

**The Nature of the Self  
and the  
Social Evolution of Humanity**



**Douglas H. Melloy**

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and the Social Evolution of Humanity  
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*Old tribes have fallen destitute by hands  
 Of golden iron marching drums to war,  
 To vanquish social lines by orders served,  
 To gather, hunt and fish to grow, mature—  
 Sustain the cultured traits conceived in time  
 Which draws the civilizing sons  
 To paganistic heathens felled by quest,  
 From righteous airs- their temper raged against  
 The flesh as aged on trails trod in dreams as dreamt.  
 This historic path reincarnates pasts—  
 The love of fear's false promise promising  
 The land bequeathed for Garden use to raise  
 The lives unlived above the tempered times.  
 From hardened hearts that hate- afraid, at odds  
 With the Imaged soul—the likeness few know,  
 But ghosts—a shadow self—a haunting call to arms,  
 To arms, laying waste claims as laid to rest  
 Attesting morals void of ethics lost,  
 Consuming vampiric'ly Spirit's blood  
 From Temple's skeletal fleshy frame formed  
 By thoughts as felt- willed to life, becoming...  
 Trampled under ego's false progressive guise,  
 Disguising true intents that mask—deceive  
 The mind and wishes—simple unconcern...  
 For ownership and acquisition's quest,  
 Enslaving liberty's lifestyle—amused,  
 Leaving homelands—deserted—destitute,  
 A wasteland reserved as promised land to give—  
 Vanquished refugees...a place, to waste, a w a y—  
 Enter extinction's blisped remembrance born,  
 Wombed to life through woman's nourishing drink—  
 An alcoholic bent on self destruction,  
 Enstaged, enraged, the rampage wound victors,  
 Unhealed and bleeding to death with war's cross—  
 A crux carried to crucify one's painful torment,  
 That to vi'lent hate—mirroring traits  
 Absorbed, sponge like, few know the hoop of fire  
 Tempering souls to purify the fallen sons  
 Having lost the battle of self displaced.*

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## Dedication

This book is dedicated to my parents:

**Elaine Barbara Lee Zum Brunnen Melloy**  
and  
**Robert Charles Melloy**

## Acknowledgements

I am always fascinated by the acknowledgements page when a lot of people are listed. I wish to express my sincerest gratitude to **Carol Bradshaw** for all the work she has contributed to this manuscript. Thank you for being the most authentic woman I know.

I would also like to thank **Phil Lawson** for all his input early on. I appreciate all the work **Chad Lilly** contributed to making this manuscript into a book, and all the editing **Angela McKenzie** suggested. Thank you all very, very much.

## — Foreword —

My first association with Douglas H. Melloy began in 1998 with my reading some very profound truths he posted on a “spark list” for a group of thousands composing a Wayne Dyer study group. I replied to his writing by asking many questions. This began an ongoing correspondence between us that continues to this day. We are the best of friends.

There was something about his wisdom that stirred an inner knowing deep within me that prompted me to ponder, discern, ask, and know that this person was coming from a place of wisdom and truth.

We met and became close spiritual friends. I assisted him in editing his first two books, and have assisted him with his third book, *The Nature of the Self and the Social Evolution of Humanity*. This has been a great journey for me for the last eight years through our sharing as souls on a very similar path. Through my willingness to listen, address, and heal, my life has evolved immeasurably. I have witnessed some very profound changes in Douglas, observing that he truly “walks his talk” through persistent work with each experience. I witnessed him develop into full personal mastery in this lifetime. We can all do the same with personal intention.

These pages reveal a series of enlightened revelations, a personal knowing with each part growing more and more profound as the book progresses.

We each travel alone through the process of growth to the spiritual realms. It is up to each of us to do the required work, and to maintain a level of focused intention, to become our own master. The image of our creator becomes what we ultimately own. The responsibility rests upon each of us. We all in truth form one group body within the realness of God. This is the ultimate paradox. We are responsible for our own progress, yet we each are linked together in the oneness that is God. In this sense, we are indeed our brothers’ and sisters’ keepers, eternally linked in the evolving process of life.

It is with thanks and gratitude to have this opportunity to share a few words of possible affirmation in these pages. As we bring up our own vibrancy, our individual light and love will shine and assist humanity with its vibrancy. The personal experiences and individual revelations of each of us serve to add more luster and brilliance as we allow this transformational process to unfold.

