

The Second Attention and the Moon

Welcome everyone. I have news for you that may come as a shock or a surprise. But you are, all of you caught in a trap set by the Anunnaki. That trap is called the First Attention. The whole of mankind, more or less, is caught in the same trap. What I will do in this talk is explain how to extricate yourself from this trap. And this is possible because you are dealing with Anunnaki technology and Anunnaki technology is kind-of sloppy. It works because you have never thought to look at it.

Before I describe it though, how has this come about? Essentially because we have Anunnaki DNA. At least they have modified human genetics. They have done so in a way that produces an energetic structure, not a physical structure. All the modifications of the human being date back to Atlantis. They started modifying humans then. And by now the modification is universal. If you want to hear more about the Anunnaki, I recommend that you listen to the youTube videos of Barbara Marciniak. She channels people from the Pleiades and they have a similar problem to ourselves and more experience than us of dealing with it. Incidentally the Anunnaki are reptiles or at least, lizards.

I can describe this technology but how did I come to be able to do this? Well I looked at myself when I was half-asleep. That is the time when you can see your own energy. When you are fully awake that is nearly impossible because you fall by habit every morning as you wake up, you fall into the trap set by the Anunnaki. When you are half-asleep though, all is possible. The problem then though is to have the will power to make something happen. But you can see everything.

Let me describe what is there. In the cerebellum, which is at the back of the brain, it is in the part of the brain that is brown rather than grey, what used to be called the reptilian part of our brain, you have something roughly the size and shape of what I call a ping-pong ball but maybe you call it a table tennis ball. Now I am speaking about what I could see in myself when I am half asleep. And I am speaking about energy as well as what is physically there. Because you can see your own energy when you are half-asleep. Your energy forms a kind of physical structure but you would never see that in a dissection of a brain. Yet it is also structure and the Anunnaki technology is in the form of energetic structure.

Now in this table tennis ball in the cerebellum is where you keep your mentality. This is a kind of colourless energetic fluid. However the table tennis ball has a hole at the back. Though this hole goes the connection for the Anunnaki projector. That looks like a fatish black disk on the end of a black pole. It is the black pole that passes through the hole in the table tennis ball. The black disk is inside the table tennis ball.

What the projector, the disk, does is project your mentality forward throughout the whole brain. What is projected forward is a kind of image of your

mentality. It is not, in fact, your real mentality. Your real mentality stays in the table tennis ball in your cerebellum.

And what thoughts is that image of your mentality processing ? Well those thoughts are provided by the projector as well. So you are thinking Anunnaki thoughts.

Now this is where this account is going to get seriously shocking. The problem is that the Anunnaki know you better than you know yourself. And yes that is surprising but it is true. The Anunnaki projector system is based on the Moon. The Moon is not a real moon. The Moon is an Anunnaki construct. The original Earth had no moon at all. You notice how pock marked the moon is from the impacts of asteroids and by comparison how the Earth is not pock marked in a similar manner. The Anunnaki have technology that allows them to pour rock. They can make rock into a fluid that then hardens into any shape they want. Notice how big the moon is. It is precisely the size need to block out the sun. And notice that the moon always presents the same face to the Earth. The Moon is full of super computers that control every single one of us and that is all seven billion of us. The system is a bit like a DVD player where they slot in the DVD that is most likely to get a rise from you. To get you to respond emotionally to the pattern of thoughts they have given you. And, of course, the Moon also has projectors to project to you whatever DVD the supercomputer has selected for you. As I said earlier, and it is worth repeating, the Anunnaki know you better than you know yourself.

Many sensitive people, and I include myself in that category, find the full moon somewhat spooky and unpleasant. When I lived in London, I had the moon shining through my curtains and I always slept badly when the moon was full. Perhaps that is when the projectors on the moon have the most power.

A very important spiritual practice is what I call inner silence. Different spiritual teachers have different names for it. Some call it Presence. Others call it Pure Awareness. If you can attain inner silence by your own will power, your own intent, then you can still be conscious of the Anunnaki projector rumbling away like a kind of ceiling fan constantly offering you different DVDs and constantly trying to get an emotional response from you.

But even then, if you are distracted out of your silence, there you are, beset by a DVD projected by the Anunnaki which, of course, is bothering you, as it is designed to do. What can you do about this?

Well you can counteract it physically. What I have discovered is that I can reach in with my fingers and pull the projected mentality backwards. This stops the projection. What I do is simply reach up and stroke my fingers through my hair towards the back. Don't worry about the length of your fingers or worry at all about your ability to do this. Just reach up and pull back the projected mentality.

Once you have done that and all the mentality is back in the table tennis ball.

Well remember the hole at the back of the table tennis ball. With your intent draw your mentality out of the table tennis ball through that hole.

May I say something before you say that you cannot do that. You are sovereign. You are your own King or Queen. You can do anything you want within yourself. Your tool is your own intent.

Let me talk about myself and you will get an idea of the struggle that I have had. It has taken me nearly two weeks to reach the point where I can consistently put myself into the second attention.

Let me be clear. When you have all your mentality in the table tennis ball, you are a victim of the Anunnaki system and your thought pattern is being projected forward by the Anunnaki projector into some pattern of thoughts that will bother you emotionally. Yet if you can pull your mentality out of the little hole in the back, and I find it most easy to bring the mentality a bit forward of the table tennis ball by bringing it underneath the ball. It is much more difficult in me to bring the mentality fluid over the top of the table tennis ball.

