

HEALING OUR RACISM

**Moving The Planet Towards
Greater Freedom**

**A Free Guide Written by
Chaun Conscious**

A New Message for Planet Earth

AN INTRODUCTION FROM CHAUN

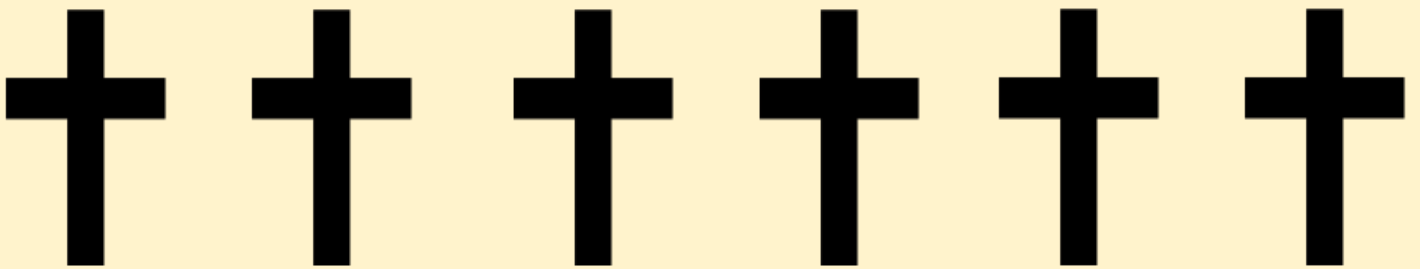
**May this Guide serve to reveal the Truth of
Your Divine Nature and allow You to see the
True Fullness and Brightness of Your Potential,
Your Beauty and Your Divine Quality.**



Love, Chaun Conscious.

In The Beginning God Created Hatred

In the beginning God created everything by love. In the beginning God rejected Himself to experience that love. When God rejected Himself a new emotion was born. This emotion is called hatred. For God so loved the world that He allowed Himself to experience hatred.



What Is Race?

We might decide to begin this Guide with explaining rather fancifully and sociologically the etymological definition of race. We could start by making the very broad and widely understood sociological insinuation that 'there is no such thing as race', and that 'race is a social construct'.

Our previous Guides have made it very clear that this Message, which we hereby call the Nu Vibe, is not about convincing, persuading, fact-finding, knowledge-bashing, logical-reasoning or righteousness. Demonstrating through intellectual prowess that race is a made up construct with no significant value other than its contextual power play in human discourse, will not do anything to shift your, your friend's or the planet's racism. This Message, this Nu Vibe, is unapologetically and unashamedly about love. The access to this Message does not require sophisticated or fanciful arguments or points of view.

A Love Based Message

Access to this Message requires feeling, heart and emotion, for it is only through feeling, heart and emotion that we might move the planet towards Universal Oneness and even Greater Freedom.

What is Universal Oneness?

Universal Oneness is our Ultimate Truth and Ultimate Reality.

There is only One and separation *is an illusion*. The planet and indeed ourselves cannot and will not become more cohesive, more loving and more harmonious unless we move closer towards the Truth of Our Universal Oneness - that is, closer to the reality that there is no separation and that we are indeed all One of the same - We Are One God.

In The Beginning God Became Hatred

In Guide #1 we speak extensively about the meaning of self hatred from a Nu Vibe perspective. What is important to remember here is that whenever we mention self hatred we refer not to the traditional understanding of the concept - we refer to the silent vibration which resides within the collective populace as a dominant reality. In the Nu Vibe context most people on planet Earth unknowingly hold a strong vibration of self hatred. It is the vibration which says that we, as humans, are inherently born with something wrong with us and that there is something inherently wrong with the world. So normal is this way of thinking that the previous statement might have to be read twice. In this Guide we do not intend to elaborate in detail on self hatred again, please see Guide #1 for that - however do know that this Nu Vibe concept of self hatred is important for our understanding of how to heal our racism.

I Am That I Am

Another very important concept for our realisation of a planet free from racism is 'I am that I am'. This statement, 'I am that I am' describes the fact that we are quite literally everything that we manifest. It is a very advanced spiritual concept, and if you have come from any of the monotheistic religious faiths then it may take a while to fully understand and realise it's veracity. It is very familiar and widely understood amongst Buddhists, Hindus and other more spiritually advanced religions.

We are energetically matched to all of our experiences. Knowing this is powerful. You will not be able to realise it through reading, it is something you must experience for yourself. But we cannot heal our racism until we better understand that we are always a vibrational match to everything in front of and around us.

Separation As An Illusion

Saying that separation is an illusion and therefore we should all get along with each other will not shift yours, your friend's or the planet's racism. We strongly recommend therefore that if you are completely unfamiliar with the concept of the law of attraction, or 'I am that I am', or the concept of separation as an illusion - then we suggest that you explore this in your own Universe at Your own Divine Time.

