

HOW TO PLAY THE GAME OF LIFE – INTERMEDIATE VERSION

Preface

I am awakened at 2 a.m., feeling the urge to go to my computer and start writing. Normally, I get up at 3:30 a.m. to start my morning Kundalini Yoga Kriya, but not this morning. As my mind was filled with words as if I was telling a story to myself, I was surprised with what I thought I was going to hear and write, and not what was written. When I finished writing the first teaching and it was signed, “The Golden Ones,” I had no idea how profound their teachings were. After sixteen straight nights of getting up at 2 a.m. and scribing teachings signed by The Golden Ones, I knew this was the material for the second book in the series *How to Play the Game of Life*.

The Golden Ones are the “us” in “Let us,” the same Co-Creator Gods who said, “And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

“So God created man in his own image, in the image of God created he him; male and female created he them,” (Genesis 1:26-27, King James Version).

The Golden Ones have established the curriculum for this Spiritual Hierarchy Training School on Earth; it’s an agenda that will assist all of us who have chosen to come to Earth to advance us from being Masters to Ascended Masters.

I read very little in the years when I was developing my spiritual awareness, because my spiritual guides always told me not to follow others as I would progress only as far as the others had progressed themselves. In learning, I may have been guided to particular portions of books as reference material, or maybe to a documented procedure such as yoga. Anything I have ever wanted to know would come to me or I would have to read the material through a required curriculum.

The two books I’ve read that have influenced my awareness are *The Master Key System* by Charles F. Haanel and *The Emerald Tablets of Thoth The Atlantean* translated and interpreted by M. M. Doreal, MsD, PsyD. Written in the early 1900s, *The Master Key System* was ahead of its time. It taught the art of manifestation through the practice of meditation in conjunction with Universal Laws. The Thoth writings offer the same premise, but the terminology encrypts the

message, so only those with a sincere desire to learn the Secrets of Secrets can understand Thoth's writings.

The Golden Ones are guiding me to write down these teachings for future generations. One day when these teachings are embraced by all, then peace will reign in the hearts and minds of all humans on Earth.

Within each of us is a driving force motivating us to take action in our life. Whether we are aware of it or not, this force provides us with the impetus to examine our current belief systems and to question how we feel about them. This innate force or feeling is our Divinity, the guidance of our higher self, the Teacher of Divine Wisdom, Universal Mind, or God. This force is constantly reminding us that we are much more than we think we are from the viewpoint of our limited self-perception. What distinguishes us as human beings from the other kingdoms (mineral, plant, animal, and angelic) is we are not part of these kingdoms anymore and we are here on Earth to learn how to serve all the kingdoms of God. We are here on Earth, a Spiritual Hierarchy Training School, learning to become Co-Creator Gods. Coming to Earth is a choice we each made.

Prior to coming to Earth, we were part of the mineral, plant, animal, and angelic kingdoms and we were connected to Universal Mind through innate intelligence, the same innate intelligence that guides beavers to build their remarkable dams, and birds to build their incredible nests. One of our primary responsibilities as Masters here on Earth is to learn how to manifest, something new to all of us coming to Earth. To manifest is a completely different process than just creating something. We will go into specific details later, but it involves using reasoning and the five senses, conscious mind, visualizing our feelings, and speaking the word of the desired manifestation. This is a complete bodily process that some of us take for granted without understand what we go through or what is involved.

We came here because of the Love within us and our dedication to serve, to make a difference. We reached a pinnacle point of our development as a soul and we made the choice to come to Earth. We are here to learn to manifest, using our conscious mind and our subconscious mind. Our ability to use free will is solely in the way we choose to manifest. Are we using the Divine creative energy within us to bring our thoughts and desires into manifestation for selfish desires or for selfless reasons? So here we all are, placed in a Hierarchy Spiritual Training

School on Earth, stripped of all our previous understanding of who we are and our relationship to the Divine, forced to rely on our innate feelings with the interference of free will, reasoning, and the five senses, and struggling to balance the heart and the mind in finding our way back to our Divinity by becoming the Divine.

Each of us is an aspect of God on a soul journey learning to become a Co-Creator God, as loving and evolved in our thoughts and actions as we can be. Self-assessment, as to how we measure up, is based on how we directly connect to Universal Mind; this will be shown to us in our daily experiences. Are we conscious of all our thoughts in every moment? Universal Mind is constantly communicating with us. Are we listening? Do we hear the answers to our questions? Are we receiving an answer to our thoughts almost prior to finishing the inquiring thought?

I remember coming home from work one day in March 1977, not feeling good about my day nor about how I had conducted myself at work. No one but me would have noticed anything majorly inappropriate in my conduct, but being a Virgo, perfection in all I do is always important to me. On this particular day, I decided to meditate. It was 3:30 p.m. in the afternoon and I normally didn't meditate until 7 p.m. in the evening. I went through my normal preparations before meditating: sitting in my usual room, closing the curtains as I like the darkness, lighting a candle, and saying the Prayer of Protection (see Appendix).

As soon as I closed my eyes, my inner sight filled with a vision of a spiritual being dressed in radiant golden attire: a brilliant golden robe with a golden hood and thin golden rope-like sashes along his right side almost touching the ground. This golden being reached up and removed a necklace from his neck; this necklace floated across the space between us and settled around my neck. As it settled, a tingling sensation overcame my entire body, similar to the tingling sensation we all experience when we receive confirmation from our higher self; however, this tingling sensation was more intense. As quickly as this golden spiritual being appeared, it disappeared with the giving of this necklace. The necklace comprised a golden chain from which hung an inverted triangle, like the lower half of the Star of David, pointing downward to Earth, indicating that the teachings of The Golden Ones are a gift from Heaven to Earth.

