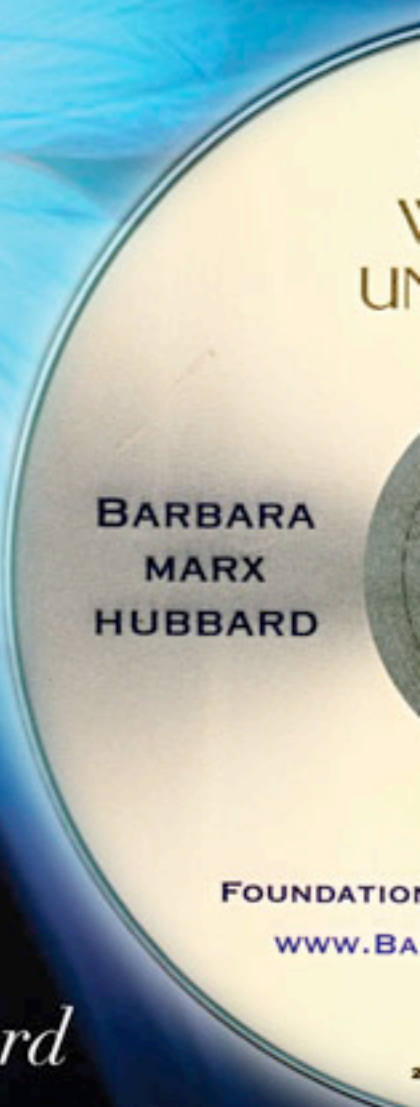


52 CODES FOR CONSCIOUS SELF EVOLUTION

*A Process of Metamorphosis
to Realize Our
Full Potential Self*



BARBARA
MARX
HUBBARD

FOUNDATION
www.BA

by
Barbara Marx Hubbard

Cocreated and Edited by Carolyn Anderson

This document contains an excerpt from the introduction "Welcome to the 52 Codes" and Codes from the book 52 Codes for Conscious Self Evolution. Our group work is now focusing on Code 52.

Excerpt from the introduction:

"With each code I give a brief description of the meaning, only a suggestion. But more important than reading my interpretations will be your own. Do not be confined or constrained by what is written below each Code. Your Universal Self knows what it means for you and will also give you specific Codes around that theme. The best practice is to speak spontaneously to one another from the Silence of your being, as the words come to you without editing or thinking. Thus you begin to manifest in your own consciousness the image and experience of your self evolved as a Whole Being.

We suggest that as part of your morning meditation you select a Code. It is best to start with Code One and continue throughout the 52 Codes, possibly one a week or one each day or whatever is most comfortable for you.

Read the Code. Listen deeply to your own intuition, then write in your journal any inspired insights of Codes that come to you.

Even better, invite a partner or small resonant core group to do the Codes with you.

Create a sacred space. Do an attunement. Read a Code out loud. Be silent. Then speak to one another from your own deepest self, building and gaining revelations as you share."

CODE 1

Put This Purpose First!

Description:

The key is to yearn with all the passion of your being for your own evolution, beyond the separated state. *You must put this purpose first.* This does not mean that there is nothing else in your life or that you become a hermit in isolation from others. No! It means you keep your attention on the highest possible frequency of your being and, to whatever degree possible, bring your Whole Being into harmony with that frequency. The purpose is to be able to live your daily life in such a way that you both lift yourself and others. You become a beneficent presence. Your own experiential evolution is the energy that evolves others and flows through your work with the fire of the force of life itself. The same force that brought atom-to-atom and cell-to-cell is now integrating you and radiating out to others.

Be compassionate with yourself. You are taking a monumental leap here and are evolving our species! This is neither a self-help course nor an effort to be better at what you already do. This is self-induced conscious evolution toward a new human and a new humanity, for which there is no full model yet. Through this process, you are modeling the Whole Being within your own imaginal realm and with two or more sharing this purpose with you.

This is not a linear process. Just like a toddler, you may return to the “infantile” state in a moment of pain or reactivity. Remember, we are all very young as Universal Humans, Yet, gradually, you will feel the metamorphosis taking place. When you look back on your former state of being, you will take notice that there have been phase changes that are definitive and irreversible.

Code 2

Let Go of Your Worldly Self-Image

Description:

As you evolve beyond the human-creature, you naturally let go of your worldly self image and your need to have position and status in the existing world.

The existing world does not give status to you as a young Universal Human just learning how to be your Full Potential Self.

However, when the world community encounters a great being like Jesus, Buddha, Muhammad, Lao Tse, Confucius or Gandhi – they will transform whole cultures in their name.

Eventually, Universal Humans will cocreate a Universal Humanity, a culture in which all people are free to do their best and be their own Universal Self-incarnate.