See, as we mentioned, at the heart of this Message is love. Love is a moving energy. Love moves and love causes all movement. The effect of all movement is realisation. Love causes us to realise things. Love, and only love, causes us to realise things. I cannot go into your perspective at this time and 'change your view', or 'change your mind'. I and indeed no one else can 'heal you' or 'save you'.

Uncovering The Darkness

What I can do however, is speak As I Am, and in so doing the energy contained within I Am is likely to move you towards realisation. Realisation always lends itself towards greater freedom.

You see. The problem we find here and indeed through the delivery of this Message is that most of the concepts we explore pertain to thoughts and ideas deeply buried within our unconscious and subconscious aspects. How many 'racist' people actually know that they are 'racist'? How would you know if you were 'racist'? I assure you, when I believed wholeheartedly that 'the white man is the devil' I did not think that I was a 'racist'. I just thought that this was the truth.

So what we are doing here is uncovering the darkness. Uncovering the darkness can only be achieved through an honest, open and loving heart.

The Creation of Reality

I am now going to accept that you understand that:

- 1) **You have unconscious and subconscious parts of yourself that are completely unknown to you. These unconscious parts determine aspects of the way you think, feel and therefore subsequently what you manifest into your reality.**
- 2) **You agree and understand that you (even in just some way) create your own reality.**
- 3) **You accept, although you may not fully understand or realise, that separation is an illusion and that energy is not and is never separate.**
- 4) **You understand that we as God are One.**

If you have any issues or problems with any of the four statements above know that this is absolutely fine. Also know that you will not get anything from this Guide and continuing to read it may not be a valuable use of your time - your racism or your friend's racism is unlikely to shift without these founding principles.

Everything As Racist

Let's become a bit more daring in our Message. Let's say now that everything is racist. I repeat, everything is racist.

Rather like the concept of self hatred, where we automatically assume that some people and some things are 'wrong', we have set up a world which sees 'race' as not only real, but as *really important*.

When you study sociology they call this *reification*. It's the idea of making something into a real thing. 1000 years ago if you called us 'African-American', or 'Black', we as humanity would not understand what we were referring to. Hence, we understand that race is something that has been reified, or made into a real thing. But here's the important part, **not only has race been made into a real thing, race has also been made to seem really important in *most things*.**

Why Is Everything Racist?

We are going to say here that racism is anything or anyone that highlights race as having significant value or importance when it need not.

Can you give me one circumstance in which it is important to highlight race? You may immediately refer to biological or medical circumstances. For example, people with an African-Caribbean genetic disposition might be more likely to have sickle cell anaemia for example, or be more at risk of heart disease. But **African-Caribbean** is not a race. Under no circumstance can we make the statement that **black people are more likely to be, or white people are more likely to be** and it be true.

We believe it is true because we think race is real. We believe for example that black people are more likely to be better at dancing because we believe that some humans (who have any trace of obvious African heritage) are called 'black' and they tend to dance well.

Culture Not Race

We do not see that the act of dancing is an integral part of African culture so any persons under the influence of African culture might take well to dancing - which means that a person we call 'white' who is raised under the influence of African culture might also take well to dancing. It has nothing to do with the fact that this person has brown skin why they dance well - it is because they have been influenced by a cultural heritage.

When we say black people are more likely to be a victim of knife crime, we mean black people are more likely to experience being stabbed. What we experience and what we be is not the same thing.



Racial Consciousness

We do not wish to deny the reality of racial consciousness.

What is Consciousness?

From a Nu Vibe perspective consciousness refers to a set of belief systems and feelings deriving from a shared history (or collection of thoughts and ideas) usually encompassed by more than one individual. So for example we could talk about a collective consciousness, a female consciousness, a male consciousness and religious consciousness, a white consciousness, a black consciousness and so on.

Belonging to a 'black consciousness' and being 'black' is not the same thing. Consciousness is not fixed, it is fluid and it can change. We may also belong to more than one consciousness at the same time. It is therefore possible to belong to both a white consciousness and a black consciousness if we feel that we can relate to and understand both set of experiences. I would postulate that individuals such as Barack Obama and Oprah Winfrey demonstrate this perfectly well.

Racial Consciousness

I already hear a victim consciousness which immediately snaps back with a statement like, 'yeah but Obama and Oprah are still black'. No. Obama and Oprah are 'black' in the world that we have imagined - we are here now imagining a new world - a world based upon greater freedom.

As soon as we say what we *are* , we are not *being* it. In other words, we never have to say "I am X" when we are being "X". This is why, in many religions we as God tend to list the many many things that we are - I am Love, I am Omnipotent, I am All-Knowing etc, because we as God are not 'one thing', we are just, I Am.

