

UNIVERSE

BOOK THREE



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Wisdom is the principal thing; therefore get wisdom; and with all thy getting, get understanding.

Proverbs 1:54

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems. The medical information included in this book was taken from Dolores Cannon's individual consultations and sessions with her clients. It is not intended for medical diagnosis of any kind, or to replace medical advice or treatment by your physician. Therefore the author and the publisher assume no responsibility for any individual's interpretation or use of the information.

Every effort has been made to protect the identity and privacy of the clients involved in these sessions. The location where the sessions were held is accurate, but only first names have been used, and these have been changed.

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INTRODUCTION

I am assuming that by the time the reader has found this book, they are familiar with my work, and the way I have obtained the information I have written about in my fourteen books. But just in case this is the first one of mine that you have picked up, maybe a little explanation is in order. I do not channel. I have been a past-life hypnotherapist for thirty years, and my information is obtained through my therapy work with thousands and thousands of clients. Whereas, my main focus is therapy and helping my clients find the answer to their problems by going back to the appropriate past life, I consider myself to be the reporter, the investigator, the researcher of “lost” knowledge. This is because I have discovered a method whereby complete access is obtained to the source of all knowledge. Thus many of my books obtain information that has been lost, forgotten or never known. This gives me tremendous pleasure to uncover something new and exciting, and bring it forward to our time.

During the thirty years that I have been doing this type of work I developed my own unique technique of hypnosis. I discovered a way to access what I call the “subconscious” mind of the person I am working with. This is not the subconscious as defined by the psychiatrists. That is more of a childish part of the mind. When I am asked to define what part I am speaking to, I compare it to the Oversoul, the Higher Consciousness, the Higher Self. I believe it is the same thing that Freud referred to as the Universal Mind. Most hypnosis classes teach that you can access the subconscious by using finger motions. Having the client raise one finger for “yes”, and another finger for “no”. This is slow, tedious, and boring. Why do it that way, when you can have a very active conversation with that part? That is what I have developed: an easy way to access this extremely powerful part. It has access to all knowledge. You only have to think of the correct questions. I always refer to this part as

“they”, because it always refers to itself as “we”. They have said that I can call them the “subconscious” if I want to. It doesn’t matter what I call them. They have agreed to work with me, so they answer to the name “subconscious”. Also during my work, I discovered that this wonderful and compassionate part of the individual has the power to instantly *cure* any physical problems. In some countries where I have taught my class, they have cautioned about using the word “cure”. They say they are not allowed to say that. Instead, they want to use the word “relief”. It doesn’t matter how it is worded, the results are the same. The client is instantly cured in miraculous ways in only one session. I have reported some of these cases in my other books. I have been told by “them” that I must teach this method to as many as I can, because it will be considered the “therapy of the future”. It is most important for people to realize that they can cure themselves. That their minds are extremely powerful, and the body will heal itself if properly directed to do so. At first, I didn’t know if the procedure could be taught. How do you teach something that you developed yourself? How do you break it down so that others will be able to understand how it is done? My first attempt was in 2002 when I conducted my first class of ten people in Taos, New Mexico. I called it my “Guinea Pig” class, because I didn’t know what was going to happen. People have asked me, “Didn’t they resent being called ‘guinea pigs’?” They said, no, because they would always be the first. Some laughingly suggested putting GP behind their names. Since that time, I have perfected the teaching technique and have held the classes all over the world. The students now are numbered in the hundreds, and are listed on my website: www.ozarkmt.com under “Students” for referral. I have received correspondence from many of my students who say the method does work and they are also having miraculous results. What greater satisfaction can a teacher have than to succeed in passing on knowledge.

My main purpose for doing the therapy sessions is to help the client with their problems. Yet along the way a great deal of knowledge has also come forth, and that is what I have written about. This is my fourteenth book about my adventures, and there will be more to

come. The information pours forth through just about everyone I work with. So now I hope I have made it clear to the new readers. I do not channel, I am not a psychic. I am a hypnotherapist and my information comes from “them”. I just have to collect it, organize it and put it together like a jigsaw puzzle. And that is no small task. So now, go forth and enjoy the latest volume of the *Convolutd Universe* series.

Dolores Cannon, CHT, PLT

SECTION ONE

LET US GO EXPLORING

CHAPTER ONE

MY EVOLUTION

It seems strange to me to look back over my work in regressive hypnosis therapy and see how, not only myself, but the entire field has evolved and changed. When I was thrown (ever so gently) into the field of reincarnation in 1968 it was all new and challenging. I had opened a door that would never be closed again in my mind. There were no books or instructions in those days to guide a therapist, so I have had to write my own rules and develop my own technique from the beginning. I now know that was for the better. I never had anyone telling me there was only one correct method (theirs) to do hypnosis. I never had anyone telling me you couldn't experiment, that it had to only be done the way it had been for years. I now know they were only teaching what they had been taught by someone that had been taught by someone else, ad infinitum. They did not question the methods they had been shown, but they also had not been told they could change the rules and develop their own way, follow their own path. Mainly because there were no instructions, I felt I had been thrust into something new and exciting. I discovered time travel, going to the past and being able to relive history as it was occurring. Since I didn't know what could or could not be done, I chose to challenge the abilities of the mind and find out what was possible through hypnosis.

Of course, it has taken me many years to make these discoveries, and I am still discovering new ways to use hypnosis and new ways to obtain information. In the beginning of my work when I began to do it consistently in 1979, I loved the idea of traveling through time (through my subjects) and finding out what it was like to live in those bygone days. As a researcher and a reporter, I love history. What better way to research it than to visit those time periods and ask questions and obtain information? This was where my first books came from, from information gathered from hundreds of subjects.

My concept of reincarnation in those early days now seems rather simple, yet it was all I knew. It is also all most people know today, because just the acceptance that we have lived more than once is startling and life changing. The way we have been raised from childhood with the brainwashing of the Church, it takes a brave and courageous soul to wander away from tradition, and begin to ask questions. Questions that the Church does not have the answers for, or are not allowed to discuss. "If it's not in the Bible, then you don't need to know. You will have all your questions answered when you die. Maybe they keep a scorecard up there that will explain everything." Only more and more people are not willing to wait until death to find the answers. They are becoming more and more aware that there is more out there than they have been led to believe all their lives. They are beginning to ask questions, and the answers are there for the searching and questioning mind.

For myself, accepting the concept of reincarnation was not difficult. I grew up in the Protestant religion (Southern Baptist mostly), taught Sunday School, sang in the choir. Yet there was always that nagging feeling that there was more. I had questions that were not answered in the Bible or by my minister. Many times I would sit in the congregation on Sunday morning listening to the sermon, and I was itching to raise my hand and challenge what he was saying. "But maybe it means this or that. How do you know?" Of course, being civilized and a good Christian girl, I couldn't do that. So I resigned myself to teaching the children at Sunday School. The stories were interesting and I didn't have to be involved in the teaching of dogma that I no longer believed. Over time as I became more and more involved in metaphysics, I just kept my beliefs to myself. They are too precious to me to be exposed to ridicule. I dropped out of the orthodox Church and believe I have found the "real" meaning of religion. Spirituality as opposed to religion. Most churches have lost their way and do not know the important difference between those two words.

When I began doing past-life regression therapy full time, I thought I had the theory of reincarnation all figured out. I was positive I knew how it worked. It was the simple process of living a life, doing the best you could, learning lessons, then dying and having your life assessed. Then the working out of the contracts with various souls, and the journey back into the body. A simple process whereby the soul gradually goes through the Earth school from grade to grade until it graduates and becomes one with God again. It all made so much sense that I didn't have any problems accepting the concept, and working with my clients in therapy based on the problems brought forward from other lives.

In my early days when I was writing my first books, I saw past lives as following a linear time pattern. I was still taking my "baby steps" and that was the only thing my mind could comprehend: one life following another separated by time and specific dates. One of my first clients was an excellent somnambulist and was capable of becoming the personality totally when regressed backwards. I saw it as a perfect way to explore history as she gave tremendous amounts of detail about the cultural, theological, etc. of the lifestyles she found herself in.

I took her through 25 separate lifetimes by jumping backwards in 100 year increments. Each personality was distinct, and all I had to do was tell her to go to a certain year and she would become that very identifiable personality. I became very familiar with them, their voice, mannerisms and body language. I found it to be a remarkable way to explore history, and I thought that was to be my vocation, and what I would continue to write about. I wrote two books in those early days (1980s) based on this woman's past lives: *Jesus and the Essenes* and *A Soul Remembers Hiroshima*. I know I will eventually write a book that will include some of the other lives because of the wealth of information they contain. But my work has gone in so many different directions since those early days.

As I continued to explore past lives, other theories started to be introduced, and it bothered me. I had it all figured out. I didn't want something else coming in to shake my belief system. The first was the theory of imprinting (written about in *Keepers of the Garden* and *Between Death and Life*.) This was the concept that we didn't have to actually live many, many lives, but that we could be imprinted (or overlaid) with the memories of other people's lives. This was done if the personality was coming in to experience a life that was different and which it had no background to draw upon. The memories of those lives were taken from the vast Library on the spirit side before incarnating (with the help of our spirit guides and masters), and overlaid or imprinted onto our own soul memory. I asked at that time, "How would I know if the person was reliving a true past life or an imprint?" I was told, "You won't. And it really doesn't matter, because everything about the imprint (emotions and all) are overlaid." It was real because the personality needed the information in order to function in our world, and thus no one would be able to tell the difference. But the introduction of this unusual concept really shook my foundations. I struggled with it for a long time. Did I really want to continue in this field if my belief systems were going to be challenged? I was comfortable with my concepts of how life and death and reincarnation worked (linearly), and I didn't want my applecart upset. But then as I studied my reactions to this new idea, I realized that if I didn't at least examine it with an open mind I was no better than the Church with its doctrine: "Just accept. Don't question."

So I began to look more closely at this new concept, and others that presented themselves (such as parallel or overlapping lives), and gradually wisdom began to seep into a closed mind. It is challenging and wonderful at the same time to open up and study new concepts, because there is nothing in our background and upbringing to base these things on. Yet once the mind begins to question, there is no going back. You can't unlearn what you have learned. You can't sweep it under the rug. You can't put the worms back into the can once you have opened it. It is only now, thirty years later, that I can

see the wisdom in what “they” were doing. They were spoonfeeding me little bits of information, little crumbs to whet my appetite for more. They left time for me to digest each little piece of information before giving the next. Otherwise, it would have been overwhelming, and “they” knew this. I would have thrown it all against the wall, stopped my work, and said, “I don’t understand it! I don’t *want* to understand it! Why can’t it go back to the way it was? That’s what I was comfortable with, time travel and studying history.” But apparently they had other plans, and it would only have worked with me cooperating by understanding the little pieces and making them a part of myself.

Almost every client that comes to see me for past-life therapy asks the same question, “What is my purpose? Why am I here? What am I supposed to be doing?” I always tell them we can find the answer *if* it is “appropriate”. The subconscious mind (which I work with) will never give the person more than they can handle. Suppose the person’s destiny or purpose was 180 degrees from what their life is now. If they were told too soon, they might say, “Oh, no! That’s the last thing I would want to do!” And they would put blocks in their way and sabotage themselves. So in this case, the subconscious (who knows everything) will say, “It is not time. We can’t tell them.” In one case, I had a man who wanted to know his purpose. During the session when I asked the question, the subconscious said, “We can’t tell him yet. But oh, we wish we could! You don’t know what we see! But consider he is where you were 20 years ago. You don’t start a baby out on a three course meal. You give a baby milk first, then soft cereal, then mashed vegetables. Then much, much later you give it solid food.” This was a perfect analogy, and it made me understand how far I had come. And how easily the “baby” can be overwhelmed and discouraged without the proper guidance. So I trust them in their wisdom.

With the *Convoluting Universe* series they are continuing to expand my mind. Just when I think there is no more to learn, no more new things out there, they give me a new concept or theory to ponder.

Even if it is so different and I don't understand it, I think about it and try to make it fit into the scheme of things (of life) that they are trying to show me.

"They" say we are finally ready for these more difficult concepts, and I am constantly telling them, "Yes, but you have to explain it more clearly. Otherwise, how can I write about it or lecture about it?" So my quest continues, and at least it is not dull. I am not stuck in the rut of what I already know. My mind is constantly being expanded by challenging ideas. Sometimes, I wish I could return to those simpler days in the beginning when I was exploring history and writing about those cases. But then I realize that if my work had continued in that way I would have lost a great deal of new information and knowledge. I am continuing to explore, only in a different way and in different territory.

It is still amazing to see how some people first react to the concept of reincarnation. When the idea is presented to them, they say, "You mean that I have lived before? This is not my first time here?" To many, the idea that they have had even *one* other life is mind-expanding. Not realizing that they have actually lived hundreds, in every form imaginable and unimaginable. To some, it is startling to find they have had a past life as the opposite sex. "No, I couldn't have been a woman! I have always been a man!" When I have these beginner clients, their subconscious is very gentle with them. They are usually only shown a simple, mundane past life, because that is all they can handle. It may appear simple to me, yet it holds the answers to their problems.

I had two colored men come to see me in the same week. One saw himself in the lifetime just before the present one (a modern city). When he looked at his body, he was startled, "That's a white man's hand. I can't be white! And my girlfriend's white too!" The second man saw himself in ancient Rome as a gladiator fighting in the

arena. He hated it and wanted to stop, yet the only way would be to allow himself to be defeated. He was so tired of all the killing. Guess who he was mostly killing in the arena? Black slaves that had been brought in from Africa for the sport. So in its wisdom, the way the law of reincarnation works, he came back as a black man. Once the concepts of reincarnation are understood, there can be no prejudice, no judging. To do so means you may have to come back as the very thing you are judging or prejudiced about.

The logic of the way the system works is truly beautiful. You are *not* a body! You *have* a body! The “real” you, the one and only “true” you is your spirit. This is what lives forever, going from body to body having adventures and learning lessons. For each life, you put on a new suit of clothes (your body), a new costume, if you will, to play your part in the next play. But like all suits of clothes, it will eventually wear out, no matter how much you like it and want to hang on to it. At that point, you must throw the suit or costume away, and get a new one. Then you start your next part in the new play, one which you must act in with no knowledge of the plot or script. Earth is only a school that you have decided to attend. Each lifetime is a class with many lessons to be learned. You cannot go on to the next class until you have learned the lessons of this one. This is a school where you cannot skip a grade, but you can certainly have to repeat a grade. You keep on until you get it right, which may take a long or short time. If you don’t get it right this time around, then you will be presented with the same problems and lessons the next time around until you finally understand it and learn what it is trying to teach you. Then you go on to the next lesson or grade, which may or may not be easier. Thus it goes until you finally graduate and can remain on the spirit side, or return to God.