It is both a privilege and honor that I welcome you as readers to *The Nature of the Self and the Social Evolution of Humanity*. This work is a living testimony of his life. A life in which becoming fully conscious is the truth of mastery lived.

Let each of us share the love and light one unto the other until our world is transformed for our highest and greatest good.

□————□ Carol B. Bradshaw  
April 2007

## □—————□ Preface —————□

I remember years ago an interesting experience that lasted for 18 months. Every two to three days someone would approach me asking me to join his or her religious group. For 78 weeks this experience continued. I was surprised at how many different groups there were. What was interesting to me then was the conviction each person had about his or her particular version of what “faith” is, and what it entails. I found, in my search for meaning and truth, that given teachings or teachers failed to take enough into consideration about the nature of the self and what it encompasses. I discovered that most teachers and their teachings were mistaken and misguided because they were not taught what the nature of the self is. After dabbling in various religious disciplines over the years, I finally realized that going within is the only path one ever walks. I then began my personal search culminating with this book. This book attempts to answer some fundamental questions about the nature of the self and the social evolution of humanity. This book addresses what the nature of the self is, what one must choose, and how these evolve into what eventually ascends from the planet into the universe.

Part One of this book explains the nature of the self as will, love, light, and consciousness. These are the will of God as the mind, the love of the creator as the body, the light of the father as the spirit, and the consciousness of all that is, or universe, as the soul.

Part Two of this book explains that each of us must choose whom we will serve. Service polarity involves two paths that are either positive or negative (RA Material’ Vols. 1-4 1984). The two paths are also called the right and left hands of God (RA Material 1984). They are sometimes referred to as self-service and serving others. Service polarity involves specific types of social behaviors. Self-service involves the philosophies of hierarchy, elitism, superiority, chosen-ness, and good versus evil, leading to the practices of conquering, enslaving, and

destroying others through war, greed, and slavery. Serving others involves equality, balance, relationship, purpose, and harmony, leading to the practitioner living a life as a way-shower, deliverer, and healer.

How we recognize each path is what a person chooses to focus on. People who serve themselves aspire to the ideologies of the invader culture. Invader cultures live according to the practices of war, greed, and slavery. Self-serving individuals live according to false doctrine that conquers them, enslaves them, and destroys them through living denial, fear, and judgment. People who serve others live a simple life according to their design. We see this contrast as the historical conflict between invader cultures and indigenous peoples. The only struggle as conflict that exists is between individuality and collective consciousness. Individuality only involves 6% of the brain. From this perspective, the individual considers him or herself an entity unto itself giving him or her the notion he or she is an absolute, a type of false god. This leads to the need to empower the self through subjugating others. The emphasis is on self-glorification. Collective consciousness involves the other 94% of the brain. People who are collectively conscious know themselves as all that is unified into a state of oneness. People who serve others live their path as way-showers, deliverers, and healers, from a state of joy, peace, and freedom. People are faced with having to choose whether to live individually or collectively.

Part Three of this book introduces an idea that most people are unfamiliar with. That idea is collective ascension. Collective ascension is how humanity evolves from a planetary state of existence into an eternal ongoing-ness. Human evolution is the development of consciousness according to individuality, or collective consciousness. These evolve from a planetary state of existence into an eternal one through ascension. Ascension pertains to either individuality, or collective consciousness. The type of ascension accomplished determines how one evolves through the universe.

Individuality eventually ceases to exist. This is what death shows us. Death is only possible individually. Collective consciousness never ceases to exist and ascends en masse,

and the highest levels of creation only involve collectives. The universe is one being—the being-ness of God. This is what collective consciousness realizes and lives personally, relationally, and socially. Collectives that ascend are conscious of their true nature individually and as all that is. Humanity is evolving into what collectively ascends, and this reality never ceases to exist. Humanity evolves beyond the planetary through collective ascension, and this evolves through the universe until it reintegrates back into the realness of God that surrounds it.

