

# How to Play the Game Of Life

Beginner Version



By Timothy J. Doyle

This book is dedicated to those who have gone before us,  
the Ascended Masters who have set the example,  
living consciously in a place of harmony, balance, order,  
and unity for the good of all.

This book is intended for those  
walking their path and trusting their inner guidance.  
The most difficult part is learning to listen  
to the teacher of Divine Wisdom  
from the creative consciousness always communicating with us.

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ISBN:  
978-0-9856730-4-8

## Preface

Within all 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. It 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 our ability to use free will to utilize the Divine creative energy within us to bring our thoughts and desires into manifestation. We are like acorns planted in fertile soil so that we may allow our roots to grow deeper into our understanding of our relationship to the Divine, while still growing outwardly as we reach for the sky in expressing our truths, as we believe them to be.

Each of us is an individual on a soul journey to learn to be 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 relate to others and how we respond to life's experiences. Life reflects back to us the same energy that we put into it. For example, if we are angry and short-tempered with someone, it is likely that this anger will come right back to us from others. On the other hand, if we are patient and kind with a smile on our face, that smile and goodwill is reflected back to us from others. This is the Universal Law of Cause and Effect: what we sow is what we reap. This is the Divine's way of schooling us, just as Ivan Pavlov trained his dogs: through conditioning.

"We reap what we sow"; our awareness and observance of improving the quality of our thoughts and actions guide us in evolving in consciousness as we make changes to our belief system.

It is not necessary to compare ourselves to others. Each of us has different capabilities and we might not perceive ourselves clearly. As individuals, we can measure the quality of our nature, based on our reaction to our own life's experiences. Other gauges are our habitual thoughts - both conscious and subconscious (the creative energy processes of this Universe) - and what is manifested by our thoughts.

To see ourselves clearly and become self-mastered, we must become aware of each thought and determine the motivating energy that inspires it into existence. Being actively aware of our thinking is the key to identifying the inspirational creative driving force behind every action, either positive or negative.

It is difficult for us to assess how we are progressing in life without sound constructive feedback. It makes it easier when we observe the actions of others we admire and use these people, who have established patterns of mastery in certain areas, as mentors. We can look at the areas of our life where we want to achieve greater mastery, and choose someone who has, in our opinion, achieved mastery in that area, looking at what they do and how they obtained their mastery.

The innate creative driving force within each of us operates regardless of whether we are conscious of who we are or not. That driving force can be channeled into positive thought and action, but just as easily can be channeled into such emotional states as greed, lust, fear, and other disruptive forces. Until we become consciously aware of our thinking and the motivational energy behind our thoughts, we cannot change our thoughts, our belief system, ourselves, and the reality we are living, because they are based on our thinking.

Thoughts vibrate at different frequencies depending on their quality. The higher the quality of thinking, such as love and compassion, the faster the frequency; the lower or denser

the quality of thinking, such as greed, lust, fear, and anger, the slower the frequency. When we are in our body, which vibrates slowly, it takes longer for manifestations of thoughts and movement. When we are out of our body, such as during astral travel, everything moves extremely fast. This is one reason why we must learn to discipline our thinking, a soul's learning lesson, before we can ascend from this dimension.

I remember one Sunday evening, just after I'd gone to bed and was already in the dream state, that a Spiritual being said to me, "I am going to tell you the three rules of life." At the time, what he told me was so simple; I couldn't believe that these rules could ever be broken. He went on to say, "Follow these three rules and everything in your life will be perfect." I remember hearing the rules and, even as I was astonished to know that they were so simple, I started to feel myself waking from the dream state.

As I awoke, I could feel my body becoming denser and heavier. It felt as if I had been out of my body; I could feel my Spirit body descending back into my physical body, my spirit body vibrating at one frequency and, as I descended into it, my physical body vibrating at a much slower rate.

Still clear in my mind about the three simple rules, I got out of bed, went to the bathroom and, on my return, my wife asked me if I was okay. I reassured her I was fine and briefly told her of my experience and that I had learned about three simple rules for life. I told her I would give her a full account in the morning.

When I awoke in the morning though, all I could remember was learning about three simple rules and descending back into my body. What was so simple to remember in my spirit body in the dream state while in the presence of Spirit was impossible to remember in my denser physical body. I hope these three simple rules are registered within me somewhere.

The word *frequency* can be defined as a measurable rate of a sine wave cycle. Light is measured by its wavelength. For example, violet light has one of the shortest wavelengths and, since the wavelength is short, the frequency of the violet light wavelength is fast. Wavelength frequency is the number of times the light wave completes a cycle in a given time. Since violet light has a shorter wavelength than red light, violet light vibrates faster and more frequently than red light.