What goes around, comes around. If only people could understand this. What you do to others in your life must be paid for. There is no free ride. What people do to you must be repaid by them. I have conducted thousands and thousands of past life sessions in my thirty years of therapy, and I see it time and time again. You don’t get out

of it. Whatever you did in a prior lifetime will be causing problems in the present one. You are brought back in contact with the very same people you wronged in the prior life. You always have to face up to your mistakes. If people only understood that, look at what a different world we would have. If they understood that what they are doing now in this life will come back to haunt them. It will be repaid in one way or another. This is a law of the Universe: the law of cause and effect, the law of balance, called: karma. This is one of the most important things I work on with my clients in therapy. I say that people carry around so much “baggage and garbage”. Some of it comes from other lives, and some comes from this life. But they won’t get rid of it, and it ends up making them sick. Much of it is karma carried over, sometimes from dealing with the same people for *many* lifetimes. They get into a rut, a pattern. And it is a pattern that serves no useful purpose. They need to understand that if it is not resolved *now* in the present, they will have to return and deal with it again with the same people. Sometimes, this statement is enough to shock the person into looking at the situation. “I don’t want to do that! I want to be rid of them! I can’t stand them!” Then they had better deal with it.

I once asked the subconscious, “Wouldn’t it be easier if we knew the reasons we come back? If we remembered the connections with the people in our lives?” It replied, “It wouldn’t be a test if you knew the answers.”

Before we come into a new life, while we are still on the spirit side reviewing our life we just left, we discuss these things with the other souls involved. We make a contract with them. “Hey, we didn’t do such a good job last time. Do you want to try again? This time you be the husband and I’ll be the wife. Maybe it will work that way.” And we make a decision to come back and try it again with the same people. We can reverse the roles any way we want. Many times it doesn’t work, because we get caught up in the same patterns, even if we don’t remember what those patterns were. “We just can’t get along. Everything I say or do is wrong. It’s just horrible living with

them. You don't know what I have to go through. I wish there was a way out." It won't be resolved as long as the person is still carrying the baggage and garbage around. Many times, the situation is so bad they cannot talk to the person face-to-face to try to work it out. In this case, I recommend talking to them mentally, mind to mind. Tell them that you know it's not working. You tried, and you know they tried, but it's not working. "So why don't we tear up the contract? You go your way, and I'll go mine. We don't have to keep going through this any more. I release you, with love." Then picture both of you tearing up the contract and throwing it away.

There is no good, there is no bad. There is no evil. There is no Devil. There is no Hell. There are only lessons to be learned. There is only energy, positive and negative. What we perceive as evil, is only human beings using the energy in a negative way. Instead of taking responsibility, it is much easier to say, "The Devil made me do it! I was taken over by evil entities that influenced me and made me do horrible things. Etc. Etc. My parents didn't understand me. Etc. Etc." We all have bad and unfortunate things happen in our lives. That is what life is all about. It is called "living". But out of the bad circumstance, did you learn anything from it? If you learned even one thing, then that was the purpose for the lesson. If you didn't learn anything from the situation, if you go through life blaming others for your misfortune, then you will continue to experience negative things until you finally come to understand what it is trying to teach you. Then you will be free. This is the value and the beauty of exploring our past lives. Even though things appear to be unjust, if we explore our past we may find the answer there. We are merely paying back the karma that we accumulated from our own past deeds. Remember, I said earlier that what goes around, comes around. We do not get out of the paying back of our debts just because we died. That would be too easy. The slate is not wiped clean until the debt is repaid. Then we can begin anew with a clean slate.

What is the quickest, but not the easiest way to repay karma? It certainly isn't: you hurt me, so I'll hurt you back! That just keeps the wheel of karma turning. No, the quickest way is to *forgive*. I didn't say it was easy to do. Some hurts are so deep that it is difficult to let them go. But you have to forgive, with no reservations, and truly mean it. Then you have to forgive *yourself*. That is also one of the hardest things in life. But if you truly want to release karma and not be condemned to keep returning to repay it, it is necessary to forgive. Once you do, and truly mean it, something magical happens. They can't hurt you any more. They can't push the buttons that set you off. It's only a game anyway with most people; they know the buttons to push to get a reaction. Once real forgiveness comes in (and remember, it doesn't have to be consciously face-to-face), everything changes. It may take a while, but you will notice subtle changes and things become easier. What is the alternative? Keeping the wheel of karma going, spinning round and round?

I had a man client who was very ill with cancer in every part of his body. In my work, I have found that cancer is often caused by suppressed anger. By holding anger in (especially if the cancer is in the abdomen or intestinal area) and not expressing it. When this happens, the anger just begins to churn, and finding no release, it begins to eat away at the body. Every time the doctor operated and eliminated the cancer in one part of the man's body it would reappear in another part. It seemed to be a never-ending cycle. So I asked him, "Are you angry about something?" He almost shouted, "Certainly. It's my ex-wife! I hate her!! She has the children and she won't let me see them!" Then I talked to him about forgiving and letting the anger go. "I can't forgive! If I do, then she has won!" I looked him straight in the eyes, and said, "If she *kills* you, she will win." So simple, and yet so difficult. And thus the wheel of karma, continues to turn.

A revelation suddenly came to me one night as I was sitting in front of my TV reading manuscript submissions during the commercial breaks. There was something one of the authors wrote. It did not relate to my deduction, because he was using it in a different context. But it triggered the proverbial light bulb that went off in my head. It was as though many loose pieces of information that I had been given or discovered on my own had suddenly been put together, and made sense in a peculiar way. The pieces had been there all along, I had just not seen them in the proper context. In my therapeutic technique, I work with the subconscious to heal the client. I do this by allowing it to find the cause of the illness or disease. Once it has explained this cause, it can take the problem away. It may be only the person's own mind doing the healing once the conscious mind interference has been removed during deep hypnosis. Whatever it is, it works and I have seen miracles performed in my office. I call this part that I communicate with the "subconscious", but I know it is not the part that the psychiatrists refer to. This is much, much bigger and more powerful. I believe I am communicating with the person's higher self, the higher consciousness, the Oversoul. It is the part that has all of the answers, and the information and the healing can be given if it is appropriate. It answers to the name of "subconscious", so that is how I refer to it. When we are communicating, it will refer to itself as "we" instead of a single entity. It always speaks the same through all of the clients I work with all over the world.

Now for the piece of the puzzle that fell into place and caused the light bulb to go off. I have published three books by Dr. O.T. Bonnett where he explains how our minds can heal our bodies. In *Why Healing Happens*, he says it is very important to talk to the cells in our body to get their cooperation when we want something healed. In order to get their attention and let them know a higher authority is speaking to them (our personality), we should always refer to them as "we". These cells are used to going about their business taking care of the various parts of the body. They are not used to having another part become aware of them. Thus, when we can get their

attention and ask them to help us, we are the *voice of God*, and they pay attention.

In the manuscript I was reading, a man mentioned that we consider ourselves to be a body, a unit. But actually we are only a casing that is housing trillions of individual cells. These cells compose all the organs and systems of our bodies. They all have their jobs to do, and work in harmony and balance with each other. We are the ones that cause imbalance and introduce disease into their world. Literally, he said that we are just a physical casing housing a huge colony of beings. They are capable of thought, digestion, reproduction, excretion, all the things that we, as humans, are capable of. Thus, because we are only a being composed of a huge colony of trillions of individual beings, it is incorrect to refer to ourselves as “I”. We should call ourselves “we”.

That was when the light bulb went off. This all sounded so familiar. We should communicate with the cells of our body by using the pronoun “we”. The subconscious or higher conscious refers to itself as “we”. Does that mean that it is also part of an even bigger consciousness? I believe so, and the chapter about God or the Source will begin to make this clear. No one is alone. We are all part of a much larger structure, and each part depends on the other parts in order to survive. It cannot exist alone. I have said many times in my lectures that we are only cells in the body of God. Now it began to fall into place. I have been told that everything is about communication, and the accumulation of information. We have to live countless lifetimes learning every possible lesson and gathering knowledge. For what purpose? I have been told that we must take this accumulation of information back to God when we have completed all of our lessons and “graduated”. He was curious, that is why we were created in the beginning as individual sparks of light. He wanted to learn and he couldn’t do it on His own. So we were created and sent out to learn everything possible and bring it back to Him. As the information in this book will show, we were incredibly happy and content to remain with God, where there was Love

beyond comprehension. We never wanted to leave, but we had to because that was the purpose of our creation. Many people carry that feeling of separation and loneliness into this life, never understanding where it comes from. We were only content when we were all together. The separation was extremely difficult, and we will only be complete when we can return “home” and remain there.

This then began to make sense. Even within our bodies it is about communication. The cells communicate and relate to each other, and even though cells are constantly dying and being replaced, they consider themselves to be a whole. They do not see themselves as separate. Cells and DNA are constantly sending information to our brains and communicating with that main part of us. Would it be proper to say that these cells see *us* as their God, and their task is to accumulate information and knowledge in the only way they know how, and transfer that knowledge to the higher part of our body? This is the same thing we are supposed to be doing through our myriad of lifetimes: accumulating information and sending it back to God.

I assume that if the cells tried to explain their awareness of us (if they ever are aware), they would have as much difficulty as the clients I work with, trying to define their perception of God. We would probably be seen as this huge, vague “something” outside of the brain and body. All powerful (because we have the power to harm *them*), and an All-knowing wispy thing that they cannot see or comprehend. So they continue their job as part of an organ or whatever, totally unaware that when we die, *they* die. The individual cells are doing their job, and may not be aware that they are part of an organ (heart/liver/ kidneys, etc.). This may also be an explanation or analogy of how our larger soul is composed of many parts (lives/personalities) all living their own destinies, totally unaware that they are part of a larger unit. We see ourselves as individual, and performing separately from our larger soul and from our God. I think there is more similarity here than difference. It just takes examining a new concept.

In *Convolutioned Universe - Book Two*, it was said that the Earth is also a storehouse of information that it accumulates from all the living beings (cells) that exist on it. The Sun is also accumulating information from, not only the Earth, but all the other planets, moons, asteroids, and satellites that occupy its space. We were told that all the other Suns are acting as accumulators of information received from their various star systems. The universes are accumulating information from all the star systems. It is amazing to me to be told that it is all about storing knowledge and information. It is the same from the microcosm (and we don't know how small that goes) to the macrocosm (and we don't know how large that is). Only God or the Source knows the purpose of all the storing of information. Maybe to help in the creation of new worlds? We have already found in my other books that the cycle of reincarnation, rebirth or regeneration does not only apply to humans. In another chapter, I will show how it applies to every living thing (which encompasses everything, because all is energy and thus all is alive).

We discovered that even the stars in the heavens go through cycles of death and rebirth. A star or Sun has a finite lifetime also, and it dies in a burst of glory when its energy (or soul?) is released and it goes supernova. I asked, "What happens then?" And I was told that the energy is recycled to create new stars. The universe is constantly expanding, but even it has a finite life. It can only expand so far (or explode out) until it reaches the point where it can go no further. Then it begins to implode back on itself. The universe begins to lose energy and die. When it reaches that point, what happens then? I was told, "Then the whole process starts over. It all begins anew." Everything is in the process of constant rebirth, recycling and regeneration.

Bringing it back to the practical, the everyday lives of each one of us (instead of leaving it out there beyond our imagination), this means that our minds are capable of anything. We don't realize how much power we really have. We are so used to people placing limitations on us. We can create anything we want in life. We can heal our

bodies. We can have it all. All we have to do is remove the limitations we and others have placed upon ourselves. We have to see how powerful we really are. Then we have to *believe!* Believe and trust. No one can take our power away from us unless we allow it. It is now time in our world to reclaim these abilities that were commonplace in generations past. Our world is going through dramatic changes and we need to change to go with it. We will need all of our powers (psychic and otherwise) returned to us. In the new world, the new Earth, this will be as common and natural as breathing. This is why we are being awakened now. Everything is falling into place, and we all have our parts to play.

These things are my understandings (thus far). They may not be *your* understanding. But keep an open mind, and let us explore together.

CHAPTER TWO

SUMMARY OF TYPICAL CASES

The bulk of my hypnosis work during the past thirty years has been therapy. I realize my job is to help the person who comes to see me find explanations and relief from their problems, so they can live a normal and fulfilling life. So they can move forward without the load of the “baggage and garbage” holding them back. This is my main focus. I take the client back to the appropriate past life so they can understand the source of their problems in this life. Of course, along the way my work has taken many twists and turns, and has brought forth the mind-bending concepts that I am now writing about. In this chapter, I want to cover a few, a bare minimum, of typical therapy cases and their connections with past lives.

At the beginning of November 2006, I had two cases back to back dealing with child abuse. One was a man and the other a woman, both affected very deeply by their experiences. The man remembered constant beatings from the age of two until he left home at the age of 18. He still held great anger and resentment towards his father. The other, the woman, had blocked out all memories of events that occurred before the age of 17. She was sexually abused and molested by her father from the age of 4 or 5. She also held great anger and resentment, because she thought he had destroyed her life. After she left home, she attempted to go to college, but everything was too much for her. She turned to drugs, alcohol and prostitution. When she came to see me (she was 29) she had reached her lowest point and desperately needed help. She had attempted suicide and had been institutionalized. The drugs and alcohol had affected her body, especially her kidneys. She had to have one of them removed. Her remaining kidney was not functioning effectively, and she was experiencing toxins and physical effects. (The subconscious said she was trying to kill herself to put an end to her suffering.) She was in a deep depression and wanted

to sleep all the time, which was difficult because she was trying to raise three children by herself. She was also into self-mutilation, cutting and scraping on her body. It was obvious she hated her body (although she was beautiful, she saw herself as ugly), and was trying to destroy the offending part of herself. Both of these people were miserable, sad, and depressed. When they left my office, their entire lives had been turned around and they were ready to face the world with hope instead of despair, because we found the cause of their problems. Each was different, yet similar.

The man went back to a battlefield in World War I. He did not want to be there. He said the recruiters lied to him. They told him it was going to be a short war, and he would not have to fight. Yet here he found himself in the thick of it. There were bullets firing all around, bombs going off and deadly gas filled the air. Soldiers were dying all around him. He said his brother was there somewhere, but he couldn't see him because of all the smoke and confusion. My client was the one who wanted to go to fight in the war. His brother had not wanted to, and he had talked him into it. Since he was so frightened, I assumed he was probably going to die out there during the battle.