This book also contains 17 appendixes A-Q. Appendix A presents seven ideas about what the second coming pertains to. Appendix B addresses the attitude of business as “nothing personal” from the expectation and demand that greed and codependency remain unchanged, and the employee/management relationship exist as a form of socially accepted slavery. This appendix also addresses the social attitude of money as a form of economics creating class distinctions. Appendix C explains why God is an idea and ideal. Appendix D explains that two types of creation theories exist. One is human, and the other a type of biological robot, clone, or slave drone. The creation of the human being is positive, whereas creation of the clone or drone is not. Human beings have a soul, but the clone does not. Appendix E shares the idea that nothing in the universe is an absolute, not even God, and it explains why this is true. Appendix F is this author’s version of the Mayan Calendars and what the end date 2012 pertains to, and what is involved with the numerology of 13 and 20. Appendix G defines enlightenment and shares several personal experiences. Appendix H addresses the problem of fixation upon seeking to attain an ideal state of awareness, like bliss, nirvana, or perfection. Appendix I states what God and universe are as a unified ideal demonstrated as a state of oneness. Appendix J explains the significance of Unidentified Flying Objects and the purpose they serve. Appendix K defines death as a form of fear, and that death of the body necessitates reincarnation of the soul. Appendix L is about meditation, how to meditate by focusing upon feelings, like joy or love and thoughts that prove to be true through experience. Meditation

is the path of the seeker delving into the depths of being to discover what is real and true about the self that becomes the lifestyle one portrays. Meditation is the medium that expands depth of being and scope of knowing into an awareness that is both comprehensive and authentic rather than misguided, mistaken, or closed-minded. Meditation is embracing and owning inner states of realness, rather than pretending external appearances, worn as costumes, are it, making us who and what we are as human beings. Appendix M informs the reader that anything that exists is within. This appendix also presents the idea that the Big Bang is half of the origin of the universe. The very big also became the very small simultaneously. This appendix also states that change is an internal process mirrored back to us externally. Each of us is responsible for personifying those states we desire to exist as our reality. Each of us must be it in order for it to be real. By it, I mean such states as joy, peace, freedom, love, happiness, or compassion. Appendix N is my idea we are our own soul mate. Appendix O is there are two versions of oneness: oneness from a specific perspective, or oneness from a collective perspective. Appendix P states the Bible is a conflict between the Old Testament and the New Testament. Appendix Q explains the conflict between two differing cultures: invading cultures and indigenous people.

This book is a journey into self-discovery. It touches on what hinders personal growth and social evolution and assists humanity in the healing of dysfunction. It addresses development, both negative and positive, and gives the reader the means for becoming truly authentic. This book is a manual for being, living, and evolving. This book reveals the nature of the self and the social evolution of humanity. This is a manuscript written so one will become conscious of God and universe, and heal the fictions of disease, disparity, discomfort, and even death. The path is how this is accomplished.

Reality and truth are not easy to address and embody, due to so many people subscribing to false doctrines based upon denial, fear, and selfishness. This book strips away dogmas instilled leading to the personal fictions of pain and fear, becoming suffering and death, and the socially reprehensible activities of slavery, greed, and war. This book is about ending personally

what soon becomes extinct—individuality as a self-serving elitism that thrives upon war and greed. This book is a personal journey of self-discovery from individuality to collective consciousness. It is written to assist the reader in resolving personal conflict and choosing to become fully conscious. This involves resolving the self-delusion of individuality existing as an entity unto itself. This requires becoming conscious of one's collective state of being and knowing. Evolution is how one fully activates his or her brain.

If the reader wishes to become empowered, healed, and authentic, it is advised to read this book with an open mind, and with the intention of becoming that state of being that is collectively conscious, rather than addicted and attached to his or her individualized identity. This book explains how to heal and ascend.

□——□ Douglas H. Melloy

## □————— Introduction —————□

The path of the seeker is a curious and interesting process, due to the fact that each of us is unique. No two people experience life in the same way. People think a given teaching or teacher's truth is greater than their own. Also, it is curious how people subscribe to the ideas that others state as their truth. I am always brought back to the question: "What is your truth?" Few people can answer this question honestly. Answering this question by reciting or literally interpreting the ideas of another does not count.

Seeking for meaning and purpose is part of what life entails. There is also enjoying life as an individual, while seeking to live a life that is honorable and authentic. Selfish individuals fool millions by claiming to know what is real and true, but is actually only false doctrine.

This book advises the reader to know the self, choose whom he or she will serve, and aspire to collectively ascend. My only advice is, feel something real, think something true, and share these in ways kind and conducive.

