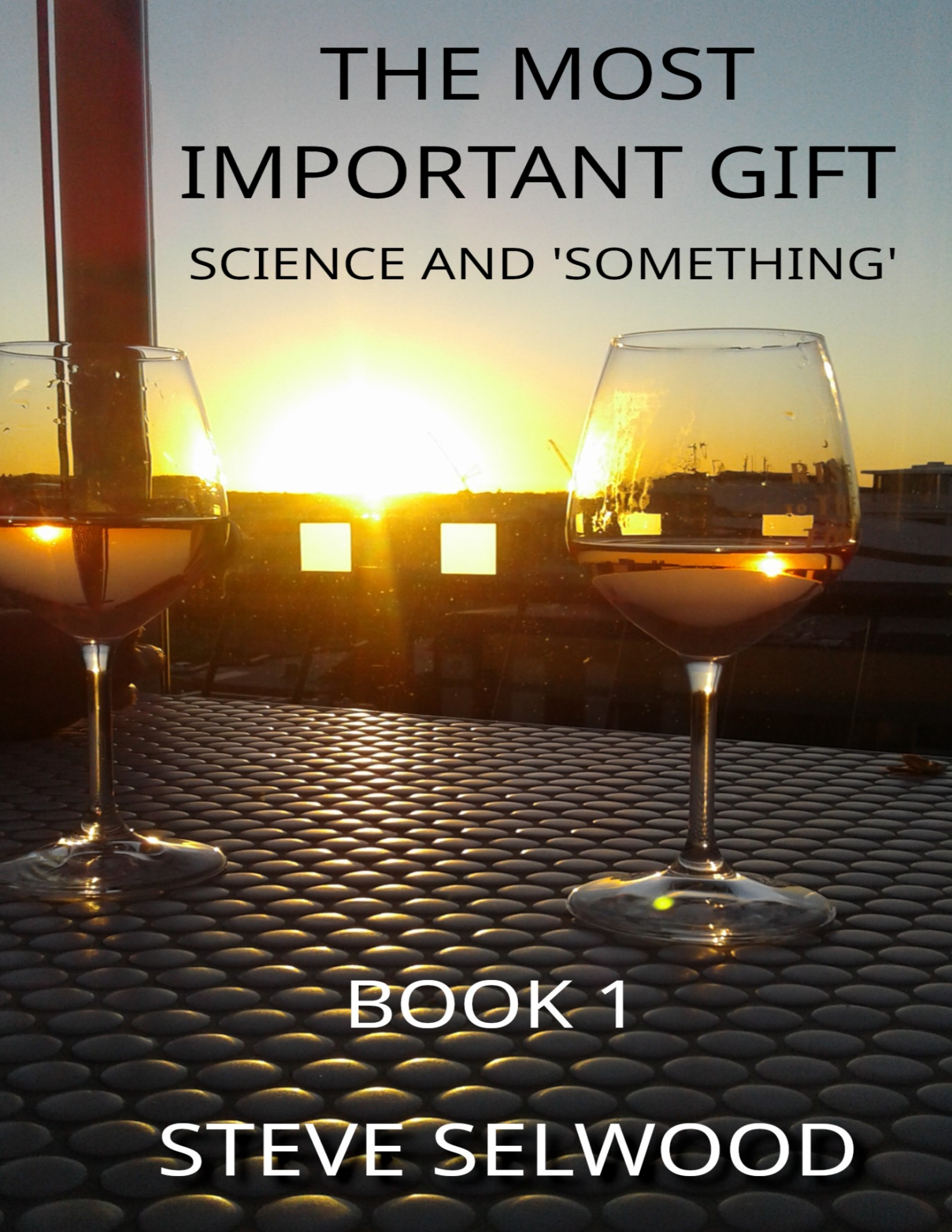
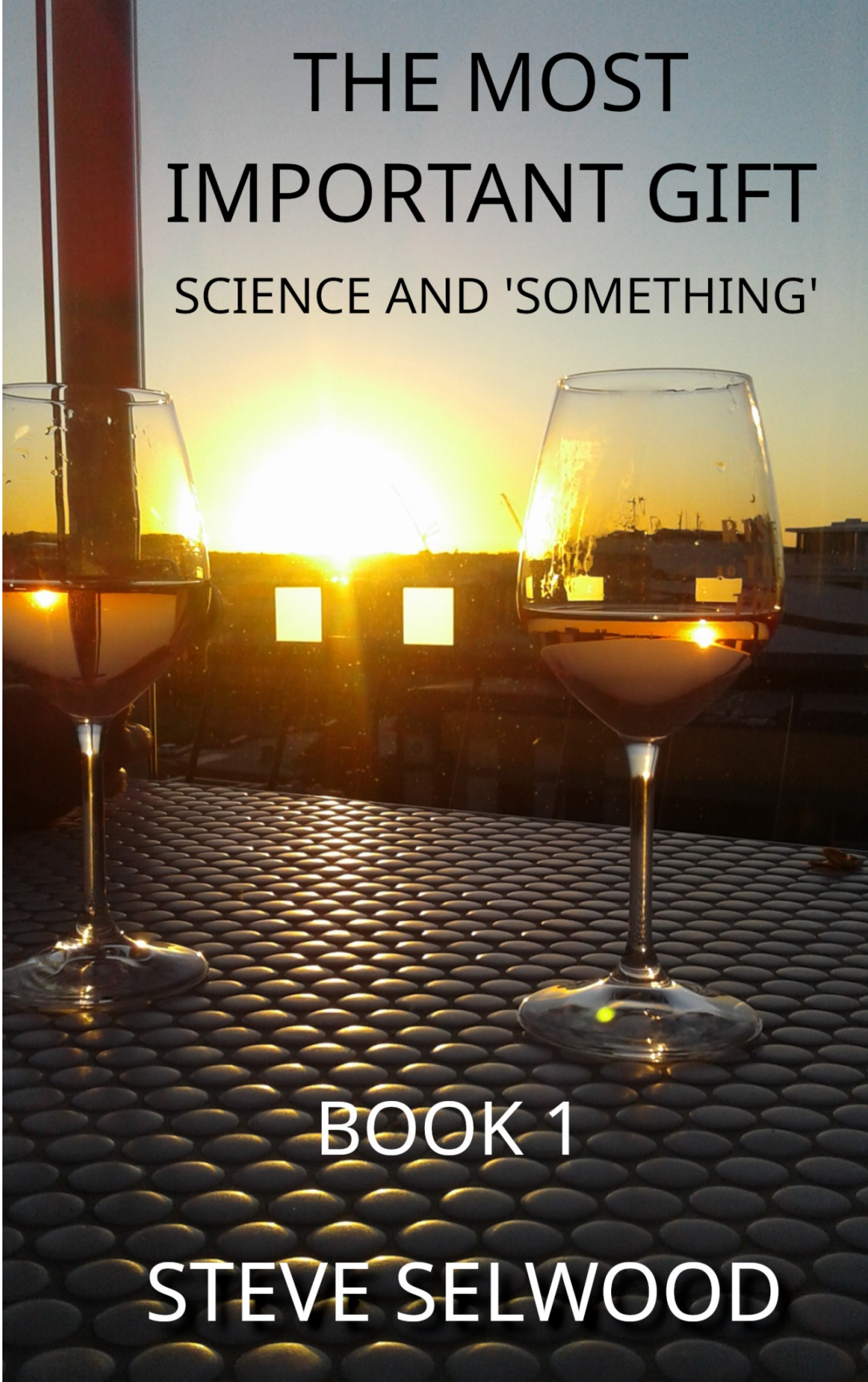