Thoughts can be measured the same way.

The frequency or vibratory rate of a person is measured by the quality of their thoughts and words. Thoughts are energy; thoughts create energy. Emotions are energy in motion. The frequency rate of the energy of thoughts determines the degree of light that we are able to hold in the energy fields of our body. Thoughts of love, compassion, unity, and togetherness vibrate faster than thoughts related to greed, hatred, selfishness, and ego.

Every form of Universal creation - whether it is mineral, plant, animal, or human - has a unique frequency or "personality" signature. As humans, we come to this planet to experience life in the physical, and to know and understand ourselves. Through our life experiences, through trial and error in making decisions and relating to others, we learn to determine which experiences are harmonious and positive, and which are not. Our feelings are our guides.

Through the experience of living, each person determines his or her own vibration rate. Thoughts and actions that are of love, peace, and joy create positive, life-affirming energy for us. This literally flows into every cell of our body. We literally become in physical form what it is that we think about ourselves, and our thoughts literally create our reality, by radiating from us out into the world; this is also how we manifest our experiences.

We are all created in the image and likeness of God. When we speak of God, we are referring to the fact that within each of us is the capacity and capability to evolve in God-consciousness. By this, I mean to say that we are similar to an acorn that has the capacity and capability to grow into a mighty oak tree. Do we place our thinking in fertile soil where our thoughts will manifest and assist us to evolve into this mighty Divine consciousness? God is the center of all creation in the Universe, just as we are the center of our own creations within our own little universes. God is in both the creative energies that we might label as *good*, such as love, and the energies that we might label as *bad*, such as hate, just as we are in all of our energy manifestations, whether we label them *good* or *bad*. But *bad* is only an aspect of our narrow view of what bad really is.

For example, if we had termites in our home, we might think they are bad. However, termites are one of the most beneficial insect energies in the rain forest. Without the termite to break down foliage and assist in the decomposition process, the rain forest would not be as prolific as it is.

My guides (who are the Great White Brotherhood – I will describe more about them throughout this book) have taught me that every experience in each of our lives is perfect in the soul's learning and teaching in the school of life. Just because an experience is not pleasing to us and doesn't align with what we plan on experiencing does not mean that the experience was not educational or necessary for our personal growth, either spiritually or physically. Believing this, nothing we ever experience and perceive is really *bad*; it may just be unpleasant in the moment. It's that simple.

We might ask how "hate" can be considered part of God. As I said, God is in all frequencies, all energies, and all vibrations. Consciousness evolution occurs when we become aware of the thoughts that are not in harmony with our divine nature, and we heal these thoughts and emotions through the transforming energy of love. When thought frequency is inharmonious with our being, we feel it as unpleasant energy within our physical body, and the more we evolve in consciousness, the more uncomfortable such thoughts and feelings of hate become. As we can see, hate becomes a tool that teaches us, when we acknowledge the uncomfortable feeling of hate vibrating within us.

If we harbor thoughts against a person whom we thought wronged us in the past, let's say thirty years ago, and then we find out that that person actually did not wrong us on purpose, that was a mistake on our part. We have spent thirty years vibrating nasty energy toward this person who really didn't do anything wrong. When we correct our thinking, all previous erroneous beliefs are dissolved and what really happens is that we heal ourselves. The only person we ever hurt when thinking someone has done us wrong is ourselves. The person whom we thought wronged us may or may not be aware of our feelings toward them, especially if the person is attuned and protects themselves from negative invasive energy. If we can immediately move to forgiveness, our lives would vibrate much faster in a more peaceful state of being. Awareness that we create with our thoughts and feelings is the first step to becoming conscious and developing self-mastery.

It is the vibratory rate of the frequency of the motivational energies within our consciousness that determines our individual reality. Our thoughts' vibrations determine who we are, as well as our relationship with, and experience of, God. The gateway to higher consciousness is the frequency of love.

Love is in all things. It comes in many forms. All thoughts and actions are enhanced and altered through the transforming energy of love. Love heals and restores us when we extend our

love to others. Self-love, objective analysis, forgiveness, and compassion are keys to healing and transforming ourselves. When we step into the role of taking responsibility for our thoughts, we no longer become victims of our thinking, but masters of our destiny. When this occurs, we start along our path to self-mastery.

Timothy J. Doyle  
June 8, 2013