

SOME COMMON QUESTIONS & ANSWERS

The importance of meditation

This is the most important thing for everyone, the best use of your time. Many people never have knowings of their Inner Being as they never meditate. It's important to grow your pipe to your Inner Being, then the Inner Being can flow faster energy to you. The best way to meditate is to simply connect to the Inner Being (no music or images) and the best time is when getting ready to sleep. Go asleep with your Inner Being because that leaves your conscious mind in a state where it is easier for your Inner Being to work with you through the night. When the pipe to the Inner Being is small and the energy is not fast enough, then the physical apparatus cannot be properly sustained by the Inner Being (*for optimum health*), then gradually there will be a declining in the physical body and illness will come. It can be made better by having more meditating with the Inner Being and taking time for the pipe to get bigger. Then the physical apparatus will change and return to health.

Creating your own reality

No Wooden Doll can manifest in your life, only your thought forms manifest. If others have a stronger thought form then it is stronger than your wanting. Many thinkings and belief of the same thought create strong thought forms. Reality is an illusion.

If we want something to manifest do we have to focus on the feeling of having it in the now or is the intention enough, or do we have to feel we already have it?

The intention needs momentum and thought form to manifest the thing. Now, how to have this? It needs the knowing of having the wanted thing. The problem is that the monkey in the head says 'I don't have this, I have wanted this many times and I don't yet have it here'. The monkey knows it's not there, it's not possible for your head to say 'I have this', because you know you don't have it. It's not possible to tell the head that the thing is there when it's not there. It doesn't work.

The way to do this differently, what works, is for you to have more thinking and momentum about the wanted thing. Here is a picture to explain: the flower - how it looks, how big, the colour, the shape, all of it. You see the wanted flower in your head, but no flower is coming. This tells you that the image of the flower in the head is not finished. Spend more time visualising the flower and add more detail. The flower is different now, changed, there is the feeling of the passion, the momentum, the excitement - the monkey knows he can see the flower in head. It has everything about the finished flower in the head. All happy, all comfortable with all knowings of the flower in the head. Then the flower is there, not a big step, a small step for the momentum, the thought form of the flower is in your head and your vibration many times, it's comfortable, always there, not new, not exciting, boring, it's always there.

Then it happens, always. It's like the woman who wants a baby, and is not getting pregnant. She is trying many wantings for a baby, but no baby. Then she accepts there will be no baby and starts not to care. She then has the momentum of other things she wants and stops thinking of the baby, but then the baby arrives when she's not focusing on it. Why does this happen? When there is a great deal of wanting, then the momentum, the thought form, is a problem for there is much wanting and not having. The monkey is blocking the momentum of the manifesting. It cannot manifest then, it can only manifest when it's boring, when there is the feeling of 'oh it's here, I don't care, or it's not

here, I don't care'. The wanting is there and the picture of what is wanted in the head is finished, then the feeling of not caring, and it happens, it manifests - for there is no problem, the monkey is no longer blocking the momentum for manifesting.

How many dimensions are there?

There are many galaxies, as you call them, and many environments in each of the places, like this one you calling home. There are many you do not know of in your environment. The energy has faster vibration that cannot be known by your vibration. In the same way that there are some sounds you can hear here and some you cannot. They have small knowings of you, as you have of them. Your animals can see and hear some of the things you cannot. There are many hundreds of things that cannot be known by Wooden Dolls on earth, your apparatus is not able to perceive them.

There are many beings of other levels within your own earth environment in your here and now that you cannot have knowing of, and there are also many that you are seeing in your now but you do not always know that they are in a different environment to you.

There are many other environments manifested by your Inner Beings also. Beings who visit your environment are not of (physical) form like you. They do not need spaceships. Their energy is faster, like me I don't have a contraption to come visit with you. They have the fingerprint of the energy of you and tune to your energy. It's nothing to be afraid of. They have knowings of many of your kind from many times. There is no limit to dimensions, they are always becoming, more and different environments.

This one is Level 1, a new environment, like a small child learning. The Inner Being build energies from having hundreds of Wooden Dolls here. When my Inner Being was new, it had many trying to sustain (a physical apparatus here). At first it could not sustain a baby. It had many learnings then was able to sustain a baby properly. Now I have new startings at Level 2, it's not easy.

Are ETs able to manifest UFOs for us to experience?

Their energy is not slow enough to manifest here, cannot be known by your apparatus. It can be recorded on some contraptions and there is some interference with your contraptions. The manifesting is not seen or heard or smelt.

Are there Inner Beings living on other planets on other galaxies in the universe?

