

DISCOVERING YOUR ESSENCE PATH

*BOOK ONE:
YOUR ESSENCE PATH AND OTHER QUINTESSENTIAL PHENOMENA*



A Handbook to Higher Levels of Spiritual Guidance

E. M. Nicolay

DISCOVERING YOUR ESSENCE PATH SERIES

BOOK ONE

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Contents

Foreword	i	
Introduction by Samuel	vii	
Chapter 1	The Nature of Causal Reality	1
Chapter 2	The Multi-Dimensional Soul	6
Chapter 3	Ascended Masters: The Ambassadors of Energy	13
Chapter 4	The Alien Factor	20
Chapter 5	The Dance of Life	27
Chapter 6	Illness: When the Mission Goes Wrong	44
Chapter 7	Methods for Manifesting Your Essence Path: When Life and Meaning Are Synonymous	55
Chapter 8	The Dreamscape and the Astral Plane	73
Chapter 9	Being on Your Essence Path: Why It Matters	87
Fear, Faith & Physical Reality Summary	96	
Fear, Faith & Physical Reality Sample Chapters	97	
The System Lords and the Twelve Dimensions: New Revelations Concerning the Dimensional Shift of 2012-2250and the Evolution of Human Angelics Summary	107	



Chapter 8

The Dreamscape and the Astral Plane

Much has been said concerning the nature of dreams, and more will be learned shortly. Unfortunately the first obstacle to overcome, from the perspective of physical reality, an obstacle that has become an overriding dictate of the ego in its efforts toward self-preservation, is the notion that dream reality is not real. Simply and clearly stated, this is untrue. Your dreams have as much reality and validity in your lifetime as any other aspect that exerts an immediate and consequential force on your physical being. And in many cases, we might add, the dream reality is far more real than the physical construct you create and which you all agree to accept as real for the sake of convenience.

Your dream reality is akin to your astral self. That is, it is part and parcel of a broader dimension known as the astral plane. In many senses, the astral plane is directly related to your physical manifestation, in that physical reality passes from the astral plane into the physical plane more often than you imagine. Perhaps we can better explain such a concept to you if we examine more closely what we shall call inner reality and outer reality. Imagine, if you will, that there is a location where your higher self actually stages reality, sort of the backstage area of a theater. Now imagine that the outer reality is that which takes place in the physical realm, the onstage performance. Imagine further that the inner reality is where all of the props, characters, stage assistants, mechanical devices, scenery and other items related to the play exist until such moment as they are “onstage.” And then imagine that this backstage area is none other than the dreamscape, the astral dimension.

At this point, there is an important distinction we must make between the dreamscape and the imagination. Imagination is the link between your conscious physical reality (the outer reality) and the higher self’s reality (the inner reality). Imagination is indeed related to dreaming in that it is fluid (not constricted by physical boundaries), it is without linear perspective or time constraints and it is a vehicle for the creation of reality. Imagination is closely related to thought in motion, which can be described as an electro-

Your Essence Path & Other Quintessential Phenomena

magnetic impulse that has the ability to draw energy particles into your plane of reality. Once drawn to you in this manner, energy is slowed down, and objects and events solidify and are “drawn” into form at a particular place and time. This is of utmost importance to your reality, for by using your imagination (which will one day be discovered in your realm to be one of the physical senses, not unlike your sense of hearing, sight, or smell), you not only have the ability to sample a possible reality from the physical perspective (daydreaming is a common example of this), you also have an actual physical sense that can be used to see into your own inner reality and future, or, if you prefer, to see into the dreamscape.

Your imagination may operate in a way that is similar to that of your dreamscape reality, but there are important differences. The most dramatic is that the dreamscape, the inner reality, is more closely aligned with your astral body. Much has been said about the astral body, but truly there is not the deeper understanding within the species that the astral self is the self that leads, that wears the physical self. Far too often, the astral self is relegated to the position of second fiddle, because from your physical perspective this surely seems to be the case. Or sometimes the astral self is confused with the etheric body, the energy emanation that surrounds your physical body most often referred to as your “aura” and which separates and is discarded at, or shortly following, death. In fact, it is the astral self, or body, that carries with it the meaning of your higher self-- that is, your mission and the goals of your Essence. Likewise, it is the astral body that continues on into other dimensions once the physical entity has ceased to exist. The astral body then can be said to have the physical body attached to it rather than the other way around as it is usually described. As an example, illness appears first in the astral body and then manifests in the physical form through those physical energy portals (or chakras) most resonant with the astral plane “dis-order.” This is why curing the astral self of dis-ease or dis-order is paramount to curing the physical body, and it is the reason many well-intended cures that focus on the physical constitution only relieve the physical body of what ails it on a temporary basis. Indeed, whether or not you are aware

The Dreamscape and the Astral Plane

of it, most everything experienced in your physical world is first conceived and experienced in your astral self.

The astral self can be said to have two principal features: (1) It is the depository of your beliefs as carried by your Essence and (2) It is the precursor to -- the link with -- your dreamscape, the inner reality where the onstage happenings of a physical lifetime are actually invented and explored prior to their manifestation in physical form. Naturally, the relationships become extremely complex, and they are open to much misunderstanding and misinterpretation. We shall do our best to simplify the clarifications.

It is to be remembered always that the highest ideal of your Essence is to accomplish its Essence path, its goal, in the particular lifetime. Essence is always in the driver's seat, and the goals and wants, as we have described this pull, are passed from Essence to the astral plane. Therefore, should Essence require certain symbolism, events (karmic or otherwise) or happenings within a particular lifetime, this information as well as the symbols, events and happenings themselves are available to the astral body within the dreamscape of your inner reality. But equally, your free will in physical form (that device and ability of consciousness, or the ego self, to interact that makes physical reality possible) also sends back its own symbols, desires, wishes and wants through the astral self.