In fact, I use my kundalini to lift up the table-tennis ball so that the mentality can pour out the hole in the back. Then I use the kundalini to smear the mentality fluid over the front of the table tennis ball. How can I use my kundalini? Well I have done the tripura sundari which is an ancient vedic chant and I have done it many many times so my kundalini has clear passage within me. If you want to release your own kundalini here is a YouTube video of the tripura sundari chant. <https://www.youtube.com/watch?v=rBKepUb67sg> Note that the lady who chants likes the sound of her own voice too much. The actual chant is between 4 minutes and 8 seconds and 16 minutes 30 seconds. You need to sing along with it. The sounds are not words, they are just sounds.

Once your mentality is outside the table tennis ball, you are in what is called the Second Attention.

So back to myself. One time I pulled the mentality out of the table tennis ball while half asleep. The morning I then had was unlike any morning I have had before. I was fascinated by reflections of light and I was fascinated by shadows. Time, as well, works differently when you are in the second attention. But by the afternoon, my mentality had been drawn somehow back into the table tennis ball and I was again the victim of projected thoughts.

Over the next several days I tried to do the same thing as I had done the first day, yet somehow I never seemed to have the will power to do things in my half-awake state. Yet I worked at it and as I worked at it more and more in my half-asleep state with a fixed intent, I found, gradually, that I could have some of the same awareness when awake. The difference is that, when awake, I can apply my intent.

So now, each day when I wake up and I have got up and put my clothes on, I sit down and put myself into the second attention. I do this by running my fingers through my hair to switch off the projected mentality. I push it all to the back, as it were, switching it all off. Then when I am happy that I have done that, I pull my mentality out of the little hole at the back of the table tennis ball and I bring my mentality under the table tennis ball forward of the table tennis ball. In fact, I use my tongue nowadays rather than my kundalini. Try using your tongue to project your intent in this way. And then there I am, in the Second Attention.

One problem that you have now is that the ball can suck your mentality back into it so that you have a projected mentality again. So the next step is to close the hole at the back of the ball. You do this again with your intent. So when all the mentality is outside the ball, close the ball with your intent.

Now I must add a few words about the Anunnaki. BEWARE of YouTube videos about the Anunnaki. Because be aware these videos are being made by people who are in the First Attention, so what they say is being controlled by an Anunnaki projection. So are the Anunnaki going to tell you the truth about themselves? Of course not. Beware of Sumerian tablets and illustrations. And essentially for the same reason. Think of time here. The Sumerians lived 6,000 years ago. But the Anunnaki genetic modification of human beings started 13,000 years ago. I very much doubt if you can trust this material. If you really want to understand the Anunnaki, listen to the videos made by the Pleiadians channelled by Barbara Marciniak. Also as the Pleiadians have said, the Anunnaki are masters of genetic engineering. So our first interaction with them may not be with themselves. It is more likely that they will present beings that are quasi human. So watch out, if you see apparently benign quasi human beings step out of a space-ship they are very likely to be an Anunnaki genetic experiment who have been invited to act on behalf of the Anunnaki. This may happen because our old world is going to end. At present we have a stand off between the archangels and the devil. The latter is, in fact, an Anunnaki. But the world will split and about one quarter of the population (these are the people of high vibration) will stay on the old Earth and three quarters of the population (the people of lower vibration) will be on a new Earth. These Earths will be dimensionally divided. You will not be able to see one Earth from the other. The archangels will rule on the old Earth. The Devil will rule on the new Earth. The date of the division of the Earth into two planets will be before October 2028.

Despite what I have just said, I must add a quick note about nomenclature. The archangels have chosen to rename the old Earth to be the New Earth. See <http://www.the-new-earth.info>
I do not know if the Devil will rename his Earth.

My recommendation for each of you is that first you establish the intent to wake up partially and while half-asleep look at your own cerebellum. Do this by simply stating your intent each night before you go to bed or just after you go to bed. Then, when you can see the table tennis ball in the cerebellum and

you can see the black projector and the connector which goes out the hole in the back of the table tennis ball. Then look at it every night, if you can, at least look at it as often as possible. Because the more you look at it when you are half-asleep, the more likely you are to be able to see it when you are awake. When you can see it when you are awake then you can act with your intent and draw the mentality fluid out the little hole in the back. Bring it underneath the table-tennis ball and forward of the table-tennis ball and there you will be in the Second Attention. Then you must close the hole in the back of the ball. This stops your mentality from being sucked back into the ball.

I recommend that you sense when you have a projected mentality. I can now do this and I realise that with a projected mentality, I am in hell. So I put myself back into the Second Attention. And because it is the sort of stupid thing you will wonder. I am no stupider when in the Second Attention. In fact I am cleverer than I am in the First Attention with an Anunnaki projected mentality.

If you want to read about the Second Attention, I recommend the books by Carlos Castaneda, Florinda Donner and Taisha Abelar.

There is also a Third Attention. But you must work that out for yourself.

There is also love. This is projected forward by the heart chakra. Love is thus independent of all other emotions which arise lower down in the human form. Now there is another genetic modification and that is an energetic plate in front of the heart chakra. So the challenge is to project enough love. If you can do that, the whole process of the projected Anunnaki thoughts shuts down automatically. So that is another challenge to you.