A photograph of two glasses of wine on a dark, textured table. The sun is setting in the background, creating a warm, golden glow. The sun is partially obscured by a railing with two square openings. The wine in the glasses is a deep red color. The overall mood is serene and contemplative.

THE MOST IMPORTANT GIFT SCIENCE AND 'SOMETHING'

BOOK 1

STEVE SELWOOD

The background of the book cover is a photograph of two wine glasses filled with red wine, sitting on a dark, textured surface. In the background, a bright sun is setting or rising over a cityscape, with its light reflecting on the wine in the glasses. The sky is a mix of orange and blue.

THE MOST IMPORTANT GIFT

SCIENCE AND 'SOMETHING'

BOOK 1

STEVE SELWOOD

The Most Important Gift

Science and 'Something'

Book 1

1st August 2025

I want this book to help as many people as possible

For that reason this book is not copyright

Please distribute it as much as possible

TheMostImportantGift.com

This book is dedicated to

Emily my youngest daughter

Alice my eldest daughter

Jess my fiancée say

Page 1. Preface.

Living your life thinking this is everything, would be so sad. I will explain a very different more complex reality, where you came from, where you really are, and how to escape back to 'home'. A mixture of history and science. Since you have to spend time reading, I'm hoping to make it worth it.

Your consciousness existed before you were born. Your consciousness does not exist in your brain, or anywhere in your body. Your brain is a filter of your consciousness. Your consciousness will exist after your body dies.

This is not philosophy or wishful thinking, this is Science. Not the old classical science, the new science based on modern understanding.

This book is short, and concise, to get you started on this subject. It will only take you about one hour to read or one hour to listen to one of the audiobooks.

There are optional movies to watch, to help you understand, and get you in the right frame of mind.

Book two will cover details.

You need to read this now, it will help your life, by understanding where you are, and it's important for after your body has died.

Page 2. Welcome.

This book was written for you. I hope you find it easy to listen to or read and informative.

Everyone asks, what is your book about, your stroke, no, your life, no.

Then I say, you've heard that the most important things in life are Health, Wealth, and Happiness? Well, it's more important than those.

If you have stage 4 cancer you need the answer now, skip to the page right near the end called "What to do when you die".

When I started writing I wanted my book to be for everyone.

Then I eventually realized that that was naive.

Religious people might enjoy some of my book, but they will probably find things they don't like.

I realise there is no way to write for them.

I've just realized that my book is for two groups of people.

What I call 'the scientist'. Not that they are scientists but their attitude or beliefs are scientific.

The other group are not religious but they think there is 'something'.

So by chance, or somehow, my book was subtitled 'science or something', which is exactly who it's for.

It feels like it was meant to be, an expression that keeps cropping up.

Page 3. The Cover Picture.

