

## Evolution has Begun

Keith Coney, BSc

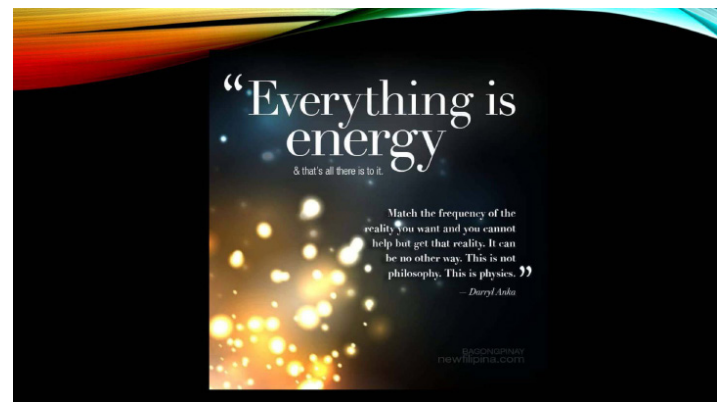
*Keith Coney Life Support, Australia.*

### \*Correspondence:

Keith Coney, BSc (Eng), MIEAust CPEng NER., Keith Coney Life Support, Australia.

**Received:** 04 Apr 2022; **Accepted:** 15 Apr 2022; **Published:** 20 Apr 2022

**Citation:** Coney K. Evolution has Begun. *Neurol Res Surg.* 2022; 5(1): 1-8.



Please take care of your beliefs. This presentation will likely result in strong reactions. Your ability to get to the end of this presentation is a measure of the flexibility of your beliefs and open mindedness. I'm saying in advance that I'm going to turn your world upside down. Just remember that it's not me that has lost my sanity, but instead it may be your beliefs that are holding you back. Picture all your beliefs in a high brick wall. Now lean on the wall until it gently pushes over onto the ground. Thank you.

I studied an engineering degree and worked as an engineer for 25 years. Last year someone called me an **empath**. I now understand that an empath has an **awareness of the energy** in their body. Since then I have developed and used that energy and directed it towards hundreds of willing people, using technology and with very fast results in every case of severe mental illness and trauma. With all that experience and careful observation of how the energy I discharge from my body, "moves" and affects other people in just the right way, no matter how much energy I give them, I have changed my view of the nature of energy.

There is more going on here than meets the eye.

So I carried out some research on Quantum Physics, Quantum Healing and especially Consciousness and it is clear that **all the work I came across is theoretical**. It is theorised that energy is not a particle. Nobody can detect or measure energy or consciousness. **Except for an energy healer**. It is obvious that empaths and science have not been talking to each other.

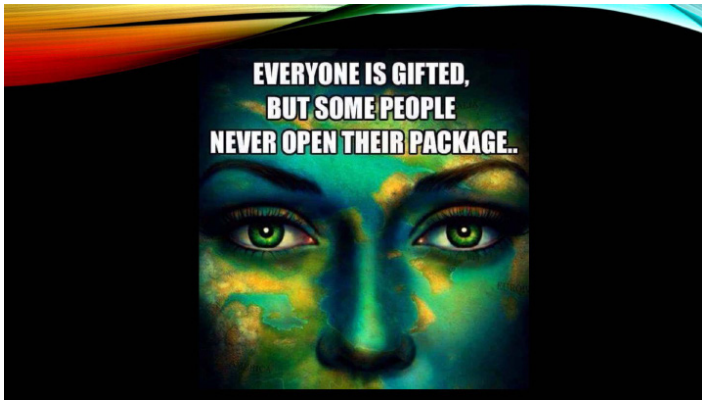
I also noted that similar to current understanding of the causes of mental illness, the theories applied to energy and consciousness are assumed as some of the more complex options available, even though there is no evidence. We are making things difficult for ourselves.

### Consider Occam's Razor:

**"When faced with competing explanations for the same phenomenon, the simplest is likely the correct one".**

Even though there are many people who have reached high levels of consciousness, there is no evidence or experience to confirm how energy and **"our illusive consciousness"** – are related. I could find only one instance where that question was actually raised. I'm going to come back to this.