When I moved him to the last day of his life, he surprised me by saying he was old, and dying in bed. He had survived the war and made it home safely, where he married and had a family. His brother, however, had not been as fortunate. He was killed during the war. Of course, he felt guilty about this, because he felt his brother would have been alive if he hadn't talked him into joining the Army with him. When we got to the subconscious, it said his brother had come back into this life as his present-day father. The brother came in with much anger and resentment, because he felt he had been cheated out of his life. He was determined to make him pay back what he had taken from him. The best way was to take his life away from him, or at least make it as miserable as possible. This explained the unprovoked anger that the father exhibited toward the young boy. Of course, the father is to be pitied because he was incurring a great deal of accumulated karma by coming back with this unresolved

anger. When the man understood the connection, he was able to let the father go, to release and forgive him, thus tearing up the contract and cutting the ties. After much work, he left a changed man. He also had been suffering from severe back pain from his neck and shoulders down into his lower back. It was obvious this was caused by carrying this heavy load around for fifty years. He was now able to release it.

The woman's connection was different, yet similar. She saw herself in war-torn Germany in World War II. There were soldiers fighting in the streets, but they were not fighting other soldiers, they were fighting and shooting civilians. She was a female doctor and was trying to help some of the many people who lay around the streets bleeding and dying from gunshot wounds. The soldiers were acting crazed, and were raping the women before they shot them. They were also shooting the men and children. She said the ones being shot were presumed to be Jews, and this was their way of destroying them. Pure chaos reigned on the streets. She tried to help several of the people, but was pushed aside by the angry soldiers.

At first, they did not try to harm her because they knew she was a doctor. But then the fighting and panic became worse, and she fled into a building and hid in the stairwell, watching the slaughter taking place outside. There they discovered her, and dragged her out into the street. At this point, they were acting totally insane and wouldn't listen to anyone. They tied her up and many soldiers took turns raping her. Then they shot her in the head, killing her. When I had her leave the body, she saw that they threw her body on a pile of many other bodies. Then they set fire to the pile and burned them all. After death, she said she did not have any anger towards them, because she understood they were caught up in the emotions of war. They were doing their "man" thing.

She came back into this lifetime with the plan of helping other people, to make up for her inability to help in that lifetime. Her present father had been one of the Nazi soldiers, the first to rape her.

He had returned to repay the injustice by being her father, intending to raise and protect her. That had been the plan, but it apparently changed after he got here into the body. The subconscious said he got caught up in the ways of the flesh, and forgot his original purpose. This shows that even though the incoming soul has a good plan and noble intentions to repay karma, life has a way of affecting them, and being human is not that easy. On the other side it always looks easy, like it would be simple to accomplish. But the incoming soul forgets that, because this is a world of free will, it will have to contend with the free will of others, and the pressures of being human dealing with emotions. So he was caught up in it, and regrettably accumulated more karma. Both of these men are to be pitied rather than reviled.

Since the circumstances had changed, the woman's plan had to be changed. She came in to help. She now would still be able to help, but from a totally different angle than she had anticipated. Her many terrible experiences were to prepare her to help other women who had been through sexual abuse. She would be able to help them because she understood it. Who better to help these victims than someone who "has been there, done that"? Her life could now turn around and she could also let go of the past, and move forward.

Two different cases along the same line: child abuse. Two cases where the reasons for coming back were to help, but it changed after getting into the body, and being exposed to human ways. The two not only had to forgive the offending fathers, but also to forgive themselves, which is often the hardest thing of all.

An even stranger explanation for child abuse that also extended into marital abuse was explained by a series of lifetimes in a religious environment, monasteries, nunneries and convents.

There under strict and unloving circumstances the belief was deeply ingrained that, in order to go to Heaven and be with God, one must suffer. And suffer these so-called "religious" people did. These

beliefs were so much a part of my woman client that she could not let go of it, even though she had no conscious memory of it. And all the other people involved repeatedly in those lives returned with her to this one to play their roles as abusers. They created the same environment, because of the belief that that was the only way to get to Heaven.

This is an important point. Vows taken in other lifetimes are extremely important and carry great power, because they are usually taken with great conviction. Because they were not reneged during the lifetime, they carry over into this one. Some of the most common are: the vow of celibacy, chastity, which causes sexual problems in the present life. And the vow of poverty, which brings money problems. And now we discover the vow to suffer. The easiest way to release these is to leave them with the entity in the past who took the vows. To explain that they had importance and purpose in that lifetime, but are definitely not appropriate for the present one. Then the vows can be cancelled or reneged and the power of them dispelled.

A woman client had a series of car accidents, rear enders trying to get her attention. "Their" method of waking her up seemed drastic, but I have discovered that if people don't pay attention to the subtle hints the subconscious tries to drop, then more drastic measures are often required. They said they had tried for many years, but "she was very caught in old programs." One of my students had a hard time understanding this, when I gave many examples during my hypnosis class of people having terrible accidents that left them maimed or crippled. Yet the tragic incidents did change the direction of their lives. My student said, "That could not be true. Spirit would never do that to anyone. They are there to help and protect, not to harm."

This is true. They are always watching over us and are there to help us. "We are always here, and that means everything. Every need is

met. Every curiosity answered.” But how do we know the accidents are not part of the life plan? When the person is on the spirit side in between lives, they consult with their guides, the elders and the masters, as they try to construct a plan for the type of life they want to experience upon returning to Earth. This, of course, is designed to pay off karma as well as how to grow and learn more, and also to help as many others as possible. Maybe it was also part of the plan that if the person forgot their mission (as often happens), that those from the other side would create events to pull them back to their soul path. So what appears to be drastic, is actually part of the plan that everyone involved agreed to. If subtle hints and intuitions do not work, then something stronger must be tried. It is all done out of love, although it may not appear to be so from our limited human viewpoint. During my lectures I always say, “Everyone has bad things happen to them. We cannot escape it. It is part of life. But when you look at it, *really* look at it, did you learn anything from it? If you learned even one thing, then that was the purpose of it.” No one ever said life would be easy. This is considered a very challenging planet. And the more lessons we learn the sooner we can get off the wheel of karma, and stop having to return here. We can then progress upward along the path, instead of spiraling round and round going nowhere.

A female client in her fifties was looking for the reasons for her severe illness: liver and pancreas problems. It almost killed her when she was 41, although it had been present in a less severe form all of her life. It was totally incapacitating, and the doctors at the time told her to prepare to die. There was no help, except maybe a liver transplant, and she was too ill to consider that. Even though they told her she would die, she refused to accept that. (That, of course, is half the battle.) Her life was saved when she met an alternative practitioner who specialized in kinetics, involving muscle responses. The practitioner changed her lifestyle, especially her eating habits and turned her life around. She was still experiencing some

problems in the liver area, but not nearly as severe as a few years before. This was the main focus of the session, to try to discover the cause of the illness, and bring the body the rest of the way into full recovery. During the session, we discovered an unusual explanation for liver and pancreas disease.

She went through two lives, each centering on the loss of a loved one, a man she was intending to marry. The first was in a dismal village community where there was nothing but sadness and defeat. She wanted desperately to escape from the unhappiness of the home life (cruel father, disinterested mother, and houseful of hungry children). She met an outsider who came into the village and expected to marry him. She went to the church in wedding dress and all her relatives were there. She was very happy at the prospect of marrying and leaving the area. The man did not arrive; she was left at the altar. Everyone in the family jeered and ridiculed her. "How dare she think she could escape and have a different kind of life. She is nothing, and no one will ever want her." She had no choice but to return to the unhappy home. There she grieved herself to death and died, essentially of a broken heart. She thought there was no way out of the situation, which was probably correct in that time period.

I took her further back to try to discover the reason why she put herself into that type of situation. She saw herself in another life, a tavern scene where everyone was happy. They were celebrating her engagement. But before she could be married, her fiancée was killed in a farm accident caused by a horse pulling a wagon. She was very unhappy, and never married. She died in her forties, alone but not friendless. Her subconscious said the reason for the illness in this life was to protect her from the same unhappiness. She had been terribly affected by the loss of her love in two lifetimes. So in this life, she would not even be allowed the possibility of marriage. If she was so ill, especially during the years of her life when she would most likely find a mate, then the odds were that she would not be hurt again. Her subconscious said she could very well have died at that

time, but instead, the meeting with the alternative practitioner turned her life toward thinking about metaphysics. Thus, her life could take a more productive turn. So she was allowed to live so she could learn and teach others. Since there was no likelihood that she would marry now, there was no need for the illness, so the remnants of it could be taken away. (The symptoms were the same as what she died from in the second life.) Her migraines were also connected in the same way, and could disappear now.

A case of extreme depression and isolation from society (since childhood) was traced back through two former lifetimes. Although the man was born into a very large family (12 children), he never felt a closeness to any of them. There was always the feeling of isolation, and depression. This continued throughout his life: a feeling of apathy, of not caring, of being an observer on the outside looking in. He was treated by psychiatrists and put on medication for depression, but he didn't think it did any good. Even natural remedies had no affect. One diagnosis called it "Freedom from harm" complex. In other words, to avoid being hurt, it was easier to shut down and not get involved with people or anything. It was a lonely existence, even his job gave him no satisfaction. He had never married, although he was physically attractive. He assumed his apathy and disinterest in life pushed women away. He did have one relationship where he was deeply attracted to a woman and wanted to marry, but it did not work out, and it made him more depressed.

Another time a woman was attracted to him, but he did not respond. He thought his only solution was to commit suicide, and he was seriously considering this. He now had a girlfriend who was trying to understand him from a metaphysical viewpoint, and he was hoping it would work out. It was at her urging that he agreed to the regression. He was skeptical when the session began, and was smirking as though the whole idea was laughable, but he agreed to participate.

When we began the session, and I asked his subconscious to take us back to find the reason for his desire for isolation, he said he felt a thrill of joy, as though maybe it was time to find the answer. He was surprised when he felt the surge of excitement at the mention of discovering the reason for his problem.

He went to a former lifetime that was surprisingly similar to the one he was living now. He was living in a small town (maybe out West) where he worked at repairing buggies and carriages. (He now worked at electronics and repairing machines powered by computers in factories.) He was a loner with no family, and felt like an outcast in the town. He was attracted to a beautiful black-haired woman, and suffered in silence as she did not return his affection. He was too withdrawn to make his intentions known. He was unhappy at his work, and nothing seemed worthwhile. The only place he seemed happy was when he went to a cliff overlooking the ocean, and he could sit there in silence getting away from everything. Later, even this did not offer consolation. Eventually, he could not take it anymore and shot himself in the head. Although hoping to end it all, we know that does not happen. Suicide only made things worse, because the law of karma says that you must repeat the same circumstances until you learn the lesson. And that certainly seemed true, as he tearfully said, "My life now is a repeat of that one. I didn't escape from anything." He thought the first woman that he was attracted to in this present life was the same woman from the other life, and she also rejected him. History was repeating itself. He was being dealt the same hand of cards to see what he would do with it this time. He was surprised later that he had been crying profusely during the sad lifetime of the man who repaired carriages, and ended up committing suicide.

But where did that life come from? Why was he caught up in a cycle of repeating the same mistakes again? What created the pattern? I took him further back to try to find the answer. He went to a lifetime in the desert. There was a group of nomads who wandered the desert from place to place with camels, etc., and set up their tents at

various sites. He was a very beautiful young woman who was very much aware of her sexuality. She openly flaunted it and teased the men in the group. She enjoyed the effect she had on them, by offering them her charms and then withdrawing. But it finally backfired on her, when she went too far and the men did not think it was funny any more. She was assaulted and raped so badly that she died as a result. So in the next life as the man in the town in the old West, he unconsciously felt it was safer to have no sexual feelings at all. To withdraw from any contact with other people. Also to know what it was like to experience rejection. This pattern continued into his present life because of the karmic debt of suicide. The two past lives had gone from one extreme to the other. He would have to find a middle ground in order to overcome the effects. One way to do this was to understand how it all happened, and to realize that suicide was not the answer. He had considered suicide several times in this life, but thankfully stopped just short of doing it. You don't escape from anything.

Donna was a lesbian who wanted to have a child with her partner by artificial insemination. First they used the sperm of Donna's brother so there would be a genetic connection, but the baby boy was stillborn. They tried again using the sperm of a donor who was not related, but of similar coloring and background. This time it resulted in the live birth of a daughter. Everything was fine until she and her partner had a falling out when the girl was about 8 years old. The mother took the child and would not let Donna have contact. This had resulted in much heartache. She naturally wanted some clarification. She was told that she and the little girl had been together in many, many lifetimes and there was great love there. The separation happened for a good reason, and for growth. They would be reunited when it would be appropriate. I asked about the little boy who was stillborn. "It's the same soul. It had to do with lessons for the brother who was donating the sperm. And this child was not meant to have those actual genetic structures. It was, to say, a 'dry

run', for the baby and for Donna and for her partner. And it was an experience, karmicly, for the brother who donated, but it was the same soul that entered the little girl."

The genetics were not correct, and when they used a different donor, the genetics were more compatible. It was the same soul, because it was meant to come into that family. I think if people could understand that, it would stop much of the grieving. When there is a death of a baby, and another birth soon after, it is often the same soul, because it has made an agreement or contract with the individuals involved. In the meantime, many lessons were available to be learned by all the parties involved.

A woman went through a past life as a man that was not very eventful, except that he was killed by a group of people. He had fallen deeply in love with a woman who was not considered to be in his class, so they killed him. Yet that did not kill the love and extreme emotion the man felt. The client said when she awakened that she had never felt such deep, deep emotion and love towards anyone. It was very powerful. After the man died, he did not want to leave the scene or the life. In his spirit form he went to where the woman lived and saw her weeping. He put his invisible arms around her and tried to console her, even though he knew she could not feel him. Eventually, he knew he could not stay there and floated upward towards a bright light. The farther he got from the scene the better he felt. Later when he met with the council on the other side and they evaluated the lifetime, they said he had learned a very valuable and important lesson. He was allowed to experience true love. He then had to prepare to come back, and to reenter the Earth scene. He was shown three different life scenarios, so he could make a choice which to experience as his next incarnation. He still thought about his lost love, and wanted to be with her again. He was told that love was what it was all about, but to experience the same relationship again would not advance him. He could be with her again, but in a

different role capacity. That was what it was all about: switching and playing different parts, often with the same people.

Thus we return again and again, switching back and forth in our role-playing in the next scenario. The important thing to remember was that we could never lose that love. Death cannot separate us. It is just placed in another form, but it is never lost. Love is the greatest lesson of all, no matter how many challenges it must go through. We are always reunited in one form or another. To understand love and experience it is the ultimate lesson. Once we understand this, we can have love and compassion for everyone, for we never know which role they have chosen to play this time around.

During one of my other sessions, I was told that many of our dreams are messages from our subconscious. And because they are delivered in symbols, they are very difficult for our conscious mind to understand. Many of my clients bring pages of their dreams to the session, wanting an explanation for them. The subconscious always says that they are easy to understand once you focus your attention on the symbols. Just as dreams are messages, so are nightmares. If the subconscious has tried to get a message across in many different ways, and the person doesn't understand, it will try to deliver the message more forcefully in a nightmare. What better way to get your attention than to frighten you? You will definitely remember the nightmare if it causes fear when you awaken suddenly. The symbols then will be fresh in your mind, and can be studied more closely.

