

# IT'S ABOUT TIME

*your evolution into*

# LOVE

by

Marg Kinneen

First published in 2013

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National Library of Australia Cataloguing-in-Publication entry:

Author: Kinneen, Marg, author.

Title: It's about time: your evolution into love

ISBN: 9781684191772

Subjects: Spiritual life. Spiritual formation. Truth. Human evolution. Science and spiritualism.

Dewey Number: 121.3

#### Enlightened Science

Summary: Conscious Evolution into Love. Youth & Beauty. Spirit & Science.

Truth about Human Spiritual & Physical Evolution.

The power of Gratitude and Forgiveness in cellular Regeneration.

The Fountain of Youth is within. Evolution from Fear into Love.

Love-Youth-Beauty-Conscious-Human-Spiritual-Evolution  
Inner-Power-Self-Belief-Grace-Forgiveness-Gratitude  
Truth-Immortality-Magnificence

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Typeset in Times New Roman

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*“When man knows the truth, he’ll see that he is God.”*

*Marg Kinneen*

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# INTRODUCTION

## Hidden Messages In words

Have you ever wondered where the colorful magic carpet of evolution is taking us? I didn't until...

In 2003 I became the vehicle for a new flow of energy...my own stream of magic. In a blink, I was privy to an encrypted subtext that lay mysteriously within words. It was as if they'd invited me into their inner sanctum and trusted me with their intimate secrets. This phenomenon, however, is no longer such a mystery as Russian scientists have proven that our DNA follows the same rules as our human languages, and is influenced and programmed by words and their frequencies. The information received, through the generous gift of these open-hearted words, is truly fascinating, as it paints a whole new picture of our evolutionary journey, showing very clearly the magnificent role that we, as individuals, play in its unfolding.

To my amazement, all literary works transformed before my eyes... Fairytales, The Bible, Legend, Nursery Rhymes and Science all told a new tale. I came to realize that the answers are all around us when we open our eyes and hearts to receive them. As unique individuals, we all have our unique receptive antenna. Mine just happens to be **words**.

This book is the result of twelve years of revelations and research. It contains guidance to enhance the gentle but brilliant power of grace, thus enabling you to fulfill your evolutionary purpose, which is to overcome dis-ease, aging and death. Yes, this is the magnitude of your amazing inner power. The Secret's Out! **Immortality is Truth!**

It's About Time to stop giving your power away! But this is impossible without first understanding the purpose for the evolutionary journey of the human spirit, and your unique contribution to its forward thrust. My book traces this progressive cleansing through the generations, within the vehicle of the physical body. It demystifies human spiritual evolution and offers you liberation from the bondage of the past.

Throughout this book I'll be alluding to some religious concepts such as grace, God, Satan, Mother Mary and Jesus. I do so in order to bring them into the radiant light of their true essence by marrying them with their scientific equivalent. However, I have no allegiance to religious institutions, and no desire to ruffle their feathers. I'm an objective observer and therefore take no sides.

I ask you also to be objective as I take you into a beautiful world where spirit meets science. I invite you to open your minds to strange new things, because, after all, it's the strange new things that have brought about evolution. *It is* about time for this wonderful information to be revealed. And *it is* about time for you to expand your mind, open your heart and resurrect your body into the youth and beauty of your true design.

And in so doing, you may be surprised to find that your skeleton is the star in the book of evolution. It's been slowly emerging from the shadow of death. As it steps out of its closet of darkness, all ancient secrets are released, and humanity is brought into *the light of truth*.

As you enter the pages of my book, you'll enter the secret garden of your heart...and embrace the love that's been the ever-present beacon throughout evolution.

*It's About Time!*

“A word is not a crystal,  
transparent and unchanged;  
it is the skin of a living thought  
and may vary greatly in colour and content  
according to the circumstances  
and the time in which it is used.”

Oliver Wendell-Holmes Jr  
American jurist 1841-1935

# Simple Steps

## for added Sparkle!

At the end of each chapter I've added some very *simple and practical steps* to help you bring the *sparkle* back into your day.