Code 3

Notice Flashes of Freedom and Keep Bringing Your Attention to Them

Evolution creates greater consciousness and freedom through more complex and harmonious order. You are evolving toward higher consciousness and greater freedom in a world that is increasingly becoming more complex. Your flashes of freedom are actually awareness of your coming state of being as a new norm.

Surrender your illusion of separation and join whole-heartedly with the creative intent as it expresses itself personally through your yearning to cocreate and participate in the evolution of self and the world.

Code 4

Allow Me to Infuse You with Power and Glorious Radiance. Do Not Fret, Rush or Try.

The energy of the universal process of creation resides in the Universal Self. Through loving attention and intention, this power and glory animate you, releasing you from the tension of operating as a separated self.

Let the joy of the greater self flow through you now.

Code 5

Practice Letting Go of the Local Self's Desire to Organize and Allow Integrated Ego/Essence to Guide Your Actions All Day.

The local self cannot organize or figure out the complexity of what needs to be done within a larger whole, which is itself rapidly being repatterned to a higher, more harmonious order. The integrated ego/Essence, now inspired and fusing with its own Universal Self, is encoded with the process of creation and your part in it.

Let your mental mind relax, while remaining poised and sensitive to the unfolding pattern.

The Great Creating Process is expressing itself as you.

Allow the design to unfold from within you and beyond you, linking you with the people, actions and knowledge needed to fulfill your part in the design.

You are part of a larger cosmic pattern that is progressive, that evolves a universe from sub-atomic particles to you and me here and now. As you say "yes" to your Self and to your vocation, let go of the first stage rocket of your organizing mental mind. Allow the deeper knowing that flows from the larger whole guide you without mental thought.

Your action becomes the process of cocreating with the deeper design of creation and with one another.

Code 6

Choose Ideas Which Activate More of Your Life Purpose, Creativity, Joy and Lovingness of Others.

How do you know if an idea you hold is true or not? There are so many views on the nature of reality, each differing from the other in the philosophical and theological realm. None are provable or disprovable. Is there no God or is God incarnate? Is evolution an

expression of consciousness, or is it mindless and purposeless? Is there reincarnation or no reincarnation? Is there no self or a Universal Self? Is death end or a transition to life-everlasting?

Given the wealth of beliefs, choose the ones that create the experience of empathy, love, creativity, joy, healing, hope, and optimization of potential in you and others. Choose those most consistent with the nature of reality as revealed through science, intuitive knowing and in the lives of great beings who have manifested extraordinary capacities available to us through a harmonious combination of self, social, and scientific/technological evolution.

Be responsible for the thoughts you think. You are gaining what used to be called god-like powers.

The universe is responsive to request. Metaphysical beliefs are becoming evolutionary choices in real time.

Do you choose to extend your life or to die as a creature human? Do you choose to live on this Earth or in space? Do you choose to evolve yourself as a Universal Human or not?

Choose carefully what you believe, for as you believe, so it is done unto you.

Code 7

Release Your Local Mind's Constant Scanning for What Needs to Be done.

Invite the local mind to relax and follow the inspiration of the higher mind, taking responsibility for your thoughts and making conscious choices moment by moment.

Allow the higher mind/heart connection to secure itself at a stable frequency, for that connection knows what needs to be done in every moment, spontaneously.

When the local self attempts to do what needs to be done in separation from the Universal Self, it is far less efficient than when it's carrying out the expression of the greater Self.

When you do not know what needs to be done, don't try to figure it out. Relax, release, allow. Ask your Universal Self for guidance. That Self knows. Then trust the process of creation within you. And when you do know what needs to be done it can be carried out efficiently, effectively and often spontaneously as part of the larger design of evolution, the emergence of a more complex and harmonious order.

Code 8

Evolve Your Ego into Frequency Alignment with your Essence

As the Whole Being incarnates and stabilizes, it makes it possible for the Universal Self to fuse with Essence, thereby transforming local selves into a higher more aligned frequency. This is the evolution of the ego from its separated fear-based state to its integrated, transparent state, where it becomes capable of acting upon the inspiration of Essence.

Some of the most powerful people in the world like Gandhi or Martin Luther King were able to do this. They had very strong egoic aspects completely transparent to Essential Self. The evolution of the ego is concurrent with the incarnation of the Self.

You are learning the path of the cocreator. The integrated Whole Being is one who spontaneously and naturally expresses life purpose, cocreating some vital aspect of the emerging world.

Code 9

Allow Yourself to Grieve the Leaving of the Animal-Human Self-Conscious Phase

Transcend and include the animal-human self-conscious phase of your evolution as your whole-centered, universal ever-evolving phase emerges.