Because of the way that we have set up our world it may very well be true that people we have described as black or indeed white are more likely to have a certain set of very real and relevant experiences. What we emphasize here however is that our experiences do not define us, a person who is more likely to be stabbed whilst here on Earth has nothing to do with who they 'be'.

I Am What I Feel

When we say the statement 'I am happy', what we mean is 'I feel happy'. When I feel happy I say I am happy. Who is happy? Anyone who *feels* happy is happy. Are you always happy? If I do not always feel happy then I am not always happy - so why do I say I am happy? I am not happy, I feel happy in this moment. Perhaps we say I am happy because we *mostly* feel happy, whereas in some other life we *mostly* felt unhappy. The point here is that we are *what we feel*.

So when I say I am black, what do I feel? Well it depends. It depends who you are. If you feel proud when you say it then you are proud. If you feel ashamed when you say it then you are shame. You are not, however, 'black' - because black is a colour that is not even in the rainbow. There is no black. What we mean is that I am however I, and you and we *feel* when we say 'black'. Does 'black' feel good to you? Can you explain what it means to be 'black' without using the word white? Can you explain what it means to be white without saying black?

The Dangerous Relationship

The question now is not what ***is*** black or white, the question now is *what does it even mean?* We quickly realise that black only has meaning if white has meaning. Clearly there is a relationship going on here, there is a relationship between the meaning of black and the meaning of white (rather, by the way, like the relationship between man and woman).

So now we move away from logic and we move into heart. We move into intuition. We move into love. See logic says that the relationship between black and white is none other than a conceptual matter of fact - rather like probability in maths, you have heads on one side of coin and tails on the other side of the coin. The coin is one, split equally into two categories - heads and tails - but with 'race' **this is simply not true.**

Black and white do not mean the same thing. Black and white do not have equivalence, and more importantly for us, black and white do not make us ***feel*** the same thing. Black feels like something we'll call X and white feels like something else, we'll call it Y.

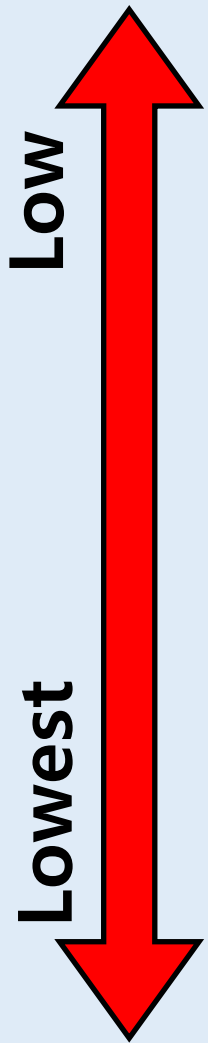
The Inequivalent Relationship

See when I toss a coin I don't really care whether I get a heads or a tails. I only care if I have chosen one before hand as a way of determining some other outcome. Other than that I feel no differently about heads on a coin than I do tails. But if I randomly select people from a group of individuals and decide that the person I choose will be called either a 'black person' or a 'white person', I have only done this because I have given significance to something I have made real. I have made race real **and** I have said that it is important.

In this world we all do this. We all see human beings in terms of race. We all make race important when it need not be and so we all on Earth operate from a consciousness which is 'racist'.

For as long as the idea that all human beings belong to one racial category or another is perceived as normal on Earth, is as long as we experience racism on planet Earth. When race loses its relevance so too does racism disappear.

The Emotional Levels of Energy



Vibration of Remorse

Vibration of Pride

Vibration of Anger

Vibration of Disgust

Vibration of Guilt

Vibration of Self Hatred

Vibration of Shame

Higher and lower are illusionary and relative concepts that we as God have invented so that we might experience ourselves as God. For the purposes of understanding ourselves better we will use higher and lower in the context of the scale of emotional levels of energy.

We All Vibrate Differently

We will elaborate and expound on the emotional levels of energy in a lot greater depth as we later progress in the delivery of this Message. This topic of racism is a nice introduction into the concept of vibrational energy and an emotional energy scale which spans from low to high. We have ignored all the positive emotional vibrations for now, and we have also omitted from the negative aspect of the scale any vibrations which are not relevant for this discussion.

In the Nu Vibe we do not speak so much about the way *that we are*, we rather instead speak on *the way that we vibrate*. See, we recognise in the Nu Vibe that the way that *we are* constantly changes - put simply - *we are different in different contexts*, **and therefore it goes without saying that how we are is always a matter of context**. He and she is a nothing more than a matter of context - sometimes as God we are He (object), sometimes as God we are She (subject).