People do not do a very good job in addressing and assessing their humanity, so what is involved as a catalyst, like pain, fear, arrogance, or the like, remain denied and ignored. These catalysts are designed to assist us in being and knowing the nature of the self, so that it is easily grasped and lived. I ask this question: "What has greater relevance, your individuality, or someone, like Jesus, or Buddha, or Mother Teresa, or Billy Graham?" People frequently state that someone else is more important than they are. People fail to address self-denial that becomes projection. This leads to relying upon others and outside sources for what is true and real. The fact is, each of us personally portrays our own truth and realness.

I have found few people honestly seek for what is real and true. They rely upon the ideas of others and give their life away to those whom they feel are superior to them. This prevents many people from feeling and thinking for themselves.

People fail to address their own humanity. Individuals do not spend enough time resolving issues which act as a catalyst, like pain or fear, for personal growth and evolution. There is an unwritten rule: Deny yourself completely and only live what others want you to be and do for them. People fail to grasp what creativity is and how it works. They live to follow the dictates of others regardless of what is entailed and where it leads. There are no real visionaries now leading humanity into an illuminated spirituality and truer way of life.

Today, people remain indifferent and rarely speak up about injustices lemming our lives over cliffs into rude abysses of our own making. They do not do a very good job at recognizing what is really going on with the intentions others have. Those who follow ill-advised ideologies are usually mistaken and misguided through 'blind' faith. Avoiding these ill-advised ideologies is not easy. Walking away from everything and everyone is difficult. This is the only way one can come to be and know certain truths about the self without bias. Going it alone is very difficult for many people to do because they do not like being by themselves. There is an endless array of attention-getters keeping people distracted. Seeking outer-based sources that are dogmatically revered, like books and teachers, usually only reinforces what one already feels and thinks. People refuse to address issues, like fear or anger, afflicting their lives causing stress and discomfort. So-and-so says such-and-such: we blindly believe and follow whatever advice others feel is right for us. Rarely do we question authority: authority can lead us astray.

In this manner, humanity fails to heal. People insist upon embodying ideals that create disease, disparity, conflict, poverty, discontentment, violence, war, and even death. Where is the global vision in which all of humanity aspires to achieve? People aspire to die and go to heaven and that's about it. People assume life ends with death; however, choice is always involved. Dying is not living, and life is not death. Living the life of something eternal is one goal. Another is being happy and feeling good about living as flesh and blood. One can choose to feel good and enjoy his or her life as a human being.

This book focuses upon three aspects of humanity. The first

is the nature of the self. The second is choosing whom you will serve. The third is aspiring to collectively ascend.

A large percentage of the human race is unaware of who and what they are. Part One of this book defines the nature of the self as the will of God as mind, the love of the creator as body, the light of the father as spirit, and the consciousness of all that is as the soul. These are the basic or fundamental natures of the self that we individually portray as our biology and physiology. Part One also explains the roles pain, fear, darkness, and negativity play in assisting personal and social evolution. These four catalysts are the basis for how infinity, eternity, completeness, and what is total exist as individual states of expression. The entire creation is God stating, I am. I am-ness is God's individuality. This makes everything existent within the universe an aspect and quality of God. This is why the Bible tells us: "Unto the least of these ye do unto to me." Me pertains to God, not to Jesus.

Part One also explains what God is and where this exists. God is an all-encompassing state that is centered within the heart. As an observed state, it looks like a small dormant sun. When entered into consciously, this brings to life the realness of God, making anyone who does so a God-man, or Avatar. Coupled with this realness is embracing the soul. This is done by doing conscious out-of-body experiences, which frees the soul from its flesh cocoon. Meditation is how the aspirant enters into God and leaves the body. Before the seeker can do a conscious out-of-body experience, he or she needs to desire to return to his or her place and point of origin. God and universe as self are depth of being and scope of knowing. Coupled with this, are actualizing life and demonstrating what it is to be a human being.

Part One also addresses embracing and owning qualities, like joy, love, compassion, kindness, and peace. This is done through understanding what each quality is not. The path is how each of us heals those qualities that are negative keeping our life a struggle and full of strife. The first part of this book also points out the role the ego plays in our life. The ego is the choice maker. It makes all the decisions for our lives. The ego is fear felt as an individuality.