Following are selected questions asked during various sessions:

Q: What actually happens to a person when the body dies? I mean, immediately after.

A: In our human minds, we believe that we will be in contact with other spirit bodies who will direct us toward that path which we feel will lead us to God. We program the immediate after-death experience while we are here in our bodies. It is individual.

Q: When the body dies, is there any pain associated with it when the spirit leaves?

A: No. It seems that the spirit leaves the body shortly before the physical body actually dies. I thought of sudden death in war. There seems to be great confusion. Also other sudden, “accidental” deaths. In old age and in illness, the spirit takes trips out in preparation.

Q: Many people have told me that when a baby is born, the spirit doesn't remain in the body all the time. Is this correct?

A: The spirit is aware of the time of conception, and it is possible for the spirit to “check in” on the progress of the fetus. It seems to enter at birth or shortly after. But because it is so connected to the spirit world, it does take “trips” to visit the familiar home. Sudden infant death seems to be when the spirit chooses to stay in the spirit world. Or perhaps stayed longer than the newly emerging physical body is able to operate on its own. It seems that we do need the force of the spirit in cooperation with the physical body in order to maintain physical life.

Q: Do you think sometimes it is a mistake? The spirit just doesn't come back in time?

A: There doesn't seem to be any actual “mistakes”!!! It seems that you need to *believe* that you can get back in if you so choose. It also seems that you need to give your consciousness permission to so choose to do otherwise.

Q: We don't want to do anything to cause danger.

A: Danger! “Danger” does not necessarily mean leaving the physical body forever!

Q: When the baby is sleeping, is the spirit going back and forth to the spiritual plane?

A: That is the easiest time for the baby, yes. That is also what is happening to older people and those who are very ill.

Q: During these times, they are conferring with the spirit plane?

A: They are *there*.

Q: Can you give an explanation of Hell?

A: When you die, believing in your human mind that you are going to bum in the fires of Hell, your first experience will be what your mind has made for you. This experience, however, need not *last*. It *will* be what you see *first*. Your expanded self can grow in the positive good almost instantly. All it takes is recognition. But if you *believe* that you will go to *Hell* when you die, that is the first thing you will be aware of. The Hell *you* have made.

Q: Then you won't have to stay there?

A: No, you won't.

Q: How can they be released from this thing of their own mind?

A: The greatest good, which for your terms we'll call “God”. It seems that God is able to make manifest to each human consciousness, that which is necessary to open the door to enlightenment. Enlightenment means that you realize that you can create, with your

consciousness, whatever it is you so desire, because you *have* the greatest force with you.

Q: What are we? We like to think of ourselves as a personality, an individual.

A: We are all a part of God.

Q: Is there really much difference between meditation and prayer?

A: There is a *large* difference. “Prayer” is consciously directed energy. “Meditation” is being open to what comes in. Prayer is directing, not so much asking. Prayer means to consciously direct your thoughts which *are* your power.

Q: Then prayer is a real thing?

A: Prayer is definitely real, and it is definitely powerful.

Q: Some people use empty prayers. They just repeat things. They really don't put anything behind it.

A: That is because they are limited by each of their individual definitions of the term.

Q: In some churches, they just recite things and there is no meaning behind it.

A: The church isn't a good place to find legitimate prayer. We are only now learning what prayer really is. As each of us has more power than we are aware of, when we come together to direct our thoughts to a certain goal, we have *greatly magnified* power. The churches *had* the right idea in forming a place where people could come together and greatly magnify their power to the greater good. Unfortunately, the direction got lost.

Q: Do they have to pray to an entity or to anyone in particular?

A: Prayer means to “Think your conscious thoughts toward a specific goal.” You can pray toward the negative as well as the positive. It is hoped that it would always be toward the positive. The positive force is the greatest force.

Q: You don't have to direct it toward a god or another entity?

A: That is where man has messed up. The Force is *all*. To limit it to *an* entity is not correct. Aim it to the “glue”.

Q: Then they don't need to pray to a god and ask for help in that way?

A: Oh, *no!* God is not “a being” or “an entity”. God, as you are speaking of God, is the great positive *force*, the collective positive force of *ALL THAT IS*. To call God “an entity”, and especially to *personify* God, is to *limit* the concept.

Q: Humans are so used to thinking of it as a higher person.

A: That is correct. That is one of your largest problems.

Q: Then when we use the force of prayer, we don't direct it to any one thing. We just direct it to a goal?

A: Correct. The goal of merging with the greatest good, the positive force. The glue of the universe! That is an appropriate term.

Q: What about praying for protection of other individuals?

A: What you are actually doing is praying that the positive force be conscious of that individual. You are praying for awareness of the positive force.

Q: But it does no harm to direct it toward a “figure” we call God, does it?

A: It only limits it (the concept).

Q: What about angels? Some people pray to angels and saints.

A: Those terms are also limiting. We are all operating through physical minds. There are many concepts incomprehensible to the human brain: "Foreverness", "Eternity", are concepts very difficult for the limited human brain to ascertain. So if it is helpful to the individual to think in terms of "Angels, Spirits, and Gods," that should be the *vehicle* to get them to the larger understanding. It should not be the end.

Q: I have heard so many theories. I have heard that when the world was created, the angels were those spirits or souls that never left the sight of God.

A: To use terms like the "sight" of God is already personifying the force. The force can manifest *however* it can be received by the human mind. This is all coming from the "God Source". All is from God. Any *negative* things have been made up by man.

D: How do you define angels?

J: They are those who are in service to this humanity. In the most general terms that's how we define them. As there are several levels of - by levels we do not mean superior or inferior. We mean levels in the service that they render to humanity. But this group is dedicated to the welfare, to helping, those who have chosen to incarnate in this place.

D: I've heard that they have never had physical existences. Is that true? (Yes) So they help the ones who have agreed to become physical.

J: That is correct.

Q: Would it be helpful to meditate at any certain time of day?

A: Yes. The time before sunrise, when the day is not day and the night is not night, there is a stillness and a darkness and a peace. The whole Earth is aware of this time. So is everyone else. So are the animals and the plants, the winds and the waters. This is the optimum, premium, easiest and *best* time to meditate. - Of course, it is not always the easiest time for the human who is working!

Q: Would there be a second best time of the day?

A: Yes, early morning. Any *early* morning time seems to be a good time. The other time seems to be when the sun sinks from sight. When we have that twilight period, there is also a stillness that occurs, that we as humans are also aware of. That, too, is a good time. There is no *bad* time to meditate! Any time a human will use the discipline to do it is a good time.

Q: How can we be sure if the thoughts that come through in meditation are our thoughts or coming from higher planes?

A: It is the amount of emotion and feeling that is connected with that thought. Random thoughts that occur and flit through your mind about things past, things desired, speculations, hopes and dreams, do *not* have the emotional impact that impressions from your larger self have. The *feeling* is your key. If you just think the answer in words, with no feeling, it needs to be critically analyzed. It seems that *feeling* is essential.

Asked about whether humans are assisted with inventions.

A: Humans are able to plug into the need for a certain thing *and* the conscious thought that has already been generated around that

certain thing. It is like a physical blob. People who have concentrated on the problem (this is the blob), have opened themselves up to *receiving* and actually *connecting to* this thought form. Now, many of them aren't aware. Just because they concentrated on it a long time doesn't mean they necessarily meditated or prayed. They may just have thought about it a whole lot. To those people, the invention or idea for the invention may have come in a dream or a flash of insight. Frequently you have read of inventors telling that when they waked, the answer to whatever it was, was there in their brains. This explains also why, in different parts of the world, people come up with the same new invention at relatively the same time. They simply plugged into that problem and the solutions that have been spinning around that problem. Humans create the problem *and* the solution.

Q: Even if it's a radical idea that no one has ever thought of? Some inventions are ahead of their time.

A: That is because you are thinking in terms of linear time. There is really no such thing as "before". *All* exists simultaneously.

Humans, and their limited human brains, put things in order. It is just about the only way humans can operate. They would be like mice running around in a maze if they didn't make up these arbitrary structures for themselves.

About prophecy:

A: It seems that all are probabilities. It also seems that we Western humans seem to be so locked into outlines or hierarchies, ways of A, B, and C'ing things, that we have to measure, define, and delineate everything. So we have made a concept called "time", and now we make a concept called "date". It is inaccurate for humans to put dates and times on things, because that is not the way they are. It is only our *human* way of trying to *figure out* things. It is not accurate. Using terms like "October 26th" is a left-brained way of trying to

handle impressions and operations that are going on. It isn't the best way for making predictions.

Q: You know, humans have to have time frames.

A: They think they do! (Laughter)

Q: But it makes things easier.

A: It makes it easier, but it also adds greatly to the confusion about simultaneous time.

Q: About simultaneous time. Let me give you a kind of either/or. Let's take 14th century Europe. In our time we have history books written about the events that took place in 14th century Europe. Does simultaneous time say that 14th century Europe is still going on, and that people are still somehow doing their things in a continuation of the 14th century? Or is the 14th century going on right now at the same time?

A: The information that the President would be killed in a crash before the election didn't happen in *this* particular time and place. That does not mean it didn't happen. It means that it didn't happen in *our* focus. What happens and is happening in the 14th century has just the same probabilities as that one singular example of the President not being killed in the crash that we *know* of in *this* focus. Our history books are written about *one focus*.

Q: Other probable 14th centuries are occurring now, is that the idea?

A: Yes, and they are influenced by things that we do now, in the future, and may have done in the past, using those human terms.

Q: Is the 14th century kind of frozen in some way so the people don't progress into the 15th century?

A: Say you're a 14th century person. You are not a "single" person. Just like if you stand in one place and look forward, and then adjust your body position one-half inch to the right, you now have a different focus. Look how many different focuses you can have just by turning your body in a complete circle. That is how many different probabilities can occur at the same time, anywhere, any time. It is a concept very hard for the human to grasp.

Q: It is difficult because we know that the physical body does develop from a baby to an old man. I can't understand the concept of no time.

A: That is the focus you are aware of, but you also know a baby who didn't develop into an adult. (Yes) Well, it happened to be *that* focus that you saw that baby in at the time. That same baby, in *another* focus, can grow old.

Q: That's the part that's hard for me to understand, because if it is all happening at one time, you know your own body is different at different years.

A: You only know one focus. This physical focus that we're in here now. In another focus, Dolores Cannon might be a circus acrobat! But in dreams you are *aware* of some of your other focuses. We all are. We don't look the same, we don't have the same relationships, yet frequently we can identify ourselves in our dreams.

Q: Yes, but they say your dreams are symbolism.

A: Your *life* is symbolism. Symbolism is how we *all* live.

Q: Is it true that the only thing that seems real is the thing we are able to focus on at that time?

A: That is exactly right. That is why people can experience a past life for Dolores at this very moment in 14th century Sweden or wherever. That is *exactly* right. It is simply shifting the focus.

Q: But in my work, I have seen patterns of how one lifetime influences another life, and it seems to be going in progression.

A: Yes, in *that* focus there is always a progression.

S: If you were to have an experience which was somewhat traumatic, if you sit and think about that experience 10 years later, you are experiencing simultaneous time. Where your mind goes is the time frame with which you are experiencing. The amount of energy you put into that thought puts you more fully into that time frame.

D: When I do past life regressions, would that be along the same line?

S: Similar. What one would prefer in lifetime awarenesses would be to follow patterns which carry through from lifetime to lifetime. It would be like overlays. Take a base picture of self or soul. Take a clear page with a sock painted on. Take another clear paper, put the other sock on, so on and so forth until you have layers which are fully formed with the original page. Now if you choose a dirty sock, that is your choice. But you still have a sock.

D: One thing we've been trying to understand in past life regression is, if the past life personality is in another country, and their native language is another language, why do they communicate with me in English?

S: They are using the brain circuitry of the present lifetime. The self automatically translates into comprehensive terms of the present.

D: Is it possible to have them speak in their own native language?

S: It is possible if subject is fully drawn or in sync with that past life.

D: Sometimes they do not know common English expressions when they are translating or whatever it is they are doing.

S: Because they are in sync with that past life. There is a blending, so to speak, of both lifetimes so that some of past life terminology blends with present life terminology. There is enough blending between the two to set up at that time a sense of almost confusion within self. They are in sync enough to be able to be aware of lifetime in order to be able to understand lifetime. They would have to be aware of that time period. But the basic brain functions are still rooted in present lifetime languages and awarenesses.

D: But it is possible from time to time to have foreign words and phrases slip through?

S: Oh, yes, yes.

D: And also with music. They were able to sing in their language of the time, which we thought was strange. Then it is possible?

S: It is possible. What is impossible?

An explanation of what is occurring when someone channels entities.

A: All who channel, those who do the channeling and those who channel, are aspects of each other. A way of comparison would be like an electrical circuit board. Each individual life or aspect is a point on that board. The electrical currents

travel from one point to another, but only when that particular point or particular circuit is open does a connection occur. This circuit board would be a grand size for each oversoul. You are fully far more than just an individual circuit. You are connected by each. In order to channel through to another circuit, that electrical pattern must be the

same. The importance of you as an individual self is most significant in that if you do not allow this connectedness to occur, that circuitry is cut off by one. In order to allow and experience fully that circuitry, the simplicity of energy, which is love, is most important. All the ideas of consciousness raising and becoming positive within your life, all it boils down to is self love. How can you give love if you do not feel love? How can you express and give away what you do not have? It is self love; call it self worth, call it self esteem, call it anything you wish. It is still self love. I am but a connection in the circuit, an aspect of the one who is channeling me.

About reincarnation:

Q: If a person has left this life and believes that he is going to be reincarnated in another life, can he choose the time and place? Or is it out of his hands?

S: Nothing is out of your hands. You are fully and totally in control of your life. If you feel a drawness to a particular country or time, the soul, so to speak, will automatically program the desire into the self. Desire was there before conscious thought. "Oh, I would like to live in Tibet in 2002." These thoughts are yours, these thoughts are your programming.

Q: Can you go backward into a life of 10,000 BC as easily as you can go forward into 2001? In other words, if time is simultaneous and we think in terms of linear time, can you go backwards as well as forwards?

S: Certainly.

Q: How is that accomplished?

S: How? It is already accomplished. The world as you know it, reality as you know it, is fully formed. It is not a piece of a pie, or a pie crust

still waiting to be filled and baked. It is the pie. Where you happen to be right now is only where your conscious thought happens to be directed. All is all, but to make things less confusing, and because of the nature of this reality, you are aware of right now. That does not mean yesterday is not or never occurred, or tomorrow is not or never occurred. It is now. Where you choose to focus is where you place you time, but *all is*.