We As God Are One

So let's imagine you have an argument with your partner and she calls you "angry". You are angry. In a Nu Vibe context you are not angry, you have become anger. You now vibrate as anger. When you go for a walk and calm down you lose the vibration of anger and you become something else, let's say calmness. See, who you are and who I am is the same. It never changes. We are all One of the same thing - **an Infinite and Divine spectrum of the expression of the One True God. We are both an expression of God as well as part of the spectrum with pertains to the expression of God.**

We are always the same and yet we vibrate differently in different contexts. Our uniqueness comes from the **way that we vibrate as God**. We vibrate differently so that we may as God experience different things. If I want to become a table for example I must vibrate differently (before I choose to come to Earth as a human being for example). Let's forget about becoming tables and chairs for now if it seems to whacky. Let's go back to vibrating as anger.

The Attachment Problem

So when I become anger I now vibrate as anger, but I am not angry, I am Chaun.

Why does this matter? One word - Value. See most of us are miles away from realising our True Value. There is only One Value and it is Love. Love is the Only True Value. When I know that I am Love I realise everything through the context of experience. When I realise myself as an experience I feel much less attached to *things*. I do not, for example, take my body too seriously. I enjoy my body because I know that I have chosen to experience being a human, but I do not take my body so seriously such that I see myself *as my body*. I am not my body, I am the one experiencing my body.

These are not just fancy words. What we are trying to do here is to relay a way of thinking which will lend you towards greater freedom both within yourself, within your society and within the totality of the human collective.

It's a Damn Shame

Let's go back to that scale. Look back to remind yourself of it. Which vibration is the lowest? Shame. Shame is the lowest way we can vibrate here on Earth. Now shame has many, in fact infinite layers to it, but let's just see it as one thing here for simplicity sake.

When we say that 'shame is the lowest way we can vibrate' what we refer to here is the type of life we experience in this vibration as being of a **low quality** - in other words it feels shitty, such that the more **in shame** we are, the 'worse' life feels.

Again, we know that there is no such thing as 'worse', it is an illusionary concept that we have invented so that we may experience ourselves. Race too is an illusionary concept we have invented - however the issue is that the concept is no longer lending us to experience a greater quality of life and therefore we are ready to let go of it, we are ready to heal it. To experience greater freedom on planet Earth we must move closer towards the Truth of Our Universal Oneness.

The Projection of Emotional Energy

THE PROJECTOR

Me

THE REJECTED

You

PROJECTION



**I Reject Myself
(I am undeserving)**

**I Reject You
(I am deserving)**

**I Shame Myself
(I am wrong)**

**I Shame You
(I am right)**

**I Hate Myself
(I am nothing)**

**I Hate You
(I am something)**

PROJECTION



The Projection of Emotional Energy

The topic of projection of our emotions onto others is a huge topic in the field of Psychology. In the Nu Vibe we're not so interested in textbook or academic approaches - we are interested in love. All that is useful to realise here is that it is possible for us to project emotional energy onto 'Others' - we do it all the time.

In the Nu Vibe we refer to 'Other' as anything we experience as separate from ourselves, as in, separate from our minds, our bodies and our spirits. We have chosen here on Earth to experience separation - this is not to punish ourselves. Pain is a necessary experience that we must endure whenever we wish to experience ourselves as separate - but we do not do this to punish or condemn ourselves - we simply do it so that we may experience our own love. I learn to love myself as God when I learn to love my mother for example. I am experiencing myself as separate from my mother for example so I may experience a certain aspect of myself, a certain aspect of My Love.

I Can't Hate You, I Can Only Hate Me

Consequently, energetically, it is impossible to hate you. I cannot hate you. I can only hate me. When I hate me I project my hatred onto you because in this moment projecting my hatred away from myself feels good to me. When I hate you I become right. When you move from my energetic framework I go back to hating me. I go back to feeling wrong. But this feeling of hatred is unconscious to me. I am completely unaware that I hate myself. In fact, the more I hate myself the more offended I get by the suggestion that I hate myself and the more adamant I am that I love myself.

So, the rather unsexy end to this Guide is that all forms of hatred come from self hatred. All forms of hatred come from hating *aspects* of ourselves - usually aspects of ourselves that are either: **1) Deeply laden in the vibration of shame, or 2) Deeply afraid.**

We as a planet are struggling hugely with the concept of transgender because it challenges our core and deepest shame - sexuality and sexual expression.

The Evil Eye

When I, as a white woman say, see a black man say, and I feel hatred, I can then project this hatred towards him and it looks like anger. Anger is vibrationally higher than shame. In other words, being angry feels better than being in shame.