You might like to try them all, or just pick and choose. Always do what *feels good* for you.

Each *simple step* relates to specific info from the chapter, which is clearly marked.

Here's an example guiding you to the first *Simple Step* that's taken from the Introduction.

You'll find it at the end of *Chapter 1*.

## Simple Step No 1

*Repetition* can be your best friend when you're implementing *shiny new habits*, so you'll find this occurs occasionally throughout the book. Embrace it.

Enjoy!





# PART ONE

## The Power of Grace



# CHAPTER ONE

## The Mistake Of Death

### EVOLVE YOURSELF OUT OF DIS-EASE, AGING & DEATH

*“At first people refuse to believe that a strange new thing can be done,  
then they begin to hope it can be done,  
then they see it can be done,  
then it is done,  
and all the world wonders why it was not done centuries ago.”*

*(Secret Garden by Frances Hodgson Burnett)*

I extend a very warm invitation for you to join me as we venture into a strange new perception that entertains the belief that you *can* overcome dis-ease, aging and death. All that's required is that you expand your minds to the *higher vision for yourself* that aligns with the higher truth within. And, yes, sometimes truth can seem stranger than fiction, until you give it a go...and it becomes your new norm. I'm asking you to gently usher aside your pre-conceptions about your mortal existence, so you can open yourself to receive some strange, but wonderful, new perspectives. In Part 1, I'll address the concepts of God, death, the fall from grace, the Holy Grail, reincarnation and evolution, so as to throw a new light upon their understanding, which will serve to help you fulfill your true purpose. It's time to stop giving your power away to the mistake of death.

In this new beginning you're presented with the glorious revelation that man is God, albeit temporarily disguised in the habit of lower vibrations. Immediately your life purpose becomes clear, for you're here to throw off this disguise by bringing your body back into the fullness of radiant light that is its truth.

To assist in understanding this strange new concept, I draw your attention to a book series that supports the premise that death is not your innate design. ‘Life and Teaching of the Masters of the Far East’ (MFE), by Baird T Spalding, provides amazing examples of people just like you and me who’ve mastered their physical bodies, and thus have overcome dis-ease, aging and death. It’s for this simple reason that they’ve been termed masters. There’s nothing mystical about them or this ability, as they themselves point out that you too can achieve this state of mastery, and that it’s in fact the rightful inheritance you’ve simply forgotten.

*“At one time man was fully conscious of his inheritance & dominion. He lived consciously in a condition that you term heaven. All but a few have let go of this divine gift and today the great majority are absolutely unconscious of this divine quality which is man’s true inheritance.”* (MFE Bk3 p16)

The beautiful truth that’s wrapped within this amazing new understanding is that the state of mastery releases all your struggle, pain, sickness, aging and the cycles of mortality. Life becomes a constantly wondrous playground of joy, love, kindness, peace and grace. The Masters of the Far East actually marvel at the fact that life could be anything *other* than what they experience. Are you ready to experience this state of heaven on Earth? Are you ready to accept your true inheritance?

If this is the happily ever after you’re looking for, then I invite you to join me on this amazing journey, as I present for you a unique perception that I hope will lead you toward the liberation of your own struggles and the mastership of your own physical body...in other words **Youth & Beauty**...through the mastery of love.

*Mastering your body is the key. All else will follow*

## Simple Step No 2, 3 & 4

Why am I here? Isn’t there more to life than this? What’s it all about?

Every single one of you is seeking the answers to these questions in order to add value to your existence and bring light to the true purpose of your life. Simplicity, as always, holds the answers. What I’ve found is that you all have the same life purpose, which is directly aligned with the progressive journey of the human spirit throughout evolution. Every soul in every generation of human history has been a vehicle of liberation. You’re all here to assist humanity in its pursuit of mastering the physical body by liberating yourself from the baggage of the past...liberating your creative spirit. This you achieve by connecting with, and harnessing, the power of grace that lay hidden within. By so doing, you contribute to the collective spirit of unconditional love. How wonderful to know that you already carry the necessary tools to create this collective phenomenon.