The Inner Beings of different levels will manifest in a different environment for their energy, some are like earth and have physical particles and matter, most do not. The new ones have particle like you here. Most do not need it, they have faster energy as wave. The Inner Beings of the higher ones like level 3 and 4, they have manifested many hundreds of Wooden Dolls in many different environments. Saesneggar's Inner Being has many in many environments. Only 3 Wooden Dolls in this environment. 2 are needing much energy, it's hard here, the IB does not have experience for sustaining Wooden Dolls here. All have the knowings of doings, the learning of each Wooden Doll in each environment. That learning flowing to the Inner Beings in the different environments.

The science in your environment, speaks of entanglement, it means all wave and all particle in the moment are paired together. All one, all one have knowings of all, that's how Wooden Dolls in your

environment discover knowings of how it is, there are startings of the knowings, now not wanting the book. The child have the book when it have the fear of 'what am I and where am I', like the boy when the mam has a baby and the boy is jealous of the baby, then the mam gives the boy a book saying the baby comes from the big bird (stork), but when he grows older, he understands the baby comes from the mam. There are many books, Wooden Dolls are possessive of their own books.

Crop circles, who makes them?

Made by Wooden Dolls, planned and drawn and they have joy in watching how others appreciate them. Some think it's from an evil being; some think it's from saviours and gods; some think it's art; some think it's crap.

Do we choose our life before we come here?

The Inner being has the experience of each Wooden Doll. When the energy is in the Inner Being, the coat is in the cupboard, it does not come back. The Inner Being will have many other Wooden Dolls. It's not reincarnation and karma, that is not the truth. When the Inner Being wants to manifest a Wooden Doll, the Inner Being wants an experience so it chooses where it is most likely to have the wanted experience. It chooses the time and place and parents, hoping for certain experiences but it has no choosings. The Inner Being sends emotions to the Wooden Doll, but the Wooden Doll has the choosing. My Inner Being wanted to have the experience of being a soldier. I could have chosen not to be a soldier (was in a reserved occupation). Nothing is written, you have the choosing.

Are there past lives?

There are only the 'coats' of previous incarnations in the 'cupboard' of the Inner Being after they have transitioned. All the thought forms of every Wooden Doll will always be in the Inner Being. Thought form energy will never not exist. The Inner Being will always be, but not always in the same form. Energy builds with each incarnation, some incarnations build much energy, some build small, but all are building and shaping the Inner Being by their experiences. The Inner Being is always becoming – it is never done. With big energy the Inner Being can do more – it can sustain more Wooden Dolls and can spend energy like you spend money. We get more energy by having Wooden Dolls. We spend a small amount of energy to flow into a Wooden Doll to sustain it. We have the energy of the thought forms flowing from the Wooden Dolls to the Inner Being.

After transition, coats can choose to always be together if they want. Nobody has to see other coats they don't want to see.

Sleep and dreaming

During sleep, most of the energy of the person is reabsorbed into the Inner Being. The Inner Being spends it on other things he wants to do, maybe to give energy to others of its Wooden Dolls that are awake when you are asleep. Also some energy is spent where the Inner Being wants doing, or learning, or playing with something new. It may want a piece of its energy to go into a pool to do something. I joined a pool for communicating. I wanted to try it. I tried connecting with many different Wooden Dolls for speaking in trance. Like the story of the foot in the slipper. None of them fit, then many being were trying to match with the energy of this one and none fit. Then Robert tried Saesneggar's energy and it fit. That is how the energy is never not moving, always used by Inner Being. **Hundreds of years ago, the energy of your Inner Being was made from a thought form. That**

energy flows in you now, the same energy always. Many hundreds of years to come, your energy made from your thought forms in this moment will flow into another Wooden Doll. It is the balance of all thought forms together in the moment that make the difference to how that local environment (like Earth) expands.

Dreaming, where do we go when we sleep?

When you are sleeping the fast energy is reabsorbed into the Inner Being. Used in other Wooden Dolls. Sometimes dreams are not dreams, but a glimpse of what has been going on with other Wooden Dolls of your Inner Being. Most does not come into the Wooden Doll, it stays in the Inner Being, but for some Wooden Dolls that have fast energy from a big pipe, they have some awareness of the other uses of their energy while they are sleeping.

Are we born into the same soul group when we wear a different coat?

The Inner Being has the choosing of what experience he is wanting. There are the choosings of any place in your environment, if level 1. If the Inner Being is level 2 he can choose a different environment, but the choosings are of any part of the place of the environment and also of any time in your environment when is most probable that the wanted experience will be had. The Inner Being cannot make the wanted experience happen because the Wooden Doll has all the choosing. The Inner Being can only choose when to manifest a Wooden Doll and where, that is the choosing of Inner Being. All choosings from then on are from the Wooden Doll. You call it soul group, that's what I call the cupboard where the coats are living.

What are soulmates?