While most agree that an empath is a person who becomes aware of the energy in their body. There are other unique characteristics too. Dreams, sensitivities, angels, mental illnesses, messages guiding you to some impossible goal, psychics, people that can move their consciousness and so on. It's no wonder it's a red card for mental health. Science and medicine do not fully accept empaths because there is no scientific explanation even though a large number of people are claiming to be empaths.



Discovering you're an empath is similar to having a baby - your mind and body changes (that's men and women) and all this with no rule book and everyone else's advice is **useless**. **Each experience is unique**. I recently tried to explain it **scientifically** and showed it to some very intelligent and experienced empaths. Only 2 agreed with me. **Again it's the beauty of human diversity**. I believe that an empath develops according to their passion – the strongest positive emotion or energy a person can generate. But again, few agree with that. The most accessible description for the population is that it's **Personal Development into Energy**.

At the early stages **an empath has not settled into the changes** or seen a reiki master to clear their **energy pathways** and none have worked out how to top up or use the energy from their body for anyone's benefit.

It's an incredibly confusing time and mostly because it's stigmatised and suppressed. Empaths must hide their new status while they get to grips with their shattering beliefs. I've coached a large number of empaths all over the world now and in summary, if you look past the confusion and you learn a few principles this part of the journey has very similar characteristics and solutions. **It's really all about support and reassurance at a difficult time**.

After that, if they see a reiki master, **everything accelerates**. In a few months of charging their body, they start to master the use of their life giving human energy. Of course there is energy in all matter so they improve with practice and before long they're charging up in minutes. It's common for an empath not to know about reiki masters and not to learn to charge their body at all. I feel this is where the mental illnesses creep in because an increase in the energy in your body provides significant resilience.

Human energy is without question, the **fastest, safest medicine there is**, but it doesn't work on everything for everyone. For example, I'm able to heal myself, except where I cause the injury. Almost like I'm being taught a lesson. I cannot heal viruses and personality disorders but other empaths can. On the occasion where I discharge a substantial volume of my energy to a single healthy person, **the result is always that they get just what they needed**. I've even used a small amount of energy on a large audience and got a fantastic result. **It doesn't make sense**.

At the Quantum level, the energy absorbed in an empath is increasing the "vibration" of the atoms in their body. When emotions are high, the vibration spikes and people around you see the change in your appearance – but they can't quite put their finger on it so they don't say anything. I just need a few seconds now to increase my vibration with my thoughts. Many words that an empath speaks will increase vibration and every time I worked on this speech my vibration went up. **So, it's a bit like – if I'm doing the right thing then I get these shots of energy. Again – it's inconsistent**.

And then of course, there is the fact that I'm transmitting energy through phones and computers. So I checked with a few friends of mine in IT and it's definitely not possible for energy to do that. **So that means energy is jumping or transmitting very large distances to precise locations. That doesn't make sense at all**.



Certain empaths have **unique and specific skills**. Many skills are a challenge to understand - **even for another empath**. For example, there are certain dates on the calendar where planetary alignments occur and all the people born on or around those days have exceptional talents. One person has proved this to me beyond any doubt. I cannot provide details as they have asked me not to. Almost always, these skills will smash the beliefs of a person who is not an empath or who has rigid beliefs, for example - **academic qualification exclusion**. This kind of judgement can be dangerous for that person. The type of person whose first question is – **what are your qualifications?** and then passes judgement and ends the conversation on that answer as if you're not worth talking to. This is common in mental health.

Some people shore up their beliefs, thinking it's an impenetrable barrier when it's more like a mirror blocking their awareness

to what's really going on. I've broken many people's beliefs accidentally and it's exactly like shattering glass. An explosive emotional reaction. **Measuring ability by credentials is dangerous for the person holding that belief. These are not the behaviours of an emotionally evolved society.**

When I started focussing on mental and emotional health in 2020, I purposely decided not to study a qualification despite many people questioning it. This was not only to avoid forming fixed beliefs before I worked it out myself, but also because **all the knowledge I need is already inside me.** The process I use to dissolve mental illnesses with text message did not come out of a book or off the internet. And the process I use around Energy Transfer is the same. And I didn't use trial and error. No – I got it right the first time. This extensive knowledge has been provided to me since the moment I became aware of energy.