Part One also touches upon the unique nature of each of us. No two people are the same - this is the infinitude of God. Infinity is and means variable and variety of that which remains constant. God is the constant. The fundamental nature of the self is the will of God. God will's to be and know what individuality is like as an image and likeness. The universe is applied intention. We are also learning how to be effective co-creators. This involves applying God's will as what we each manifest as our experiences. This requires resolving the mindsets of either/or, opposites in conflict, lesser and greater, and perpetrator and victim.

Part One addresses the fictions of absolutes and dogmas. It also addresses the areas of denial, irresponsibility, rejection, and projection leading to the beliefs we are born, crucified, die, and then reincarnate. Coupled with this are their opposites - acceptance, responsibility, embracement, and ownership - qualities each of us desires to have and to know, sharing with others in ways kind and conducive. Part One also touches on the functions of mind, body, spirit, and soul. The mind is self-sustaining, the body self-regenerative, and the spirit self-perpetuating. The soul houses all our experiences. When one lives what mind, body, spirit, and soul truly are, suffering, struggle, and death cease as a personal fiction.

Part One also explains inverse reversal as the technique used to create binary vibrancy. Binary vibrancy is lived as our heartbeat, breathing, waking and sleeping, and finally incarnation and ascension. Our heartbeat is the pulse of God. It is the binary vibrancy between what God is and what God is not as each of us. Breathing is the pulse of life. It is the binary vibrancy between the inherent and the apparent specific to planet earth. Waking and sleeping are the pulse of the self or being. It is the binary vibrancy between our biology and our spirituality. Incarnation and ascension are the pulse of service. It is the binary vibrancy between how we serve others, and where this goes when one's purpose is served. The first part of this book explains that each of us exists as ten differing states unified into one ideal. They are, all encompassing-ness, presence, is-ness, realness, pattern, content, truth, I am-ness, all-ness, and God-hood, through what these are not: emptiness,

absence, nothingness, illusion, chaos, void, erroneous-ness, I am-not-ness, specific-ness, and self-glorification. Each of us lives as a self-evolving individual reality. This evolves into service polarity and is the second part of this book.

(The RA Material is the only body of knowledge I have read that discusses what service polarity is as both positive and negative). The second part of this book focuses on the idea of choosing whom one will serve. Most draw a blank when asked this. They do not realize service involves both the positive and the negative as a form of self-polarization. These two paths are called the right and left hands of God. Each path focuses upon differing ideals. Self-service personifies an ideology that is based upon hierarchy, elitism, superiority, chosen-ness, and good versus evil, leading to the social behaviors of conquering, enslaving, and destroying others through adhering to the fictions of exclusion, negation, and aversion. These are the exclusion of God, the negation of life, and the aversion to all that is.

Serving others is the opposite of self-service. Those who aspire to the right hand of God understand this and personify equality, balance, relationship, purpose, and harmony, leading to the social behaviors of way-shower, deliverer, and healer, from knowing inclusion, affirmation, and involvement. These are the inclusion of God as our fundamental nature, affirmation of life as God's creation, and involvement with the universe consciously. The aspirations of the negative path are war, greed, and slavery. The importance of choosing whom one will serve is only those who have chosen service are harvested (RA Material 1984). These individuals compose the wheat of humanity, everyone else is chaff. The end of the world, as written about in the Bible, only involves people who are self-serving, and those who have not chosen whom they will serve.

The third part of this book explains what collective ascension is as an ideal (The RA is a collective of 6,000,000 souls that ascended as one state of being). Few have ever heard of this idea and even fewer aspire to attain this as a collective experience. Knowing the self and choosing to serve others culminates in collective ascension. This is positive evolution. The requirements for each aspirant are being and knowing

the qualities of joy, love, light, kind-ness, and generosity en masse. Faith, desire, and intention assists personal and cultural experience based upon oneness, healing, and wholeness that collectively ascends. Collective ascension is integrating into the universe as an eternal process through connection (The wisest and most evolved material shared, through channeling and books are collective sources).

Accomplishing this requires healing all the social fictions selfish individuals establish as tradition, like war, class distinction, and what people become interested in, like politics, religion, science, economics, education, competition, or any other man-made ideology.

