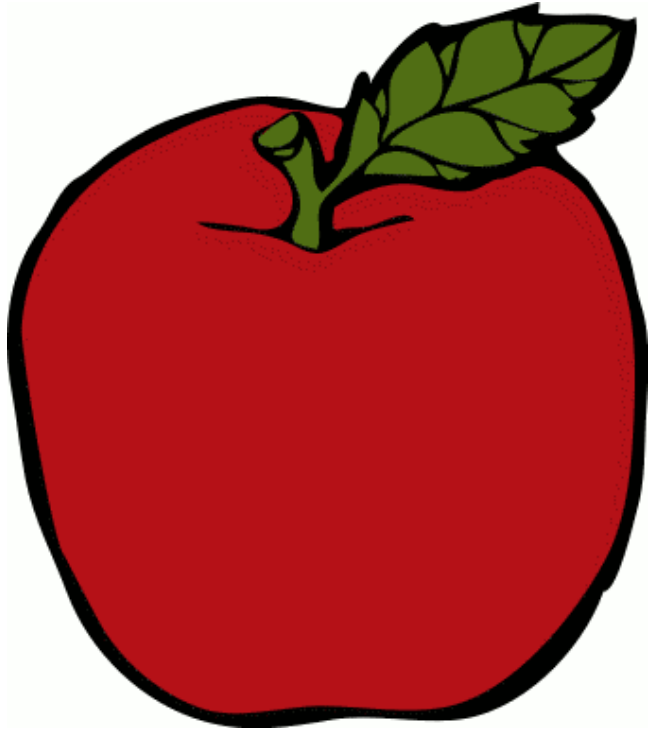


# *The Secret of the Apple*



By Chris Aldous

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## ***The Secret of the Apple***

Now if I held a green apple up, everyone, (except for the colour blind), all would agree it was a green apple. Yet every one who tasted it would actually have a different taste.

My wife has no sense of smell, so the same apple would taste different to her than it does to me. Your sense of smell does affect your taste buds.

Everything is like this. It is the common idea and the individual experience. If you get wrapped up in the individual idea, you miss out on the common idea.

It is the common idea or perception that leads to 'normality'.

This is actually the basic principle of perception.

Now you may be thinking what is he talking about, so I'll explain a little more. I am sure you have all hear the story from the bible about Adam and Eve. (Book of Genesis from the Old Testament)

The story is about how man was told not to take an apple from the Tree of Knowledge, he did and in doing so he took his first steps towards knowing right from wrong. He basically lost his innocence.

He was then dressed in cloths and cast out of Eden. The story also goes on to say that through this knowledge he would ultimately know what 'God' knew.

Now that is some potent apple, and hopefully this will explain a little towards what the affect of the apple has had on mankind and you yourself.

The taste of the apple is your own individual experience, and is never the same as any one else's, in this respect, it is like life. Your life is yours and no one else's, nobody will ever experience the same things in exactly the same way as you, this happens from birth to death. You could say nobody ever knows more than you about your own life and in that respect you are an individual and unique.

Now this leads then to the common idea or common perception, the apple held up for all to see. You could say this is how others see you. It is also how we share our thoughts and experiences. This in turn helps us access how we feel about our-selves and how we judge our self.

This is basically what we do when we talk to our friends, and how we share our experiences. There is no hidden meaning in this and is as simple as it sounds.

## ***The Apple Effect***

Now you know the secret of the apple, what effect has it had on humanity? It is far more far reaching than you would have ever thought. If you take into account that humanity has been spread out across the world in its many tribes, the secret of the apple has brought us to where we are today.

Early man shared their experiences based on what he had experienced, within the environment he lived in, this gave rise to communities which were inevitably led by the elders or wise men of the tribes.

It is from these early days the roots that religion were formed. Religion is a way of life, a ritual through which people find normality and understanding to help them through the difficult times.

People would gather together to share their lives and communicate and in doing so created the basis for social interaction.

It was the sharing of common ideals and ideas that created union between peoples. In essence it was the common idea, the apple effect.