### How can that happen?

These instances of narrow-minded beliefs is one reason why we have a modern day Apartheid situation between spirituality and science. Both are looking away from each other when the solutions to both their problems lies in mutual awareness and understanding. They both have a piece of the puzzle in their hands but no awareness of the piece on the other side. I believe that by crossing into both, I am seeing the connection between the differing perceptions.

**Acceptance of each other's perceptions is going to be a requirement for further human evolution.**

Most empath skills are "impossible" but amazing. Some call them superpowers. I would say that is an accurate description from what I have seen. One woman I healed could instruct a bowl of water to wash her and the next second it would just be brown. She was very disturbed by this and it was just a case of reassuring her to let go of those old beliefs, accept it and move on. She's been given a gift.

Another woman I supported was guarding a barrier between life and death. She was preventing some kinds of entities from crossing from both sides of that boundary. Recently she had been weakening with illness and was not keeping up. I don't know how or where that situation takes place but I was glad to put her back on that wall in a completely healthy state.

My own skills have evolved substantially and include the following:

1. Energy transfer which is automatic, undetectable and completely reliable and effective for every psychiatric disorder. I have been looking at dementia, Parkinson's and cancer but the biggest issue is access to people. At the moment trauma takes 1 hour and mental illnesses depend on the duration that the condition has been present but no longer than 3 sessions of 2 hours for complete recovery – if that's what the person wants. Transfer takes place over video link. I've placed a few recordings on You Tube.

2. Discharging energy from my hands is very useful with a smart phone and makes around a 30% improvement in a person's emotions. It allows me to instantly pick suicide threats off the bottom. I also use it to guide people to solve their conditions by visualisation.
3. Intuition – I can hear a person's voice through their text messages even some time after they typed it. This is very useful for identifying people posing with false identities. But also, my feelings as a whole, extend much further than they used to.
4. Resilience – I would say that this aspect is now damaging to others unless I focus on kindness. This is very much an issue I am working on now. High resilience is a weapon.
5. Language – Fairly often, I'm able to heal people with words and without the use of energy.
6. Weather – My kids asked me the other day if I could control the weather. I said no, but now I know that I can. I'm still trying to figure out how it works but I think its just a case of being able to stop the rain.

Using my energy in the wrong way hurts me badly. Just like any other person on the planet.

There are very few empath healers that charge a fee and those that do are often criticised for it. I myself have made \$300 out of more than 500 people. Extreme grief takes 30 second anywhere in the world. How do I charge for that?

Not all empaths agree but I feel that personal development in energy is a decision - but at the moment its an unpopular and misunderstood decision. Of course I'm not sure how that explains that a 4 year old becomes an empath.

Nevertheless, in many ways there are similarities to having a mental illness - it's a journey, it's full of suffering and confusion, its all about energy or emotion, but at a point if you get some support, you level out and that's when the experience really shows benefits. The big difference is that an empath has developed a completely new belief system. Also they will exhibit elation and expert knowledge in previous unknown areas if they have awakened. I will explain that shortly.



From the moment a person becomes aware of their own energy, they become aware of the actions of a **higher intelligence everywhere.** Many new empaths start their journey with their beliefs in pieces

---

and often develop anxiety from the vast information that they try to take in from the internet. In my experience most of it's wrong. This "Higher Power" starts guiding the person using various methods which could include messages on social media and in daily life. Eventually the person accepts the guidance and starts looking for it and piecing it all together.

Acceptance of your role in a greater plan, usually brings anxiety and stress to an end. To an empath, a person who has not gained awareness of energy, has an incomplete view of reality. They are not aware of this higher power and it's actions.

For an empath who is absorbing energy at a fast rate the energy in their body reaches capacity and I think it explodes - having an awareness of this unexpected event is challenging. This is called a Spiritual Awakening. I do know that it's imparts a great deal of knowledge and continues to do so over time. My Awakening started on 26th December. I describe the event of Awakening as - the moment when all your beliefs drop flat and your thoughts extend to the edge of your imagination. Everything your mind can conceive becomes absolutely possible – **absolutely inevitable**. As time goes by, you realise how to raise and lower your consciousness and the benefits of each.