The final pages of this book contain seventeen appendixes. Each explains a theme. Appendix A details seven ideas of what the second coming actually pertains to and involves. My first idea is our returning to living our life as it is designed. My second idea is returning our understanding to the fact that male and female are actually equality and balance. My third idea focuses upon people choosing to live as one being as the body of Christ. The Christ is and means collective consciousness living as one ideal. My fourth idea touches upon the literal return of Jesus, which took place right after his resurrection and now is the channeled material 'The Course in Miracles.' My fifth idea posits the notion Jehovah of the Old Testament and Id the father of man return to battle one last time (Ramtha 1984). My sixth idea tells of earth returning to a garden state. This will require the elimination of anything and anyone that is not conducive to life as it's intended to be lived. My seventh idea touches upon two areas of interest: the return of those sources that have contributed to this planet, and those cultures people belong to from the universe.

Appendix B addresses the problem of business as nothing personal and the social implications of money as a means of exchange that is only a mask for enslaving people. This appendix deals with the fact that money only exists to create class distinction, and that bartering is more evolved as a form of exchange. Greed is the truth of money and creates, as a balance, poverty. No one seeks to end greed as a form of selfishness.

Appendix C touches upon the idea of God as an ideal to

assist people moving away from hierarchical and elitist ideas. The idea of one God is necessary for people to have reverence towards differing aspects of one reality. One God and oneness are useful in healing the fictions of opposites in conflict and greater and lesser, or what is established as class distinction, and the fiction that one aspect of creation is superior or greater and another lesser or inferior. Also useful is our learning to love and accept, rather than fear and judge. Everything is an aspect of God and any attitude we portray is how we feel, think, and act towards God.

Appendix D is titled: The Missing Link, and explains how two creations took place long ago. One creation was us as a human being, possessing a soul, and the other a type of clone or drone, a biological robot, used to do the bidding of what created it, and lacks a soul. These biological cellular constructs only function in conjunction with those who created them and only function for that purpose. Humans are a positive creation and the clone was a negative creation. The missing link is the difference in function and role of two types of ideals.

Appendix E states nothing in the universe is an absolute—not even God. This is due to infinity, which means variable and variety of that which remains constant. The universe is a state of differentiation. Nothing has greater or lessor value given each aspect of it contributes to its overall constitution. People make mistakes in trying to elevate given aspects of it into something absolute. The problem we all face with this is: what does everything else pertain to? Absolutes invalidate everything else and they prevent God, life, individuality, and the universe from becoming something personal and relational.

Appendix F is about the Mayan Calendars and their end date of 2012. I created them in a past life. It is a visual representation of Yahweh and Id, and the relationships between different star systems, and the roles they played in our creation and the contributions made by others. The calendars depict the development of two types of beings, one is human and the other is not. The end date of 2012 is the time frame when third density ends and fourth density begins (RA Material 1984). One of the keys depicted is the center, as this is where God rests waiting for people to give birth to God. Another key is

people remembering where they have come from and whom they belong to.

Appendix G explains what enlightenment is. It is any experience that deepens one's depth of being and broadens one's scope of knowing. Enlightenment means 'in the light of this moment' from a place and state of being and knowing. What it accomplishes is acceptance and understanding, leading to even-minded-ness. Enlightenment is embracing and owning an awareness as a state of being that is real, true, and personal. I end this appendix by sharing several of my enlightening experiences.

Appendix H is my idea that our humanness are the unified states of God and universe. These combine into making us human beings. God is an all encompassing-ness and the universe is all that is that combined into a third state called human. As the personal, God is the mind and universe is the soul. When coupled with body and spirit, i.e., love and light, we are human beings. What we are as human beings is the infinite mind, the eternal body, the complete spirit, and total soul.

Appendix I addresses a serious problem for anyone on the path. People have this tendency to become fixated with ideals that are considered absolute. This is impossible given the nature and role of infinity and the magnitude and scope of the universe. Attainment of anything considered 'it' dooms the aspirant. Any state realized is only an aspect of a greater medium. Even when God is fully realized, it is only an aspect of the overall self. Absolutes lead to spiritual entropy and evolutionary death. Single states are the union of two differing states. Bliss or joy is the union of will and love. When addressing the relational, absolutes become irrelevant because they cannot be shared. Sharing is law and the natural way.

Appendix J addresses the phenomena of Unidentified Flying Objects from the perspective of observation, conjecture, and experience, and puts them into a context that has relevance and meaning for everyone. They have come and will return soon. It is very possible they come to retrieve people who are here that actually belong to that culture. They also come to let us know we are not alone in the universe, and that many other cultures exist throughout the cosmos.