Q: Suppose a person wanted to go back into a particular time period and make a historical change. Would it be possible then for a whole new future to spring from that change?

S: Wonderful question. Yes, it is possible. However, first it would take the strength of conviction that this can be done. It would take a fully aware consciousness, subconscious, superconsciousness experience in order to do this. That does not mean that present history would be different for those involved in that time. What it would do is cause an offshoot, a “Y” in the road. A creation of a different reality. But it would not necessarily change the reality for those involved here at this moment.

Q: It would be a probable reality? (Yes) Has that happened before?

S: Everything happens before, after, now. In order to have that ability, there would be a degree - for lack of a better word -a degree of awareness attained by that individual. This individual seeing and being aware and knowing the patterns of life, lives social events. History would also be aware of the lessons gained by or the awareness gained by, and the need for the souls to experience certain things. They go with the flow, so to speak. They would understand and have understood those patterns which are best, appropriate. They have gained the awareness of acceptance. Is that clear?

Q: Not completely.

Q: Do we choose our birthdate?

A: Yes, you choose.

Q: Even if someone were born by Caesarian section?

A: They chose a mother who would find it necessary to have a Caesarian section.

Q: Why is the birthdate significant?

A: Everything in this Universe affects everything else.

Q: Do we have a specific goal?

A: Yes. There is within you that awareness of what that goal is. You are working on your goal, whether you are aware consciously of that fact or not. You are working on your goal. Becoming aware of what that goal is, is a matter of wanting to know. Sounds so simple. By becoming less concerned with running to this person or to that person for a little more information, and by becoming more fully aware and in tune with self by learning trust of self. By meditating, by all methods appropriate to you will you learn more. Learning self love is the final goal. Everything else that you would wish to attempt comes from, if it is to be fully realized, the ability to love self.

Q: What do you mean when you say "final"?

A: Final, ultimate. This is what this reality, this is what this existence, this Earth, human experience is about. Is to learn self love. This is what increases, what expands, what this reality can and does need and can thrive on: self love. This is what being human is about.

Q: You seem to intimate that once that is achieved there would be other realities we would be going to. Is this what you 're saying?

A: Are there not other realities? (Yes) Do you think you are confined to this one?

Q: Then you couldn't call it final.

A: Not final, no. This is the prime goal. This is the purpose -purpose, that is the word - for human reality.

Q: Roughly how many lifetimes does it take to learn self-love?

A: How many? We would wish not too many, but in the long run, does it matter?

Q: How in the world did this particular reality get so far off the track that we were taught that self love is a no-no?

A: You chose it.

A question about twins.

S: The decision is made with the other soul out of love. You can't get any closer in the physical plane. Because you have identical DNA, and your thoughts primarily work the same way. They're not, of course, the *same* thought, but the process is so similar. But there's already a framework and you don't need to fill in all the spaces, because you know. They wanted to come back with someone they loved, rather than coming alone. And these are difficult times. They needed that type of companionship because that's a constant. And there's not much constancy in these lives.

During a demonstration session at one of my hypnosis classes the person wanted to know about her twin, who had died. The subconscious said that she had completed what she was supposed to do, "She did her lessons, and it was time for her to go." This is easy to say, but it still doesn't make the grieving any easier. "It hurts

her very much. It's going to hurt her for a long time. With twins, there is almost like a gold cord, if you can picture that. A very fine gold cord that attaches them. And even in death - or what you call 'death' - it doesn't sever totally. So they will *forever* be part of each other."

I found an explanation years ago for Siamese twins (which are now called "conjoined" twins). Suppose two souls, while on the spirit side getting ready to return to the Earth school, are discussing their contract with each other. They have loved each other and been together during many, many lifetimes. Maybe something traumatic happened in the life they have just left. Now, one of them says, "*We will never be separated again!*" A simple request that produced unforeseeable consequences. And a very logical explanation.

One of my clients had a question about her birth. She was one of triplets. One was born dead, the second had a mental disease that required that it spend its entire life in an institution, and the third was the woman client. She wanted to know why this happened. The subconscious said that the first triplet changed its mind as the birth was occurring, and decided it did not want to be born at that time. This resulted in the stillbirth. The second decided after it was about two or three months old that it could learn more in this lifetime by being mentally handicapped. So it developed the mental problems. The mother had said that the baby seemed normal until it was about two or three months old, then something suddenly happened. The doctors did not agree, because they said the disease was always present from birth. It did not develop later. I think the explanation I have found makes more sense, because the soul has control over the type of body it inhabits.

Parallel lives.

Q: If each one of us are living in different planes of existence at the same time, is this what would be known as parallel lives?

A: That is accurate. In the sense that each of you, at this point in your lives, are simply facets of your true entire self. That is, your pinpoints of awareness. Your total awareness is far beyond anything you could encompass or imagine at your level. Therefore, it is easy to see that as your awareness grows, as you broaden your reality of the spiritual ladder, you find that your awareness overlaps with that of other individuals. Such that at the ultimate level, you are indeed on the God plane where all is one. Your awareness on your level is simply a drawn-out or focused pinpoint of that total spiritual awareness. And so it could be seen that at various levels, your awareness would indeed overlap with others. Such that ultimately, all is one. Therefore, *all* lives ultimately are concurrent.

D: You said before we were just the tips of our own icebergs.

A: That is accurate.

S: Rainbows are to remind us of the color of energy and creation. Just a reminder, there is way more than we can see with just the naked eye. The color of creation is all different levels of color that are beyond the visualization of a human being. It is just to remind us there was a time when this energy wrapped around us in another realm. This is a reminder of home, of the loving energy. This small reminder that there is more to the spectrum of color than what we actually see with the naked eye. Just a remembrance of home.

S: I think we should bear in mind that when one of us opens up, it opens up something in all of us. We are connected. We are one. We are not individual, autonomous units. We have individual personalities, but in the bigger picture, we are connected. We should remind ourselves that we are all one, and that we are spiritual beings first.

A woman had died young in several lifetimes. The subconscious explained, "She learned many things that she needed to learn, and

there was no point in going on.” She was living longer in this lifetime. “It’s taken her longer to learn her lessons this time. She forgets that she has to willingly release from this body. You always set up a way to exit the body in advance. There has to be a way to exit, and it can be whatever way you choose. Whether illness or accident, whatever fits in with the learning experience. But when it comes time to exit, the person decides, and willingly goes. No one else can make that decision for them.”

S: There is a lot of mixed energy in crowds. You have to be careful to put up protection before going out in crowds. Sometimes the energy of crowds can latch onto you. If it does, it’s draining. You feel very tired. There are so many people that are hungry for energy, because their vibrations are not high enough for them to produce a good quality of energy. So when they find and sense someone with a high vibration they will latch on to that energy, and use that energy. It’s kind of like they’re suction cups.

I have heard them referred to as “psychic vampires”. That’s a negative word, but it’s the same idea. They don’t do it consciously, but they do take energy. “You must protect yourself, even when you go shopping. Anywhere you go where there is a large group of people. It’s vitally important for you to keep your energy up at the highest level. Your body has an intelligence. Listen to your body. Talk to it regularly. It likes that. It likes to be recognized. Magnesium is very important for the body. With giving so much energy out, magnesium makes it easier for you to absorb more energy into yourself.”

A client came to my office who did not really have any pressing problems, and she didn’t care much about finding past lives. As we talked it became obvious that the death of her sister was still affecting her greatly. She wasn’t sure about an afterlife, even though she had been raised in a strict Church environment. It had been

almost a year and she still spent most of her time thinking about her sister, crying and grieving. When we started the session, I thought it would progress as they normally do. I wouldn't have been surprised if she had found that she and her sister had been together in a past life. Instead she went immediately to a beautiful garden. There were wonderful flowers of radiant colors, and glorious music in the air. I knew from the description that she was probably not in an Earthly environment. When I asked if she could see anyone, she saw her sister coming towards her through the flowers. She was wearing a long gown and looked radiant and beautiful. They took each other's hands, and her sister said to her with much emotion, "Let me go! You can see that I am fine!"

"But what happened? We are thought you were getting better. But then you died."

Her sister replied, "It was my time to go. I had done everything I set out to do in that life, and it was time to go." Then her sister said she had someone else for her to meet before she left this beautiful place. And their parents appeared looking healthy, is so beautiful here. There is nothing to grieve about. When your time comes you will come here also, and we will all be waiting." Skeptics may say that this session was only wish fulfillment because of her grief. But does it really matter? I have done enough sessions to know that it was real, and the meeting was a gift to her so she could go back to living a normal life. I have been told that grieving only holds the departed soul back, keeping it from going on to where it is supposed to go. When we grieve it is a selfish act, because we are only grieving for ourselves, for how our loss is affecting us. It does not affect our lost loved ones in the same way. They lived their life, they found a way to exit because it was time. They must now continue on their own path. They are more than happy to return "home".

SECTION TWO

LIFE IN NON-HUMAN BODIES

CHAPTER THREE

OTHER LIFEFORMS

There are still people who remark, when the subject of reincarnation is brought up, “What do you mean, I have lived before? That’s impossible! This is the only body, the only life I have ever had. This is the only thing that is real.” Those are the ones that have not even begun to take their baby steps into this fascinating world of the unknown. Then there is the next group that are shocked when they find out (through hypnotic regression or however) that they have had *one* other life prior to this one. They are shocked because it has threatened their belief system. It has made them think. Usually when the person begins their exploration, the subconscious is wise enough to only give them what they can handle. The life they are shown is usually a dull, boring, mundane life. What I call a “digging potatoes life.” There is usually nothing traumatic or dramatic, because they are not ready to handle it. Yet, they will find that it answers questions for them, usually regarding family relationships, etc.

I could fill not just one book, but several, with the thousands of past lives I have conducted. It has become so commonplace that it is of no value to me as a writer. It is only valuable to the client as therapy. Thus, I only write about those cases that I think will now expand our knowledge of reincarnation through its therapeutic value. A great number of the cases I have conducted contain dates, names, places that could be researched by those curious to check out their validity. Some people have the need for such verification in order to “prove” their experience. I tell them that they are welcome to check the cases if they need to. I no longer need such verification. I know beyond a shadow of a doubt that reincarnation is real. I know and fully believe that it contains all the answers, especially those that the Church have labeled “unexplainable”.

It makes sense that 90% of the past lives I uncover will be simple and ordinary. This is the way the world is. This is the way our lives are. There are many, many more ordinary people in the world than those few who get their names in the newspaper. When the person discovers they have had at least *one* other life, it has to sink in. Some dismiss it as impossible and return to their normal lives and their safe, accepted belief systems. That is perfectly all right. I am not here to change anyone's beliefs. My job is to present what I have found, and then let the reader make up their own mind.

Then there are those who have made this discovery: that indeed this present life is not all there is. They then want to explore further. They must be careful not to be overwhelmed by what they may discover, because their lives will never be the same again. It is said that once we learn something, we cannot *unlearn* it. If they are amazed that they have lived one life on Earth, imagine what it might do to them to discover that is only the beginning of exploration, the tip of the iceberg. I have had to go through similar changes in my belief system over the 40 years that I have been conducting this experimentation. And as I have worked, I have opened the floodgates to unlimited possibilities. The variety of past lives are only limited by the imagination, and some that I am receiving now defy the imagination. That was the purpose for writing the *Convolutd Universe* series. I left the world of the commonplace long ago. And my readers tell me they are ready to expand their minds with me. And so we go exploring.

Earth is only one of the schools we come to, to learn lessons and gain life information. You can have many, many hundreds of lifetimes on Earth, but you have also had lives on other planets and in other dimensions. I have explored this in the first two books of this series, and I will continue to supply cases in this book that will further stretch the minds of the readers.

However, I have found that the physical human body is only one form the soul can take. Most people think the physical is the only

way they can appear, not understanding that you *have* a body, you are *not* a body. This is only a “suit of clothes” that you are wearing at the present time. And like all clothes, no matter how attached we become to them, they will eventually wear out and have to be discarded. Then we simply find another suit of clothes, another costume for the next role we will play in the cosmic drama of life. Why should that next costume be a human body? Why can’t it be an animal, plant or inanimate object? Who is to argue that these things do not have life? All of life is about experience and learning. Who is to say you can’t learn something from being a rock or a dog? It just means you have to open your mind a little more to the definition of what life is. People have told me, “I can accept the idea that I have lived before as a human. But as an animal? No, that I cannot believe.”

I have found in my work that we must experience life as *absolutely everything* in every form before we are finished with our school, our lessons, our education. We must know what it is like to be in every possible situation before we can return to the Creator, God, the Source. There will be much more about our journey since we left the Source, and what is required in order to return to the Source, in the following chapters. In this section, I will present cases that I have conducted where the person did not go to a life with a typical human body in a typical Earth life. However, I think it will show the valuable lessons that can be learned by existing (even for a short period of time) in these other vehicles. It will begin to show just how much is required before we can graduate from the life school. Beware! Your belief systems will definitely be challenged, and your minds will definitely be bent. Let’s hope they will fly open and start absorbing like a sponge.

The people who come to see me in my office and on my trips, and wish to have past-life therapy are ordinary human beings from all possible walks of life. You would never know by looking at them what their life history was. This is important. They are here to live as normal a life as possible in this hectic world. These other memories

remain hidden in the computer records of their subconscious mind, and are only released when the subconscious thinks it is the appropriate time. In my work, I always take the person through the *appropriate* past life first, and often the answers to their questions are found there. Then I call forth the subconscious mind to answer any questions we have left. The first question I always ask is, why the subconscious chose to show the person this particular lifetime. Its logic far surpasses ours, and its explanation is usually something we would never have thought of with our very limited human logic. Yet it puts everything into place and makes perfect sense. So this is the procedure I will follow in the cases described in this book. I think the reader will be as puzzled as I was while taking the person through the past life, until the subconscious revealed the answer. This is why I enjoy this work so much. I am working with an extremely powerful source of knowledge with tremendous abilities that defy the imagination. And yet you will notice that it always answers the same, using the same terminology. So I always know I am speaking to the same universal part. It comes through everyone I work with. I have absolutely no doubt of who or what I am communicating with. I have become so familiar with it, it is like having a phone conversation with an old friend.

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ANIMAL LIFETIMES

When Wendy came into the life, she was confused, and reported something she had difficulty understanding. "I'm on water. And I'm a tiny, tiny, tiny something or other on this leaf floating around in the water. This doesn't even make sense."

D: Let's just talk about it. What do you mean by a tiny, tiny something?

W: I don't know. I'm just so small, and the leaf is huge. I'm just floating there. I know that I am alive. I have awareness. It's calm,

clear water. Looks like glass.