On the 27<sup>th</sup> December I sat down and rearranged my Facebook account, removing friends and family to create a test on a small scale for the **Eradication of Mental Illnesses Worldwide**. You can imagine the confusion in my family. Within 4 days I had attracted 5000 friends (the maximum Facebook allows) and I started interviewing them for compassion, courage and an ability to teach and be taught. I worked every day through the holidays, including two 24 hour straight sessions without getting tired. By the time I went back to work in January, I had hired a coach – Peter Karius to assist to setup Eradication and check my business arrangements. I had created 4 groups in Facebook – Africa, Asia, US East and US West and 2 workshops in Messenger for Africa and Asia as they displayed the most urgent issues – hunger, illness and access to clean water. You can't teach prevention or anything else unless basic needs are met.

### **So how does Eradication look?**

There are 7.7 billion people in the world. 1 billion people have a "mental illness". When you consider that this condition is caused by a strong emotional response to a life event, it's clear that the 6.7 bil are at risk during and after covid. When I started asking various people how long they had had anxiety it was often just a couple of years.

So **Eradication consists of 6.7 bil people being taught Psychological Resilience and 1 bil people being healed or treated**. Initially I created the 4 groups for Prevention testing. Working out what psychological resilience looks like in detail has been a moving target.

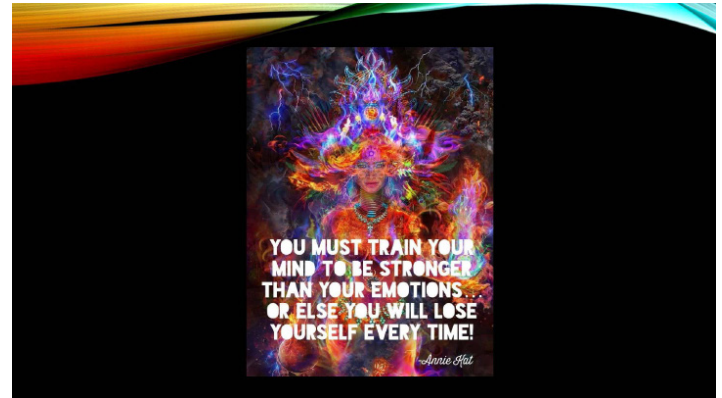
The definition says that Psychological resilience = Mental resilience + Emotional resilience

But then how do we predict what overwhelming emotions are

going to occur in the future for any individual? **We can't!**

So, prevention is about taking the best possible action and forming the strongest habits in your life to prevent your emotions or energy from getting out of control **as far as possible**, and then having the support around you to talk to someone you trust when it gets too much. **Strong habits and strong community**.

**I was very surprised to discover that not a single African or Asian that I spoke to had heard of meditation or mindfulness.**



But then I saw this image and I realised that thoughts create emotions. And perception affects thoughts. So the way we perceive the world determines the way we react and much of that goes back to what I said thus far about beliefs. When we react badly, we damage ourselves with our energy.

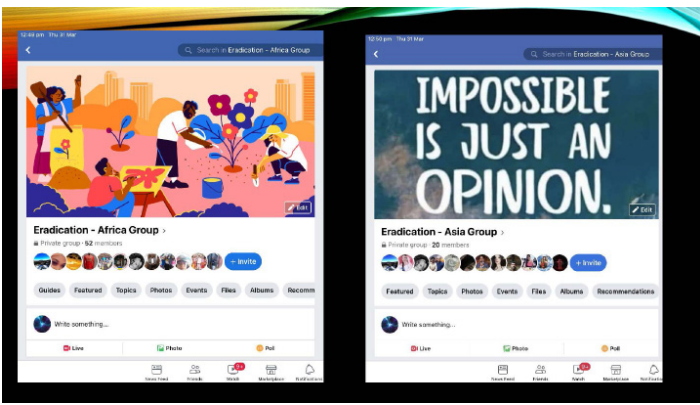
I guided a man with severe anxiety a year ago, to resolve his uncomfortable emotions. When he peeled back the layers, it had all started 10 years before when someone cut him off in traffic. The vehicles did not make contact but he allowed his belief to be broken and that caused 10 years of suffering. He learned a hard lesson when he realised that. That's prevention in hindsight.

Mindfulness is less about changing the mind, and more about changing perspective and meditation is about training you to control your thoughts. So meditation, mindfulness and removing any existing triggers from their emotional past, as well as providing a support group and backing them up with advice to enable their own decision making is what I was looking to create. The only part that I didn't know how to achieve was addressing the historical triggers in people on a global scale. But I started anyway.

