

Practical Supernatural Tips Pt2: Changing the future of this planet by you healing your past

Hello, this is Frank O'Collins and thank you for reading and listening to the Ucadia Blog this week entitled "*Practical Supernatural Tips Pt2: Changing the future of the planet by you healing your past*".

If you have been listening to the Ucadia blogs over the previous few weeks, then you will know that we have just finished a three part series entitled "The Supernatural Explained" (see [Part 1](#), [Part 2](#) and [Part 3](#)) and then just last week, a follow up blog entitled [Practical Supernatural Tips on Spiritual Energy, Guilt Contracts and the Redemption of Souls](#). It has been some incredible information to share with you and I want to thank all of you that have written to me recently to share your positive experiences in taking the time to really listen to and read this very important series.

If this is your first time to viewing or reading anything about Ucadia, then welcome and I hope you find this blog and the previous blogs about the Supernatural to be both useful and positive information. In particular, I urge you, if you have not already done so, to begin with part 1 of the three part series on the Supernatural Explained and then read and listen to the three parts in order, before reading and listening to the blog last week on "Practical Supernatural Tips", before you start the blog tonight as [Part 2](#) on Practical Supernatural Tips and how you can and will change the future of planet Earth and your own future in an incredible way by knowing how to effectively heal yourself and your past.

In making such statements, I know there will be a whole number of people out there that roll their eyes and reflexively react by concluding that what we are about to discuss is something akin to "selling some hocus pocus spiritual theory" at best, or promoting dangerous cognitive and "self-help" theories at worst. Nothing could be further from the truth. Because tonight, we will be taking advantage of the amazing insights we discussed last week on the breaking of guilt contracts, and why our notion of the past and memory and history for the lower mind of Homo Sapien is an illusion; and that such memory and history can and is changed all the time. As we continue to demonstrate over and over and over again, the present system of Western-Roman Philosophy overlaying the models and claims of the Roman Death Cult admits constantly in their own corruptions and delusions that the past is completely malleable and that they have taken full advantage of that fact – to our collective detriment.

I am also very much aware that such topics of discussion also raises up heated opinions– especially by those who find themselves firmly entrenched in the systems of various orthodox death cults such as the Roman Death Cult, the Protestant Death Cult, the Jewish Death Cult and the Islamic Death Cult. For some of these people, even to consider some of the notions we have discussed is impossible, much less to contemplate the use of reason or logic or discernment. Instead, such notions as Faith and Belief and Guilt and Mystery and Superstition and Fear and the worship of all things Dead, reign supreme. While I forgive such people and have compassion for those so completely trapped in a world of utter madness and self-torture, I cannot save stupid people. I cannot stop stupid people. All I can do is forgive them, reject any and all guilt contracts and project positive empathy toward such people.

Then there are those, completely riddled and possessed with ghost energy that seem propelled in some desperate way to impede or obstruct or damage this message coming to you. I have had people recently write to me and claim things that have never been said or written by me; and people who accuse me of things I have never done; or seek to create controversy as if by such tricks, my energy and ability to complete this work will be impeded. What can you do then, when confronted with people so thoroughly possessed by ghosts they have no idea of what they are saying or doing? Again, I forgive them and reject any and all guilt contracts and project positive empathy toward such people.

So, after finishing the blog last week, I had begun to prepare for the next major blog series of Ucadia where we will revisit key foundations of law such as [Article 84](#) on Trusts under the Canons of Positive Law as well as [Article 99](#) on Estates. This series will take a little time to prepare, because I want to update the slides I did on a seminar a few years ago to help with the overall introductory nature of the series as promised. Anyway, in the feedback a number of you provided me from last week, the point became clear that the affirmation on the rejection and dissolving of guilt contracts was only a part of the measure as there is much more to do. In other words, it is one thing to identify and claim all guilt contracts are dissolved; it is another to make deep and clear change to the effect. Or in another way, it is one thing to know that cleaning up our memory of past events is key to unlocking our future, but how do we focus on a life of twenty years, or thirty years, or fifty years or seventy years or more?