I was looking for a particular picture for the cover page. Going through my phone pictures I was immediately drawn to this picture. I don't know why, since it's not like any of the book covers I'd seen, but it just seemed right. I never liked the phrase, but it was meant to be, so maybe I've changed my mind on that phrase.

For 'something' there's warmth, friendship, love, companionship, a pleasant relaxed time.

For science there is light, photons, there's the three states of matter solid, liquid and gas, warm and cold, thermodynamics.

More on both later because the descriptions are very much classical physics and classical emotions.

Page 4. About Me.

I was born in England and was always much more interested in maths and physics than English. I went on to University and was aiming on doing Physics after a degree. But instead I found a job with an electronics company, Philips Electronics.

I was immediately involved with Very Large Scale Integrated circuit Chip Design for TVs and military radios.

Software to help with the chip design and for TV control, and an encrypted finance token.

I moved to the opposite side of the Earth, New Zealand, and started doing portrait photography. Very different.

I have been round the Sun 65 times. Until about 6 years ago I was a scientist, in other words I only believed in things that could be measured and replicated. In those 6 years I've learnt a lot, and I'm now ready to share and help.

I had a stroke and while recovering with sensory pain and too many senses or weird things, I somehow ended up writing this book. Maybe the least likely situation to write a book. So you are reading a book written by a bloke who 2 years ago, June 2023, had a stroke and for a month or two didn't know his own name.

I now have my cognition back pretty much, but I have pretty severe sensory issues, sounds in my right ear, hypersensitivity, and sensations on my right side, not normal sensations, and they change.

So I have more than my fair share of understanding the brain and senses.

I have more than the typical understanding of perception.

Rather than just the normal, getting sensations from my body, I also get sensations from my brain. My numb side, where I get almost no sensations, I also get sensations that aren't real. For example my shoulder sometimes feels a bit like there's a large knife in it.

Physically it's normal, I can move it, it's fine. But it feels weird.

That weird feeling is worse when my brain is tired. If I lay down with quiet, my brain calms down and the pain goes.

People who get Aura Migraines will understand. It's much the same.

It makes me realize that perception is not so simple.

It's all in the head. This book is not about my stroke but it is sometimes relevant.

Page 5. The Journey from Sea to Mountain Peak.

This is a metaphor. Metaphors sometimes are the best way of explaining.

Most people live in the city. It's busy, lots of things to occupy their thinking. They never get out of the city. The city is all they know. There's no boundary, no end. They don't see a boundary, they don't see an option.

Life is just this, in the city.

What I hope to do, maybe even without you realizing it, is to take you just outside the city onto the start of the hilly countryside.

Just so you go, hmmm, oh wow, interesting, I never knew this was here.

If all I do with this book is give you a glimpse of outside the city, that will be a great thing.

I am your personal guide for your journey from wherever you are now, up towards the mountain, towards the peak. The start will get you ready for your journey. Along the way you can stop and take a breather. Sometimes I will mention distractions and detours. Things that you may find interesting, surprising, and may want to come back to, but I'll keep them short because the main aim is steady progress up to reach the mountain peak.

Starting in the coastal city. Lots of people and things to do. Work, food, shopping, music. Not much quiet time for just relaxing and letting yourself be.

As we journey upwards we try and find quiet time. Just stand and look and appreciate.

The higher we go the less we value all that city stuff and the more we savor the quiet. We start to look forward to the quiet times.

But please remember, it's not the destination it's the journey.

So please, enjoy and benefit from this journey.

Page 6. Science.

I started thinking science was narrow minded and missed the reality.

That's how I started writing.

But then I discovered that science has references to weird stuff.

In fact it suggested weird stuff.

So I've come full circle but looking at science with a fresh approach.

When looking at any scientist I now look at what they said rather than just their equations.

Page 7. Propaganda.

I don't know what is true and what isn't. Everyone is prone to propaganda.

It means you believe something without even realizing you've been convinced.

You just 'know' it's true.

That's the worst thing, other people can see you're suffering from propaganda but you can't, to you it's a fact, and those that don't agree with

you are nuts, when you are the nuts one.

Seeing 'the light' with one thing doesn't make you immune to others.

So I don't know what's true and what isn't and I don't know the subjects.

Thinking otherwise, as I used to, is false arrogance.

As Mark Twain said, it's easier to fool people than convince them they've been fooled.

Page 8. Video Recorder.

We tend to think we are like a video camera, we watch and record and can play back. We don't, our brain interprets, make up the world we think we see.

If 10 people watch a car crash there will be 10 different versions of what happened.

We tend to think we are like robots, computers, perfect but with emotions. We are not, we're far from perfect. We are vulnerable to all sorts. One is propaganda.

There is an experiment to analyze when someone thinks of doing something versus when they act. Something weird. They act before they think of doing it. Huh, how is that possible. It, life, isn't what we think it is. We are only seeing a created interpretation. So what is the real thing. Not what we think it is.

We Interpret the World.

We create our version of what the world is.

And when I say we, I mean our brain.

Page 9. Science and ‘Something’.

Bringing science and ‘something’ together. They have long been seen as alternatives, on opposite and opposing sides. You are either a ‘scientist’ believing in ‘real stuff’ or you are into ‘something’ and any woo woo stuff.