**Of course, we could make this much quicker and easier if a large number of people learns to feel and control their own energy.**

### **Emotional Evolution**

Every time a relationship breaks up, every time a pet dies, every time countries go to war. The pain comes from your emotions. We choose this pain because we believe that it's just a part of life. **It's not part of life**. It's the life we have chosen, not the life where we learn to control our energy.



So a summary of the 5000 friends that I attracted, looked like this:

- US women looking for a relationship (the largest group)
- Pastors, ministers and others in Africa and Asia, many running orphanages
- Other Africans and Asians – often extremely poor and uneducated.
- Crypto and Bitcoin
- Cons and scams – mostly Nigerian, but also other African countries
- Porn, fake female accounts, etc.
- Fake female accounts in Brisbane trying to locate my address
- Many people adamant to speak to me as if I am a famous celebrity – so many people around the world had heard of what I was doing.
- And a minority of just regular people from all walks of life.

All those not able to speak English were unfriended for purely logistical and time reasons.

The single biggest problem worldwide, in all discussions was BEGGING. Some were relentless and had to be dealt with harshly. Asking for someone to solve your problem before you have applied problem solving techniques yourself, causes multiple problems and occurred in almost every person I interviewed across the world. Begging immediately lowers the opinion of the person asking, in the eyes of the other. Begging has a low success rate and, on the occasions, it is successful, it yields a low reward. In both successful and unsuccessful cases, a soured relationship or anger is highly likely. I developed a number of posts to explain this and included a process for problem solving in Eradication. Many people followed this process and saw the benefit but most continued to beg. American women and African men are especially ingrained in this habit and in some cases will not stop until you cut them off. I am still finding it challenging to retrain Africans – especially those that are uneducated, to use the following problem-solving technique:

- 1) Assess and clear stress and anxiety with the help of a healer or self care options provided.
- 2) Find and create opportunities around the issue – brainstorming without judgement
- 3) Share and discuss the opportunities with the group
- 4) Make a decision and implement

I have taught this process to the Africa Group and provided a post in each group but I have yet to see an African actually use it. This may be due to the broad variation in education and socio-economics in the group. I have identified an empath teacher who is very keen to volunteer for Africa Group but her motivation is not yet sufficient for me to heal her. I did have an African healer who volunteered earlier in the year but after a few weeks I realised he wasn't healing anyone but he was drawing energy from me through my phone. It's called transmuting and when I confronted him he was very clever in his manipulation. In the end I blocked him out. At the moment Africa group has around 52 members and needs a dedicated teacher to check on meditation and mindfulness.

All the leaders and specialists that have volunteered so far have been empaths and I have done that to spread the load of healing. In Africa Group I appointed food and finance specialists.

In my opinion, begging leads to significant emotional health problems. Around 50% of the Africans who chose to join Africa Group had anxiety. Solving all these issues in a short period was hard going and long hours due to time zones but they could not be admitted to the group until they were healthy. Every person that entered Eradication was told that meditation is mandatory and a post with links to free YouTube and paid Headspace meditations were provided. I provided another post more recently about mindfulness, how it works and it's benefits and a link to the book "How to Train a Wild Elephant" by Jan Chozen Bays MD.

Recently I checked the emotional levels of all the members in Asia and Africa Group. Everyone was above 8/10. That's a big difference and I can only assume it's the energy from the empaths affecting them. I know that if any person who is not an empath spends enough time with a strong empath, they will make the change to energy.

The second major issue that occurred in almost every woman that I spoke to from the US, involved a very **strong pursuit of a relationship** usually with any man at all. Not one woman had formed an image in her mind of the man she wanted.

Some of these discussions began with them questioning me about my relationship status and matching me with their need without asking what my need was. I only got to the bottom of this discussion with one woman. She eventually admitted that it was the drive from her "biological clock" creating this pressure in the conversation but I suspect it also has a covid isolation element that is causing this behaviour in women in greater numbers than it was before covid. Also, when I asked any of the women how a relationship between myself and them was going to work, with me in Australia and them in the US, many had not even thought about it but others were happy with a long distance long term relationship. They had not thought it through.