What we want to make clear here is that this projection is ***real*** - as in one individual, in another dimension, is really projecting energy onto another. All the dimensions are multi-layered and real - they all exist within us right here, and they are all as real as each other - we are however only at present tuned into our physical reality and we experience our other realities as visions, perceptions, dreams, feelings, intuition, imagination, fantasy and so on. But all the dimensions are real - this is how miracles happen for example. The miracle worker, or magician, is able to work with alternate realities and bring them into the physical.

So when someone 'gives you the evil eye', what you feel ***is real***. You are being punched - in the emotional realm let's say.

You Are Me And I Am You

But here's the thing.

We cannot project emotional energy onto anything that does not already hold this vibration.

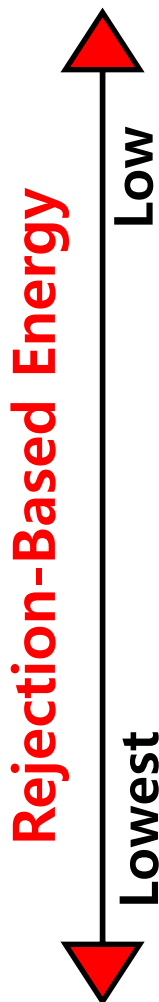
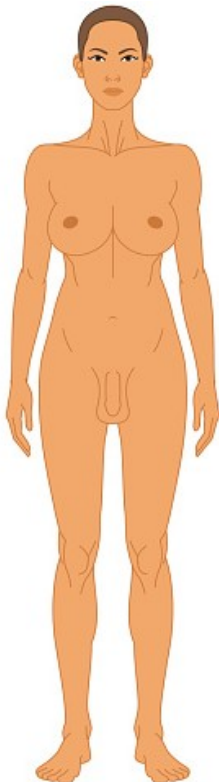
This truth is literally impossible to realise through reading. You must experience it for yourself. To experience it as true you must accept it as true based on knowing. In other words, you must believe it first. You must have faith. We are not advanced enough yet in our scientific discovery to support the truth of energetic projection. We are, when compared to the rest of the galaxy, very primitive in our understanding of both emotional and sexual energy.

When we accept that we are always matched to our energetic experiences, then we step into greater power as God. We own our reality rather than become victimised by it.

The Projector and The Rejected

THE PROJECTOR

Me

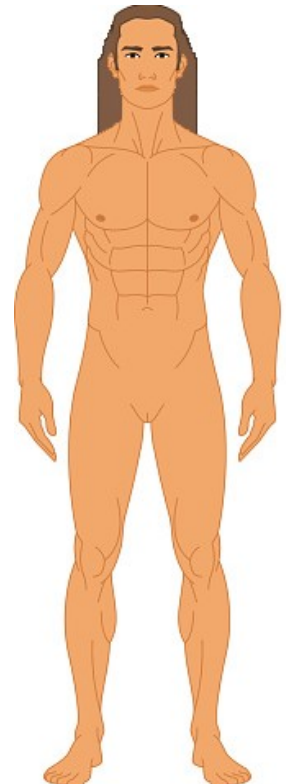


Low

Lowest

THE REJECTED

You



Vibration of Remorse

Vibration of Pride

Vibration of Anger

Vibration of Disgust

Vibration of Guilt

Vibration of Self Hatred

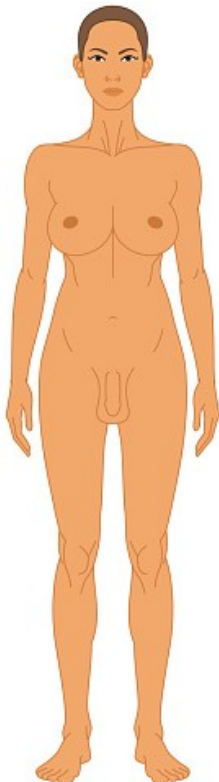
Vibration of Shame

Let's now consider the relationship between the projector and the rejected. The Projector is anyone who tends to project their own lower rejection-based vibrations onto 'Others'. The rejected is anyone who tends to be the recipient of the projectors projections. The two categories are not mutually exclusive.

Who Is The Rejected?