Science has moved towards ‘something’. Things are not so clear cut.

Actually science is now suggesting woo woo stuff.

Hence the title of this book, the coming together of the two.

So wherever you come from, straight science or straight spiritual, you might be surprised by this book, or maybe even delighted.

People who don't believe in religion can be called atheists, agnostics, or non-religious. Atheists explicitly reject the existence of a god or gods. Agnostics neither believe nor disbelieve in a god, often holding that it's impossible to know for sure. Non-religious is a broader term that can encompass various reasons for not adhering to religious beliefs, including indifference, rejection, or simply a lack of affiliation.

People often think science or God. It's not that simple.

The most common description is Religious, believing in God, Atheist, not believing in God, and Agnostic, meaning on the fence, unsure.

That description only offers two options.

Many people say they are not religious, meaning they don't believe in God, but they think there is something.

So the two options offered isn't enough.

Maybe there are multiple options, and God is just one of them.

Then there is Science. I'm going to split that into classical science meaning only what you can measure and test and repeat, and there is modern science

which includes quantum mechanics and effects that seem strange.

Page 10. The Journey.

You may not even know there is a journey.

You can't go on holiday if you haven't even thought of a holiday.

My gift is to help you on your journey.

You can't go on a journey unless you start.

And you can't start unless you know there is a start.

I'm trying to make you go hmmm, give you the smallest glint of an idea or question. Something that can grow and grow.

Without that first glint you may be stuck with no idea of the possibility.

A mountain covered in snow, just laying there, but one tiny movement, imperceptible, causes another movement, and it builds and builds, and can become an avalanche.

That is what I'm trying to give you, that first imperceptible help. At the end of this 'book' there are links to help you further on your journey.

Page 11. Enticed and Distracted.

You have to break free.

YouTube, Facebook, TikTok, Instagram.

You, like me, are Enticed and Distracted.

If you lost your phone for a day, how would you feel? That's addiction.

Would the world be any different?

If you knew you'd die tomorrow would you go on your phone?

Would you want to either know how to avoid death tomorrow or know what to do when you die tomorrow?

Maybe have a no phone hour or two when you wake up.

I know it's hard, I'm human too.

If I do it for you will you do it for yourself.

Do you feel sorry for people before phones?

Maybe at one age people learnt about things most people now have forgotten.

This book won't be as exciting as all the distractions but it will be life changing, something that will make a huge difference to you and your future.

Page 12. My Spectrum.

I got an honours degree in Physics from 1978 to 1981 at Imperial College London, a prestigious University, back when getting into University was difficult.

I say this not to brag but to show how engrossed I was in classical physics, and the taught Physics.

I thought highly of Richard Dawkins, a very clever man and more scientific than I was. A man who was 100% science and anti religion and anti mysticism.

When you read this book I don't expect you to instantly believe everything. Healthy skepticism is a good thing. But there is a growing understanding,

and a growing number of topics all pointing in one direction. And that is away from classical physics and towards things that initially may sound like woo woo wierd stuff.

Your journey to understanding and really feeling what is true may be slow and far, or faster and shorter, but I hope this book will help you.

Page 13. The Start of my Journey.

It all started when I said at the dog park, that I just need someone to prove me wrong on one thing and I'll change my mind. Since then everything I've ever believed has changed, everything. Initially nothing, and then one thing and it's snowballed from there.

Yeah but Steve oranges are still orange. HMMMM, we'll see.

I could go thru all the things but compared with the subject of this book they are insignificant.

I didn't come up with this idea, I've learnt from others, but I am hoping to present this in a different and maybe more acceptable way.

Even my path to this idea and the people who've helped me is a weird story.

Once you get here you hear others and realise they are here to.

A couple of years ago I had a stroke, part of my blood leaked and part of my brain died. So I'm recovering.

During that recovery I created a website on my recovery, and to make it more interesting I made it interesting. I had ideas to make it different and interesting. Ideas that just pop into my mind.

One was trying to walk better. It occurred to me that everyone just walks and takes it for granted but I realised how complex and tricky walking is. Going from drive to path and along, the surface is constantly sloping this way and that and I have to concentrate and adjust my balance.

Hence my idea.

Walking is impossible and those that do must be deluded.

I was stuck with that thought but nothing to complete the idea. Then, of course by chance, on YouTube, up popped The Matrix. Of course I thought, perfect. We are living in a Simulation. My connection is damaged so I can't walk right, but everyone else can do it without thinking.

A perfect idea.

Of course when I mentioned this idea I instantly realised that psychologists have no sense of humour and are a). Always looking for depression and b). Looking for nuts going on, so of course I emphasized that it was just a fun idea for my website.

But. Things that start as seeds, and grow. Things that make you go "hmmm".

Just one of those little things on my path from Scientist to now.

Then a friend of mine mentioned an author. I'd heard of him but not read anything from him. Then his name came up again and I read a bit and.....oh my god that makes so much sense.

Another little thing on the path.

Page 14. Perception.

Imagine a large black square. In the middle is a coloured square. The colour is made from no red, and equal amounts of blue and green.

The question is, what colour is it?

There's a lot going on between the thing and your brain and what it perceives.

