

Connect with the Universe



Twin-Books: Book I

Ancient Soul

**Spiritual Science & The Art of Sacred Practicality
Literature**

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Literature**

Twin-Books:

“Connect with the Universe”

“Healing Whole”

Lifetime Practice = Sacred Intention

“Inner Healing >>>Transformation”

Experience the mystical essence of our body’s energy, vibration and frequency.

Shift our Body’s Life-Force in higher frequency of Cosmic Light-Love

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***Acknowledgements.**

***About the Calling Author, Ancient Soul & the Calling Editor, Aravinda Magoto.**

Connect with the Universe

Introduction

Ring a bell Bong-bong-bong

Bong-bong-bong-bong-bong-bong

Bong-bong-bong-bong-bong-bong-bong-bong-bong

My gratitude to the Light Being/Brilliant Mind of Nikola Tesla (1856-1943): ***“If you want to find the secret of the Universe, think in terms of energy, frequency and vibration. If only you knew the magnificence of the 3, 6, and 9, then you would have the key to the Universe.”***

As an ancient soul, a self-educator, and a spiritual warrior, I deeply appreciate and feel blessed to access ancient wisdom and mystical sacred knowledge through the art of sacred practicality. The Universe operates with energy, frequency, vibration, and etheric-telepathic communication with synchronicities. I open my heart and expand my mind to be channeled and guided by divine light beings and spiritual entities. I humbly accept the honor of “High Spiritual Calling” to help heal Earth and humanity. We, the people, have equal opportunities and abundance resources to learn, grow, and transform our lives from 3-D to 5-D, ushering in a new golden age. Together, we honor Goddess Gaia/Mother Earth’s ascension and take meaningful actions to restore Earth and human family. Here we are, on a visionary mission.

Discernment Prayers

My heartfelt gratitude and utmost respect to the Supreme Creator/Cosmic Light-Love/God/the Universe/Cosmic Consciousness, the Absolute Enlightened Souls; Krishna Consciousness, Buddha Consciousness, Christ Consciousness, Yahweh Consciousness, Sufi Consciousness, Bahai Consciousness, and Super Collective Consciousness. I include all good Lords Good Sources, and Higher Multi-Dimensional Divine Light Beings: the Galactic Federation of Light Beings/Commander of Spaceships and Starships as the Splendid Masters, Supporters, Protectors and Mentors. Our great gratitude to all for serving as the Universe’s Ambassadors for Goddess Gaia/Mother Earth, and humanity’s ascension, dedicating to purifying our Earth and powerfully shifting humanity into Unity Consciousness.

The Earth School’s extraordinary curriculum offers life lessons to human beings through “Spirituality and Heightened Intuitive Tests.” To pass the Tests of the Universe, each individual’s vibrational frequency must shift above 3-D into the higher Consciousness of 5-D and beyond. Connect with the super souls of each planet, galaxy and divine nature, both seen and unseen, visible and invisible, and all species. Each human’s awareness awakens and experiences Earth realm from 1-D to 5-D with the fifth and sixth sense.

Prayers, mindfulness, meditation, observation, and discernment help us understand the higher to lower dimensions and inter-dimensional levels of all sentient beings: human race, animals in the sky, on land, and marine life, including plants species and major types of vegetation like grassland, tundra, desert, ice sheets, and forests. This also includes conscious and unconscious, kind and unkind creatures: giants, reptilians, aliens, dragons, Garuda/Griffin, half human & half animal beings, beasts, wondering and hungry ghosts/Satan/devils/demons/parasites. Our conscious awareness of in-depth knowing spirituality vibrates higher energetic frequencies of Bright Light to free our minds, akin to a Lotus Light.

Listen to the sound of the Universe in Silent Meditation:

O Dear ...I hear you.... One of the chosen shooting star seeds has come down on Earth. You're ready to complete the new and unlearned lessons toward full enlightenment. You understand there is good among the bad and wrong among the right, and they will decide among themselves. Stay calm in the present moment. Keep vibrating good deeds of merit in serving humanity as your soul's planed life purpose.

Trust your higher-self. When your intuition knows, you know the truth through the veil and darkness. All exposures are coming every day through your mindful awareness; what goes around, comes around as a consequential effect. Those are the answers, no more secrets. Everything is revealed under the Universal Law of Karma and divine timing. You've learned the universal-spiritual practice, not religious practice.