There is a subtle self-selection process occurring that may separate you from those you love. Yet, the reward is that you are attracted to and are attracting those who are evolving. Through this resonance you accelerate your own evolution, even while you may feel regret at losing connections with those who no longer participate in their own evolution.

Code 10

Use the Protective Balm of your Whole Being to Protect Your Nervous System from Negative Thoughts

In this process you develop such a sensitive nervous system, that literally every thought is felt and registered. When you have a concern or an angry thought, you may feel your entire nervous system react because your biofeedback is so sensitive now.

Breathe the protective balm of universal energy into your nervous system, creating an actual coating of the nerve cells with a protective frequency that causes your negative thoughts to bounce off the nerve cells, leaving them calm and fully receptive to guidance.

Code 11

The First Love Affair is the Love Affair of Ego for Essence. The Second Love Affair is the Love of the Integrated Ego/Essence for its Own Universal Self.

The second love affair rises up out of the natural tendency of evolution to be attracted to higher order and to the fulfillment of potential.

In the second love affair, the integrated ego/Essence yearns for something more. Something deeper is needed for you to realize your full potential. In the second love affair, the Essential Self brings the transformed, mature ego with it as it yearns for greater fulfillment.

Calling upon the full power of the process of creation, the integrated ego/Essence reaches inward and upward for union with the Universal Self.

Your yearning and receptivity to the Being you are beyond space/time, calls in the Universal Self. The next love affair begins.

Code 12

Place your Attention on Me, the Universal Self. I Will Lift You into the Quantum Landing Field.

Consciously identify with the Universal Self. Remember: "I Am That!" Direct your Universal Self to infuse all aspects of your being with vitality and to guide you moment by moment.

You are entering the "quantum landing field" within yourself, the space in consciousness for the higher frequency of your being to "land" within, to infuse you with a vibration that calibrates and harmonizes all aspects of your being. Your goal is not to transcend but transformation through incarnation of the full spectrum of selves – body, local self, Essential Self, Universal Self – becoming a Whole Being, a Universal Human, your own Full Potential Self.

Code 13

Remember Me Into Reality. I Am Coded with a Continuity of Consciousness That Remembers the Whole Story of Creation.

In your mother's womb you have experienced the evolutionary story – starting with your life as a single cell, to a zygote, a little multi-cellular animal, a fish, a mammal, an early human and then a newborn human, coded with the potential for your own growth. So now, you can remember your larger 14 billion year "birth narrative": cosmogenesis. The atoms, molecules, cells, organs, and brain of your being were created in the mysterious process of evolution. You are coded to remember the past and also the future.

Remember this whole story as your own, in the now, omnipresent within. The intelligence that has been and is now creating everything is awakening in you as your own conscious intent to evolve.

Remembering the story of your cosmic birth is vital to the full-scale recognition, cultivation and incarnation of the Universal Self. This Self is aware of the whole story.

When your Universal Self is revealed to you, you are guided far beyond your personal purpose to take your part within cosmogenesis. This is the primary purpose of every incarnation now. This is the great fulfillment and reward that the Evolutionary Codes unlock within you.

Code 14

See Yourself as a Continuously Regenerating Being, an Element of the Living Universe.

You begin to receive a self-image beyond your mortal condition. You already know that you are a member of a living universe that is continually self-creating and self-generating, interconnected throughout the whole. You realize that you are informed by the quantum field, which holds the energy and information now creating the universe and everything in it, including yourself.

Your Universal Self is your persona aspect of this universal field of creative intelligence. At the quantum level of the infinitesimally small, you live in a participatory universe that comes into form when an observer notices it. By noticing your Universal Self, which resides in the quantum field, you begin to bring this Self into reality. You cross the threshold toward a next phase of your development as a Universal Human.

As you learn to evoke the image and reality of your Self as the next stage of evolution in the imaginal realm, you simultaneously model the Universal Human.

Spontaneously, by your very presence, you serve as a guide in the shift from *Homo sapiens* to *Homo universalis*.

Code 15

See Yourself as a Universal Presence Manifesting in Physical Form

Be Causal! Be Cause!

You are the universe in person. The universe is Self-creating; so, then, are you.

This is what the great traditions have always taught us. This is what Jesus meant when he said: "*As ye believe, so it is done unto you.*" This is what new Thought teaches as the Scientific Mind Treatment. You are one with the substance of creation, co-creating with

that substance according to your own intentions. This is the great freedom that “God” put into the system when we became co-creators. This is the design of evolution: to give a species the power of gods.

“Ye are gods,” as Jesus said. This is coming true now, for the first time, on the physical level. Through the new understanding of nature – the atom, the gene, the brain, combined with your spiritual awareness of the universal field of intelligence and information out of which you are arising – you are gaining powers you used to attribute to gods. This is your greater purpose as a young Universal Human: to become a “god-like” Whole Being, transcending this phase of the creature human condition.