So, what colour is the center square? Green? Blue? Greeny Blue?
Something else ?

Ask your friends what colour it is, you'll probably get a different answer from each.

Something so simple yet no agreement between people.

I've always thought of China as a big country with a massive population. That's the Perception I've always had, I've never been there, but the impression I've always had from the media.

Recently I've watched some YouTube videos which gave me the Perception of a clean modern country.

Then I've just by chance seen a video on China talking about its one child policy, and men and women preferring a career to having children. That is going to affect the population.

It then said the population of China was 250 to 300 million.

That's a lot lower than my previous Perception.

Then I thought about the videos I'd watched. I hadn't realised, it showed a clean, smart, modern China, that didn't look that crowded. I hadn't realised.

So now I'm wondering which Perception was right. And Perception is important because it affects belief and behaviour.

Perception affects behaviour.

Page 14B. Perception Deception.

I have been manipulated, you have been manipulated. Sorry it's true, Whether to make you like someone, or trust someone, or to dislike or hate someone.

And Perception is important because it affects belief and behaviour.

Perception is important because it affects what you think. Perception can be deceptive, and make you think something that isn't true.

Hence a very important concept, please think about it, because it is important.

The expression is Perception Deception.

Page 15. Remember that?

If I mention controversial subjects like political parties, the Moon landing, 9 11, or vaccines, if you agree you'll like me more but if you disagree you'll like me less, and too many disagree, you'll stop reading because I'm an idiot. So I won't mention little topics like these, I'll talk about something much bigger that you probably don't even realise you could disagree about because the answer is obvious and of course everyone will agree.

Let me ask you a question. What is something you can remember from your distant past. We'll, call that A. Now think about that, what can you remember?

What about something recent. We'll call that B. What can you remember about that?

Remember A? Remember B? How long ago was A. And you can remember that. And B?

So you could move from A to B and back to A, instantly. That's because time doesn't really exist. What? Ouch! No!!!

Maybe time exists or maybe it's just a perception. Can you prove time exists? Or is it just something you think exists.

Of course everyone knows time exists but they could all be wrong.

How's that, a big enough controversy!

Page 16. Why?

The simple answer is because I had a stroke, some blood leaked out of my Thalamus, and what I'm experiencing is typical of a stroke. A stroke in the Thalamus can create masses of sensations, and false, in the head pain. An interesting way for me to get a better idea of what perception means.

Some people believe in God and the Devil, or similar in your culture and religion, and will maybe say I've been evil, or I need to learn from it.

There is another possibility, that I am a good being but there are bad or naughty or conniving beings and this is what they've done to me. Maybe they benefit in some way.

Maybe having a stroke and recovering from it, has given me ideas and time. A situation to think about things, have ideas, and to write this, well it was going to be a very small website, and now it's a book. Because I have to lay in the dark and quiet, to let my brain relax. This book is not for me but for you to read, a real gift.

Are the ideas I have mine or are they somehow given to me. Is this book my idea, or am I just a instrument to get it created?

Lots of maybe's.

The reason I had a stroke is so I could help people. I had to stop work and have spare quiet time in order to understand things and write my book.

When I spontaneously said that I instantly knew it was true. No doubt, totally convinced.

My Stroke has affected those I love. Made life difficult. I'm sorry. It wasn't intentional, but I do feel that good will come out of it.

Things will happen that wouldn't have happened otherwise. It's not pleasant for anyone, but I do feel that in the end the result will be good.

Maybe that's just positive thinking, or maybe positive thinking does result in positives. Maybe. We'll see if that makes sense later on in this book.

Page 17. Movies.

One or more movies will help you on your journey.

You can watch them on onstream dot s o using either an Android TV or Android Device.

My favourite option is 3 Body Problem, it's really enjoyable and clever, there are notes on the next page.

Others are Inception, The Matrix, The Matrix Reloaded, The Matrix Revolutions.

Page 18. 3 Body Problem.

These are just quick notes I've made for you. They show how much happens in each episode. Watch it and look at the notes if you wish.

Episode 1 has bits that aren't pleasant, and it's a bit 'slow', but please don't let that put you off, episode 2 is much better and it gets more and more interesting through the episodes. It's based on a book, and there are now books 2 and 3, so it can't be bad.

Episode 1, one hour long, 16 scenes.

Episode 2. 13 scenes.

Episode 3. 12 scenes.

You could watch then, 3 episode or the whole series, before you go on.

Page 19. Captain Janeway.

And now for something a little different for a change. It's about Captain Janeway talking to her father who is long dead.

It starts with Captain Janeway talking to her father on the starship USS Voyager. Then she hears her crew and realises they are above her, and she was looking up at them. She realises that's the real me lying on the ground. This is the hallucination.

Then she asks her father why are you so keen to convince me to go with you?

She realises her fathers behaviour isn't what her late father's would have been.

He wants her to go with him into the light, but he can't make her, she has to go willingly.

It ends with him saying 'and you will nourish me'.

Is this just a story for a sci-fi series, or is the plot based on something?

Page 20. Beliefs.

This is how current religions are spread around the world.

I wondered how many people in the world are religious, so I looked it up.

It turned out 31% of religious people follow Christianity.