Appendix K focuses upon the death experience as a form of fear. Living life is what ascends. Just as death pertains to the body, so does ascension. Death of the body is reincarnation of the soul. They are the same experience. Anyone who has passed will reincarnate again. The body is lived as love, or departed as fear. Love ascends as our taking our body with us when we evolve beyond planetary life, and fear dies leaving the body behind. We take with us our body as love. Fear is left behind and laid to rest.

Appendix L is important to grasp. It touches upon meditation. Meditation is going within to discover or become conscious of what is inherent. Meditation is how one becomes God conscious and universally knowing. Meditation is a form of relaxation. It is also a way to be and know what something is, and the purpose it serves. It is a way to understand experience, and is the mechanics behind effective creativity and manifesting. Meditation is discovering what one is in possession of that is then shared with others. Meditation is the path.

Appendix M states change is an inner process, and when each of us owns the state desired, like peace or harmony, conflict ceases to be a reality. This part of the book also posits the idea that the very small and the very big came into existence at the same time.

Appendix N addresses the concept of the soul mate. Love and light are its truest form. When my soul incarnated into my body, this gave my life a soul mate relationship, and is the only relationship I actually have. Woman is to love what man is to light. Woman is love/light and man is light/love, thus making our life the only soul mate we ever have.

Appendix O is my idea there are two ways to understand oneness. One idea is oneness according to individuality, or oneness according to a collective state. Oneness individually requires exclusion, negation, and aversion. Oneness collectively requires inclusion, affirmation, and involvement.

Appendix P shows how the Old Testament is the opposite of the New Testament. Teachings taught in the Old Testament are contradicted in the New Testament. I offer the argument that we as a society choose to live either according to the Old Testament or the New Testament.

Appendix Q explains how only two cultures actually

exist. One culture invades, while the other lives indigenously. Invading cultures thrive upon the activities of war, greed, and slavery. They exist upon the social attitudes of conquering, enslaving, and destroying others through placing faith in false doctrines taught as science, religion, and politics. Indigenous people live as designed as the image and likeness of God, thriving upon peace, bartering, and community.

People continually seek for outer-based sources to rely on, rather than going within to discover what is inherent. God, life, humanness, and anything else are within the self, and it is here one finds what is real, true, and sharable. Another problem facing the individual is, how does a given state of realization pertain to and involve the opposite sex?

This book advises the reader to know the self, choose whom you will serve, and aspire to collectively ascend. My only advice is to feel something real, think something true, and share that with others in ways kind and conducive.

□——□ Douglas H. Melloy



**The Nature of the Self**  
□—————□ and the □—————□  
**Social Evolution of Humanity**



## **The Nature of the Self**

Where does one begin in his or her search for understanding and knowing what the nature of the self is? Our individual uniqueness is a journey of self-discovery. Some believe there is no self, and others believe an array of negative ideas, like sin, karma, guilt, pain, fear, the fall, or banishment is what afflicts us. Most of humanity never looks beyond or within their psychology, gender, race, issues acting as catalyst, like pain, fear, jealousy, and social biases. Adding to this confusion, are the many institutions offering an assortment of ideas about who and what we are. Then there are religious, scientific, political, cultural, and family traditions holding to very specific attitudes and ideals about the self. What these entail on a personal, relational, and social level determine how we evolve. Face value living is fine, but does not reveal to us our creator, or the purpose our ideal serves. If we take ourselves where we stand, what do we recognize about whom we are.

This book attempts to answer these ideas in a format that focuses on remembering God, actualizing life, and becoming conscious of all that is as the nature of the self. This unified realness is the self that exists within as being and outwardly as knowing. This evolves through choosing whom one will serve, and culminates in collective ascension. My purpose in life is to actualize and demonstrate what it is to be and know humanness as a state of being that knows, shares, and evolves the image and likeness of God.

One of the ironies life presents is, no two people come to know in the same way. Each of us is our own paradox that we alone resolve. It is left to each of us to discover for ourselves whom we are, what we are, and where we are going. Books are fine as teaching aids, as are techniques, teachings, teachers, and applied forms of discipline. Eventually, though, these must be set aside, so that all that remains is the self, unencumbered by ideas disseminated by external or foreign agencies, regardless of how evolved, enlightened, and loving they may be.