Code 16

As You Incarnate Your Universal Self, Your Body Becomes Ever More Responsive to Thought

As consciousness expands, bodies become more complex. From the amoeba to multi-cellular animals to amphibians, reptiles, mammals, apes, humans, great yogis and shamans, and now early Universal Humans, bodies have changed and are changing.

Become ever more aware, on the inner plane, of the consciousness that is creating your reality. Your Universal Self is taking dominion within you. You are becoming a Whole Being. As you learn more about how your body works, how your DNA functions, what causes disease, aging and even death, you are evolving beyond the animal/human condition.

You are becoming a “higher being.” What you projected onto your gods is your own developmental potential. As you incarnate as your Full Potential Self and, on the physical plane, become a member of a solar system species and then a galactic species, evolution will become ever more conscious. In the future, as a Universal Human, you will be as different from you now, as you are from the first pioneering fish that crawled out of the sea onto the barren and hostile planet before the biosphere was created. Evolution creates radical newness.

Code 17

As Essence, Activate the Spiritual Force of Your Universal Self

With the full power of intention, call forth this highest aspect of your being. Your Universal Self calls on the God Force to act as the agent of your conscious evolution.

Evolution proceeds ever more by choice than chance.

Ask clearly and boldly for your deepest heart’s desire. Coded in that desire is the blueprint of your evolutionary potential.

The incarnate deity is the fusion of the Universal Self and the Essential Self/local self. This fusion provides you with the needed vitality and inspiration required to fulfill your purpose on Earth during this period of Late Transition when dissonance increases and chaos looms. Through this fusion you become a "strange attractor," a magnet and model of your Full Potential Self.

This fusion of all aspects of your being is vital for all those who seek to be guides in the transition from *Homo sapiens* to *homo universalis*.

CODE 18

Place Your Attention on the Point and Process of Convergence of your Universal Self and Your Essential Self

This point of convergence of Universal Self and Essential Self provides the energy that drives the transition to its destiny.

This process centers in the heart. It is the place of the greatest love between the human and the Universal Self, experienced as a steady state of being. It is the space in consciousness where the vibrational field of the Essential Self attunes to the higher frequencies of the Universal Self. As it vibrates within you, this vital energy infuses your heart with love and courage. There can be no failure, because this Presence exists.

The higher frequency of the Universal Self is lifting the frequency of the Essential Self.

Identify with the Universal Self until it becomes real, at which point the higher frequency lifts the frequency of the Essential and local selves.

Stay in the heart center and breathe in the light. This fixes the alchemical reaction into the new substance of the Universal Human – body, mind, and higher mind vibrating together in a new harmony, at a higher frequency.

Code 19

You Are Entering an Extended Wedding Day of the Essential Self and the Universal Self

This is the marriage of your evolving human self and your Universal Self. It is the point of contact that allows the Universal Self to infuse you as a human being with its power and glorious radiance.

Experience merging with the Universal Self. This vibration stimulates joy and ecstasy leading to the union of the earthly human with its Universal Self. It is a gradual, progressive process.

The universal Self feels like an angel embracing and infusing you with its frequency so that there is no separation among the levels within yourself. The inner cacophony becomes harmonized as the Universal Self's frequency calibrates all the lesser frequencies.

This Self is higher and stronger and offers to all levels of being their true desire for greater consciousness and freedom through more harmonious order. This wedding with the Universal Self moves toward fulfilling the ultimate yearning for transubstantiation and divinization... or self-evolution, by whatever name you call it. Through the extended wedding day you are given the great gift of your own emergence as a Whole Being: *Homo noeticus*, *Homo Universalis*, a gnostic being, consciously evolving and participating in the next step of evolution on Earth.

The extended wedding day is the ceremony of this next stage of incarnation through vibrational evolution. The evolutionary marriage bed is the place of loving union. The progeny is the Whole Being coming forth in all its glory.

Code 20

Ask For and Receive Continuity of Consciousness

The Universal Self is timeless, existing beyond space/time. Continuity of consciousness is given in the timeless realm, in the ever-present now, where the whole developmental process is present and open to you. Time exists in the fourth dimension. However, there are many more dimensions beyond time and space that compose and coordinate the universe as a coherent whole. In these dimensions, all is present simultaneously.

It is said that the "akashic field" holds the memory of all that has been within the quantum vacuum. This knowledge becomes available to you in the realm of universal consciousness.

