this image that you are able to see through your inner eye. Practice this information daily.

The Master Jesus said: “(John 17:16 NASB) "They (you) are not of the (this) world, even as I am not of (this) the world.” It requires courage to move beyond the boundaries of your every belief. Your spiritual maturity is to be ready to let everything go, and then you will realize there’s nothing to give up because everything is already yours.

By projecting your consciousness, you are able to function within your existing double by the discipline of your **WILL**. Each time you do that you will retain this awareness longer and the veil of forgetfulness will start to dissolve. Gradually you will be able to transfer and maintain your self-consciousness within your invisible Soul, which is fully visible to your inner vision.

You are able to manifest from your hidden Soul according the need of the moment. Do not worries talk with your God-Self; it will talk with you and an-
swer you. Sit down and together start talking with each other.

As you increase your light, you are continuously releasing yourself from the density of your physical body. And you can also manifest the image of your physical body in both worlds **AT WILL**. You are able to increase your energy or lower your energy so that people on this earth can see you. Otherwise, they would not be seeing you if you stayed within your invisible body because your frequency is high and they cannot see you.

**DO A GRADUAL SHIFT OF CONSCIOUSNESS**

At first, start to **project** your conscious awareness close by. This you do by seeing your twin self and feel what it is like if it was sitting in front of you. Then you gradually position your double a little further. Each time you are experiencing different awareness. When you start looking at yourself, from this other location, it will surprise you. You keep doing this exercise until you are able to **see your physical self from this other place**. You are teaching yourself how to transfer your knowledge into your light body as you respond from this other locality. Start to experience what you see in the room while you are looking through the eyes of your (divine self) from this other location.
You know that you are still conscious of your physical world. Now all that you do is learning to accept another reality from another viewpoint. There are greater and much more fantastic powers that exist as you to function within the conscious awareness of your twin self.

"Learn from the knowledge that you are receiving, for your aim is to become perfect in your spirituality and resemble your Creator, who has created you. Train your spirit (your individual consciousness) in this incarnation to accept and flow with this idea of the many levels that interest you, let your mind understanding be perfect.

You are able to transcend and transfer your consciousness into your twin self by thinking and imagining how to change your former way of viewing things as you experience a different outlook from your divine self-viewpoint.

In time past, the duplicate body was known by many names. It was known as the Etheric Body, the shadow body, the soul, the holographic body, your light body, your higher self, and there more on that list. For now, you have the idea.

First - Part One

After two weeks of reinforcing your **WILL** by concentrating on your breathing for an hour each
day, you should have a fair amount of control over your attention span. Breathe in, that is you **INHALE** for 2 or 3 seconds then you hold your breath without using force, adjust to a number of seconds you can handle if it is less that is okay also. Then you **EXHALE** hold your breath and then you **INHALE**. The idea is to strengthen your will and stay focus as you take back your controls that your monkey mind has taken from you.

The interest of your lower awareness that lies within your first three Chakras is not conducive to the elevation of your soul consciousness. Their controls need to be overcome. Your EGO-mind loves to lead and be in control. It wants you to be aware that it knows what is best for you, and it is not ready to release its control over you. Nevertheless, it is by **the strength of your will**, you will eventually regain your discipline to accept further your immortal Divine Nature.

At first, for a while, make this game and just imagine that your twin is a few feet from where you are and sitting on a chair. Just be playful with this idea. Feel your crown chakra opening. This energy helps you to have a more vivid visualization of your twin self. Here the idea is to learn to **Project** your consciousness somewhere else. Also, your self-consciousness is an aspect of your subconscious
mind, which knows no limits. Let your conscious awareness move away, let say to another room, do this until you can feel a moving sensation leaving your body and it comes back to your body. Remember this action is real.

I tell you once your reasoning mind is disciplined to think a certain way by training your will, then it will be for you to teach yourself to believe gently in a certain way. You will eventually know that you can and you will eventually think from your Twin Divine God-Self. It is for you to make it fun as you learn to project your awareness. Be inventive and enjoy doing this exercise by planning that you are aware that you are doing something somewhere else.

As you acquire more experience and practice, you will also be convincing yourself and you will know this reality is real. Be conscious of the strength of your ability by the success that you are obtaining. This is only obtained, as you spend the time to strengthen your WILL. In other word, the more often, you strengthen your WILL, the easier it will be for you to master your own psychic ability.

The question is where is the boundary of your imagining before it becomes a reality? At first, you may think it is only your imagination, but, in fact, can you define where its boundaries are? There is an
extra fine line between what you are imagining and what reality is. As you project yourself, you are fully within the reality of the Kingdom of God and what you are imagining is real.

Another good way to practice is to approach mentally an apple tree, look at the Apple, the shape, the color and the size, then touch the apple. View one apple and completely erase that Apple with an eraser. View that location without the apple. Do that until it is easy to do. Alternatively, take a walk in the bush, listen to the sounds of your surrounding and enjoy the beauty of where you are. Once you are fully aware that your consciousness is within your divine body, at whatever location you want to be. Again, use your imagination, and then it is by your WILL that you will also be able to transfer and erase your physical body from your physical world, for all is an illusion. It is by your WILL that you will be able to manifest the image of yourself in any location that you choose. Just like the ray of the sun when you travel from one area to another, you are formless. Then when you arrive at this other place, you then manifest yourself once you have reached it.

However, before you achieve that, view your physical body in a full-length mirror, as you memorize what you look like. Do this often until you
are able to see your mirror image mentally as your higher self, which in reality is a mirror image of you.

Once you learn how to transfer of your awareness and you are functioning from within your spiritual body, you will adjust in no time and know that you are divine in your existing reality.

Now this said let's go to our next postulation.

Second – Part 2

This involves you being in two places at once like seeing yourself through the eyes of your double. You are able to repeat physically or describe what is happening somewhere else because you are also fully conscious of that location. You are able to transmit whatever information comes from that situation and you still will use your physical vocal cords to voice what you are saying.

A person that has developed this ability to be somewhere else will also be able to stay conscious of his or her physical entourage to answer anyone who is asking questions.

Furthermore, a person that has developed this ability to be somewhere else will also be able to stay conscious of his or her physical entourage. At the same time, with their focus and they hear from those that are speaking within their invisible realm, and
repeat the same thing within their physical surrounding.

Nevertheless, if anyone is inclined to analyze or try to justify what is present in this document, then all that they have read will cause them to resist this information. Logically for them it doesn’t make sense with their 3rd dimension way of reasoning. They will have a hard time acclimatizing themselves to this type of information. Furthermore, they will endure as long as they do not accept this possible reality but after a while, even what they have retained, this too will leave them eventually. Therefore, it is better to keep this information to yourself.

Therefore, after three weeks to a month you should be able to visualize yourself totally with your invisible body. From there you will be able to erase your physical body and take it with you in your hidden location, then you can re-manifest yourself in another place once you arrive where you want to be. This is an excellent way to visit many different beautiful places found on this earth.

In this work find yourself mentally in nature and observe the view and sounds, look for the beauty. For a time, until your spiritual strength increase, do not include other people within your awareness; it will only distract you concerning your objective.
Doctor Love