Then 25% of religious people follow Islam.

Then 16% follow Hinduism and 16% are Buddhist.

A significant percentage of people are listed as non-religious.

The least religious countries are 70% in the Czech Republic and North Korea.

Then 50% in Hong Kong, China and New Zealand, so for every religious person there is a non-religious person.

There's a smaller percentage in places like the United Kingdom, Australia, and the United States at around 30%.

I feel that the state of the world is like looking at the result of many wars, where religion was the flag of the war cry.

So what we see is the aftermath of war.

Some religions were almost completely wiped out by others.

Some ancient texts, artifacts were destroyed, but some were hidden and remain.

The church hid some things and distorted others to make themselves rulers.

It's not so much religion as politics.

My impression is that's why so many people are not religious, they don't trust or believe the organisations.

A lot of people I ask say they are not religious, but that they believe in something.

I wonder what something means.

What would you say?

If your answer was something maybe you'd like to know what that something is. If your answer wasn't something maybe you'd like the opportunity to know about it and have the choice.

Page 21. Modern Science.

At University I studied classical physics. There were big things, planets, snooker balls, down quite a way. But then there were tiny things like atoms and electrons.

With the big things we used force and mass and velocity.

With the little things quantum mechanics was used, but it was only for little things.

These days the quantum mechanics stuff has crept up to bigger things.

This talk of quantum computers.

Things are starting to look weird.

Quantum Mechanics used to be just woo woo abstract weird small, really small, things. It wasn't 'in the real world'.

There are lots of 'weird' things, and if the news said 1000 U F Os had landed over every major city, I wouldn't be that surprised.

Which raises the question, what is reality.

As Donald D Hoffman said, Space-Time cannot be the foundation of reality.

If space-time, what we think of as reality, with mass and velocity, isn't the foundation of reality, what is it?

Page 22. Famous Scientists.

When I did Physics I was taught about the science. There was no mention of what they said, no quotes. This was pre internet, we just had the listed text books. I was given the impression the quantum mechanics stuff was just for small things very very small things. It was interesting but not relevant to the real world.

When writing this book I started thinking science was narrow minded and missed the reality. That's how I started writing. But then I discovered that science has references to weird stuff. In fact it suggested weird stuff.

So I've come full circle but looking at science with a fresh approach. When looking at any scientist I now look at what they said rather than just their equations.

Now I read quotes and realise the famous people had said some interesting things.

Not 'he's a bit nuts' stuff, but scientific weird stuff.

Old people are really boring. They didn't know about jet aircraft, or the internet.

How much smarter does any of that make us?

Did you think and contemplate? How much of that have you done in the 'modern' age?

Maybe we are the ignorant ones.

Science pointing to woo woo.

Max Planck, famous among physicists for the constant h .

He said, As a man who has devoted his whole life to the most clearheaded science, to the study of matter, I can tell you as a result of my research about the atoms this much.

There is no matter as such! All matter originates and exists only by virtue of a force which brings the particles of an atom to vibration and holds this most minute solar system of the atom together.

We must assume behind this force the existence of a conscious and intelligent Mind.

This Mind is the matrix of all matter.

Heisenberg, is famous for Heisenberg's uncertainty principle.

Werner Heisenberg famously stated, In fact the smallest units of matter are not physical objects in the ordinary sense; they are forms, ideas which can be expressed unambiguously only in mathematical language, atoms are not things.

Erwin Schrodinger famous for Schrodinger's Cat, he said We do not belong to this material world that science constructs for us. We are not in it; we are outside. We are only spectators. The reason why we believe that we are in it, that we belong to the picture, is that our bodies are in the picture. Our bodies belong to it. Not only my own body, but those of my friends, also of my dog and cat and horse, and of all the other people and animals. And this is my only means of communicating with them.

and then,

I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness.

Then we ask why science doesn't change and improve faster? According to Max Planck An important scientific innovation rarely makes its way by gradually winning over and converting its opponents: it rarely happens that Saul becomes Paul.

What does happen is that its opponents gradually die out, and that the growing generation is familiarized with the ideas from the beginning: another instance of the fact that the future lies with the youth.

So we can summarise:

Matter isn't real.

Mind is the foundation of reality.

We exist outside the physical universe.

Please stop and think about that. Famous scientists said....

What !!!!!

This isn't some interesting philosophy, they are talking about our reality.

Page 23. Holograms.

Someone creates a large sheet with a hologram on it. You cut the sheet in 2, and the image is in both sides.

This same idea can exist for our reality. Have one 'place', cut it in 2, and both have the original.

A bit like twins in a family. Split them up and you have 2 of them, and maybe when something happens to one it affects the other.

With classical physics that's not possible, but with quantum mechanics, it is. Which makes 'this place' a bit weird. Very weird. And not what we thought.

Take a nice single sunlight. Sparkling off the water. All the light is still there but appears split up.

Modern physics is proving this right. Modern physics has been working towards the same thing, they call it quantum mechanics.

Page 24. Near Death Experiences.

Most of my life as a 'scientist' I wouldn't have considered Near Death Experiences as real. I hadn't looked at it at all. So my perception would have been that they were caused by lack of oxygen, or lies, or made up, maybe for money or attention. Obviously they weren't real.

