

Introducing the Book

KNOWING REALITY

A modern yoga of love



THREE BOOKS IN ONE

Get ready for reality
On the way into reality
Living in deeper reality



PURPOSE

Building a bridge between ancient wisdom and modern understanding, to help people access more of the world we live in while remaining grounded in practical life.

A journey beyond thought into deeper reality

NEARLY COMPLETE

After four years of writing and spiritual research, two hours a day.
One last chapter to complete. Next step publication.

BOOK 1 GET READY FOR REALITY

Before any journey we must get ready

Check the maps, learn the facts, get the equipment, read about others



THE CHAPTERS

1. The Wonder of Existence – reality is far more than matter and wonder opens the door to knowing this
2. Reality Is Not What You Think – reality exists beyond the realm of projected thoughts; only intuition can know it
3. We Are Instruments of Knowing – what is the mind? It is far more than generally known, with great capacities
4. Knowing Is Not Thinking - advanced intuition as pure awareness knows reality directly beyond the limits of thinking
5. Knowing Further Dimensions of Reality – three advanced intuition types experience three more dimensions of reality
6. Entering Further Dimensions of Reality – when trained to use aware intuition we can enter these realms accurately
7. On the Shoulders of Others – there are others before us who could do this; now it is time for all of us to join them

BOOK 2 ON THE WAY INTO REALITY

A journey of self-transformation opening up new realms to live in

The adventure is you, moving into a wider, kinder and more alive world

THE CHAPTERS

8. Building Firm Foundations - practices to get yourself fit, strong and balanced for the journey of self transformation
9. From Yama to Samadhi – seven safe stages of change, providing practices, opening up the new realms of experience
10. Let There Be Light – going further with higher levels of concentration and meditation with detailed practices
11. Eyes Closed and Eyes Open – transferring these capacities over to an eyes-open higher dimensional environment
12. Merging with Nature – enter the noumena of nature, its inner life and being, to meet new friends no longer hidden
13. New Sense Organs – to go into deeper reality we need to develop higher organs of non-physical intuitive perception
14. New Life and an Expanding Mind – discover your own eternal Self and bring its energy into your transforming mind



BOOK 3 LIVING IN DEEPER REALITY

Having been released from the human locked-in state of mind we need to learn how to live simultaneously in the physical world and its higher dimensional counterpart



THE CHAPTERS

15. Cosmic Energies and a New Body – we have been building a spiritual body from our mind to live in deeper reality
16. The Birth of the Higher Self – our spiritual body, in our physical body, receives our born higher Self into everyday life
17. Awareness, the Great Sense of Knowing – all genuine spiritual paths, whenever, wherever, knew awareness is key
18. The Unconscious Becomes Conscious – as the light of intuitive awareness grows what was hidden becomes known
19. Challenges and Triumphs – we confidently learn to remain here and now in this new multi-dimensional environment
20. I Am My Own App – aware intuition knows whatever you want accurately, using scientific research methods.
21. The Human AI Project: freed 'Aware Intuition' (AI) has vast potential to evolve human consciousness into the future

KNOWING REALITY - A Modern Path of Self-Transformation

Human AI is our innate capacity for direct knowing through freed awareness. It is achieved through a modern yoga as a seven-stage self-transforming journey leading to a conscious integration with deeper reality all around us. It transforms the mind into a spiritual body capable of housing the higher Self, enabling intuitive knowing of deeper reality through freed and accurate intuitive awareness, while staying grounded in daily life.

THREE BOOKS IN SEQUENCE

Book 1 – Get Ready For Reality - proves that, through self-transformation, awareness development, and intuitive practices we can accurately know the hidden realms of energy, consciousness, and spirit as a new evolutionary phase in general consciousness

Book 2 – On The Way Into Reality - presents practices which develop an inner spiritual physiology through meditation, energy work, and consciousness refinement, to directly experience of the richness of higher dimensions

Book 3 – Living In Deeper Reality - goes further by detailing how to transform the mind into a functioning spiritual body made of life, light and love, able to receive the higher Self in its pure form while using three types of intuition to know the creative higher dimensions with pure and accurate awareness - while being active in everyday life.

PURPOSES OF THE BOOK

Act as a knowledge resource for international scaling up of 'Knowing Reality' seminars and 'Human AI' teaching

Provide a comprehensive manual for health-giving, safe individual self-transformation while being active in the world

Carry on Rudolf Steiner's work to help build a positive future for the world with applied methods of intuitive knowing

Present a modern yoga of love, by joining the best of the West out of Rudolf Steiner's Christ-centred approach with the key eternal elements of the East's wise self-transformational paths, especially Buddhism and Patanjali's Yoga Sutras



Ian has been involved in creative and pioneering endeavours all his life as a teacher, artist, project manager and businessman, traveling internationally in these roles. At the same time, he was actively developing his inner life from a young age, gradually developing vivid intuitive capacities which led him to engage in higher dimensions of reality, namely in the realms of energy, consciousness and spiritual being. Since 2017 he has been sharing how to develop these capacities with others so they can enhance and improve their lives and has now taught over 1500 people in Europe, China and New Zealand. He began this book in July 2021, working at least 2 hours a day on it since then. Its nearly ready!

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