Where, then, are they harbored? You would be right in assuming they are held in the dreamscape, but not correct in assuming that everything is permitted free access there. For the astral self might be likened to the editor of the lifetime as it filters what may and may not enter the inner reality. Because as we said, the inner reality is the theater and backstage area where the materials to create physical reality are staged, developed, and finally brought "onstage" into that physical reality. In this regard, the astral self might also be seen as your inner director.

It is important to note here that to see this cast of characters -- the ego, the higher self,

Your Essence Path & Other Quintessential Phenomena

the astral body -- as separate entities would be an error. Each of these parts is a microcosm of the whole. Indeed, we are speaking of aspects of you that are united into one. Just as any conversation about your physical body might describe the workings of your heart, lungs and muscles and the manner in which they function, ultimately we would be speaking of you as a physical whole.

(Note: At this point, the current chapter's information was added to by a newly introduced entity named Sebastian. It was explained that Sebastian, like Samuel, is also an entity from the mid-causal plane with whom we will be collaborating in the future, particularly with regard to Book II, "Fear, Faith and Physical Reality." It was further explained that Samuel's specialty is to work with us to provide information and guidance that is uniquely individual in nature, particularly with respect to an individual's Essence and Life Path and the specifics of how an individual currently in physical reality is progressing. Sebastian's information and effort is focused more on universal principles and how this information applies to groups, mass karma and super-consciousness.)

Let's go back to our "play." Imagine, if you will, that the backstage area of the inner reality is as vast and rambling as it could be. Now imagine that while you are conducting your onstage physical play, the director (your astral self) is busy writing and directing the play. At different levels, then, a multitude of scenarios are being examined and played out, while the director, who is also the stage manager, remains in constant touch with the on-going physical play.

Every now and then, the director gets a call from the producer, your higher self. "Don't forget that karmic bit we agreed on. Don't forget the play's theme, please. Don't forget that crescendo scene we've got planned."

But don't write the reviews yet. For, oddly enough, the astral director, as part and parcel of the physical being (or rather, the physical being as part and parcel of the astral self),

The Dreamscape and the Astral Plane

is also seeing the play from the physical perspective and saying, "I don't want to exit stage left here. It's too scary." Or, "I don't want to meet the karma I have with this spouse. Let's postpone it till another lifetime." It's quite a dilemma.

So if the director is staging all this from behind the scenes, as will and action come into "play" (no pun intended), the possible scenes are drawn closer and closer to the immediate wings where the performance is being staged. Eventually, the more developed and agreed-upon scenes make their way front and center, manifested onstage into physical reality. But what happens to all the scenes prepared but then abandoned? They continue on, of course, for the actors and players are an adjunct of you, of your astral self and your higher self. And thereby, probable existences take form in a dimension of their own that is perhaps nonphysical (in terms of your reality) but no less real. How does the dreamscape enter into this scenario? Well, as was stated previously, the dreamscape contains the wardrobe, props, symbols, beliefs, characters and other items necessary to the production of the play. The astral self, directly, and therefore the physical self, indirectly, must remain in touch in order to continue the play. Where do they do so? They do so in the dreamscape, where your waking state meets your sleeping state -- and not only your dreaming state, but also in various non-physically-conscious states.

(Samuel returns here.)

Certainly, there are far more complex dynamics that take place, but this simple analogy of the play you are orchestrating is essential to a basic understanding of the dreamscape. And it must be reiterated that each of these realities is in some manner real as they work together to form your physical reality. We have only now to plug in the rest of the world, for truly it does have a role in your play. Your dreamscape is, for the most part, a private reality, but it operates essentially as does your waking state. In that reality, characters enter and exit, and mass consciousness adds its touches to the scenery created around you. Agreements are made in and out of consciousness, and individuals interact both in prearranged ways and as desired currently by you in your reality. As in

your waking, outer reality, so too your sleeping, inner reality is open to this interplay with others. It is as if that inner theater were open to auditions, and a fine cast of characters entered and left at will -- all with your agreement, of course. In this way, the play stays fresh, the characters are a combination of known and unknown players, and the astral self continues its expert management of the inner reality. Together in the dreamscape, you are not only directing your own play but also working out specific arrangements with others for them to be a part of the piece, while in turn doing the same within their theaters, which may or may not be located next door.

Just as this is the case with individuals, so too is the same scenario the case with mass consciousness. You have a predisposed belief that only those things with vital signs and features similar to your own are truly sentient or have the ability to have such levels of reality. Nothing could be further from the truth. Inner and outer realities -- waking and sleeping states -- are available, in one sense or another, not only to every living animate thing on the planet but also in many ways to inanimate and intangible things. These beings are part of the visible inter-dimensionality of your world, where dimensions may overlap in terms of physical reality placement but not in terms of communicable connectivity. It may shock you to know, for instance, that a rock has consciousness. This shock is perhaps particularly true for those among you who see themselves as the designated "Masters" of your world dimension, granted -- by what "real" authority you know not -- dominion over the earth and its various levels of inhabitants. It will shock those individuals even more, however, to hear that a rock can also dream or, more accurately, has a dream reality of its own. Naturally, this is not dreaming in the sense that you dream, and certainly it does not have the same astral properties technically, but the rock's dimensional reality does have a dreamscape. Even concepts and corporations can have dreamscapes. War is another example of this. In many ways, war and forms of group consciousness, such as culture, race and maybe even your country club in the suburbs, have a dream consciousness of their own. In fact, outer physical reality would not be possible without dream reality. Dreams are the stuff that life is literally made of. The