Your individual life purpose is intimately woven into the human evolutionary epic. Understanding this

principle will demystify human spiritual evolution and help to elucidate its progressive climb through the generations within the vehicle of the physical body. You'll then be able to see where *you* fit into the big picture, and realize exactly how blessed you are to be a part of this final thrust toward the mastership of life, and the resurrection from death.

*“The idea of death is foreign to – in fact it is a direct contradiction of – the divine purpose and is not in accord with the law of the cosmos or its vibrant radiations.”* (MFE Bk3 p 9)

The Masters say that death contradicts the divine purpose. Here you can very clearly see that in order to align with the divine purpose you must release your body from the lower vibrations that lead to dis-ease and death, and fill them instead with vibrant radiations. Overcome mortality!

*“When the vibrations of the body are lowered or allowed to slow down, death ensues. In fact these people know that when the mistake of death is accomplished, the body is vibrating at such a low rate that the emanating life vibrations are actually crowded out of the body temple.”* (MFE Bk3 p 10)

The mistake of death occurs when *you choose* to carry lower vibrations within your body temple. As you know, a temple is a place where people generally go to speak to God. We're stepping into our first connection between spirit and science, so I ask you to please open your hearts and prepare yourself for a major perception shift about the concept of God. This new perspective makes all the difference.

*“The people in this book have taken God out of the supernatural and superstition and have placed him wholly in vibratory frequency, knowing that as they keep their bodies in the divine vibration, they never grow old and die.”* (MFE Bk3 p 10)

**God is vibration!** Wow! So simple! God is not a religious construct...but simply a frequency of light.

In light of this beautiful and clear revelation, please understand that whenever I use the term God in this book, I'm referring to the radiant God vibration...**the God vibe**...the highest light vibration.

Science tells us that everything in the universe is comprised of vibration. The parallel spiritual understanding is that God created everything. So God is simply the name that's been ascribed to the vibration that creates every physical body of matter. The pure, radiant God vibe creates a pure, radiant physical body, vibrant with youth. This is the proverbial temple of God. But if the vibrations are lowered, the physical body loses integrity and thus the temple of God deteriorates.

Your physical body, your vehicle of vibration within which you live your life, is the temple containing the God vibe. So in order to align with your divine purpose you must bring your body back into these vibrant radiations. Only then will you overcome dis-ease and death...mortality. This is what the masters have done, and this is what you too can do. In fact, this is exactly what's been transpiring throughout the course of evolution...the slow climb out of mortality...through the power of grace.

You often hear the term grace, but have you stopped to wonder just exactly what it is? The amazing

power of grace is defined as the favor of God, which is bestowed upon the heart and exemplified in acts of goodness and kindness. It possesses the qualities of attractiveness, charm, and divine regeneration, as well as having an inspiring influence. Thus, through grace, the charming God vibe favors regeneration and inspiration, both qualities fostering increased health and happiness. Quite clearly **God has a magnetic essence**. And your body is graced with this gentle but powerful magnetic essence when you choose to maintain the God vibe through acts of goodness and kindness. You become very attractive.

## Simple Step No 5

Grace also means gratitude, which is the gift of **thanks**. Therefore, that which favors regeneration and inspiration, and is called grace or gratitude, is the gift of thanks that accompanies the God vibe.

Very simply, every time you show gratitude, you gift your body with the God vibe and you radiate light. And every time you show gratitude you gift those around you with the God vibe bestowing that light upon them.

The God vibe provides the gift of freedom. As the highest, most radiant vibration, it opens you to the abundance of unlimited possibilities, wherein you're at liberty to manifest to your hearts delight. **Imagination plays freely on the God vibe**. Imagination *is* the God vibe. God, grace, gratitude and imagination co-exist. When you're imbued with the God vibe you're filled with the tender gift of unconditional love, wherein all restrictive conditions have been released. Your inner spirit is liberated so that you're free once again to experience your own inner beauty. Your joyous body is filled with gratitude. Thank you body.