This is good, but as humanity grew, the world became smaller and inevitably the different tribes would meet. In some cases it was easy as they lived in similar environments and their cultures integrated, but in more extreme cases it led to wars. Wars caused not through the love of god, but due to the different perceptions of the apple and the different tastes the tribes had encountered through their lives. A classic example would be the crusades in the 16<sup>th</sup> centuries between the catholic faith and the faith of Islam.

Such is the power of the apple, you see the more people believe in a common vision, the more powerful that vision becomes, and ultimately it becomes a part of life. Once it has its roots, cultures forget the apple effect, but fight to defend the world they have created. Often forgetting that those they fight are fighting for the same reasons as they themselves.

In modern day this conflict can be seen in the Middle East, it is not a war of god, but a war of man. It is a conflict of cultures, each trying to protect its heritage, rather than reconciling that fact that they are merely part of humanity, on a personal level they forget that every body bleeds, every body needs love and peace. The effect of the apple makes man forget that they are arguing with another human being.

The effect of the apple can be seen on a more personal level within everybody's life.

Football, is an easy example, people congregate to support a team. Then the effect of the apple happens, in extreme cases it causes conflict between supporters, 'my team is better than yours.'

It is also evident in smaller social circles, in churches, where people congregate to share a similar faith and understanding.

Ultimately it's the apple effect that brings us together, and separates us. Even right down to our closest personal relationships.

## ***Evolution of mind and body***

God is definitely a word that has been used throughout the ages to describe all the things we do not fully understand in our desires, needs and in life around us. God is all the things we now understand and things we have yet to discover.

Evolution, the universe, life and death are Gods domain. The more we understand about ourselves, our own evolution, the world we live in, the closer we are to knowing god. For those who find the word 'God' hard, I often just say it is something else that we do not just fully understood or have yet defined.

When we understand this people will return to the Garden of Eden so to speak. By this I mean, live in peace, there will be no more famine or poverty. The vast majority of illness will disappear. Settling on new worlds will happen and humanity will expand and evolve. Ironically the more we understand, the less important the word God will become and the more this something else will be accepted as the norm and the mystery will disappear.

“Of all the creatures on this planet, mankind has the greatest potential, for both love and hatred, arrogance and compassion.”

Evolution. Now this is something often over looked and it is a key factor to understanding. You see, evolution is not just new species magically appearing and old ones becoming extinct, it is a process of change. This change is caused through the environment, which forces life to alter its behavioural habits in an effort to adapt and survive. All life is affected by evolution. This in turn takes generations to happen and is not an over night occurrence.

Changes in behaviour subtly alter the consciousness of living things, this in turn causes changes physically over time. The changes eventually become permanent and a new variation of a species evolves. Depending on the scale of environmental change and the long levity of a species this can lead to their extinction.

You may think what has this to do with humanity? Well I understand this as fairly obvious. Modern humanity has itself evolved over time. Admittedly it has not actually evolved significantly in the last 4-5 thousand years, but evolution happens through necessity and humanity has been top of the food chain for a long time in relation to their life span. Humanity once was a tribal creature; he hunted, battled for survival against other creatures above him in the food chain. Mankind, killed from a survival instinct. Mankind would kill his own kin without any morality or ethics. As such, morality and ethics only ever come into play when basic needs and the threats to the survival of a species are over come as they are in modern day humanity.

You could say we were once all savages. Just as a male lion will defend his pride, if the pride leader is defeated the new lion will kill the children in the pride to ensure his survival and the survival of the pride under his leadership with his spouse. Mating is not a case of age and consent, but more a case of as soon as it is physically possible.

Mankind also lived like this. This basic survival instinct is still present in modern humanity, it may be expressed differently these days, but it is still there never the less. Humanity has evolved subtly in form and a great deal in consciousness, but basic instincts are never removed, as they are as much apart of us as anything else. Evidence to support this is rare these days but can be seen to some extent in the various cultures around the world, some African tribes, and in some of the tribes from

the Amazon jungle who have been isolated from the modern world. These people are just as much a part of humanity as the multimillionaire.