Remember...you can attain conscious awareness and mindfulness with continual mind discipline, prayers, and meditation. Appropriate spiritual practice can channel your Emotional Intelligence toward sparking the powerful auric light of higher self. Spirit of life Force energy within you aligns with the Universal Life Force of All Nature. Your positive perception raises your vibrations into a higher level of Consciousness.

Always apply self-healing whole to harmoniously balance your body-mind-spirit-soul relationship first, and then help others. Keep doing what you love most and enjoying doing your best bring you a positive result.

Remember: take your time in nature; listen to harmonious music and uplifting, optimistic speeches; and dance with a melody. Sing soul songs to fill your joyful heart. Do anything that calms your mind and soothing your peaceful soul.

The Birth of Twin-Books Literature and Ancient Soul's Songs

In 2006, I embarked on a writing journey to enhance my cognition following auto accidents and my husband's health challenges. Our inaugural piece, 'Healing Whole' was a tribute to his recovery. Unfortunately, life unpredictability, akin to cumulonimbus clouds and storms, threw challenges our way. Yet, my ongoing journey of self-healing persists.

In 2014, my husband, a dedicated patriot and proud Vietnam Veteran, inspired me to venture into uncharted territories. He urged me to '***do something that no one had done before***' and supported me through various mysterious ways with '***the Divine Light Beings/Angel Team***' until completion. Being guided towards my authentic self, I intuitively received messages to bifurcate my writing. The resulting Twin-Books are categorized as Spiritual Science & the Art of Sacred Practicality Literature.

I'm grateful the compassionate Librarian Team's supportive uplifting my technology set back at the County's Mukilteo Library and the City's Evergreen Library. I've asked a few Librarians of both Libraries they searched the Titles under Twin-books and "***have not found any yet.***"

During 2020-2022, amidst the Covid 19 lock down, I, a lone wolf embracing a hermit mode, devoting my love in the creation of the Twin-books. Every day, I tirelessly worked with love to do, allowing the Universe to convey messages through synchronicities, dreams, meditation, and mystic experiences. I practice daily mind-discipline with sacred practicality, focused on self-education, and embraced self-healing.

Simultaneously, while showering with my head where the Crown Chakra resides, the first song lyric ignited a lightning spark through my soul, compelling the expression of **“The Great America Republic.”** Seeking relief from the heavy energy of negativities, I wholeheartedly prayed not to lose her. She adorned herself beautifully in Red, White, and Blue, the same three colors as the Thai Flag.

After completing nine songs, an unexpected Thai melody emerged, bringing tearful joy with **“Thailand’s Civilized Dhamma.”** In this moment, my energy, as a dual citizen, vibrated with balanced gratitude towards the two great lands of my birth and dwelling homeland to grow spiritually and personal development for soul evolution.

Finally, the Ancient Soul has composed ten songs. I enjoy singing daily for self-relaxation, self-healing and self-entertainment. **The album of soul song lyrics is:**

1. The Great America Republic
2. Inner Transformation
3. Don’t Want to Leave You Behind, My Darling
4. Wake Up to Rise
5. Do You Know? ******(Basic Virtues, Perfect Virtues, Five Rules of Life) ******
6. True Nature of Mind
7. You Are What You Think
8. Lotus Light
9. The Law of Karma (Cause & Effect)

Mid-June 2022, the books were very close to completion. My laptop crashed, and then my left eye was blacked out for 30 minutes due to the doctors’ diagnosis as ocular migraine. It was a slow process with new eyesight but I wholeheartedly devoted to completing the ultimate goal in 2023, which was 17 years becoming the Twin-books. However, I revived the books 3 times and finished in mid-year of 2024. After sending the final draft for editing, I had two vivid dreams: In the first dream: *“My super soul warrior appeared to me with amazing presence. I told him very lonely here and wanted to join him, but he disappeared before I could. Meditation gave me the answer that my mission to help heal Mother Earth and Humanity was not yet complete. In the second dream, he drove me to a beautiful orchard filled with healthy fruit trees. Amazingly, the trees looked the same size. Magically, a long bamboo stick in my hands while sitting in the car, I easily harvested two vines of beautyberries from two fruit trees.”* These dreams synchronized me as a sign that final edition of twin-books had his approval.

The higher purpose of Twin Books represents self-education & self-healing. This includes self-practicality, self-examination, self-empowerment, self-discovery, self-experimentation, self-understanding, self-actualization/realization, soul evolution, and self-entertainment for personal choice; religions, and none.