### Gratitude is the key

Gratitude not only means thank you, but also please. You constantly instil these practices in your children as manners. But wouldn't it be lovely for these words to be seen as *gifts freely given*, rather than rules that must be followed, thus fostering the beautiful vibrations of grace within your children, so their lives will also improve from the inside, out. Teach them to feel their vibes so they can choose feel good for themselves...and always feel good...enough. Try it!

Whenever you choose gratitude and weave those beautiful vibrations throughout your body tissue, you accordingly **feel good**. These beautiful vibrations are providing loving instructions to your cells, which actually mend the fibres of your being and restore health to your bodily structure. Grace and gratitude, therefore, conquer disease (dis-ease).

You're all prone to disease from time to time. I question whether this is really necessary? Or do you have the inner capacity to eliminate it? I believe you do.

Disease is simply the result of dis-ease within your body. Just as the higher vibrations are loving and gentle on your tissue, the lower vibrations are hard on it, creating the wear and tear that leads to dis-ease. These lower vibrations accompany all your lower emotions creating feelings of sadness and fear. When your thoughts, words and actions do not come from kindness, you have forgotten grace and gratitude and fallen out of the God vibe. It's these lower vibrations that lead you into aging and ultimately toward the grave. Dis-eased vibes create mortality. So in order to overcome dis-ease, aging and death, you need to choose the feel good vibes as often as you can. By being kind and gentle with yourself you're being kind and gentle with your body. As you immerse yourself in these feelings of love, you're inclined to offer even more kindness and gentleness. And so the cycle continues. Whatever vibration you feed your body on a continual basis, will determine your vibrational patterns of behavior. Would you prefer yours to be loving and kind or fearful and sad?

## Simple Step No 6

In your busy, hectic lives where you're so often confronted with daily struggles, pain and obstacles, it can be hard to wrap everything in goodness and kindness. So I'd like to offer you all a little reprieve.

I feel that the most important thing to remember is to treat yourself gently, because how you treat yourself becomes the basis for how you treat others and ultimately for how your life unfolds. If you're unkind to yourself, you're actually defeating the very purpose for your existence. When you get frustrated or cross with yourself, you've lowered your vibrations even further! Try this instead. When you come into the awareness that your vibes have lowered through anger or sadness or an unkind word, simply smile a knowing smile, and **be grateful** for this awareness...for that in itself opens up the opportunity for you to practice grace. Pat yourself on the back for your conscious awareness of self.

Accordingly, you'll not see yourself as having failed. Instead, you'll have immediately raised your vibes again by recognizing the wonderful gift of grace within this situation...you'll have loved yourself unconditionally through conscious awareness. You'll have chosen to reinstate loving vibes even when the environmental conditions were testing. In so doing, each obstacle, struggle or pain simply becomes another opportunity to practice grace and raise your vibes. And in the process, you're practicing forgiveness of self and others. As this new practice becomes your norm, you'll find that external conditions no longer drag you down into unloving reactions. Your supply of love no longer depends upon the conditions that surround you...instead you draw love from within. Gratitude is very powerful.

**GRATITUDE = GREAT ETUDE = GREAT OPUS = MAGNUS OPUS = GREAT WORK**

**GRATITUDE IS THE GREAT WORK OF EVOLUTION**

Through the practice of gratitude you evoke the God vibe...grace...and youth.

## Simple Step No 7

Gratitude evokes grace, which embodies forgiveness. The God vibe, as the highest light vibration, immediately dissolves all the lower vibrations that have been weighing you down, thus ridding your body of the dense conditions of your lower emotions. As you operate through pure love, your body becomes free of all conditions...all dis-ease. Your body becomes a work of art...filled with youth and beauty. Your body is your great work, your magnum opus...that you're constantly re-creating and leading into youth.