THE PROJECTOR

Me



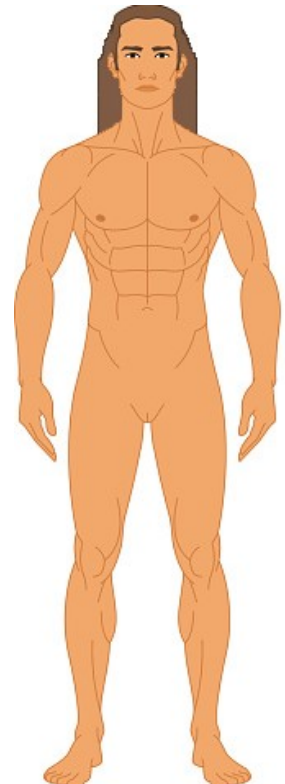
Rejection-Based Vibrations

Low

Lowest

THE REJECTED

You



Vibration of Remorse

Vibration of Pride

Vibration of Anger

Vibration of Disgust

Vibration of Guilt

Vibration of Self Hatred

Vibration of Shame

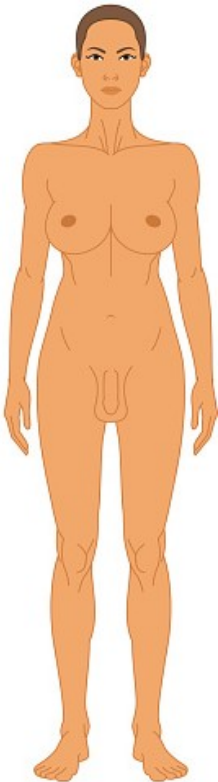
A projector can only ever project his or her rejection-based energy onto another rejected based energy. What this means is that anyone who receives rejection from the 'Other' must *already hold rejection based vibrations*. These vibrations tend to be latent and completely unknown to the carrier. In this moment the rejector may feel victimised by it.

Victimisation

THE PROJECTOR

THE REJECTED

Me



Rejection-Based Energy

Low

Lowest

Vibration of Remorse

Vibration of Pride

Vibration of Anger

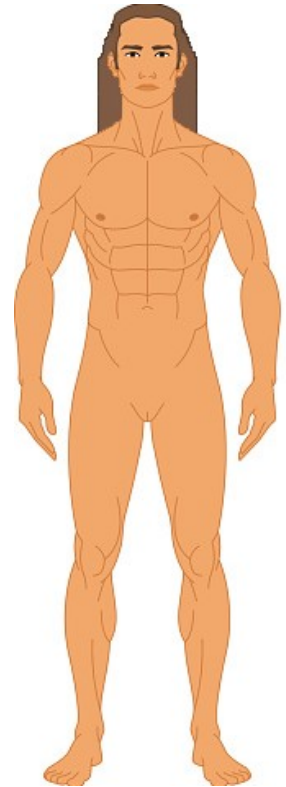
Vibration of Disgust

Vibration of Guilt

Vibration of Self Hatred

Vibration of Shame

You



Because the rejected tends to be completely unaware that they hold rejection based vibrations, it is easy to assume that we are being 'attacked' or victimised by our circumstances or environment in this moment. After all, you may say, I didn't ask to be born into a 'racist town', or a 'racist country', it's not my fault. Why am I the victim of it?

Victimisation

There is absolutely no value in having a discussion about why and how we choose to enter the world, including our shade, our location or our family, but for the purpose of this Nu Vibe Message we assume not only that we *did* choose how we entered the world but also that we *chose* it for a **very good reason. We also assume that we deliberately wish to be unaware of this reason for the benefit of our learning objective when we chose it.**

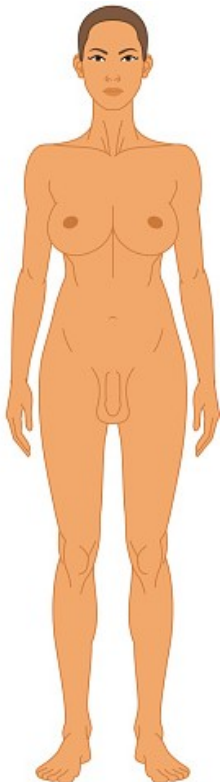
If you feel uncomfortable with the idea that you chose to come into the world as you have in order to have the experiences that you are having then simply do not believe it. If it is painful, offensive or confusing then simply do not adopt this belief system - we really do have that much liberty and that much freedom to choose what we wish to and what we do not wish to believe.

I'll also remind you here that I in this lifetime exist as a black transgender man, who has also lived life as female or a woman, as gay or as a lesbian, as neglected or as emotionally abused. It is very obvious to me that I chose this experience for a good reason. But your belief choices are your own.

Who Is The Projector?