The main issue here is that humanity is actually fairly short lived in the scheme of things and humanity tends only to remember things that have affected their life and the lives of the generations with in the social circle that are still alive.

As an example, People still say, ‘remember the second world war?’ but in 30-40 years when the last of the world war veterans are gone, it will just be another part of history with no relevance to modern life, just as the Napoleonic Wars or even to such extent World War One.

With humanities ability to forget such things, it is easy for humanity to forget its roots and lose its way and simply repeat things. Wage pointless wars, through a basic survival instinct and need to express dominance.

This generational memory that affects humanity is also the main reason why wars are never successful, why once a conflict has occurred, it is very difficult for humanity to stop it. In fact I would go as far as to say that the only time conflicts end is when they near a state of utter destruction, the point were both side of a conflict have to stop because if they don’t their own survival comes into question.

An example would be the First World War. So many people died that it got to a state that there simply wasn’t enough people left on either side to maintain an economy and the internal structure of the respective cultures were about to collapse. This generational memory is not restricted to wars or large-scale conflicts, but is often ingrained into society in conflicts between families and cultures.

You could say this is a grim tiding for the future of humanity, but that is not the case, as with any problem in life, the solution is often found in acceptance that there is a problem in the first place. Whilst it is true that there is no immediate fix to any problem, there is often a long-term solution.

“All things have a purpose; our purpose in life is defined by our experiences and abilities for better or worse. It is through this we find our understanding of ourselves and our effect within the world around us.”

There is a catch. You see in life the only ones who overcome obstacles are those who actually have the desire within them to do so. No one in life can help you if you do not want to help yourself. This also means that it needs to be an individual evolution, but also an evolution which all people individually under take. This is often hard as it often deals with change, and change is often what we fear. No one person will ever change the world, but collectively people can.

This is even harder as often people wear blinkers. They ignore things in their own lives, which are making them unhappy, as they believe in the saying. ‘Better the devil you know.’ Life is not about coping. It is about living. The more people live their lives coping. The harder it is for change to occur. It also means that those who actually have things materially often take comfort in things rather than in life. This makes it harder still for those who do not have such luxuries.

“Change is as inevitable as is day turning to night, it is to be embraced, for fighting it only leads us down a path of self delusion.”

## ***A Glimpse into The Ether***

A large aspect of the esoteric knowledge I most definitely believe is the Holy Spirit. Some call it Chi, or Ki energy; there are many definitions from many cultures. In modern times it has even been described as the Force, with a light and dark side.

The idea of a life force flowing through and interconnecting all life is nothing new. It has been with humanity since before history was ever recorded. This has also been philosophised about since the so-called birth of modern day. Going back to the ancient Greek philosophers Archimedes, Aristotle and Plato. The philosophy of the Bow and universal constants is pivotal to the Trinity, which occurs in most singular god belief systems. The idea of physical and spiritual, linked together in harmony through God is a commonly held belief. Humanity as part of this union is true, but this does not mean humanity is superior to any thing else in life, merely as a part with a role to play. Another common understanding is that it is ethereal energy, which is something I honestly believe in.

“When looking into infinity you see there are infinite possibilities. Which means there can be no absolute truth, only what you believe in and to believe in something is far better than believing in nothing. For our beliefs is what gives us hopes for the future.”

If you really want to see where it comes from, look around you. Try to forget your preconceived notions. Try meditation, Reiki healing, Spiritual healing or laying on of hands as it is some times termed, Tai Chi, singing hymns or even prayer, all of them work, but as everyone is different we all find our own methods, but it does not mean you are connecting to a different thing, or that what you feel is better than what others feel, that the energy you tap into is better than the energy someone else connects to.

Step away from the obsession, modern society has with the brain being the house of ones mind. Simply put, it is not true, science will prove it eventually, but science is like a slow moving group of turtles swimming in a sea, constantly bickering amongst themselves as to which is the right way to go.