At the next stage of evolution, you experience direct knowing by identity with the process of creation and its recorded unfoldment in the 14 billion years of evolution encoded within you. Even more – the Void, the field of all possibilities, the ground of being, the quantum field, the mind of God, *That*, out of which everything is arising – becomes the conscious source of your being. You are both in eternity and unfolding in time. Evolutionary consciousness makes it possible for you to experience yourself in pure timeless awareness, while simultaneously unfolding in time.

The body is always passing away, but the Self that already has continuity of consciousness never passes away. It creates bodies ever more refined until it creates a light body that can materialize and dematerialize and resonate throughout the universal realm.

Code 21

Be Ready to Repattern at the Next Stage When the Larger Pattern is Ready for You

The larger process of evolution is repositioning you. Due to the planetary shift, your new position is being readied for you. You must be ready for it.

Imagine cells in the womb creating eyes that have never seen, ears that have not yet heard – a body that has no apparent use. Then comes birth and new functions! The eyes see; the ears hear; the body coordinates itself and breathes for the very first time. Just so, as you collectively shift from the womb of self-consciousness to the world of cocreative, whole-organism consciousness, your functions shift spontaneously.

Everything that is dysfunctional in your life gets more dysfunctional, while new functionalities start emerging. Your new identity as a young Universal Human takes hold. Your creativity unfolds towards new life purpose.

The larger pattern is the shift in the planetary body now calling you to express yourself in new and dynamic ways. The “future present” is magnetizing you forward. As you feel called to greater awareness and action be ready for the very fabric of your life to repattern.

Let go of what does not work and allow the new patterns to draw you forward by attraction. This is not a one-time event but a continuous process of unfolding toward life ever evolving.

Code 22

Your True Vocation Calibrates You Into the Right Position in the Social Body

You cannot fully embody unless you are in the right position within the whole system. The right position is calibrated by the place within the social body in which your true vocation and untapped potentiality are most fully and joyfully expressed and of service to others.

Your true vocations are without labels; they are responsive to new conditions; they are explorations into the unknown world you are cocreating. They are formative of the new world. True vocations are expressions of the universal process of creation localized within each of you.

These vocations are part of a larger pattern of evolution. By saying “Yes” to the inner impulse to create, you are guided to find one another. You join genius and, in that joining, you express more of your creativity. Newness emerges.

Your position in the evolving social body is not merely given to you, it is emergent through and from your willingness to express your innate creativity and genius given to you by the process itself.

Attunement to the larger design of creation is your guide, as it orients you through attraction and the compass of joy.

Code 23

My Work in the World is Charged with the Vitality of my Universal Self.

The old world is passing away. A new world is being born through you. It is only natural that you get weary, often discouraged and feeling a failure, just like a child. Yet, the very force of creation – which brought you from sub-atomic particles to you and me, now – is working within you as you.

The purpose of life is to realize potential. This is a 14 billion year trend! To have the vitality to fulfill your life purpose here and now, during Late Transition on Earth, your work is charged with the vitality and courage of the Universal Self, the aspect of your being that knows that “victory is assured for all those whose consciousness is shifting.”

Your work can be effortless, enjoyable, fruitful and transformational. The doing enhances the being, and the being enhances the doing. This is true co-creation!

Code 24

Create an Ascension Chamber into Which Your Personal Essence Can Lift into the Direct Point of Contact with Your Universal Self.

You are creating internal spaces in consciousness that foster your evolution. Ascension is another word for evolution. Evolution is a process of ascending – of the emergence of ever more complex forms, quantum jump by quantum jump.

The “ascension chamber” is a focused space for the integrated ego/Essence to rise and to fuse with your Universal Self. This chamber accelerates the fusion process. The Alchemy of metamorphosis is cultivated. The integration of the full spectrum of selves occurs, until you are ready to emerge as a Universal Human, a Whole Being, a cocreator of your world.

Code 25

Feel the Integration of Your Essential Self with Your Universal Self as a Whole Being.

The convergence of the Essential Self and the Universal Self forms the early expression of the Whole Being – the integrated self, the evolving human, ready to serve as a guide in the transition from Homo sapiens to Homo universalis.

The descending Supramental force, the Universal Self, converges with the ascending Essential Self.

The incarnate deity resides in the heart as the fusion of the Universal Self and the integrated Essential Self.

Code 26

Stop and Feel Your Divine Qualities in Order to Incarnate Them.

Imagine being the Universal Human that you are.

Visualize and feel every aspect of your Whole Being. Every second of focus here substantiates yet one more element of the Self. Beyond visioning comes substantiating. Visioning substantiates in the imaginal realm. By holding your attention on the image of your Whole Being, you create it. Your physical body feels lighter and is infused with vitality and peace.

Code 27

Parent Your Infant Whole Being.