THE PROJECTOR

Me



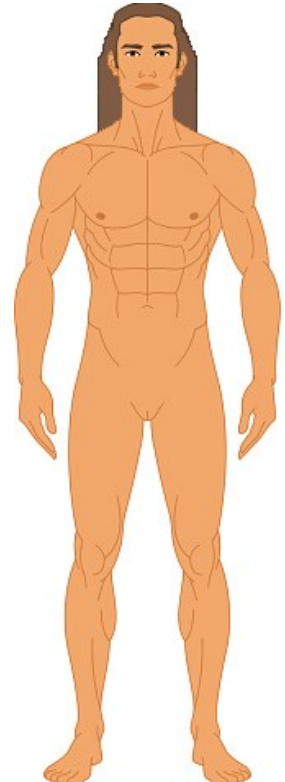
Rejection-Based Vibrations

Low

Lowest

THE REJECTED

You



Vibration of Remorse

Vibration of Pride

Vibration of Anger

Vibration of Disgust

Vibration of Guilt

Vibration of Pity

Vibration of Self Hatred

Vibration of Shame

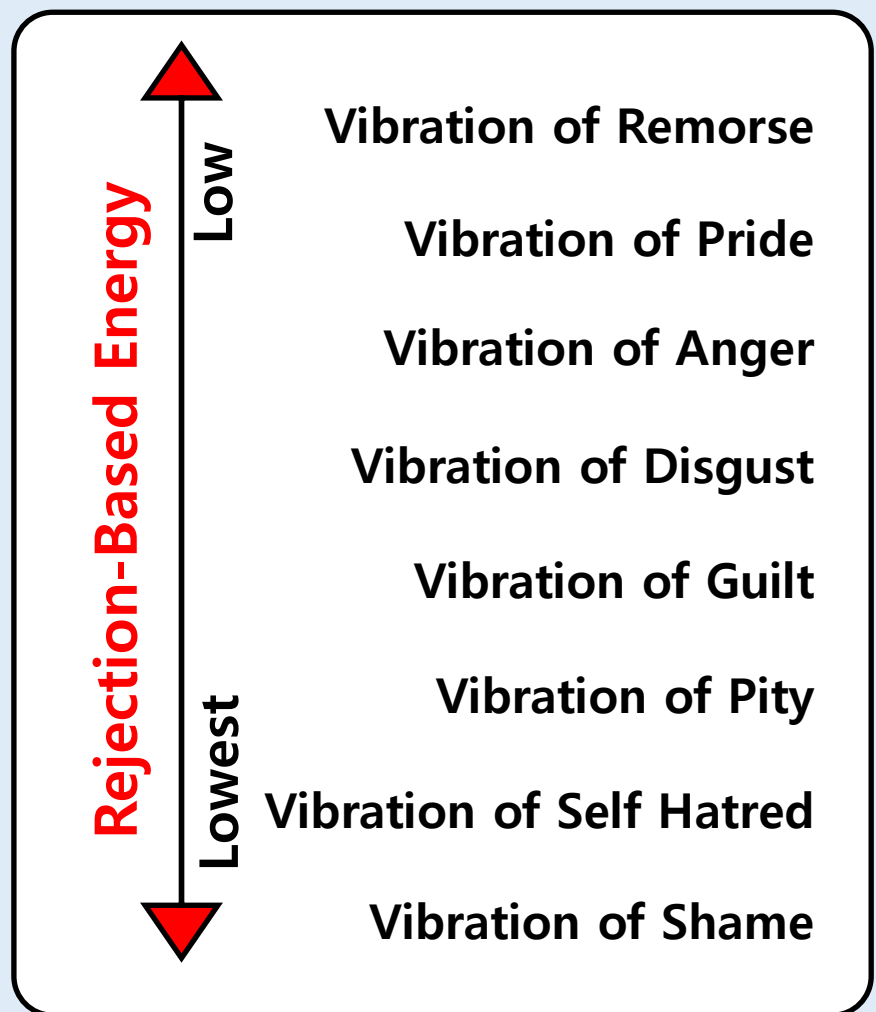
The projector seeks rejected based individuals to project their own lower vibrations onto. It's useful to know that both the projector and the rejected feel the *same* underlining emotion - **that emotion is rejection**. Both the projector and the rejected are in a state of self-rejection and **they both attempt to appease this feeling through victimisation**.

Racism Feels Good to The Projector

As we consider the emotional energy scale let's notice the order, order in this scale is important.

The lowness of the scale pertains to the way it feels

when we exist within this vibration. For example when we exist as shame life feels terrible, however when we exist as anger we do not feel as terrible as we do when we exist as shame. This is why a projector becomes angry or becomes disgusted, because in that moment it feels better than the feeling of dormant and unconscious vibrations of shame and self hatred which are operative subconsciously.