D: If you look above the leaf, can you see anything else?

W: A tree. It's a craggy looking tree growing along the edge of the water. Half of the roots are in the water, and half of them are in the land. I don't know what I'm doing here. All I see is the water, the tree and the leaf.

D: You can become aware of yourself.

W: (Suddenly) A worm! It's yellow, it's fat. It's tiny, but it's fat.

I wish I had arms and I don't have arms. I have legs, but they're just stubby. And I'm stuck here on this leaf. Seems like all I can do is just wiggle. Can't go off the leaf because I can't swim. But I don't want to stay here either. It's dangerous. I think a bird could get me.

D: How do you think you ended up in the water?

W: I fell from the tree. I was on the leaf. I guess I chose the wrong leaf.

D: Oh! That must have been an experience. Because usually you'd stay away from the water, wouldn't you? (Uh-huh) What do you eat when you're up there in the tree?

W: Leaves.

D: Oh! Is it good?

W: It's just what I eat. It seems like it's a nothing life.

D: How do you eat the leaves?

W: Just with my mouth, when I crawl around on my stubby little feet. I feel inhibited. - Oh! Now I'm floating away. There seems to be a current. - It seems to be rushing water ahead. - There's a waterfall. It

looks like a big one, but it isn't. It's just that I'm little. - I'm going down the rough water, and the edges of the leaf are curling up. We're going fast. Ohh! I'm going to get sucked under by the water. - But there seems to be an air bubble that forms around me and the leaf while we go under. So it's popping up and down, up and down. This is so silly! Up and down, up and down. So I don't drown. - Then I finally get swirled down into a calmer pool of water. And the sun's shining bright. I'm just laying there on this leaf.

D: You had quite an adventure.

W: It was scary.

D: What are you going to do now?

W: Just lay there on my back, because I can't swim.

Would she drown? Or would a bird see her and grab her off the leaf?

D: We can condense time. What eventually happens?

W: The leaf finally goes over and gets hung up under a bank. And I can crawl back up on the grass. Because the bank was kind of hanging over the water, and I could crawl up under, and then back up on top on the grass.

D: I bet that feels good to get out of the water.

W: It does. I don't want to go there again. I'm just going to join other ones like me. They are glad that I'm okay. It's like a gathering.

D: They recognize you?

W: They do.

D: Are you telling them what happened?

W: Yes. They said others weren't so lucky.

One may wonder how the other group of worms knew her, since they were obviously separated by a distance that would have been difficult for a tiny worm to traverse. I found in my early work, reported in *Between Death and Life*, that animals and plants belong to a different type of soul group than humans. Where the human seems to be acting as an individual, plants and animals are joined in a common bond as a group soul that interacts on a more subtle level. This was brought home to me one day while I was driving down my country road. I saw a huge flock of birds rise from the trees. They immediately formed into a big mass that swirled and pirouetted across the sky. They were each individual lifeforms, yet they interacted as one intelligence, as one consciousness, with a single mind. This is also a good analogy for the concept of the Source, which will be presented later. We are one, yet we are also part of the Whole. We are never separate.

I then moved Wendy ahead in time to another situation. It was difficult to know how to word it. Normally I move the person forward to an important day. But what would be an important day to a worm? Certainly nothing could be more dramatic than what the poor little thing had just experienced. I asked her what she was doing.

W: I'm just rolled on my back. I'm not fat like I was. And my body's kind of dried up. I'm on my last breath. I'm just old and I'm dying. Nobody's around. It looks like my body's just dried up, and I'm gone! Sssshwww! I'm glad that's over!

D: (Laugh) That was a strange one, wasn't it?

W: It's too weird to be an insect.

D: (Laugh) But every life has a lesson, it has a purpose. What do you think you learned from something like that?

W: I know I felt terribly confined. And vulnerable. Now I'm free. I leave that confining body and just slide away! Oh, I'm glad that's over!

When I contacted Wendy's subconscious I asked why it had chosen to show her this unusual life.

W: To show that you can be anything in creation, even a lowly worm. That you think there are no lessons by experiencing a lowly worm. One of the things she learned was the confining, the restriction, but yet there was a group consciousness even in a lowly worm. It was not without purpose.

D: Yes, that makes us aware that everything is alive.

W: Life even goes smaller than a worm.

D: I don't think I've had any smaller than a worm. I've had some as the air, and dirt and rocks.

W: Yes. She should be thankful she wasn't shown experiencing a rock. A worm is much more free than a rock is.

D: That's true. I've been told when someone is a rock, it's very slow and dense.

W: And confining.

There were many more sessions that I did in my office in Huntsville during 2005-2006 that involved animal incarnations. With these, I did not keep a copy of the tape recording. Instead, after the client left I made notes so I wouldn't forget. As a reporter I have an insatiable curiosity, I always want to know everything about everything. That is why I ask so many questions. In the case of a human reliving animal incarnations, I wanted to know what it would be like to *be* an animal. How does it feel? How do they live? How do they see? Many questions, and I have tried to recapture some of the answers in my notes.

Dorothy went to a lifetime where she was an eagle. It was a very powerful body, and she really liked it. But the most amazing thing

about being the eagle was that all of its energy was focused in its eyes, focused on what she could see. She was perched on the edge of a nest overlooking a mountainous area with snow, and she could see very intensely every tiny detail. She said as she looked out over the landscape, the colors were the most intense you could imagine, and the shadows were very black and dark. There was a very distinct separation between the colors and the shadow. Quite different from what humans see. Then when she saw movement on the ground - a rabbit - her eyesight changed. When she looked at something that was moving, it was almost like looking through an infrared field. A reddish color, as though she was seeing the energy of the animal, rather than the animal itself. As though when the animal was moving, she could track it by seeing it through an energy, infrared field. And her eyesight would switch back and forth when she was looking for food, or mostly just whenever she was seeing movement.

At night, the normal vision was cut off because of the dark, but another vision would come on if she needed it. Here again, she would see the energy *field*. But at night it would be like a dark blueish-green. So the movement, rather than looking like infrared, would have a blueish-green cast. It reminded me of the night goggles that some of the soldiers use. I think they pick up the energy of the person, and are able to sense that energy in night vision. And probably also similar in the movies, the way robots or different beings see the energy field, rather than the person themselves. It always appears as a greenish or reddish cast, to where they're picking up the *heat* of the person or their energy. So apparently this was the way the Eagle could see. And how do we really know how he uses his eyes? Apparently they switch back and forth between two ways of seeing. And the most intense thing about being the eagle was to focus *all* of the energy into its eyesight. I would assume that other night birds, such as owls, have similar vision.

In another case a woman experienced a series of lives in different animal and plant bodies. One was difficult to identify when she first entered it.

S: I'm in something like a bubble. I don't like it, because I'm squished. Squished. Just a bubble. I'm cramped.

This was confusing. Where was she? What was she?

S: Because of my position inside this bubble, there's no room to move. It's hard. It's all scrunched and ...a floating balloon. It's not comfortable at all. I like freedom. Being in this little bubble isn't very free. I have to get out of this bubble.

Since this was causing discomfort, I moved her ahead to when she was out, and asked her to explain what she could see.

S: Amoebas? Am I in the water? I came out of a water bag. I can breathe, but I'm in the water. - It's a creature. And I can float in the water.

D: What kind of creature?

S: Slimy. (Pause) It's hard to explain this body. It's like if you took just your toes, and connect them in a circle. That's your extensions, but you're the middle part. You're the body. That is *weird!* Oblong body. - A tadpole? Could that be a tadpole! Oh! I'm a frog! Because you have these wavy things coming out of you, but yet you're like a slimy oblong looking thing. And then you have buds to pop out into a lake. It looks like what I would call a frog. Those little buddy things that look like toes are my legs! And a head. - So now I can breathe in the water, and also out of the water. I like being here. This was a good place to go. This was a good choice. Transition. I like it.

D: What do you see as you look around?

S: Gnats in water. I'm sticking up out of the water. Little creatures to eat. I eat them when they fly by. It's okay, but it's boring. It's not what I thought. I want to go and be something else. - Now I see colors, red, white. The red and white is a part of a flower. You know how the outside is the light color, and then as you slip down inside it gets darker? That's what I am. I *am* the flower! I like to try things. And I am colored light, so I can change colors. I decided to try being a flower, because they have many shades of colors.

D: What does it feel like to be a flower?

S: Expansion. Expanding. Growing. Beautiful. Soft. It's just so beautiful. But then you die, because flowers don't last very long. I'm just trying it on for size. It was good while it lasted.

So it would appear that many of these strange lives are short. They are just so the soul can have the experience.

I found some of the most fascinating animal lives were those of insects. I had a client experience a life as a spider, and she described the way she was able to see. As you know, spiders have several eyes, and in our logic we would think it would be difficult to use them all. I found out that they do not use them all at the same time. The eyes are spaced at intervals, but it was not confusing. It was as if looking at many TV sets showing the same image. It perceived it as one, although it was composed of many facets. When the spider saw movement in one of the eyes, that would be the one it focused on. The others were not used unless something was sensed in that area. It focused on the part or section that was of interest or that contained movement. Where we see things out of the corner of our eye, it could focus in and see the entire image, even in the peripheral. It was the same thing when another woman regressed to a life as a fly. Their eyes are also multi-faceted, and again are similar to many

TV screens. They focus on movement in whatever area they need to. The client said, "Otherwise it would be a jumble of information. I select what I want, and disregard the rest." How clever!

Apparently these creatures can see a wider and more detailed range than we can. All of this has made me appreciate and respect life more in *all* forms, and to realize that *everything* has the spark of life.

Another case of this type occurred when a client went into a lifetime as a small whale. At first she didn't know where she was. She came down into the water, and then she went underneath the water. She saw a fin, but she wasn't sure if she was a fish or a seal, or something similar. So when she went under the water, I asked her, could she breathe under the water? And she said, not for very long. She had to come back up to the surface. That determined that she had to be some kind of mammal, and eventually she saw that she was a whale. She just enjoyed swimming around in the ocean, and eating fish. As we moved through the session, she saw a small fishing boat. She didn't know what it was, because it was something she had never seen before. She swam under it, and came out the other side. As she was turning around it, trying to figure out what it was, she had a feeling of fear. So she decided to leave and move away from it. She didn't think they had seen her, but they had.

She unexpectedly felt pain, and from the description it was probably a harpoon. She kept saying, "They stabbed me! Why did they do that? I wasn't hurting anyone. I was just minding my own business, swimming around. Why did they hurt me?" Then she described being hauled ... pulled. They put a net and ropes around her, and took her back to the larger ship. When they finally came to shore she was strung up, and they started cutting her up. She was crying and decided she didn't want to watch it anymore.

One of the reasons for having the session was to discover the cause of her physical problems. She had experienced back pains that had resulted in a numbness in her arms and hands. She would wake up many times at night and be numb. It was also affecting her work, making it hard to hold on to things. When we talked to the subconscious it explained that it was caused by *that* lifetime. When they were cutting the whale up, they cut it down the backbone while she was still alive. And this transferred over, I suppose as the feeling of vulnerability, into this lifetime. It affected the back and the nerves in the hands and arms. I would have thought it would have also affected the legs, but in this case it didn't. With this strange explanation, the physical problem could be taken away, because it did not belong in this life. It was just another case of the body remembering a traumatic death. She was being shown that lifetime so she would know there was a time when she was very happy. She was free and she could do anything that she wanted to, even though it ended badly. She had to know that she could experience that feeling and freedom again in her present life.

A woman who regressed to a lifetime as a giraffe felt very regal, as she could see above everyone. For a few days afterward she felt as though she was walking on stilts.

And then, on my weekly radio show (on www.BBSRadio.com) I interviewed a woman who was an animal communicator. She was talking about how she could communicate with her animals, especially her cat, and it tells her anything she wants to know. There was a distinct difference between receiving answers from animals and guides. One of the questions she asked the cat (which was precisely the type of question I would have asked), was, "How do cats perceive humans?" She knew that dogs mostly perceive everything by smell, but she wanted to know how cats perceive humans. And she was told, "At first we see you as swirling colors of energy before it focuses into a form." Then that brought up the idea:

if the cat sees energy first, that would explain how cats can see ghosts and things we can't see. It's seeing the energy of the entity or whatever it is, without having to see the form.

I could readily identify with this because I had personal experience with the unique perception of cats. When my husband was serving in the U.S. Navy during the Viet Nam war in the 1960s, I lived in St. Louis, Mo. We lived in a two-story house directly across from Tower Grove Park, where all the houses on the street looked very similar. My children and I soon found that the house was haunted. The phenomenon took place mostly on the second floor where lights would turn on and off, doors open and close, and loud footsteps would be heard running up and down the stairs at night. Because of monetary problems we had no choice but to continue to live there until my husband returned from the war.

So the children and I became accustomed to our invisible houseguest, and named him "George". Yet the most disturbing thing was the actions of our Siamese cat "Boots". After the children were in bed, I would try to relax in the downstairs living room and watch TV. But most nights Boots would sit at the bottom of the stairs and stare upwards at the second floor landing. As she sat there, her tail would be flicking back and forth, the way cats do when they're watching something. She would sit there for a long time transfixed, ears alert and tail moving, watching something that was invisible to me. I would usually say in desperation, "Boots, why don't you go catch a mouse." At the time, I thought all animals could probably see things that we couldn't, but now this explanation sounds more plausible. Cats are more sensitive to seeing energy, and it makes sense that they can also see the energy of a ghost. It was probably confusing to Boots because she couldn't figure out what the energy was.

I had many other cases where the subjects went to lives as a flower, an ear of corn, a rock. Life as a rock was very sloooow. Those readers who have read my other books will remember that in *Legacy From the Stars* I had my first case where someone went to a nonhuman life. A man wanted to go back to his first life on Earth. I naturally thought he would go to a life as a caveman or something similar. Instead, he went to the time when the Earth did not have life yet. The ground was unstable, volcanoes were erupting and spewing all types of gases and chemicals into the air. The Earth had not yet reached the point that it had cooled down enough to support life. The man saw himself (along with many others) as part of the atmosphere. In other words, he was *air*. This was difficult for me to understand at that phase in my work, because I had not yet been exposed to the fact that everything is alive. I thought, here he was as a chemical, an element, yet he still had intelligence. He was aware of himself and his function, and was able to communicate with me. His job at that time was to help filter the dangerous chemicals (especially ammonia) from the air, so that life would be able to survive when it emerged from the “primeval soup” at the beginning of creation of life on Earth. When he was not doing his job he would fly in and out of the flowing lava, just to see what it felt like. I followed his progression as he went from that state to the various lifeforms (plants and sea creatures) as they began to emerge. All of this would have taken eons of time. After that experience, I was open to anything that my subjects would tell me. It showed me that nothing, no form of life, is impossible.