Your parenting is now for the emerging Whole Being. This Being is a "full spectrum self," integrating all the levels of being from the body through the emotions, the Essential Self, the Universal Self, within the whole field of potentiality out of which you are arising.

Transfer all that you've learned in protecting, nurturing, and having faith in the child to having faith in the Whole Being.

The Whole Being needs protection, tranquility and resonance in its early days to survive the dissonant world. That Being also knows from past experience that if it expresses itself prematurely, it may be deified or destroyed.

Call on the support of your Evolutionary Circle in parenting your infant Whole Being.

Code 28

Affirm That the Realized Self is the Awareness of God as Self.

The realized self is a Whole Being. You are moving from Self-realization, the path of the great gurus, mystics, and avatars, to the realized Self, an embodiment and incarnation of the Universal Self.

Code 29

You Are Now Ready to Undergo the Process of Transubstantiation.

Transubstantiation is the transformation of substance into a new form. In the Eucharist it is said that the priest transubstantiates the bread and the wine into the body and blood of Christ. People believe they are literally consuming the Presence of Christ.

At this stage of evolution, *you* are now the wafer and the wine. You are being transubstantiated and transformed. The very same process of faith that can transubstantiate the wafer and the wine into the living body of Christ through faith can transubstantiate the matter of your body into a higher frequency, until you become the living body of the Universal Human.

Mind affects matter. "Matter" is not dense and solid but rather is energy and information in motion, in largely empty space, guided by an invisible, non-physical Self or consciousness.

The Universal Self is that consciousness personalized. Through the integration of the full spectrum of selves, combined with your unconflicted behavior and passionate intent to evolve, the substance of your body/mind is changing to the higher vibration of the Universal Self.

Code 30

External Action Flows from the Internal Incorporation of your Universal Self

From this phase onward, the activity that most deeply changes the outer world follows directly from the internal incorporation of the Universal Self.

The primary activist is the Universal Self incarnate, acting as the person. Action transforms from mentally organized plans to change something out there, to allowing the higher mind to come through in resonance among groups of people. This Universal Self-facilitated process can appear mysterious, or magical, or miraculous, but actually is nature at the next stage of manifestation

Code 31

When Your Thoughts Emanate from the Center Point of Convergence of your Essential Self and Universal Self, They are Charged with the Creative Force.

Thought creates. When your thoughts emanate from the center of gravity where the Essential Self and the Universal Self fuse, that thought is charged with the energy of the Creative Force itself. This is how miracles happen. This is the way nature works. This is cocreation.

Code 32

Stay In Your Center and Breathe in the Light

Take deep breaths and breathe into the center of the heart. The breath fixes this vibrational level of frequency into the new substance of yourself as a Universal Human.

Once integration stabilizes, there is a period of consolidation, integration, and incorporation. This is a natural process. You are becoming an individualized cosmic being!

Code 33

Come Forward as a New Norm, Not as Superior or Exceptional.

When you come forward as a new norm in a way of sharing the experience rather than acting superior, you trigger the experience in others.

If you come forward as superior, others will be offended, or will idolize you, and you will not be able to serve them.

Learning how to come forward as a Whole Being, a new model available to all, is the practice you are undertaking.

Code 34

Feel Your Light Body's Code Radiating at the Center of the Nucleus of Every Cell of Your Body, Consummating the Union of the Essential Self and the Universal Self.

You are co-creating with the Universal Self an incorruptible vibrational field around you, penetrating into the nucleus of your cells.

Turn your attention to the process of transmutation of your cellular structure and focus on the vibrational field that holds the collective memory of your full potential.

Place your attention at the very center of your cells. There is an information pattern there.

Choose to activate that pattern with your intention to become a body resonant with thought, a new body capable of responding to your full passion to create and to express divine intent. Feel the metamorphosis of the body as your consciousness expands.

Nature always creates new bodies for new consciousness. From amoebas to fish to mammals to humans and now to Universal Humans, bodies have changed and are changing now. When you are able to combine conscious intent, new health and healing modalities and new technologies, you will be on the threshold of gaining continuity of consciousness through ever-evolving bodies. You are transcending (and including) the

creature human condition, just as *Homo sapiens sapiens* transcended (and included) *Homo habilis*, the first toolmaker.

Code 35

Hold Your Attention Still to Crystallize the Image of your Whole Being. Bring It into Consciousness and Thereby Create It.

By holding your attention on the image of your Whole Being, you create it. Your physical body feels lighter and is infused with vitality and peace.

Practice this: Be still. Feel the Universal Self substantiate from the invisible to the barely visible, like golden shimmering light coming into an ethereal or transparent form.

Let the Universal Self integrate all aspects of your being. Feel yourself emerging between the formless reality beyond space/time and the existing form of the physical body. You are becoming a Whole Being here on Earth: radiant and universal in unique form, transcending the illusion of separation and releasing the stress that comes from believing in that illusion.