What I am saying then is that those of you who wrote back to me after listening to and reading the three part series on Supernatural Explained and the 1st part on Practical Supernatural Tips, have made it clear that we are by no means finished on this subject and if anything, we definitely need to put some more work into explaining how do we address the cleaning up of guilt contracts in our past? And how do we create an environment of positive manifestation and abundance moving forward?

That is what I want to do tonight. To provide you even more practical information than just a simple affirmation to cast off any and all guilt contracts from your life – but additionally to enact lasting positive change. Yet I also want to do more. I want to share with you an absolutely astounding insight as to your power midst this process of confronting the insanity of Mundi and the worship of stupid. I want to reveal to you how you can not only change your own future for your own benefit, but that if you are prepared to work on your own life and your own memory and your own healing, then you can and will have a profoundly positive effect on changing the future of planet Earth.

As I said at the beginning of the blog tonight, I realize that for many, such claims seem a bit far-fetched and even vague. Yet I make a solemn promise to you tonight, that if you take the time to continue reading and listening after you have first read or re-read and listened to the three parts of the series on Supernatural Explained and then last weeks blog on Practical Supernatural Tips, that what we discuss tonight is truly life changing – for the better.

Amazing Science Discoveries vs. Discovery of the Power of One

Twenty years ago, when I first conceived of the [*Hydro-Helio Atomic Matrix Model*](#) and “why Mass is Mass”, I felt that such a discovery that not only completed a key part of the work of Albert Einstein (also born on 14th March) but explained “why $E = mc^2$ ” would be welcomed and celebrated as a major historic milestone of scientific discovery. I could not have been more wrong about the science community.

Even though, I have been in possession of half a dozen pages that condense the complexities of chemistry from hundreds of pages to six; and answers why mass is mass; and is completely consistent from the first level of matter to the largest levels of matter; and does not contradict any of the key observable measures; and answers all the major anomalies of forces and energy; and answers the missing mass equations and has an error rate compared to the periodic table in measuring the mass of different atoms of zero (0), it turns out that no tenured scientist or scientific faculty or scientific institution or scientific publication has the slightest interest in a true Unified Model of Matter and Energy, unless it glorifies their pre-existing orthodoxies by one of their own high priests.

I mention this, not because I am bitter by the experience. Yes, it is true that it upset me for many years to discover the awful truth that Western-Roman science is the most fanatical and occult religion on the planet, permitting absolutely no dissension from the sacred doctrines and dogmata promulgated by its “rock-star” scientists. Instead, I mention this fact about some of the thousands of discoveries that exist throughout the Ucadia model, because what I am about to share with you, is even more profound and it has to do with perceiving every contact you have ever made with another higher order mind, even if for a few seconds.

If you have been reading and listening to the previous blogs over the past few weeks on the Supernatural, then you will know that the battle between the forces that want to keep this planet enslaved and under their control, versus those that finally have the guts to stand up and say “enough is enough”, is centered not just in the streets of our cities and chat rooms within social media, it is a battle being fought in the mind – most notably in smashing blatant lies such as the claim by the Roman Death Cult and its allies and agents that history is set in stone and collective memory is fixed. As I hope you can now see with the overwhelming evidence and admission by the system itself – this is complete and total rubbish.

It turns out that within the completely malleable fabric that is the collective consciousness of our species or “collective lower mind”, that these contact events between individual conscious beings we just mentioned are the actual bricks of our collective consciousness. How we perceive and arrange these contact events as bricks of certainty in our own consciousness is the design of the structure we build within our minds and communities, with our attitudes, education and knowledge being the mortar. Thus, what we build and what we project into the outer world, being the collective dream, is a copy of this inner constructed reality. It also turns out that even if we do not feel an interaction is significant, it could be significant to the other party; and as a result a contact and connection is made – a new brick in some wall of consciousness.