I had had visions of spiritual beings before, mostly in dream states. This vision, however, was very special: it was in the middle of the day, I was fully conscious as it appeared as soon as I

closed my eyes after reciting the Prayer of Protection, and of course, it lifted my spirits. Days later I went out and bought a golden necklace and found a goldsmith to make a replica of the golden triangle from my vision. I have worn this necklace every day since, to remind me of this special day in my life. I later realized and was told by my loved ones that the hallmark of The Golden Ones is the inverted triangle; it represents gifts to mankind.

I had many opportunities to travel around the world as I was guided by my spiritual teachers to visit and experience many different Energy Vortexes around the world. One thing that came to mind is that people are the same and the only difference is their language, their belief system or their nationality. Another thing I observed while traveling and visiting all these different countries was that everyone was looking for the same things: “Where did we come from?” “Why are we here on Earth?” and “What is our purpose?”

After returning from my world travels in 2012, my spirit guides recommended that I finish a book I had started back in 1998. This book was called, *How to Play the Game of Life: Beginner's Version*. Needless to say, at that time, although I had plenty of teachings and experiences to draw from, I really wasn't pressed to write the book. Now, out of work, with no money, little income, and nothing but my spiritual experiences to draw from, I dusted off the old writing and began putting new life into it. While I was writing, Spirit recommended I develop a website to share teachers' tools with the public. After very little discussion with Spirit, the name of the website became “The Path to Oneness.” This was not the name I originally wanted for the website. I thought “The Path to Self-Mastery” would be more appropriate. I thought I was being prepared to assist individuals in becoming masters of their own destiny, as I had been trained for over forty years. But, after receiving Spirit's guidance over the next few months, I came to know why Spirit recommended “The Path to Oneness.” I could see they had bigger plans.

Earth is not meant to be an individual path, but a path of embracing the Oneness of Life. Yes, it is an individual path; however, each individual has to embrace their Oneness with the entire workings of the Universe, including all the kingdoms, in all dimensions, and in all realities.

Once I embraced finishing writing my book and developing the website, www.thepathtooneness.com, I started to receive spoken mantras and the teachings behind these

mantras. To be honest with you, at the time what my spirit guides were telling me made no sense, but I went along with it as I had to believe that what they were telling was the truth.

Then one morning in late April, during my morning Kriya, my guides told me I would become a spiritual teacher, teaching the work that was about to come through. I remember arguing with my Spiritual Loved Ones, telling them that I was not going to stand up in front of any group of people and teach something that I didn't know to be the absolute truth. After all, I felt that surely everything spiritual had already been taught and I wondered what information they could possibly bring through me that would make a difference in the hearts and minds of humanity. Well, everything wasn't already taught and the information that came through me was not only overwhelming, uplifting, inspirational, and heartfelt, I personally was overwhelmed to be selected to bring forth this work.

In Kundalini Yoga, it is highly recommended to start Kriya one hour before sunrise. I have experienced that when I wake up later than sunrise I do not have the desire to do my yoga; I am too excited. However, by doing Kriya before sunrise, I am more attuned to the prompting of my spiritual guides; I'm very restful and patient to perform the two-and-a-half hour Kriya that Spirit recommends. In addition, the communications with my spiritual guides is more connected and the reception is much clearer.

So, I was already getting up at 3:30 a.m. to start my morning Kundalini Kriya, but now my Loved Ones were waking me at 2 a.m. and I felt like I needed to write. For the next sixteen days, every morning I would start my day with writing a teaching from The Golden Ones. I remember finishing my first dictation and they signed it "The Golden Ones." I was surprised at this, but when I went back to reread what I'd written, I couldn't believe the wisdom, the logic, the understanding, the heartfelt feeling of truth in all the teachings that they were conveying through me to the masses.

I never prescribe to setting a time on going to bed or waking up. I have found that sometimes I sleep for as little as an hour and a half, and another time for as much as fourteen hours. When I only sleep just enough to take the edge off and I am completely awake, I ask my guides if I need to be up. When I feel they want me to write something or to take action, I don't second guess the time of the day or their prompting. The early hours of the morning seem to be the best time for me to hear and receive the guidance from Spirit. I would highly recommend to

anyone working with channeled writings or interested in hearing the prompting of their spiritual guides that they also consider using the first part of the day.

Looking back on this experience of documenting these teachings, I feel so blessed to have been chosen to be the spokesperson for The Golden Ones. Living these teachings for the past forty years, I see the profound wisdom of the Earth being designed as a Spiritual Hierarchy Training School for the development of Co-Creator Gods. I know I have the responsibility of documenting these teachings to support and encourage all of us in the knowledge of our purpose here on Earth, which we do know and feel on some level within. But when we are able to read these lessons, it just confirms what we already know, encouraging all of us to move forward. For this reason, I am so grateful for being accountable for this task.

I know some of these teachings are repetitive or at least may seem repetitive, but I didn't want to change anything I received from The Golden Ones as they might have a reason for the repetitiveness that is beyond our ability to understand through human logic. There might be some readers who need to hear something more than once from a different slant. So please allow patience as you read these teachings as I have received them.