The Inner Being has many Wooden Dolls at the same time. Different pieces of the same Inner Being can know each other. Saesneggar knew another Wooden Doll from her Inner Being for many years.

What are Spirit Guides?

These are shown when the Inner Being wants you to listen to important things from it. Most times Wooden Dolls don't listen to their Inner Being. The Inner Being can show itself many ways, puts on a coat of anything it chooses. If the Wooden Doll has big believing in angels, the Inner Being chooses to show the coat of an angel. If the Wooden Doll has trusting of a Chinese doctor, it puts on the coat of a Chinese doctor. Nothing can come to you other than through your Inner Being. It is the policeman on the door. Intuition comes from Inner Being/guides. Coincidences are not chance or luck, all is the thought form and from the Inner Being for you to trust. They are all good. The Inner Being cannot make you do something, can only make you want something. Wooden dolls have many small choosings, all have a parallel universe

Spirit Guide Drawings

These are images shown so that the Wooden Doll will trust what is shown and said by the Inner Being. Sometimes an Inner Being will choose to show one of its own previous incarnations, one who played a big role in helping the growth of the Inner Being by its experiences, but not always. The Inner Being can choose to show anything, not only its own previous incarnations. It can show anything that is in your head that you have trusting of. Some trust a young child, others an old man or woman, or an angel. The Inner Being might choose to show a wise old spirit, one that it knows the Wooden Doll will trust.

What form do you take after transition

I am energy, I have no form. I don't have particle, I stay wave. After transition, not particle, stay wave. Wave is efficient, particle is not efficient. We do not need matter, so we don't choose to have particle, always have choosing for wave. Only in very new environments is there physical matter. In others the faster energy is not easy to stop into a particle. Saesneggar's Inner Being has no practice with the particle, had many practices in this physical environment, but they did not survive.

What is happening in spirit rescue

On transition the apparatus is the same - the Inner Being flows into the Wooden Doll, it cannot stop. When Wooden Doll chooses for it to stop the Inner Being stops the energy flow to Wooden Doll, all energy stays with Inner Being, it is reabsorbed. No energy is now in the Wooden Doll. There are no stuck spirits, there is no way to be stuck. The Inner Being stops sending energy that's all, nothing is stuck, there is nowhere for it to go. **The energy belongs to the Inner Being, it is only loaned to the Wooden Doll.** The only change on transition is that the flowing back stays, but the flowing to the Wooden Doll stops. There is no losing of a soul or an energy, it's all the Inner Being. The Inner Being is nothing more than energy. All of Saesneggar's energy, life force, compared to her Inner Being would be less than a tiniest part that would be seen in her apparatus as one hair on her head. The energy is not big for a Wooden Doll compared to the energy in the Inner Being, it is not possible for it to be lost. The Inner Being is not losing energy, like you don't lose your money. It loves its energy, that's all it has, it has a big purse.

So when are sending somebody over in spirit rescue...

That can be the experience if the Inner Being wants that experience, it can have showings of any for rescue as you are saying, or the talking with a loved person, another Wooden Doll, can see it, talk to it. The Inner Being of that one puts on the coat from the cupboard for showing. It looks real for you. The son of this one had talking with what he thought was a person, it was a showing of coat. Some Wooden Dolls can have the seeing and some cannot. If the pipe is big and the energy can flow fast, then it's easy for seeings, if the pipe is small, then no seeings.

Different religions, do those manifest into an afterlife

They do not. The thought forms of you as a Wooden Doll are the experience of the Inner Being. The Inner Being has many hundreds of Wooden Dolls. Some have knowings of the Nazarene, some have the Buddha, all different. Some don't want a 'book' (the story or religion of another), because they have their own knowings in their head. All of the experiences are flowing to the Inner Being in each moment.

Is there one God?

There is one energy, there is no 'God'. I talk of the levels of the Inner Beings. Those with faster, stronger energy are the higher Inner Beings, but they are not better than the lower Inner Beings. There is one energy, I use the image of a transparent clock to explain. In the clock, you can see all the workings inside. Some pieces are small and spin very fast, they are like level 5 Inner Beings, very fast. Some are big and slow, like on earth. They are particle, not wave, the pieces are very heavy, very slow; but the clock cannot work if one piece is broken. The fast spinning and the slow spinning are all needed. All bring the experience to all the Inner Beings - all growing, all becomings of all

environments. They are all needed, all equally important. The greatest importance is for diversity - that is what is needed from the thought forms and the energy of the animals and the Wooden Dolls and the environments of earth and all other places. We have needing of all. When you want to think of God, think of the transparent clock and all the pieces spinning, no one more needed than another one. All is good. If one piece is broken then all is broken. The thought and actions of each of us affects many around us, both seen and unseen by us, though they are always seen by our Inner Beings.