The Collective Memories are honored from the most beloved souls’ higher purpose for humanity’s ascension. Choose any life lesson from the 9-9 twin-books that attracts and resonates with you the most. Later, you may be drawn to other lessons depending on your level of consciousness. Don’t believe me until you discover it through own practical experience in Spiritual Science---the Art of Sacred Practicality, the Science of Nature, and mystical experience from your body’s energy, vibration, and frequency.

May the Supreme Creator/Cosmic Light-Love/God/Universe resonate vibrational frequencies through the tunnels, in the bowels, from darkness to light for cleansing and purifying the Earth Realm/Human’s Life School. May the Powerful Divine Light-Love permeate all living beings and transmute humans’ secret minds into sacred mindsets with sacred hearts, compassion, peace, love, joy, and unity consciousness.



* Honor Green Goddess Gaia/
Mother Earth's Ascension

* Balance Climate

* Great Nature Therapy

* Healing Humanity:
Body- Mind-
Spirit-Soul-
Relationship

* Self-education

* Self-healing



* Plant the Tree on the Bald Mountains

* Lotus Pond/Lake 4 Directions

* Welcome Wildlife/Animals

* Sky 

* Land 

* Marine 

* Entertainment

* Nine Songs lyrics

* Singing Contest Harmonic Music

* Family Music Contest

* School Music Contest

* Street Music Contest

Three Pillars of Creativity

*****To Rule Truly to Serve Humanity, and bring Loyalty and Unity*****

Each sale of the Twin Books contributes to two trees or lotuses being planted to nourish the natural environment, as well as naturally supporting wildlife. Since we have direct sunlight and water, we can make this visionary mission come true. The symbolism of the lotus light surrounding the mountains is:

*****To Free our Mind like a Lotus Light. *****

About the Author Ancient Soul

Her preference lies in being an ancient soul. With a combined working experience of 33 years, she has served in the Public-School Systems of Thailand for 18 years and in the U.S.A for 15 years. Her roles have been diverse, encompassing those of a School Nurse, Self-Healer Advocate, Health Counselor, School Guidance Counselor, Social Worker, and Family Service Coordinator. She has worked with diverse families and children of all ages, navigating multi-cultural and multi-lingual environments. Her educational experiences span all levels: from expectant parents to infants (ages 0-5) and students from grades 1 through 12 in both elementary and secondary schools.

As she transitioned into seniority, she realized that the collective journey had prepared her through numerous trials, filled with challenges and recoveries. She saw these trials as great opportunities for spiritual growth, experiencing the higher frequency of Cosmic Light-Love. Despite English not being her first language, she showed unyielding dedication and tenacity, even in the face of temporary memory loss, visual impairment and technological setbacks. She felt a profound spiritual calling for the Human Family.

The spiritual journey isn't an easy-rosy path, but her soul commitment kept her working persistently with perseverance and patience. As a Light worker, she has passed numerous tests of life lessons to lead, inspire, and light up good karma in Human Soul Family to end the circle of suffering.

In times of turmoil, she embraced solitude, immersing herself in prayer, meditation, self-examination, and the self-education of Spirituality/Dhamma/True Nature, as well as self-healing. These practices enabled her to overcome life's challenges, strengthening her unwavering faith in the belief of unified Cosmic Consciousness. Despite facing temporary memory loss, she persevered in writing, and reading as self-educating, experimenting with self-healing methods to enhance her cognitive abilities and overall health.

Going beyond the ordinary, she evolved into a legendary self-educator and self-healer. Across numerous lifetimes as a human being, Ancient Soul harbored the soul desire wish to alleviate the perpetual suffering inherent to life. Her relentless efforts are dedicated to helping others comprehend the reality of life on their spiritual journey, leading by example rather than through explicit instruction. **Her guiding slogan: Live and Lead by examples.**

Her Twin books aim to serve people of all; religions and none, in homes, schools, libraries, prisons, and anywhere else, as ***"the Best Gift-Giving is Dhamma/in-depth Knowledge of Spirituality/the Universal Laws of True Nature, which wins over all kinds of giving."*** - Thai wisdom.

Practice lifelong to think clearly and positively for the Power of our Thoughts.

Practice lifelong to speak Truth, uplift, motivate, and empower others for the Power of our Words.

Practice lifelong meditation, align higher self with the Universe for the Power of Presence and Divine's Answers.

*** *Namaste* ***