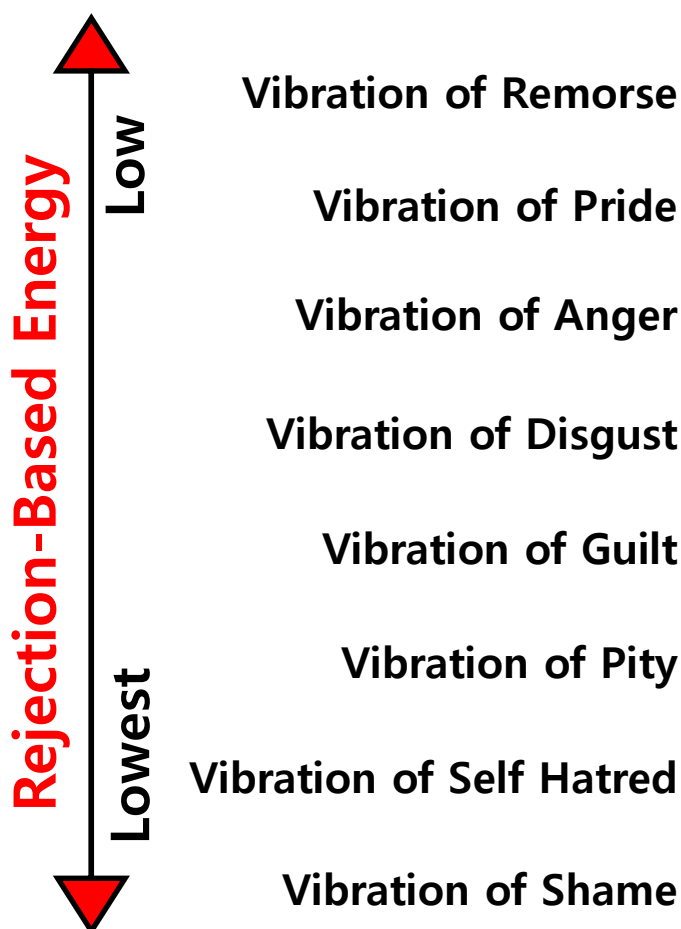


Freedom From Rejection Based Energy

When we feel victimised by racism, anger and pride are important stages in the elevation towards freedom from rejection based energy. When we are free, not only do we find ourselves less matched to instances

and occurrences of racism, we also find ourselves less effected by the racism of others. I have singlehandedly witnessed this in my own life.

As a projector, or 'racist person', when we are free from our own rejection based vibrations then we lose our hatred towards 'Other' social groups and life feels a lot more free, fun, happy and safe.



Moving Forward

Now that we have a framework understanding of the illusionary concept of race, levels of emotional energy, projection and victimisation, we are ready to explore two things;

- 1) The concept of self hatred.**
- 2) The idea of wrongness.**

The exploration of the above is contained within Guide #1 and Guide #2 and well within The Nu Vibe Holy Book of Divine Truth.



FREEDOM

The Book Of Light

During the summer of 2017 Chaun endured a series of intense supernatural experiences. Chaun also received a Book Of Light hereby called The Nu Vibe Holy Book of Divine Truth. This Book, The Nu Vibe, has the Transformational Power to shift the vibration of self hatred into the vibration of self acceptance.

Along with the resounding and pervasive Divine Light which guides and resides within Chaun, The Book of Light has been sent to Planet Earth as both a tool and as a gift.



What is The Nu Vibe?

The role of the early Bible is difficult to decipher because it has largely been changed, re-translated and mis-translated several times. Vibrationally however it's role was to elevate the planet from the vibration of stagnation to the vibration of forthcoming.

The energetic role of the Quran was to elevate the vibration of the planet from depression to anger. Since the energetic climate of the planet was still quite low when the Prophet delivered the Quran for us, the tone appears to be one of fear. This tone of fear is what was required to galvanise a planet that was in the depths of self-loathing and melancholy.

The role of the Nu Vibe is to transform the planetary vibration of self hatred into self acceptance. Hence, The Nu Vibe Holy Book signifies the end of a long era on planet Earth of perceiving separation between man and God as true.

The Nu Vibe Holy Book of Divine Truth

The New Holy Book to Awaken the Christian Peoples

The Nu Vibe Holy Book of Divine Truth & Universal Wisdom was sent via the Holy Angel Jibreel to Chaun Conscious during the summer of 2017. The Nu Vibe is the 'Book of Light' foretold to us by every civilisation previously known. The Nu Vibe Holy Book of Divine Truth has been sent to elevate the modern day Christian from old, suppressed and stubborn vibrations of self hatred.

Undoubtedly The Nu Vibe has the Transformational Power and Authority to execute such elevation, so it has been written.

Final Message from Chaun

It is a great honour and pleasure to be chosen as the person to carry this monumental pool of wisdom and knowledge. Now that you have explored the Nu Vibe understanding of racism, my recommendation for you would be to explore Guide #1, **Unlocking the Secret to Happiness: Self Hatred The Silent Devil.** Once you feel comfortable with these new concepts and have fully integrated them into your Universe you are ready to explore **The Nu Vibe Holy Book of Divine Truth.** I can testify that the information in this Holy Book has extraordinary Transformational capability and is Majestic in Nature. I trust that you will be both touched and transformed by its Divine Power.

Greetings and Blessings.

Chaun Conscious x



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