So think about this for a second – how many interactions have you had with other people? I am not just talking about boyfriends or girlfriends, or family or acquaintances or even work colleagues or members of some common fraternity or association – every unique contact, whether it be: one-to-one, many-to-one or one-to-many is significant. To a man or woman that has lived an active life

into their sixties, even if they never performed in a profession involving mass media or publicity, could still have formed, possibly, tens of thousands if not hundreds of thousands of contacts.

Just as every level of matter has unique properties, such as atoms and molecules; and then up to planets and stars; and groups of stars within a galaxy, in our case as a higher order species, it is these contacts that in many respects define us and define our species. They are what the Unique Collective Awareness means in the word “Life” in the answer to the meaning of ALL, that “Awareness Loves Life”. We may be incarnate into flesh alone and may leave our bodies alone, but except for those two discrete events, we are really never alone, even if we live for a period of time in the most isolated of environments, because every single contact, as every single brick, continues to play a part in building and constructing the reality within our consciousness- and so are always with us.

Thankfully, most of us can recall at least a few relations that we feel overwhelmingly positive emotions and memories, even if there are some less so. Yet, even with the overwhelmingly positive relations, there will be significant times where we felt embarrassed or hurt or angry or annoyed, or that the other person was unreasonable, or negative, or not responsive to our feelings. When it comes to parents and figures of trust in our childhood, the “mixed emotions” may be even more pronounced, whereby we find ourselves, after such people have physically left their bodies, reminiscing the positives, but also recalling the negatives and faults on both sides. These are some of the strongest bricks, to use the analogy again in respect of our consciousness.

The point about each of these bricks of consciousness representing each and every contact event, and each and every relation is that they are also doorways of consciousness that the television series “Stargate” and “Interstellar” so brilliantly represent. In other words, when we talk about such things in previous weeks as Guilt Contracts as the dumping of negative emotions and obligations and other peoples memories on us, a conscious portal is also created as well; and even if the other party is no longer in flesh, so long as such doorways are open, then exchanges will continue at some level, even if we are consciously unaware of the effect.

Last week, we spoke about the negative effect of these Guilt Contracts; and tonight we need to speak some more about the practical aspects of cleaning up our past and re-experiencing the same contact events with fresh eyes – as the memory bricks in our own lives. We also need to expand our appreciation of the nature of Guilt Contracts further to debunk such elements as Curses and even Blessings. Yet what I want to express now is the profound realization that those tens of thousands of contact events in your life, representing tens of thousands of bricks of consciousness and doorways of potentially active portals also means that if you are willing, and able and resolute in healing your life, then you have direct portals to profoundly helping tens of thousands of other people in the process, directly. Instead of just viewing your contribution to the planet through cleaning up the environment, or feeding the poor, or helping build someone a house, or contributing to Ucadia, or some other positive affirmation that you care, it is what you can achieve by aligning your own mind and heart and coming to terms with all the events that have contributed to your life and ending any and all guilt contracts that will have the greatest positive impact on this planet and this species. That is the power of One; and one of the most extraordinarily profound revelations that has yet been shown to me. That one man or woman, balanced and competent in mind, healed of the false memories of guilt and regret is able to heal thousands of others by first healing themselves. I hope you see the significance of this revelation!

Before we explore exactly how we might move forward with such knowledge in a meaningful way and approach to our lives, I want to address a couple of additional points about Guilt Contracts first, namely that Curses and Blessings are forms of Guilt Contracts.

The madness of Curses and Blessings, and Karma and Dharma as hidden Guilt Contracts

Last week, we defined a Guilt Contract to be three things combined as one, namely:

- (i) A strong emotional state, often predicated on negative emotions; and
- (ii) A recounting of some claimed memory of action, time and place of the past, often unreliable and skewed from an accurate or objective perspective; and
- (iii) An obligation, punishment, condemnation, responsibility, curse or performance, due in the future associated with the claimed memory of action.