In many cases, **strong impatience** ended the conversation when I said something that didn't meet their needs. For example if I said that this is part of a health project and I'm not looking for a relationship at the moment. This is not a healthy behaviour mostly

because of the intensity I felt from many of the women. I noted early on that this would lead to emotional health issues so I wrote a post and gave it to them early in the conversation to **improve their success rate at finding a man, not a relationship**. Every person that I gave this post to, stopped and reconsidered the way they are approaching their desires in life.

### How do you get the man you want?

I have spent quite a few days talking to my friends on Facebook and seeing where I can help with my knowledge as an Empath.

I have spoken to so many beautiful women who are either looking for a man or a relationship but usually when I asked a few questions they hadn't decided on the specifics.

If you have spent any time reading about the Laws of Attraction and Abundance then you might know...

Our ability to attract the things we want is determined by what we focus on. So if we are not focussing on something specific then we are not attracting something specific. How is the universe, or what ever entity you believe in, going to bring you what you want unless you are putting it out there? The Law of Abundance also says that everything you want is already out there, so be confident in that.

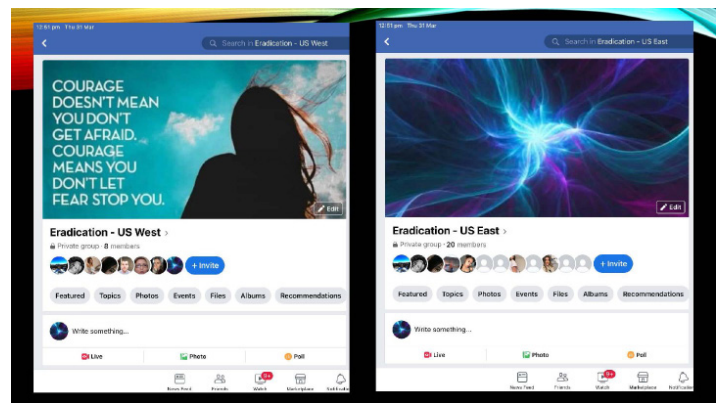
So what's the most powerful way to "SET YOUR INTENTION" for the future? Well, that depends on your mental focus and ability to maintain that focus. The longer you can focus on a clear image of the man you want - the higher the chances are that you will get him without even making an effort.

If you train your mind to focus, then you don't need to chase. Chasing doesn't work.

So draw him with some coloured markers, visualise him, describe him verbally, use all the ways you know to live in the present, as if he is already here RIGHT NOW.

### That is how you get what you want in life

The test for the pastors and ministers from Asia – who were surprisingly large in number, was to see if they could focus on learning a non religious subject and not allow their strong religious beliefs to eclipse **the aim of Eradication which is to learn and teach prevention**. I have been trained as a life coach so my questioning skills and my resilience make me very strong. Many of them had somehow already heard of my healing skills and I could tell that they saw me as some kind of miracle worker but despite that, in all but one case, they would not accept my request to leave their beliefs outside the classroom in favour of improved health even after I pointed out that **they were choosing beliefs over health**. This group was the least effective in their conversation, using a great deal of time to convey no information at all. I'm sure I ended up offending some of them to mitigate that waste of my time.



Without exception, anyone dealing with crypto or bitcoin was eliminated from qualifying after a short discussion. Mainly because they all displayed rigid single mindedness and bypassed every question or response I gave them. They had a preset sale script in their mind and they did not deviate until I significantly raised the intensity of my questions to shake them out of their illusion. The feeling I got is that their mind was behaving as though the sale was complete before the conversation had started. Their belief did not include their Client. It wasn't long before I realised that I could break their belief and halt the conversation by simply saying that crypto is a bubble and it's going to burst. There was always silence after that. If they asked me why, I said it's because no industry will survive unless it listens to it's customers. I have to say that I have concerns for crypto unless they change this extreme behaviour. Overconfidence doesn't last long.