Your whole body is your consciousness and it is instinctually connected to your environment and those around you. It is through this connection with all things that the ethereal energy flows. This has actually been known for centuries, but as power bases in human history have change so the knowledge has been lost and found, again and again. It is our whole consciousness that determines how we feel, what we want and do with our lives and how we interact with the world.

This is why acupuncture actually works, by treating the entire body as a consciousness. Some say it's down to if you believe or not, it's a placebo, I'd say its not if you believe or not. It is more the case that if you don't believe then it may not work. You see the human consciousness is far more powerful than it is given credit for. If you don't believe something will work, it never will for you, and that goes pretty much across the board in everything we do in our lives.

“Wanting to believe is not the same as believing. Wanting to believe is disbelieving with the hope you are wrong. It is the difference between an open door and a door that is opened with the chain on.

Wanting to believe is opening the door to a visitor without letting them in.”

An interesting concept came to me whilst writing this, one, which I shall share. It is reference to beings of light, some times called Brahmin or Buddha, definitions and names change often in relation to the origin of the concept, but the basic concept remains the same. Some may say this sound’s like an episode belonging to Star Trek, well, maybe so, but even fiction has it roots, in life and nothing ever imagined, hasn’t had some basis in the real world around us.

*The beings of light are neutral creatures,*

*They are the ultimate evolution, one that transcends time and space.*

*They exist in all times and are in all places.*

*They the highest vibrational energy.*

*They come to us to help us understand as we are them and they are us.*

*They are our future selves, our omnipresent being.*

*We are here as part of theirs and our own evolution.*

*We are their history as they are our future.*

*But it is only in our now can we evolve.*

*We cannot become beings of light as we already are.*

“Faith and blind faith are two separate things, both can sustain us spiritually. But one is knowing and the other is a lack of questioning. It is only through questioning that we learn and understand.”

## ***Positivity and love***

Positivity and love is what healing of the soul is about, and is essential to finding grounding and harmony in your life. It is used to remove negativity from your energy flow and provide you will a greater sense of well-being and also creates a more harmonious atmosphere around you and the people you come in touch with. It is very important as what you see in people are often memories or in some instances things that are about to happen.

Without positivity even good events are over looked and bad events seem even worse. It promotes the self into physical healing.

In life what you receive is often based on inner desires, if you want the most out of life you have to be positive about life.

Some people in life will drain you, what they are actually doing is filling your psyche with negativity, which stems from their core feelings about themselves. To prevent this, you have to shroud yourself in healing light and love. This has to run through all of your self-understanding. People will then not be able to drain you, but it will heal them, as your positivity will fill their psyche instead. It is important that you let go of any malcontent about yourself and your life and replace it with positivity and light.

This will enable you to help others and yourself. It will enable you to use your gifts to not only bring understanding but also light into others, as it is often people who are surrounded by clouds that need help.

## ***Alternative healing***

Spiritual healing, laying on of hands, Reiki healing is something I believe in, how could I not after seeing evidence of it in my own life. This is also the highest form of connection with the ether. It revolves around the manipulation of energies, and the channelling of them to positive effect.

For all intense and purpose it is often seen as channelling positive energy, or love. These energies are called various names depending on your creed and beliefs. The Holy Spirit, Chi, Ki, and even Christ energy are some of the terms used; it is all the same in the end.

My personal mantra is simple, 'Through your love and grace divine, help heal the hearts and mend the minds.' It is something I say to myself, which allows me to open up to the untainted ethereal energy for the purpose of channelling it.

Why I use the term love is easy, it is the greatest healing force, and it is also the easiest method of positive reinforcement. It is the key that lies behind self-esteem, it is through love we find forgiveness in our hearts and it is the one thing that can bring peace into our often, hectic lives.

## ***Types of alternative healing***

There are many forms of healing, but they all work on energy and positive thought forms. Reiki uses symbols and crystals to create and amplify positive energy. Spiritual healing revolves around an individual raising their own vibration to attune to positive vibration in the ether then channelling it. The energy generated and used in both cases is the same.