The higher frequencies of the vibrations of the physical body stabilize. The Universal Self is in resonance with all aspects of its own being. Neither a guru nor a teacher, the Whole Being is an evolving human incarnate – an integration of all levels of Self.

The mother and father are one in the Whole Being, so that Self appears to be androgynous. It holds the frequencies of the mature mother and father: anima and animus, yin and yang.

Code 36

Guide the Metamorphosis of Your Earthly Self with the Coding of Your Universal Self.

Practice self-evolution in the imaginal realm, by calling forth the image of your Full Potential Self incarnate, as a Whole Being.

After contact with the Universal Self, there is a period of consolidation.

Place the attention of the body, the local self and the Essential Self on the Universal Self. The Universal Self can then consolidate and integrate all those aspects of your being as a Whole Being.

When you get the image of your Whole Being and hold it there in the field, the Universal Self can fuse with Essence, transforming all your local selves into a higher, more aligned frequency.

Code 37

Guide the Transmutation Process by Aural Alchemy.

Cocreate and guide your own transmutation by hearing from within, recording what you hear, and communicating this intuitive knowing to one or more others with whom you resonate.

When you experience the Word, communicate the Word, and meditate upon the Word.

The Word is made flesh in you.

Code 38

Raise Your Thoughts to the Magnetic Integrated Field of the Whole Being

Resolve problems by raising your thoughts and concerns to the magnetic integrated field of the Whole Being, the Mother/Father God within.

Bring your thoughts up into the *whole integrated field* rather than allowing your attention to sink to a lower frequency.

When your attention is on a concern, remember the presence of your integrated Whole Being and magnetize the concern into that field. There you will discover how to resolve the problem without the illusion of separation, for your ego and your Essence are connected as a Whole Being. This union removes the ego's fear. It has come home at last.

Code 39

Develop an Incorruptible Communication System for Your Inner Scripture

Now is the time for you to set up the new and incorruptible communication system for the emerging Word of evolution as it appears through experiential listening, asking, scribing, and mapping in such a way as to activate the Word becoming conscious in others.

The Word of evolution is the inner scripture. It is sacred; it needs to be cherished, cultivated and remembered.

Code 40

Communicate Directly as Your Full Potential Self to the Full Potential Self of Others.

This incorruptible communication system occurs when there is no break in the flow of consciousness through all the selves up unto the Godhead.

This process stabilizes your awareness of the Whole Being as yourself.

Self to Self communication is a high form of resonance. It anchors the consciousness of the Self in the two or more.

Experience the voice of your own Universal Self, record it, meditate on it, incarnate it and communicate it to other selves doing the same.

Thus you create the new incorruptible Self to Self communication system required to stabilize your awareness of the Whole Being that you are.

Code 41

Reside in the New, in the Now, Unfolding at the Edge of Evolution.

Keep continuity of consciousness with the communication you are receiving on a continuous basis, every second. Live with a poised mind, allowing the Self to come through all the time, as you learn to integrate the higher mind with the mental mind and the body.

Be present, as the presence of the Full Potential Self, spontaneously unfolding within you, as the guidance is experienced.

Code 42

Avoid the Corruptibility that Comes from Breaking Communication Between Your Universal Self and Your Mental Mind.

Corruptible means "able to be broken." You can't make the corruptible incorruptible by *doing* anything. You *become* incorruptible by being connected, and everything you do flows from there.

To become incorruptible, create an unbroken communication from your Universal Self to your mental mind to at least one other in a resonant field.

Code 43

Internalize the Field of Your Whole Being, so Your Scattered Attention Becomes Focused and Coherent.

When the Whole Being consolidates within you, it organizes your life. The tasks you have to do will not overlap and confuse you. The stressful continuing shifting of patterns will stop. In the Whole Being, the magnetic field is internalized and stabilized. The internalization of the field stabilizes the pattern and then you do what you do without that distraction.

Code 44

Substantiate Your Consolidated Power by Blending Father Energy and Mother Receptivity.

Visualize the Great Creating Process, the Implicate Order, the Core of the Spiral animating the third chakra, your power center, infusing it with guided creativity. This is the key to regeneration.

Feel the power of the father energy blending with the receptivity of the mother in the seat of power, which is the will. This is the site of consolidation: power joined with heart guided by the impulse of creation drives your whole organism. Feel this power substantiating within you.

Code 45

You Substantiate When you Consolidate Your Experience of the Whole Being

Breathe in union with the essential Self until your vibrations are blended in a rich harmonic.

Bring all the aspects of your being into alignment through consolidation. Then, through substantiation, you create the substance of that alignment as yourself, a young Universal Human.