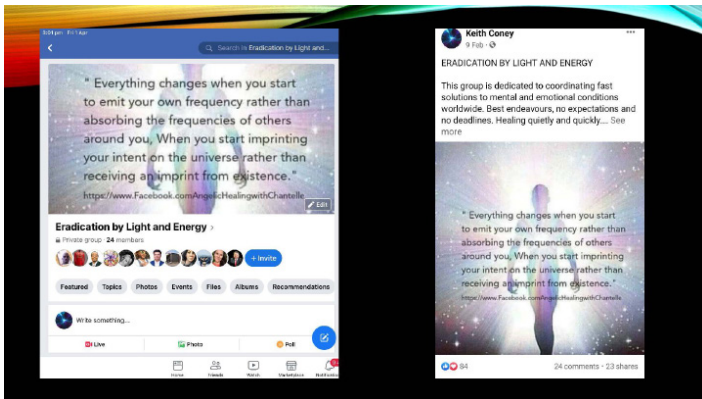
I have and am still supporting a young woman in Afghanistan who joined Asia Group and was very motivated. She had a history of emotional issues that were affecting her perception of her father's behaviour. I removed this using energy transfer despite many disrupted attempts due to internet signal and interruptions. Language was a challenge as she speaks Farsi. Within a few days she was supporting her father who sustained a head injury from local insurgents and she has also applied for visas for the family to leave the country. She said that the Taliban have been raiding houses nearby and in some cases assaulting their neighbours and worse, and so I have provided energy on an ongoing basis to reduce her significant fear. She is doing as well as can be expected. I think she is about 16 years old. Such a very brave young woman.

There are so many more stories.

Eradication has started to grow organically with members inviting others and so many people are being educated about all aspects of mental and emotional illness prevention from the group posts. Even the discussions I've had teaching thousands of people individually how to live a better life in the vast majority ended in at least partial success.

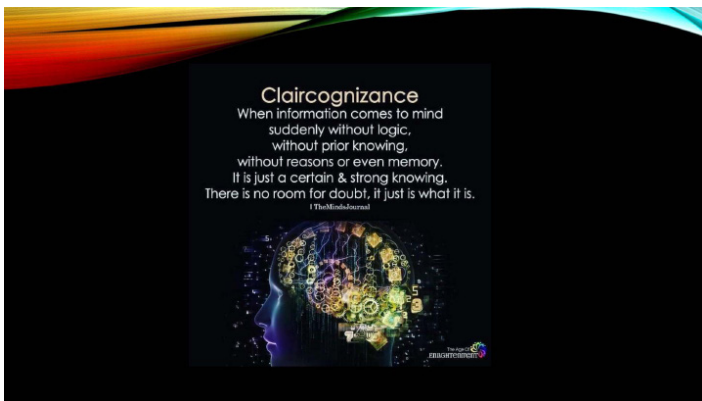
I started a 5<sup>th</sup> group in February - Light and Energy, for expert fast healers who volunteered from empath Facebook groups. Light and

Energy is also growing and has 24 members at the moment. We've had some initial discussions around what each of us can do and there is some potential to solve very large numbers of illnesses but it's early days. If you read empath Facebook pages, there is always a post about empaths starting some sort of healing army and so I placed an advert around that.



Currently there are 120 people in Eradication but group leadership is needed. People with passion. The rules are - no stress, no deadlines, no giving up, everyone in the groups gets healed for free, best endeavours, support each other, and nobody stays in the group if they are sick and refusing health – that generates motivation to get better.

So, what happens to an empath after awakening?

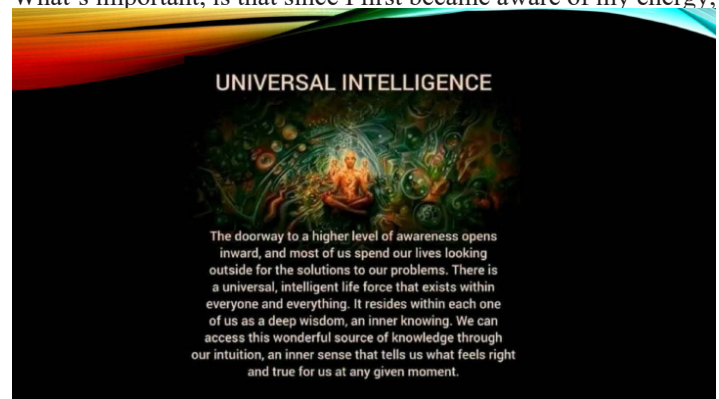


If my consciousness is high while I'm at work, I start to make mistakes in some calculations and I find it more challenging to concentrate on issues of routine significance. When I'm working on Eradication my consciousness raises. That allows me not only to **substantially extend my intuition** but also to flow through highly complex concepts in health.