A similar case occurred after I began seeing clients in my office in Arkansas in 2003. When the man came into the scene, he found himself on a very dark barren planet. Yet there were things that projected out of the ground that were more angular than rocks, with sharp points and edges. He knew he was on a black planet, where there was no light, and nothing growing. He did not have a body. He seemed to be a part of the planet, mostly a part of the surface. Then, he went beneath the surface and it was as though that was a shell covering something that was inside. He had great difficulty

describing what he was seeing. It was as though things were growing underground, more or less like on the surface: pointed, very large stones. They were very strange, unusual, like nothing he had seen before, and definitely not biological. As he went further down, he could see light which looked like it was coming from flowing lava. He went in and out of it, just to see what it was like, but he was aware that there were consciousnesses around him. Not necessarily beings or people, but consciousness. Sometimes people say they are pure energy, or energy beings. But he said he was consciousness, and he knew he was part of everything there.

As I moved him forward in time, he found that the surface of the planet had changed. He saw something that sounded like a space station, but it was very difficult to describe. It was something that came up from the surface of the planet, as though it was a series of buildings. And this whole community, or whatever it was, formed a series of buildings at least a thousand stories high that circled all the way around the planet. Later, I asked him if he meant something like the rings of Saturn. He said it was very similar, except that it was attached to the surface. And in this station, or whatever it would be called, the people lived. They did not live on the surface of the planet, but in this large community type structure that extended up from the surface. He saw the beings looking rather human-like, although they were dressed in robe-like clothing. They went about their various jobs in this place. He was living among them in a leadership position.

Later, when I was communicating with the subconscious, it said it was showing him that he had been on this distant planet from the time when there was no life on it. Things were beginning to be created and starting to form, even though they were underneath the shell that covered the planet. The lava was the beginning of life. That's why he did not have a body, because he was part of everything. It was to show him that as the planet evolved - which would have taken eons and eons of time to develop certain types of lifeforms - he inhabited each one in progression, until he finally got to

where there were intelligent beings. Then, when he evolved to the point where he was the leader of this whole community, it was as though he had gone as far as he could go. At that point he didn't *die*, per se. He just decided to leave the body. And when he did, he came to Earth. He was to progress onward. He had learned everything he could possibly learn by being on that planet from its formation of life all the way through its advancement. So the next set of lessons would be to start over again on another planet with a different set of rules and regulations and lessons. That's when he came to Earth.

In March 2007 after I had begun work on this book, I had a random session that added yet another aspect to the idea of inhabiting animal bodies as a form of reincarnation. My client saw herself in a room where she was enclosed in a clear plastic-type capsule. She was aware that there were many other similar capsules spread all throughout the large room. When she became aware of her body, it did not seem to be fully formed. She knew it had two legs and seemed more animal than human. It seemed to be wrapped as it lay on a table encased in the tube-like capsule. She felt she was some type of experiment. She was able to see a being walking around the room who seemed to be checking on the forms that were in the capsules. He was very tall and was wearing a white coat, but she did not think he was human. She also became aware that there were many others in another room monitoring their progress on some type of computers.

She could see keyboards and screens, dials and gauges. I attempted to get information from the mind of the person who seemed to be taking care of her and the others, but the access was limited. All she could get was that they were some type of experiment, and they were located above a planet. From time to time, the capsules were rotated around the room. I moved her ahead to see if we could get more information, and she saw herself on a planet where she had been brought. She was in some type of pen or cage in a muddy area, where she was observed. When I attempted to move her forward again to find out more, she did not continue with

the life, but leap-frogged (or jumped) into a human lifetime as a Roman gladiator.

I knew my questions would be answered when I called forth the subconscious and asked it about the strange life. It said she was shown it because she had always been curious about whether there was life on other planets. She had indeed been an experiment connected with the seeding of a planet, and it had taken place on a large spaceship. Various different species were being created by the manipulation and combination of genes and DNA, and she was the result of one of these experiments. When she was sufficiently developed, she was taken down to a planet that the ship had been orbiting. She was put into a pen where she would be allowed to acclimate before being released. The reason we could not follow it any further was because she did not survive. Her experiment had been inefficient. In other words, it did not work and the form couldn't adjust to the planetary conditions. The subconscious said it was not the planet Earth. I said that I already knew that life had been seeded millennia ago on Earth, and it said that this same thing had happened on countless other planets. It was also continuing today, because this was the way life was spread.

CHAPTER FOUR

DIFFERENT LIFEFORMS

Animals and plants are not the only unfamiliar forms the soul or spirit can inhabit. I have had many clients that describe life in forms that are definitely not the traditional human. Some defy the imagination, yet the client feels comfortable inhabiting them, as though it is not illogical.

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LAND OF THE GIANTS

Jack saw himself as a very tall man named Larce with long blonde hair. His head came to half the height of the tree he was standing by. He was dressed in brown canvas pants and a shirt with puffy sleeves, with leather straps over his shoulders to hold the pants. He was wearing sandals with soles made of bark, and a sheath with a sword on his back. The sword was used for protection against the people that were even larger than him. He could smell bread baking from a small cottage in the distance. "There are little people that live there. They can't fend for themselves." He was bringing them a deer that he was holding in his hand, and flour. "There's a young woman, and I see two small girls and a baby. I am so much larger than them, but I feel a love towards these small people." To illustrate how much bigger he was, he said the woman's head came only to his waist. There were villages of these small people, and they were in danger from beings who were larger than him. He felt an obligation to protect them. He did not live in their villages, but on the nearby mountain. "I can see and overlook ... everything. I can overlook the valley and see if there's anything that goes wrong." He was only doing it because of a love for these small people.

It was cold in this area and people often wore fur. He lived in a structure made of rocks with his family: parents, brothers, sisters who he also took care of. The larger people lived on an island off the coast of the big water. They came in the spring and fall in their big iron boats. These bigger people lived in darkness in large castles made of huge stones with big log doors. They were never satisfied and wanted what everyone else had. They killed everything, just to kill. They had mechanical things: guns that shot fire; their ships looked like they flew as they came across the water with no sails. He described them as having a face like a bulldog; lower extruding jaw with two teeth over the upper lip, a big hump on the back and very little hair. They walked slumped over. He knew what they looked like, because he wounded some of them in a battle and once in the water. He insisted he did not kill, but defended himself.

D: These indeed sound like strange people. Does anyone know where they came from?

J: They originally came from a place that was red. Right now, that's all I see. Like a planet with red rock.

D: I wondered if your people had stories about them.

J: Stranded. They couldn't go back to where they came from. No atmosphere. They had no way to exist where they came from. They had to leave that place.

I moved him forward to an important day. The little people were having a wedding celebration. His family was there also. They had not had problems with the strange people for a long time. Maybe they were dying out. He said it was bad for the species, but good for him and his people.

I then moved him to the last day of his life. He was lying on a bed in his house. The body was not old. He had continued to grow larger and had become too big. It was causing chest pain, weakness from heaviness, breathing, pain in the ankles and feet, and the lower

back. He said you can be too big or too small. The strange people never came back. When he went to the island to check on them, he saw only bones. All of their things were as they left them.

The little woman from the cottage was with him when he died. After his death, his body was put in a boat, and was burned as it floated out to sea. They did this with anyone with any kind of disease. The lesson of that life was respect. Respect yourself as well as your own enemy. And be able to love anything or anyone, whether they're large or whether they're small. Also caution. Awareness. Listen, look, watch. He felt he had learned these lessons.

I then called the subconscious forth to answer questions.

J: Jack had to see this life to know the love that he could not have. He is able to share that love with her in his lifetime now in 2004. She is his present wife. She was the little woman.

D: Then they've come back together. (Yes) That's important because now they're the same size, aren't they?

J: Pretty close. The love was impossible in the other life, and this caused him much despair. He could only be with her as a friend.

I wanted the subconscious to explain the strange undertones of that life. "Everything Jack has is strange. Everything tends to be different, because he likes different. He does not like the normal. During all his lives, he's always been able to see what other people can't see. He's always been different.

D: But that is not a bad thing. It just takes adjusting. (Yes) In that life, he was a large person and he kept growing. Can you tell me something about his people?

J: His group was from another planet. They were seeded here on Earth.

D: What country was this?

J: Cold country. Viking. The northern part. Way back in history.

D: Would the little people be considered normal size today?

J: Five foot seven. Some smaller. His group was between nine and ten feet tall. They were seeded from another planet.

D: So they were really too tall for this planet, weren't they?

J: Yes. That's why they were put in the north, to be away from the others. The smaller people would be scared of them. They were put there to see if they would survive.

D: Why did he keep growing?

J: Genetic defect.

D: So when they were seeded, they had problems. (Yes) Did that group survive into our time?

J: Yes. They're not as large.

D: So some of the large people on Earth today are descendants from that seeding? (Yes) I would have thought they would die out. (No) What about the ones who were on the island, who were even larger?

J: They came from somewhere else. A mistake from beyond. They weren't supposed to be here. They were supposed to have been sent somewhere else.

D: Why did they end up here?

J: Miscalculations on their part.

D: He said they were stranded. (Yes) Something about a red planet?

J: Red planet. (Surprised) Not Mars. It had bad atmosphere. They had to leave because they couldn't breathe.

D: So they miscalculated and ended up on that island. (Yes) But it sounded like they couldn't reproduce.

J: No, all male. That was why they died out eventually. They were very violent. Nothing humorous about them. Except, they were ugly.

D: So it was probably better that they were isolated on that island. (Yes) What about their castles? Did any of that survive to our time?

J: Under the mud. Known into our time in 2004, would be found around Iceland. Artifacts will be found eventually. They won't understand.

D: And those ships sounded rather like spaceships.

J: Yes, under the mud.

D: Will they be found?

J: Possible.

So maybe the stories and fairy tales we have heard all our lives are not fiction after all. I have always believed that most stories and legends have some basis in fact. But I also know that down through time, mankind has taken these legends and added to and taken away, so it is difficult to know what the original was. When I was in Norway, I visited some museums in Oslo. I saw the old paintings depicting the stories of giants, trolls, ogres and strange creatures. Jack's subconscious said they were living in the North. Maybe these stories carry memories of these creatures that dwelled on the Earth long ago. This might also explain some of the people living on Earth now that are very tall. Maybe they carry genes of these gentle giants.

A case in Seattle, Washington in April, 2002 where I was speaking at an APRT (Association for Past-Life Research and Therapy) Hypnosis Conference, uncovered another unexpected lifeform.

Every session that I do for therapy is designed to have the subconscious take the person to the most appropriate past life that will help explain the problems they are having in the present life, or provide information they need. As has been demonstrated in this book and *Book One and Two*, the subject often goes to strange settings that have no logical basis or explanation. I always trust that the subconscious has a reason for taking them there, so I just become the reporter, the investigator, and ask questions within the perimeters of what the subconscious has chosen for them to see. If I tried to remove them and take them to something that would be more logical to me, the essential information would not come forth

The first thing Wanda saw as she entered the scene was a group of people who did not exactly look like people. This was confusing to her as she described them, "They have a substance, a structure of their body, but it extends into this glow. That's cool." She was pleasantly surprised to find that her body was the same. "Oh, my body does that too! A glow! That's fun! And the light, the glow, just keeps on going, and then gets weaker and weaker as it goes away, but it's still there. There's a substance structure on the inside of this light, but it's like you're in a glass globe thing. And your own light is the glass globe. I just feel happy! There's a little difference in the radiance of their glows. Some are brighter than others, and some are a little different color, like some are peach, and some are more like strawberry. Mine is a creamy yellow. And we're all floating."

She seemed so bubbly and happy, enjoying this and exuberant about describing what she was seeing. Almost childlike in her discovery. "And they are so happy to see me. I guess they were here waiting for me. It's kind of like a party. I don't really even understand what they're saying. They talk too fast. There have been lots of changes. They wanted to tell me all the changes all at once. They're

afraid that the area's getting sick. And we want to make it better. The colors aren't as bright as they were."

D: What area?

W Oh, down there it isn't as bright. And we need to make it better. (She didn't sound as happy as before.) The glows aren't brighter, but they seem brighter to me! They say it's not good.

D: Have you been there before?

W: I was there when they started, a long time ago. We came here and we decided to live here. And so we found the area, but then other things were happening that make it not comfortable any more. And they don't want to have to go somewhere else.

D: Do they live on the ground, or just up in the air? If I'm understanding it right.

W: They don't need the ground. What happens down there makes where we live uncomfortable.

D: You said you were there in the beginning when they first came there? (Yes) Then did you go away?

W: Yes, I had to go somewhere and help somebody else. Once they got started, then I could go and help another group.

D: So that's what you do? Go from group to group?

W: Yes, because they think I'm important.

This was confusing. I had no idea where we were, and who or what the other beings were. They seemed to be a type of energy beings, but there were differences.

D: What is their job?

W: (Pause) They talk to the fairies. Where do the fairies live? Oh, yeah! The fairies and the other things live down on the ground. The ground is way down there.

D: What do the fairies look like?

W: They look like people, but little. They look like queens ... oh, there's a little unicorn horse, but it's miniature like the fairy. (Laugh) I zoomed down there to see what it was like. I can move around any way I want. I want to do that all the time. (Laugh)

D: What kind of a job do the little people have down there?

W: They're trying to keep their planet nice, and they try to help the bigger animals. And there are other people there too, but they're not supposed to work with the people. The little fairies like the animals. (Pleased) They like me, too.

D: What do your people do to help the fairies?

W: We keep them away from the people. We tell them when the people are coming by, because people aren't nice. The people are hurting them. (She became sad.)

D: How can they hurt them?

W: (Sadly) Because some people take away their area, and it makes them hurt. The people take their homes, and their homes are the trees. There are not many trees any more.

Apparently, the fairies were like nature spirits whose job was to protect the plants and trees. They were upset because people were taking down the trees that they were sworn to protect. They must have felt they were failing in their job, their assignment.

D: And this is why they don't like the people?

W: Yes, but this isn't Earth. It's not like the Earth. It's not the same plants. We came there to help the fairies in their work, because they were too little and they couldn't see forever. And we could help them see what might hurt them.

D: And you have the ability to see these things and know how to warn them?

W: Yes, we can see, yes!

D: But you said you went other places?

W: Yes, I had to. There are other worlds that needed somebody to help the fairies. And the fairies are very happy when we come, because they can be secure and not scared. We live in the sky! Where people can't see us, but the fairies can. I don't think the people like us much. They don't seem to care about nature.

D: But by you glowing like that, they probably couldn't see you anyway.