When these three components of strong negative emotion, unreliable memory and negative obligation are presented to us, it is usually on the premise that we accept the components and thereby seal a new contract that has the following effect:

- (i) We assume the memory with the emotion, thus accepting a new memory that becomes our memory; and
- (ii) We accept explicitly or implicitly the negative consequences and obligations of performance that were previously held by the other party; and
- (iii) The party no longer obligated or bound to that memory by the performance is then free to re-write history in their own mind, while we re-write history in our own mind to assume responsibility and liability for events that we had no original part in.

What we did not discuss is how Guilt Contracts are hidden in plain sight within our culture, and how we might address these common versions, namely Curses, the concept of Karma and even Blessings.

When it comes to curses, probably the most feared is the curse of the Roma, otherwise known as “Gypsies” and the Irish Travellers. The Gypsies have been infamous across Europe for centuries in using curses as a weapon and threat to extract what they seek from strangers; and woe to those that fail to heed their words. For there are many stories of people experiencing great misfortune after crossing the path of Gypsies and Travellers.

Yet is this true? And how might this be explained in terms of a Guilt Contract with also an assignment of a ghost to ensure the Guilt Contract is fulfilled? In the case of the Roma and the Irish Travellers, it appears for people so seemingly powerful in uttering curses, that their own lives and influence in society is at best precarious. Some have suggested that this is proof of the negative consequences of uttering curses, or a kind of “karma”. I will get to that notion in a moment. Another clue with cultural curses is that both groups are heavily devoted to extreme and excessive rituals of the Roman Death Cult. In fact, their reason for existence largely revolves around rituals and events ordained by necromancers as priests of the Roman Death Cult. Both groups also have an unhealthy obsession in their connection to their deceased relatives and the tending of their needs and graves.

So here we have some clues that in the context of what we now know about ghosts, is screaming out

to be exposed as the source of any power of a Roma or Irish traveller curse, being not only the Guilt Contract but the fact that these unfortunate people doom themselves to perpetual generations as ghosts, who then serve the next generation, largely as agents of their misfortune. Almost like a ghost placement agent, whereby an older Gypsy woman may knowingly or unknowingly be attaching the ghosts of her dead relatives to those unfortunate people that accept the Guilt Contract, with the result being the attachment of the ghost Gypsy then dedicated to ruining these peoples' lives. It is immoral, it defies the proper order of consciousness and it needs to stop.

So what about karma as the concept that anyone who utters a curse risks befalling to the consequences of such action? And what about the concept of some kind of universal cycle of justice? Well, the notion that Guilt Contracts are issued with an expiry date, turns out to be complete rubbish. The notion that Guilt Contracts in consciousness somehow mature and return to the maker 10 fold to inflict upon them the misery they imposed is deliberately misleading and Roman agent confusion. Guilt Contracts are designed to never mature; and by their nature, the maker of such a contract absolves themselves of the consequences. In fact, believing that a Curse or a Guilt Contract returns to the maker is such a false concept that it aids in the perpetuation of the curse, rather than its ending.

As a consequence, I have found myself, and in reflection a number of sections of Ucadia, where this kind of notion of Universal Karma has been wrongly applied in relation to curses and guilt contracts. For all the curses and blessings and guilt contracts issued by the Roman Death Cult and their agents every day of every week for the past 800 years of their effective existence, none of it should return upon them, but be dissolved now, this instant. Because as I have said before, the most perverted of their ranks actually welcome cursing, as curses and guilt contracts is the source of the continued manifestation of Mundi. If you end the contracts, you end Mundi.

Thus, Karma and Dharma in many ways, is merely the eastern equivalent to curses and blessings of the Roman Death Cult in the west. All of these concepts are Guilt Contracts by another name; and all of them are false and need to be dissolved. The Unique Collective Awareness is amoral – not immoral, but without the flawed judgment of human beings and false priests. We need to grow up in our appreciation of consciousness and end all forms of Guilt contracts, especially curses, blessings, karma and dharma in order to move forward.

The misdirection of prayer and meditation in useless methods

So how do we manifest positive change in the ending of Guilt Contracts? One obvious answer as we did last week, is to invoke our will and to express such conscious states in meditation, otherwise known as prayer.