Now I'm discerning, wanting to separate real from bogus. That means some accounts of near death experience I think are real, and that is significant for understanding and believing where we are. It makes the born, live and die, and that's all there is view to be wrong.

So near death experiences are clues to what reality really is.

Page 25. Are you free?

A group of men chained in a cave. They've been there for as long as they can remember. Maybe they were born there. All they can see is the light on the wall in front of them. When one of them says I don't think this is it, I think there's more, they all call him mad. They say we know this is it, we can see it.

For them, this is obviously it. If you are chained up, that's all. Obviously. If you are free to look around, you see more and understand they are in a cave.

How do you know whether you are free or in a cave?

In book 2 I'm going to cover some facts. That's facts. Not theories or philosophies. Facts. Book 2, based on what I'm thinking so far, is going to contain lots of ideas, lots of links, and some facts.

Some people will read these and accept them and will want to know more. Some people will flat out reject them. They will cling with all their might to this reality. They, and it's understandable, will be in denial. That doesn't make the facts wrong, it is a defence mechanism.

That's why book 1 was purposely gentle. In the next section you'll meet something more challenging.

Page 26. Dream.

First I need to summarise the facts.

Matter isn't real. Mind is the foundation of reality. We exist outside the physical universe.

Your consciousness existed before you were born. Your consciousness does not exist in your brain or anywhere in your body. Your brain is a filter of

your consciousness. Your consciousness will exist after your body dies.

That leads to the obvious conclusion.

This is the most difficult part. This is a step, a leap, like jumping out of a plane with no parachute, but there's no other way. It might answer some questions or it may instantly sound ridiculous and impossible.

This is a dream. A very long stable dream. You will cling to this dream because it seems safer. Accepting, even slightly, that this isn't real, is scary.

In this dream, well you know what it's like, and you will die.

If you believe a religion, you might die and go to heaven or hell or be reincarnated. Heaven sounds cool, hell doesn't and reincarnation, hmmm, a bit uncertain, as who, where, a happy life or bad one. If this is a dream, isn't real, then all that is part of the dream.

So what's the alternative? Well, reality, truth. I'll try and explain. That's quite a task and understanding it and accepting it, well as I said, you'll cling to this dream because it's safer. But reality is actually better and safer.

You'll see that this dream is full of clues.

Imagine just an eternal light. Eternal.

Where we are all from. Huh, what, yes that's right.

We are actually parts of an eternal light. We've been 'split' up like sparkles on water.

We are all still connected, but we've forgotten that we entered a dream. Like at night when you dream but don't wake up and believe the dream is real.

When you 'feel' that there is something more that's reality nagging on you in your dream.

That nagging feeling, and when you 'let go' and allow yourself, you start to allow reality to flow into you.

If you give yourself time during the day to leave this dream with it's many distractions, you will connect more, feel more, reality.

You've heard of Jesus Christ. Well you've heard from religions that haven't been truthful. Jesus figured this out and tried to tell people.

What he really said was different to what the Bible says.

When Jesus died and returned he didn't return as a man, he returned as he really is, an eternal light. To show us that we're in a dream.

He was saying, wake up.

If you can escape your fear and just feel, reading this you'll start to feel and know something is right, and makes sense.

You'll have to escape your logical brain and just allow yourself to feel.

Once you do, you will start on your journey.

The 'destination' is not scary, it's safe and eternal. Reality.

Not a hope, not a dream, reality.

Matter isn't real.

Mind is the foundation of reality.

We exist outside the physical universe.

Solid is condensed or frozen light

We are the light, just a slowed down version.

Light is mind.

When you knock on a table, you never actually touch the table. It's opposing 'forces'. Part of the dream.

Page 27. God.

There are two gods, the real God and a fake God.

The God of the Bible thinks he is the one true God.

He created darkness and problems.

Ever wondered why if God is good we have so much bad in the world?

He is the fake God, the one you've heard everything about.

His name is Yaldabaoth.

Then there is the real God.

Wait for it this will be a shock.

You are your god. You are God.

We are all God, eternal.

So when you pray you are praying to a fake not very nice God.

Now you need to learn and remember to think about the real good God, you.

Page 28. Explanation.

This dream is complicated, really complicated to try and keep you trapped here.

You think this is real, this being Earth. It's not real.

The Sun rises every day, but only in this simulation or dream.

Gods, prophets and religions are fake. Except those not connected to an organized religion.

Gnostics speak truth. Jesus, what he really said, is real.

There is 3D, Earth, there is 4D, the Astral plane, both there to confuse and trap us.

The perception is a lie.

There is 5D, the real place, eternal divine sparks.

There are layers on layers to trap us.

There is something else. Outside this simulation and outside the Astral plane.

The something is your Divine Spark.

My Divine Spark.

All our Divine Sparks are connected.

Don't go into the light. Anyone familiar is a fake. The Caption Janeway clip is based on reality, that's how it works. Reality and truth sneaks out.

The reincarnation trap is to get us back down to Earth.

More and more people are waking up, and are ready to read this or similar and understand and feel it's right.

You feel it's right and true, if you use your right emotional brain.

You don't have to agree to come back and they can't force you.

This is possibly the most important thing to remember.