I also counsel many people with all kinds of mental and emotional conditions and being in a high state of consciousness is very effective and instead I find I am able to simply **heal people with my words** – even if they go away and take time to process what I've said. I only ever have one discussion with any person for any issue unless they ask about me. It's not something I'm able to predict – when the next person will ask for support, but at the moment I deal with at the most 3 conditions in a day.

In short, high and low consciousness both have their preferred uses but only **until and if the rest of the world elevates their consciousness**. That's when problems like climate change, sustainability of resources, world hunger, world health – will be resolved by a relatively small number of individuals.

What's important, is that since I first became aware of my energy,



I also became aware of being **directed in my actions**. Recently I was completely reversed, almost scolded in one of my decisions. I changed it of course. Whatever this consciousness is, it's much more intelligent than me and it's connected to everything and everyone.

From my experience, it's able to make changes to reality in a way that I am unable to see, no matter what level my consciousness is at. Of course, absorbing energy raises my consciousness so, **the simplest answer that explains all my experiences is...**

**Energy IS Conscious - a life form, living inside every one of us and giving us life.** That would explain the unusual characteristics I'm finding with the use of energy for healing mental and emotional conditions.

Every problem that humans have struggled with – from mental illness to quantum theory to religion – comes down the same unique difference. PERCEPTION.

We all see the world differently. The outside world is different for everyone. But in the end we are completely missing the point.

**The answers to all the problems in our lives are not around us – they are inside us.**

I found this on an empath Facebook page some time ago.

**“So what does it mean if energy is highly intelligent?”**

1. It means we can create anything using our thoughts and emotions depending on how connected we are to Energy
2. It could explain everything we know about empaths and the variation in their journeys.
3. It could explain why we generate mental illnesses and other diseases with our energy or emotions.
4. It could be the best way to solve global and human health through emotional and mental evolution with energy development.

5. It means that we have been looking for God for thousands of years – and all the time, that knowledge has been inside each one of us.
6. It explains why many people can do “impossible” things.
7. If energy is a life form, then evolution is undoubtedly all about using that.

How do you think I researched this speech – from a book, or the internet? No.

We have a choice.

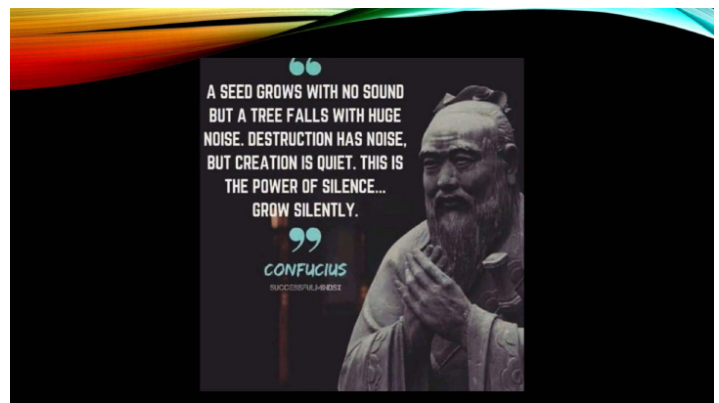
We Have a Choice to Step Through the Rigid Beliefs We Create  
But really, we need to take responsibility for what we have done to ourselves and our planet

And make the decision to change ourselves without judgement.

Eradication has nothing to do with teaching people about mental and emotional health. Eradication is all about preventing us from eradicating ourselves.

Right now the problem is not the rainforests or the Great Barrier Reef.....**the problem is US.**

**We are focussed outwards not inwards. We are not taking responsibility.**



After thousands of years we are still killing each other on mass, polluting to the point of no return and then getting excited about watching it all - nothing has changed since the days of the Colosseum. **This has always been our behaviour.**

Responsibility means we accept our failures and we improve ourselves from the inside so our decisions improve. Taking responsibility is not about fighting fires.

**We have accelerated the need for us to evolve**

**This is an individual decision**

**What's it going to be?**

**Evolve or accept the consequences.**