Some people find they are drawn to crystals and I would recommend they choose Reiki, others are natural channels and as such simple laying on of hands is more natural for them. Each and every person is an energy generator, and positive thoughts, positive actions, laughter and smiles all raise a person's vibration and the vibration of the area they are in. These are the simplest forms of healing and are available to all.

Other forms of healing include more potent forms of channelling, which is the same as the laying on of hands, but are channelled through the healer, the more potent, the higher the vibration.

Acupuncture and EFT (Emotional Freedom Technique) and various forms of massage work with the energy flows of the body and is actually the manipulation of these energy flows to relieve stress, unblock natural channels in a similar way to a Reiki healer, and the laying on of hands. Acupuncture EFT and massage are connected to the manipulation of a person's nervous system. Reiki and the laying on of hands, tend to work with the auric fields of a person rather than through physical manipulation.

When doing healing it is my sincere belief that people carry memories in their auras, which are their electromagnetic fields also termed as the aura. All people have these; through attunement with these fields you can often pick up on blockages that people have, either through physical conditions or through highly emotional events in their lives.

Blockages are the main cause of illness, which can eventually manifest themselves as physical symptoms.

The basic principles of healing are the same no matter which route you take.

The only other form, which goes far deeper, is psychic surgery, which is the manipulation of physical conditions on through the understanding of metaphysical principle. (People that can do this are very rare and it requires an extremely in-depth understanding and belief in metaphysical energy manipulation.)

“It is only when we are happy with who we are that we actually follow our true path in life.”

## ***Destiny and Fate***

What is destiny? Well by definition it is the predetermined, usually inevitable or irresistible, course of events. By definition fate means the same.

To me I would say there is a subtle difference. I do believe that there are some things in life, destined and unavoidable, death and birth being two of them. The rest is very much up to the individual. I do believe a person does attract fate through their actions, but not that your entire life is pre determined.

I would equate this to the old saying, “What goes around comes around,” To me this is how we interact with fate. We create our own lives, or we let others do it for us, either way we attract what comes to us as a result of our actions. The key is simple, personal responsibility. Everyone has free will, but in truth that usually boils down to is your cup half empty or half full? It is from that basis that we act and fate comes into play.

On a final note, astrology, truth or fiction. Well, it's a bit of both really. The motion of the planets does affect the motion of the earth, this is obvious, but as to attributing life predictions to this motion, is a gray area.

Personally believing that the world affects our beliefs and does in turn affect our personality and thinking. You could say on some level astrology has some basis, but in real life our connection is not with Venus, or Mars but with the world we live in.

Any astrologer who produces a chart, which is accurate to any degree, uses their intuition or psychic intuition to personalize a chart, and are tuning into the ether of the world rather than the universe and tuning into the person they are reading for, in a very similar way to any other psychic.

The same can be said for numerology, it is a time old method of divination, but with out intuition it is only as accurate as you allow yourself to believe. It is ultimately as subjective as belief, you see. Never underestimate the power of mind, anything that is believed in enough will inevitably become a part of reality. Even rationality is subjective to what you believe. This is true on many levels. You could say that your belief is your conscious mind. It is your self-conscious and self-awareness. It is also your own neurosis. It is ultimately your ego

The main issue with the ego arises when you believe something which conflicts with who you are. What I mean is your beliefs conflict with your own natural abilities. This leads to neurosis and many of the so-called clinical psychological issues in life. I believe there are 3 forms of insanity in life, insanely happy, insanely sad and clinical. People fluctuate in life between happy and sad, this is normal. Our beliefs are what ultimately lead to clinical insanity. I honestly believe modern society is the creator of the vast majority of its own ills. It is the secret of the apple. Anything else is a physical ailment, and only neurology can currently determine this. In turn is not psychological issue, but a medical condition, one which in many cases is incurable with modern medicine.

In the end when looking for knowledge, I tend to visualise all knowledge as a tree, which is constantly growing, it is ancient, but it does have new growth. I prefer to look at the tree rather than study one branch. Simply put no one island represents the whole world.

You could say, that life is an Orchard, and everyone has an apple to taste. Just remember, even though it may taste differently to what another eats, its just another apple in the end.