The healing power of prayer is well known. However, what is less well known is how much of that directed consciousness is deliberately wasted and useless because it is misdirected. In the first instance, despite the abundance of images and the seemingly endless promotion of prayer, the Roman Death Cult doesn't actually want anyone know how to effectively project their own conscious thought to effecting future events and the lives of others. "God forbid" that people actually became free of the haze and zombie like state of being imprisoned by the Mundi Mind Virus; and became aware of the enormous power they have in projecting positive mental thought into change – if they only knew what to do.

The first reality check concerning meditation or prayer as a medium for directing our conscious will is the futility of surrendering the mind to external deities, spirits, angels or demons in respect of some desired future events. The very nature of existence as defined in the canons of [*Astrum Iuris Divini Canonum*](#) of Ucadia as well as the Journey of UCA makes clear that the future is not set in stone. There is no such thing as inevitable destiny or even certainty. Instead, there are only possibilities with a degree of probability. The free will of existence dictates that the future cannot be certain. Existence itself prevents such a notion. Instead, each moment must be experienced and celebrated as an expression of will to exist, or simply "To Be". The only aspects of time-space that can be consciously experienced with any certainty, is the past.

I will speak about the past, present and future in a moment. Yet the point I want to make about this form of prayer of outward surrender is that a complex prayer to certain symbols of saints and deities is no more effective than simply saying the phrase "what will be, will be" – they have the same effect, because in both instances we are projecting to outward forces and surrendering any conscious connection.

The same applies to misdirected prayer and meditations for the well being of others. These kind of future aspirations, no matter how noble, are completely wasted and lost when trying to envisage future events that have not happened and may not happen; instead of reimagining past contact events where we not only have the bricks of consciousness, but are able to open up such doorways as doorways of healing. Like I said, it is almost as if the entire planet has been tricked into wasting all those prayers and invocations away from the real source of changing the future; that is, addressing the portals and emotions, and frequently, the guilt contracts residing within our own selves.

If you want to help your dying friend or relative, then remember past events and forgive yourself; and learn the lessons from those past encounters; and break the guilt contracts; and forgive the other parties involved in the contact; and then use such portals of experience to re-imagine a healing column of unconditional love as the source of inspiration. There is simply, no more powerful form of meditation or prayer for healing.

Similarly, if you want to break the cycle of poverty or misery or misfortune in your life, then break those habits that cloud consciousness such as addiction to drugs and stimulants and forgive yourself; and then break the guilt contracts. If need be, you need to consider leaving for the time being, those relationships where others are incapable of also finding healing; as people who are unwilling or incapable of taking some responsibility over their own guilt contracts will continue to play a negative influence on you, no matter how much work you do on your self.

So work through your past memories; and at each step, take stock of what you learn as you approach each day as new, without the baggage of the old; and commit to approaching each encounter honestly, fearlessly and wisely; being careful not to make promises or feeling forced to make agreements under duress.

Having said this, there may be some, who immediately object and say "it all sounds great in theory, but where is the practical application?" In reality, it is never easy making such change; and no matter how positive all this sounds, there are deep seated issues within most of us at different times regarding the future; and the sense of helplessness by not having control. I want to prove you wrong on this, by revealing yet another incredible gift – the fact that your mind has within it a time machine that can travel to the future and affect the future every moment of every day in the form of the present conscious mind.

The truth of the future, present and past

Remember earlier, we spoke about the fact that the future is not written yet and cannot be written without violating the rules of existence? Nor can we think in the present, but in reality only “be” or “feeling” in the present. The only element we can control in any conscious effect is the past. Well, this summary is true to an extent, except our minds devised a way to circumvent this problem of not being able to think in the present, by creating our present conscious mind into a time machine. Let me explain.