Grace means freedom, and so too forgiveness begets freedom. When you choose forgiveness, you place yourself in the highest vibration from where you can only perceive through the eyes of love. Hence forgiveness contributes to your health by literally lightening the load that your cells are carrying. All conditions are released. Your body carries more light. Your magnum opus is a work of light.

It's time to recognize the futility of hoarding old regrets and unhappy memories in your cells, dump the baggage from the past and literally radiate light. By so doing, you're deleting the trash from your cellular memory and bringing yourself into greater clarity. It becomes clear that forgiveness is the only true healer of wounds. Anyone you come into contact with will also benefit from your beautiful new perception and radiant vibration. You're making your body and your world a better place to be in when you're forgiving. The power of grace fosters forgiveness.

Forgiveness is the key

## Simple Step No 8

In practicing grace, gratitude and forgiveness, thus raising your vibrations, you invite improved health into your body and quite literally turn back the biological clock, thus staving off the prospect of death. (I will show you exactly how this happens physically in Part 2.)

Grace, gratitude and forgiveness also help you to handle life's disappointments and struggles with greater ease from a glorious new perspective. More ease means less dis-ease. Life *was* meant to be easy.

You might even cherish these opportunities, because in fact, they're empowering you with the gift of the God vibe, the gift of grace wherein you feel good. And who doesn't like to feel good? Can you imagine feeling good in each and every moment? This is your life's purpose. Where once you used to give your power away to situations and people outside yourself, you now harness that power and radiate light from within. Your energies increase and your life becomes filled with joy, love and youth because these are the



qualities that reside on the God vibe. These are the properties that manifest for you as a direct reflection of your increased inner measure of grace. And you feel good.

God as vibration is a very strange concept I admit. But it's a concept that's being warmly embraced with increasing acceptance from both the spiritual and scientific arenas. Spirit and science are holding hands like never before. Truth is emerging. Integrity is emerging...within the physical body. So if you wish to be at the forefront of evolution, riding your pioneering chariot of light, you'll need to expand your mind to accommodate this new understanding. And the reward for your courage will be that your heart will open like never before. It's impossible to open your **heart** without first expanding your **mind**. Your heart and mind are inextricably linked. In fact, heart and mind are analogous to spirit and science. Where once there was a wide gulf between them, there now exists an intimate relationship of renewed understanding that hailes from a vibrational perspective.

Although the concept of God as vibration appears strange, it also makes a great deal of sense from the perspective of biology. Your ever-present vibrations represent your spirit, and they reside within your physical body that represents science. In fact, science tells you that everything has both a wave and particle nature. Throughout evolution, your vibrations (spirit) have been hitching a ride within your physical body (science). Your body is simply the vehicle within which your spirit plays. In fact, it's impossible to have a physical body without vibrations. Whatever your spirit deems true, your scientific physical body concurs. Thus it can be seen that spirit and science have always been intimately linked.

With each new generation your spirits have been lifting into higher vibrations, with the result that your physical bodies have been moving toward increased health and longevity. This progressive resurrection has been occurring without your conscious awareness. Imagine what you can do with the new understanding that you choose your own vibrations, your own spirit, and therefore you choose the condition of your own physical body.

The seemingly weird new age, spiritual revolution fits, with perfect synchronicity, into the evolutionary journey. It's simply an awareness of your energetic, spiritual self that could only have come about with the advent of higher, finer vibrations within your bodily temple.

As you raise your vibrations, you move into a greater awareness of your spiritual truth, thus inviting increased integrity into your physical structure. All is in divine right order. Evolution is on the path to enlightenment. And you are assisting through your increasing power of grace.

*Grace is the key*

## Simple Step No 9

# Simple Steps for added Sparkle!

## 1. Choose loving words.

DNA follows the same rules as human language. *Your* DNA is influenced and programmed by *your* words.

Loving words carry a higher light frequency. Yes, that means more light in your cells, and in your body tissue. Loving words are nurturing, which is why you *feel good*. Loving words literally soothe the very fibres of your being, mending them and reinstating *youth*.

