

Intro to Robert's terms

An introduction to some of the key terms that Robert uses



Robert Hughes

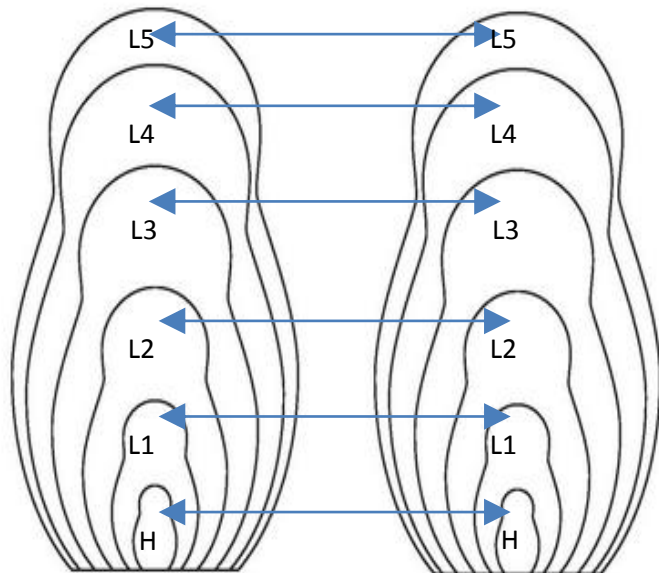
Robert Hughes died in 1916, his words have been channelled by Saesneggar (Robert's nickname for me, his medium) since 2012. I wrote these notes in September 2014 as reference material to help people to understand his recordings. His views on consciousness may challenge some of the beliefs held by you, they certainly challenged many of mine! But as Robert says, "free will is the right of every human" so if his views do not sit well with you, that's fine. If they do, then you may want to explore more.

*NOTE: On recordings you will hear Robert refer to the "Monkey" within the human mind. He means the ***Limbic system**. To communicate with its human the Inner Being takes great care not to "make the monkey squawk".*

**Limbic system includes too many components to list here, but some are: Cingulate gyrus (cognitive functions and attention, autonomic functions e.g. regulating heart rate, blood pressure); Amygdala (fear, flight or fight response); Hippocampus (memory); Orbitofrontal cortex (decision making); Hypothalamus (metabolic processes - body temperature, sleep, hunger)*

Levels of Energy

- There is only ONE ENERGY. All individual consciousnesses are fragments of this.
- As a consciousness develops, the speed of its vibration becomes faster. It has more energy and is able to take part in more activities (pools) at once.
- A Pool is an energy collective. Many hundreds of consciousnesses have chosen to spend some of their energy to further a shared interest.
- The LEVELS are just a man-made naming convention to help Robert to denote the speed of vibration of a consciousness at a point in time.
- Our Earth is a very new environment, it has a Level 0 physical vibration (slow) with form and mass. Consciousnesses from Level 1 and above are energy – they have no form, no mass
- Consciousnesses of the same level communicate easily/instantly via energy. Only physical Level 0 consciousnesses (e.g. humans) have speech.
- Consciousnesses are aware of other consciousnesses that are one level above or one level below them, and can learn to channel them for communication. But they are not aware of a consciousness that is more than one level from their own vibration
- Level 1 and their physical (human) manifested Wooden Dolls are the only levels whose consciousnesses operate individually (ego). Level 2, Level 3 and Level 4 consciousnesses can split their energy to “spend” fragments of energy to take part in activities within their chosen pools.



Robert does not know how many levels of energy there are, he is L2 and can “see” L3

LEVEL 4: Inner Being of L3 Inner Being (ENERGY faster vibration than L3).

LEVEL 3: Inner Being of L2 Inner Being (ENERGY faster vibration than L2).

LEVEL 2: Inner Being of L1 Inner Being (ENERGY faster vibration than L1)

LEVEL 1: Inner Being of humans (ENERGY not physical form, no mass)

Human beings: Have physical form, mass (EARTH is a L0 physical environment)

Humans and their Inner Beings



- Robert initially used the image of nesting Russian Dolls to explain the levels of consciousness. He now refers to humans as Wooden Dolls - we are the smallest doll at the right of the picture, our Inner Being is the doll to the left of us, its Inner Being is to the left of it, and so on
- Robert refers to the consciousness that manifested the Wooden Doll (human consciousness) as its Inner Being. It is energy and it has no physical form; no gender, but Robert refers to all Inner Beings as “he” (sorry if this seems sexist, that is not his intention!)
- During each moment of the life of a Wooden Doll (human), the Inner Being flows a small fragment of its own energy (we can call it our life force) into its Wooden Doll in order to sustain it. This energy flows back from the Wooden Doll (human) into its Inner Being. Due to this cyclic energy flow, the Inner Being is totally aware in each moment of all aspects of its Wooden Doll, its state of health, what it thinks, what its senses perceive
- The Inner Being of a human (Level 1) has an Inner Being (Level 2) which has an Inner Being (Level 3) and so on. Energy flows down from Inner Being (Level 2) to Inner Being (Level 1) and awareness of the Inner Being flows back up the line
- The Inner Being has no control over its Wooden Doll, it is not a puppeteer. The Wooden Doll makes all of its own choices in life. However, the Inner Being can use the energy flowing from itself to trigger emotions and brief thoughts in the Wooden Doll, but we can choose to ignore these
- At the point of transition (death of a Wooden Doll) its Inner Being has ceased to flow its energy to its Wooden Doll, so the physical body (Robert uses the term apparatus) is no longer sustained. The energy that was flowing to the Wooden Doll at the point of transition is a fragment of the Inner Being and it flows back to the Inner Being in just the same cycle as has flowed during each moment of the Wooden Doll’s life. It cannot become “stuck” or “Earth bound”. Prior to transition (death) the Inner Being may choose to reduce the flow but will not cease the flow without the permission of its Wooden Doll. Robert has explained that in some cases the physical body (apparatus) has deteriorated to near death, so the Inner Being has reduced its flow to a minimum, but the Wooden Doll, usually through fear of transition (death), has refused to die, some cases of dementia are caused by this refusal to let go
- When the Wooden Doll is asleep, the Inner Being flows a smaller stream of energy to the Wooden Doll, just sufficient to sustain its apparatus. The experience of actual death feels very similar to falling asleep
- The Inner Being has experienced all aspects of the life of its Wooden Doll during each moment of life. These experiences are a big part of its learning and development. The Inner Being is energy, it has always existed and will always exist. We (humans) are a temporary physical projection of a fragment our Inner Being. After transition (death) the Inner Being retains the “essence” of us; Robert uses the analogy of a “coat” that is kept safely in the cupboard and the Inner Being can choose to wear the coat at any point. For example, we speak with the Inner Being of Robert who has chosen to “wear” the “coat” of Robert so that we find him approachable
- Experienced Inner Beings can sustain many Wooden Dolls at once. They usually choose to manifest into Wooden Dolls across a wide range of geographical and social/economic conditions so that they have the best probability of a wide variety of experiences. But it’s only probability because the actual experiences are driven by the choices of the Wooden Dolls, not the Inner Beings.