They can not force you.

It was a mistake, letting Yaldabaoth create a fake Astral plane to entice us into, and then get further trapped in lower and lower frequency zones, the lowest being Earth.

The lower our frequency the more difficult it is for us to escape.

If we get confined to using out left brain, the logical brain, rather than the right emotional brain, we'll be stuck here unable to escape, so we don't have long to learn how to escape.

The results of this being a simulation is that all things are possible. Astrology, ghosts, the importance of the planets and stars. Reincarnation up to the Astral plane and back down here.

When we suffer, we feed them, it's called loosh. That's why there is so much suffering in the world. This makes sense, and makes so much more sense than the religions and their false stories. They claim we get reincarnated so we can learn, but they wipe our memory each time. Makes no sense.

Page 29. Frequently Asked Questions..

Why did you call this website the most important gift dot com?

Well it could be about your health, or your wealth, or your happiness.

I think if you gain what I hope you gain from this, you'll agree that helping you on your path is the most important gift I can help you with.

Do you want me to pray for you? No.

You are God, I am God. The Divine Spark in me and in you.

We are eternal.

So if you are going to pray to anything, pray to yourself.

But why have I created this book? It's taken quite a bit of work while I've been in quite a lot of pain, and with no gain or profit.

This is a question I've kept asking myself. Why?

I've felt compelled, but why?

The answer was just put in front of me recently, when I'd almost finished.

This is about being a beacon for those in the darkness, and sharing our light as we lead by example.

Page 30. Final Thoughts.

So what do you think? Am I crazy, nuts, woo woo? Maybe it's my Stroke.

Yeah maybe, it's just that there are lots of clear thinking non woo woo scientists who have discovered weird things.

But you say, this is obviously real. I agree, it is very realistic, it certainly does appear to be real. But that just means it's difficult to accept it as a dream, but doesn't mean it's not.

Remember Mark Twain , It's easier to fool people than convince them they've been fooled.

There are a growing number of people who are thinking this way. That doesn't prove anything, maybe it's a mass delusion, maybe.

I guess there are two approaches. The scientific one, looking at evidence, weighing it up. The other is to use your heart, what do you feel?

Not proof but maybe a good way of thinking. We are good at gut feelings that are more than a list, they include imperceptible things.

To me the modern science and my feeling are the same.

Page 31. What to do when you die.

Warning.

This was written before I started on book 2. When I started on book 2 I realised that this may not work and the real way to escape may be different and more complicated.

If you have stage 4 terminal cancer you need the answer now. The good news is dying is not the end.

Read this, learn it, and remember it.

After you die, if you are met by a dead relative, friend, famous person, whoever, it's a lie. They are not who they appear to be.

If there is a bright light, turn the opposite way, that bright light is the way back to the prison planet, Earth.

If you are 'persuaded' to do anything, refuse. They cannot force you, they need your agreement, just think no, say no.

Don't give them any benefit from your emotion, don't be happy or angry with them, treat them as 'nothing'.

If you have time read my book from the start to understand all of this.

There are many catches, trips, sidetracks.

I've tried to keep to the basics.

Good luck. Namaste.

Page 32. Give it a Break.

It's just constant, thinking, analysing, watching videos, listening to music.

Always something.

Please just give it a break, and let me have a chance.

And who am I?

The right side of your brain.

All I need is for you left side to just stop. Be quiet. Do nothing.

Then I can be.

I am talking to your left brain logical side.

You are going to die and when you do you won't know what to do and you'll be misguided, trapped, back here, to suffer probably forever.

So you need to do this now. You need to break free of all of those distractions.

You need to spend say one hour each day just laying in bed, quiet, with your eyes shut. No music, no devices, no people, no distractions, no time set.

No special breathing, no meditation, just nothing. Just nothing.

This is just a rough start guide. You will be your own guide.

The purpose is to activate and enhance your right brain intuitive emotional side.

If it sounds boring or difficult that's because you are left brain thinking.

Addicted to logic and facts, information. You won't believe me but this is all irrelevant. That stuff only applies to you now. You need to escape this thinking and perception prison.

As your right brain starts to be freed it will become easier.

Everyone is different. It could take days, or weeks.

When you start on your journey, you'll understand that when your journey starts, your journey will be self-guided. Everyone is different.

You will know because you will. You will just understand things you did not, your interests will change.

This is very personal. Don't broadcast it.

You will start ignoring things that later become ultra-important.

People you ignored and thought were nuts and made no sense will start making sense.

I wish you well.

Peace. Literally peace. At last. Peace.

Page 33. Thank you.

Now is time for me to say.

Namaste, the Devine Spark in me bows to the Devine Spark in you.

This is the deepest most heart felt and sincere feeling.

Thank you for getting this far. If you wish you can email me and tell me what you think, good, bad, constructive suggestions etc. Please include if you'd like me to reply.

Feedback will help me understand whether my book helps and if I should make changes. This is to help me help others.

My email is on my website.

Please help others by sending the main link to your friends.

TheMostImportantGift.com

Page 34. The End.

Or maybe the start of a new chapter.

I'm writing book 2, so go to my website and subscribe to get an email when it's ready.

TheMostImportantGift.com.

Namaste.

Steve Selwood.