So consciously choose loving words in your thoughts and speech. Design your vocabulary to include only kind and nurturing words. And take note of how you feel...for that's your true guide.

## 2. Feel good.

Master you own body...don't let *it* master *you*.

Your divine gift is the gift to *define* your body... by *choosing* to feel good. Overcome dis-ease (disease) by only allowing *vibes of ease* to flow through your body. *Tune in* and feel your vibes regularly. If they don't feel good...change them...you're the only one who designs your feelings....and your body.

Your individual life purpose is to *feel good*.

### 3. Hold a higher vision for yourself.

There's always more to know and learn about yourself in the never ending pool of **magnificence** that's just waiting for you to dive in.

Don't get bogged down in your *old* story...you're more than that. Expand your mind, which actually means **stretch your imagination**.

Each day, take time to **picture yourself as the star** in your real-life fairytale...whatever that means to you. It could be a small goal, or a big dream. See it in full colour, with every shiny detail just as your heart desires. Feel it! Nurture it! Take tiny, feel good steps that encourage your dream to grow.

The vision comes first. It's the seed that must be nurtured.

### 4. Challenge your beliefs.

Evolution occurs simply because people **stretch their imaginations** and entertain new beliefs. They step into unexplored territory, and then suddenly the impossible becomes possible.

All these higher vibes and higher visions must be leading us somewhere.

Imagine your body filled with only **feel good vibes** and visions of **ease**. Feel it! Your cells are sparkling... constantly. Mortality becomes an impossibility. Stretch your body into the possibility of **youth**.

Sit with this new belief. **Feel it! Nurture it! Be it!**

### 5. Your body is your temple.

Always be **graceful and kind** to your body. Treat it like a temple...go within and feel the stillness as you connect with the God vibe...the gentle, sparkling vibe of grace.

Grace is simply freedom from heavy baggage. Whenever your body feels heavy, take a few silent moments to immerse it in the God vibe...feel the light in every cell...**it's radiant...it's magnetic**. Your spirit is free to experience your own inner beauty. **Relish it.**

Your inner magnetism increases when you're kind to your body. **You're a radiant temple of light.**

## 6. Listen to your emotions.

Your body is amazing because it's always giving you feedback through your emotions.

Listen to your body as you'd listen to a little child.

When you're carrying heavy emotions, cuddle and soothe yourself. Nurture yourself until the underlying fear settles. Wrap yourself in a blanket of love.

Your body will thank you.

## 7. Gratitude is very powerful.

Find the good in all situations. Your body will thank you...again.

Even when things appear bad, there's always a little message that's just for you tucked neatly into the experience. Ask yourself, how can I fill this situation with love? And give thanks for the opportunity.

Gratitude takes you into the highest vibration, the God vibe, where unlimited possibilities exist, including your deepest desires. Give thanks as if you already have them, and you immediately connect with the possibility of their existence. Keep focussing and giving thanks...and your dreams will come true.

Give yourself the greatest gift of all...Thank you!

## 8. Forgive yourself.

Forgiveness simply means to stop feeling bad!

Dump the old baggage...it's too heavy! Declutter your cells and allow the light to shine...in your body. Give your beautiful spirit room to play and create beautiful things.

Forgiveness clears out the old...bringing clarity to the new. See through the crystal clear eyes of love.

I love myself by forgiving my body.

## 9. Life is meant to be easy.

How wonderful is that. Yes, you're here to **bring ease into your body**, by overcoming all your dis-ease.

Scan your body and find a tension spot. Focus on that one spot...gently relax and feel the tension slowly easing. Notice how it's feeling, and the messages that are **buzzing**...wanting you to return to the old habit of tension. **Stay still.**

Create a new buzz...tender, calm and easy. Make this your new habit.

These tension spots are your feeding ground for dis-ease. Your vulnerable spots. They need your care. Visit them regularly, soothe the tension, and **replace it with a cellular smile.**

Take baby steps!

**Feel good** is your true design. Believe this...and nurture yourself.

**Sparkle with ease!**