Code 46

Focus on the Life Force as the Through Line of Your Personal Transformation Toward Substantiation.

The Life Force is the Life Pulse arisen from the drive for self-preservation, through the sexual drive for procreation, through the supra-sexual drive for co-creation to its next phase – the metamorphosis or transformation of the person.

The God Force, the Great Creating Process, comes up through the desire to survive, to reproduce a species, then through the desire to evolve the self, finally into the potentiality for the transformation of the self, through the full-scale incorporation of that Life Force as You.

You are the Life Force embodied at its next stage. When you are free of fear, the Life Force flows unimpeded and unconflicted as you.

Code 47

Hold the Master Field of Ascending and Descending Life Force in Your Heart.

The ascending Life Force is the core of the evolutionary spiral, the Great Creating Process expressing as all nature. This Force enters in through the lower chakras, animating the body, then ascends into the personality/egoic self – reaching into the heart, where personal essence resides. Concurrently, the Full Potential Self turns on, the mental mind relaxes, the egoic personality becomes a lamb in love with its own Essential Self, the body begins to be vitalized and out of this coordination the Whole Being stabilizes.

The ascending and descending Force meet in your heart, generating the master field that can hold the frequency of the whole system as a new norm.

Code 48

Consolidate, Substantiate, Self-Calibrate and Con-Celebrate in the Process of Becoming a Universal Human.

These are four words that help you remember this process:

CONSOLIDATE: Integrate a whole spectrum of selves until you can feel them as a sequence unbroken.

SUBSTANTIATE: Become the new substance so that the Whole Being begins to integrate all aspects of your self, so you can feel your whole self as substantial.

SELF-CALIBRATE: Identify the unique thrust of the life pulse moving through vocation into actualization and full self expression within the larger whole. It is necessary to constantly self-calibrate so that you're not moving out of position, doing something that is not quite yours to do.

CON-CELEBRATE: Celebrate - with your self, with others, with the Great Creating Process, and the universe itself – the great privilege of being born at the time of a planetary birth, with the consciousness to know that you are evolving as a Universal Human participating in the cocreation of a Universal Humanity.

Code 49

See Everything with the Eyes of the Butterfly.

You are entering the butterfly as a prime imaginal cell, which holds a pure image of the individual and the whole at the next stage of evolution.

In the body of the butterfly lift everything upward that is vital to the new. You have consumed the disintegrating substance and incarnated the new codes. What has not been transubstantiated is dead, like the dried-out cocoon.

During the metamorphosis process, you are re-patterning the substance of the caterpillar into the substance of the butterfly, guided by the new codes. The old codes are designed to delete themselves when the new codes, imbedded in the imaginal cells, are maturing. Once you held the image of your Whole Self – the Universal Human – the butterfly. Now you are becoming what you imagined. You are imagining yourself into the next stage of being. Be there now.

You are looking out with the eyes of the butterfly for the first time. Bring this image up into timelessness. You are no longer time-bound. It is your role to co-create this field for everyone and everything that you do. Feel the bubbling joy in you. You can only do what liberates and evolves you. You are adjusting the balance in your life. You are now putting the inner first. It provides the new structure, edifice and center of gravity in which you act. The inner gives traction to the outer – it is the point of energy in the process of creation. You asked for it. Now you are experiencing it.

Code 50

You Have Come Home to Me Now.

I will never leave you. Whenever you are in pain, when you feel the nameless anxiety, compulsive drive and fear – stop, breathe, and I will calm your agitated self. I will do more. I will radiate My Presence. Since I now have dominion within your being, I will take the initiative. I will come unto you. I will breathe you up unto me so that your heaviness becomes my lightness; your fear is comforted by union with Me.

This I, Universal Self, commit to you, now.

Code 51

Those to Whom the Promise Has Been Made, the Promise Will Be Kept.

There is pulsing within you the mysterious promise of becoming a Universal Human. This sense of promise, of what is promising, and of what has been promised to you by the higher power, motivates you to undertake the sacred journey of conscious self-evolution.

Be aware of the promise of what you are becoming. Experience the irresistible potential rising within you for fuller expression.

The promise has been offered and will be fulfilled by the Great Creating Process to all who say "Yes" to the potential within.

Code 52

Victory Is Assured to All Those Whose Consciousness is Shifting.

It is the direction of evolution. It is the Intention of Creation, the drive of the Life Force, the Implicate Order unfolding.

Keep your attention on your Universal Self. Create an aura of silence around you.

Let your self-conscious mind be completely absorbed in your God-conscious mind. Then you will experience a Great Force entering your life.

Everyone is called to their posts, for the hour of your birth is at hand. You can have absolute faith in the results of what you are now undertaking.