When you are free of the effects of marijuana, or methamphetamines, or alcohol or other stimulants that deeply compromise your present conscious state of mind, then what you have access to is conscious apparatus developed over the millenia, whereby what you perceive as the immediate present is actually the immediate future. Your clear present conscious mind is actually a fraction of a second ahead of the present event, yet to happen. The gap is important, because what your clear present conscious mind is processing all past available information around it, to guess the future; and then present the best future to you as if it is the present moment. Thus the past is being used to project into the future – affecting the present moment. Your clear conscious perception of reality is always an illusion and an approximation. Like I said, you can never think the present moment – you can only feel the present moment.

I hope this makes sense why cleaning up your emotional and mental view of past events is so important and why breaking down the mind control that keeps your life in such a perpetual cycle is vital; and why so much of the Mundi system desperately wants you to believe the past is written in stone and there is nothing you can do about the future.

A better model of consciousness in healing the past

If we are going to address the past, then we need to classify the past into some meaningful arrangement of perspective. To that end, I have listed the following model for you to consider in envisaging the past:

1. Immediate Past – projected as future template or “conscious present”
2. Present Past - now to past 7 days
3. Recent Past - 7 days ago to past 28 days
4. Relevant Past - 2 months to 7 years
5. Distant Past - Over 7 years

The way to view this model of the past is to consider the interconnection between each period and the emphasis on consciousness.

1. Immediate Past – projected as the present is our final safety mechanism for staying alive and hopefully dodging a bullet or arrow or claw of a hungry predator, or pothole or any other danger.
2. Present Past – is where we process information on survival – where the next meal will come from, or safe shelter or keeping safe. For some, this is a day to day survival. Yet for most people

entrapped as wage slaves, this existence is more likely to be week to week. Unless, we allow a certain amount of time each period of the present past to reflect on how to move forward, then the cycle continues.

3. Recent Past – is where the deeper issues of safety and comfort and emotional stability kick in. The recent past is where we develop habits and reinforce the effects of new Guilt Contracts we may have consciously accepted.

4. Relevant Past – is the key to our prosperity and abundance as it is the relevant past where we are most likely to find the architecture for our present problems.

5. Distant Past – is where the deepest guilt contracts are most likely to be hidden, by repeats on a similar theme and a place that is largely futile to address until we tackle the first levels of reviewing the past.

Another clue about cleaning up Guilt Contracts

There is one more clue to consider when searching out and dissolving guilt contracts in the manner we have been discussing and that is that guilt contracts always cluster together under the same false information. Whether it be by design of some higher intelligence, it appears that guilt contracts principally cluster around concepts that coincide with the false overlay on our physical meridians and energy system otherwise known as our Chakra points.

So instead of focusing on the concept of respect, located around the cluster of nerves at our pelvic region, guilt contracts pervert and corrupt this notion with the behaviour of illicit desire; and

Instead of honesty around the nerves of our lower intestine, we see guilt contracts ferment the madness of delusion – or lying to ourselves; and

Instead of commitment and fortitude as the building blocks of courage from our upper intestine and stomach, we see guilt contracts promote irresponsibility and cowardice; and

Instead of enthusiasm and higher love of the heart, we see guilt contracts harden the heart into fanatical behaviour and intolerance; and

Instead of compassion and empathy of the throat and thyroid, we see guilt contracts cluster and create lust and sociopathic tendencies; and

Instead of cheerfulness and joy of face, guilt contracts promote addiction and superficiality; and

Finally, instead of wisdom of the crown chakra, guilt contracts promote willing ignorance and false judgment.

This clustering is key to comprehend. Because it means, once we strike a vein of guilt contracts and begin clearing them out of our lives, we can jump periods of time, finding that the same negative and corrupt emotions are interconnected, like removing layers of plaque or dirt until we usually come to the oldest and deepest of the guilt contracts usually enforced or imposed upon us at a vulnerable age.

The Next Steps

I know all of this is not easy. It takes a lot of work and a real dedication to the present moment alignment of feeling as exhibited by the seven living virtues – documented in Article 9 of every Ucadian Covenant and Charter for several years now. Yet if you do the work, not only will you see incredible positive change in the world, you will also be able to help people in a far more profound and influential way, through the pre-existing connections you have.

.