W: Yes. They only look for structure, and we don't really have that much structure. I came back to check on them, and make sure everything's okay. They're happy to see me, and they have to tell me all about it. That's why I couldn't hear. (Chuckle) It was too much going on. But the fairies, they don't talk as fast. I can go to other worlds, but my job is there. They are very gentle people. They're so caring, so warm. Just being around them feels like lots of love. The people *tried* to come there. And we made a bad stink! We combined things that made a smell. We know those kinds of things, but the people don't understand it. It worked pretty good! And the people went away. (Chuckle) They will try to get rid of the stink. Everybody's happy. Especially happy when the people go away.

Although this type of being normally has no sense of time, I decided to move her forward to an important day when something was happening.

D: What are you doing? What do you see?

W: Oh, there are people. And they have their big cities. It's not good. We tried our stink, and it didn't work. They said they could just change the air. They think there's something out there that they need. I'm not sure what it is, but it doesn't sound good for us. They're going to capture animals and run experiments, and that's no good. They're not going to hurt us. They're going to hurt the fairies and the animals. But they're our friends and they're part of us.

D: I thought they wouldn't be able to see the fairies.

W: They can't see them, but they make them scared and that hurts them. And then they lose their area. I'm so sad, because that's my job. And I didn't protect them. (Almost crying) I don't really want to see. They hurt them because I didn't protect them. I was supposed to make it never happen. I saw they were going to be there, and it didn't work. (Sadly)

D: What do the animals look like that they're taking?

W: Some of them have spots like the leopard.

D: Big cats, you mean?

W: Yes, but they're not mean. All the animals are nice. They're scared. Everybody's scared.

D: What other kind of animals are they taking?

W: The monkeys. And all the pretty birds. (Almost crying) They were counting on us.

D: Is there anything you can do to help the animals now?

W: I don't know. I don't think so. People are too big.

D: The fairies can't do anything either?

W: No. They may try. (Very unhappy) But there are too many people, and they're *definite* that they're going to do it. They are putting the animals in cages. The animals are scared, and some of them are dying, just because they're too scared. They don't want to live. They put them in this big building. And they cut down the trees.

Then, apparently Wanda could not stand to watch any longer, because she believed it was her fault that these negative things were happening. She abruptly left the world where she was helping the fairies and animals as some type of nature spirit, and went back to the spirit side. She definitely thought she had failed in her job of trying to protect the little people. She was unhappily reporting for duty to be reassigned. She and the elders on the council decided she could do more good the next time around by being a "people" instead of this glowing energy being, because then she would have more power to make changes. She described the entities on the council who were advising her.

W: They look like globs of light, but they are different from the other lights like I was. Very different. They're just soft, fluffy. Well, no, I guess there's some structure in there too, but they radiate so much light, it's hard to see if they really have structure. They don't look like the people where I came from.

D: Are these the ones that make the decision?

W: They *help* make decisions. They let you make your own choices, but they show you all, and talk to you about the choices.

D: So you've decided that you want to try being a "people"?

W: (Uncertain) Yes, I can do it.

D: It's always scary when it's the unknown, something new and different, isn't it? (Yeah!!) Well, what happens then? How do you become a people?

W: Well, there's this little baby. They told me I was going to be this little baby, and I said I don't want to be a baby, because babies can't be powerful.

D: Yes, but you have to start somewhere.

W: I'm just going to go be a kid. I'm going to be about six.

D: You're not going to be a baby? (Nope.) Do you see the kid you want to be?

W: Oh, he's cute. He has lots of energy. And he's very concerned about the animals. And I'm telling him some of the things I know. But I don't know much any more; it's fading.

D: How do you become him if he's already six years old? He would already have a spirit living inside of him, wouldn't he? W: I don't know. I just saw him and walked up to him, and then I was him.

D: So it can work like that sometimes?

W: I don't know. I saw the baby, and I didn't want the baby. And then I saw him, and now I'm him.

D: But that's how you become a people, you have to start little?

W: Yeah, but I'm six and I can still do stuff. I can't tell him about the fairies, because I don't remember it all. I know there's something there, but I don't know what it is.

Even though this was unclear, it was obvious that she had decided to become a "people" so she could make a difference. It was obviously her first incarnation as a human, but it definitely was not her present lifetime as Wendy. So I had her leave the entity there, so we could move forward through time and space. This way I could communicate with her subconscious.

D: I know the subconscious could have picked anything for Wendy to watch. Why did the subconscious choose to show her that lifetime?

W: Because she was valuable. She now, in her present lifetime, feels that she can't do anything with the animals and plants. And she needs to know that, even though she's just one person, she can make a difference. She thinks it's too hard for one person to make a difference. And she forgets that one person has to start. She has ideas about starting. She just doesn't do them.

D: Is that why she left the energy form and came into human incarnations?

W: That's one of the reasons. She doesn't want to work with the animals and the plants any more. She wants to work with the people, because she hopes the people will become better. But she's not sure that people on Earth are ready to understand that there are many different dimensions. It's the same scenario that humans have had to deal with for a very long time. We're finally getting through to her. It took long enough! She's known for so long that she's supposed to be working with people.

D: But when you begin lives as a human, don't you get caught up in it and create karma?

W: Yes. She keeps making the choice to come here. She can go other places. It's a choice. And karma exists if you want it. But if you can step out of the human restrictions, you can make the choice to go other places. And you can make the choice to leave that karma, whether it's positive or negative, behind you.

D: Yes, but she made a decision to be a human so she could make a difference?

W: Yes, she's always hoping to make a difference. She needs to understand that she's made a difference many, many places. And maybe she can just quit trying so hard. She tries to take care of

everything and everybody. And she needs to remember she's taken care of everything and everybody for centuries.

In my book *Between Death and Life*, it was explained that one of the series of lives we must experience before we attempt living in the human body is life as nature spirits, i.e.: fairies, etc. These are guardians of the plants and animals. These little beings are real, and cultures in the past that lived close to nature were able to see them. Many of the stories of "little people" are based on fact. In our present technological society, it is much more difficult to be aware of their presence, unless it is the little gremlins that love to play tricks with my computer. This story also shows that the nature spirits do not like being too close to humans. They much prefer the agricultural or natural areas rather than busy cities.

Another form of life that is a requirement is called "elementals". I'm not sure if that was what Wendy was experiencing, because she seemed to be helping the fairies rather than being one of them. The elementals are basic energies that are not defined by a solid form. These do not seem to have an intelligence that can be communicated with. They are attracted to places, and feed off and add to the energy of that place, whether it is positive or negative. Most people can sense this basic energy when they enter certain buildings. Notice how the energy of a large cathedral differs from the energy of a prison. It is the accumulation of energies that remain within the structure. These two life forms are different from each other. This chapter illustrates how there are many other life-forms that are possible before the soul attempts life as a complicated human.

Is this next session describing the same type of entity under a different name?

D: Sally wanted to know, how do the fairies enter the human realm? She's very interested in the little people, the fairies.

S: Fairies are not little people. Fairies are quite large, compared to humans.

D: We always picture them as being very small.

S: Those aren't fairies. Those are the in-between, the nature spirits that communicate, and are deliminal (phonetic) between here, the human, and the fairy.

Deliminal is not a word. The closest is delimit, which means: to set the limits or boundaries of. Many times in my work, the being that is communicating will invent words, sometimes turning verbs into nouns, and vice versa, in order to come as close as it can to what it is trying to describe. Is this the case here?

D: But you said the fairies are actually quite large?

S: Yes, they're large. They're not small. They're sometimes larger than most humans. They have a different ability to interpret their being. They are human-like in that they have two arms and two legs, but they tend to be more connected with nature. So they have nature-like feelings, or nature-like bodies. Sally has a friend, actually, who is a fairy who is very tree-like in his appearance. His skin is wood, like bark; his hair is more like green leaves. They interpret their bodies differently.

D: But it is a physical body? (Yes) Well, she wanted to know how they enter the human realm.

S: They use the elements.

D: I know about the elementals, but you mean the elements?

S: They use the elements. All of their bodies are a combination of the four elements of the air, water, earth and fire. And they separate each of the elements. They cross through a portal and then

reassemble by calling the elements on the other side of the human realm.

D: But their bodies do appear human?

S: Yes, that's right. They're a bit odd-looking for humans, but still much more human than if they were still in the fairy realm.

D: Then people wouldn't know they were actually conversing with a fairy.

S: No, they would think this person was a bit odd, though. They would think that this fairy in a human body looks a bit different from normal humans.

D: Does the person who is a fairy know they 're different?

S: Oh, yes, they remember everything.

D: They know they are not a normal human being.

S: Yes, they can come and go much more readily than humans do.

D: How can she use this ability of the fairies for healing?

S: She needs to be much more connected to the elements, and understand how the elements play a part in illness. And then be able to shift the elements so they are in balance and harmony with each other, so the disease state can be ameliorated. She doesn't need to be near a person to do it though. She actually has this information in her mind, she just hasn't applied it. Again, it goes to her problem with thinking she isn't able to do it.

D: We put limitations on ourselves, don't we? (Yes)

When Betty came into the life, she found herself looking at a strange object in an unfamiliar landscape. The object was a smooth, oyster-colored cylinder with a round ball resting on top. There was a red rectangular design on the side. The cylinder stood on rocks all by itself against a strange sky of two mottled colors: navy blue and pale yellow. When she turned around, she saw more rocks of unusual shapes. "They're kind of like an hourglass. Kind of elongated and skinny in the middle. And some are like spires." It definitely did not sound like she was on Earth. Then she announced, "It looks like everything else is underground. I need to be underground. We don't live on the surface, we live under the ground. - There's an opening, a round tube. You go through the tube. - This isn't my home. I have a tour, and then I go back. I'm on a way station. We're miners. I've been checking the beacon. I am the communication officer. This cylinder is a communication beacon. The top of the ball opens and emits light."

I asked if she wanted to go down and see what it was like underground. She said you just slide down the tube. She came out into a chamber where she took off her outerwear. Apparently, it was something that had to be worn on the surface. "I'm taking it off, and I'm not human. I look kind of like a bug. I have multiple arms; I have a football-shaped head. I look like an ant. I have pincer jaws. And my eyes are on the end of an antenna. I can look every direction. I have two antennae, so I can see multi-directions. I have four legs and six arms. My body is brown, and it has three segments. The top segment is the head. The next one has six arms, and the biggest has four legs. And I have some kind of breathing device on my chest. Not an apparatus. It is some kind of organ on the outside of my chest. You pull air in and it communicates. It whistles and clicks. That's how it communicates. We all understand it."

D: Was there a reason you have to wear something when you go up to the surface?

B: You would call it radiation. You cannot breathe up there without the suit, and it shields you from the radiation.

D: Why is there radiation on this place?

B: It's close to the sun. The only time I go to the surface is to check the beacon.

D: That sounds like it's important, to keep the beacon working. B: That's why they have me. I'm the emergency backup. If something goes wrong with the beacon, I can send an SOS from me, a pulse. But I think it would kill me. I don't think I would survive it. I think it would take all of me to do it. Too much energy.

D: So that's why they call you the communication officer?

B: Yes, and I'm the emergency backup.

D: In case anything happens, then you would have to sacrifice yourself to send a message? (Yes)

There were other beings living under the ground who were similar to him. "We're segmented into houses. I guess you would call it houses. Each house has a job, and we're lineages that have a job. I'm from a house of communications."

D: That's what you mean by lineages? They pass these abilities down? (Yes) And the others have different abilities and jobs to do?

B: Oh, yes, the tunnelers. We work down there. We're mining.

D: Do you have living quarters also?

B: Places to get out of the way. I don't think I sleep.

D: What about sustenance to keep the body alive? Do you consume anything? (No) How do you stay alive?

B: We're born with what we need, and when it's gone, we're gone.

She was reporting all of this so matter-of-fact. It didn't bother her. It was just the way it was in this life.

D: You don't have to keep replenishing it or resupplying it?

B: No. It's a short life. We just work.

D: What are you mining?

B: We're mining a stone for someone else. Not for us. We don't need it.

D: It sounds like you don't need much of anything, do you?

B: No. We're doing this to help someone else. The stones are white, sometimes clear. Sometimes green and purple. They are pulverized and shipped to another planet.

D: Do you have the equipment down there to pulverize them?

B: Yes. Those get processed. We have houses that do that. We are all workers.

D: Are the stones shipped to your home planet?

B: I don't think I ever had a home. I think I was born on a ship. And dropped to do the work.

D: Did they drop many of you at one time?

B: Yes, enough to do the job. It's a short life. They bring us more to replace us.

D: What do you think about it? Do you like that life?

B: I don't have emotions like that. I have more thoughts than others, because I'm the communicator. This stage of my life, when I shed it, I believe that I will become light. And then I can do what I want.

D: Are you taught that, or do you just know it?

B: We know that. We're born with that. We know that what we're doing is temporary. But those that create us, they don't know that. The people whose ship we were on. They don't understand that, but we have this as a memory. We know we just go from one existence to another. It's temporary. It's something to do for a short period of time.

D: But you said you have more - I guess "feelings" would be the word - than the others, because you are the communicator?

B: Because I'm not really one of them. I just look like it.

D: You said the people on the ship are different. What are they like?

B: They're bigger. They have only two arms and two legs. And their heads are round. They have different features than we do.

D: Do you know anything about this ship and where they go?

B: It's a mining ship. It's a mining operation. And they grow these workers in incubators, and then release them onto the planet to do the mining. They have genetically altered these workers to do certain jobs, to have certain structures in their bodies. And they process the ores and make the deliveries. They have a time. Everything is timed.

D: So when they release you on the planet, you know exactly what you're supposed to do, and where you're supposed to go? (Yes) You don't even question it.

B: No, no need. I'm born knowing what it is. And I carry the memories of my lineage. I know other places my ancestors have

been to. I understand and remember what they experienced, and it will continue on down the house line. But I think I'm a mutation.

D: So with all of your memories, you have always been this type of being? (Yes) Because you carry the memories that the people on the ship have programmed into you?

B: They couldn't program it. We already have it. They just took us.

D: But you did say they don't understand that part.

B: No, they don't. This ship has no spiritual beliefs other than what they were taught as children. They're harder, they're not spiritual beings, and they don't see the spirit within us. They're very different. They're not thinkers, either. They're just workers, also, of a different kind. They're absolutely programmed. I don't think they're human. I don't think they're living. Androids.

D: Androids? (Yes) So you don't think they have a spirit? (No) Are all the people on the ship alike?

B: No. There are other types on the upper decks. I can hear them, but I don't see them. They have a spirit. They're real.

D: What do you know about those beings?

B: Those beings are highly trained. They've been to schools. They depend on each other, it's a team. They have a lot of diversity. They have many different shapes; it's many different beings. It's an entire crew, two hundred at least.

They have specialized schooling, and they're part of a conglomeration of mining efforts. This where I am, there are eight planets in the solar system. Four of them are inhabited and interact. There's a mining operation that goes beyond the solar system outward, and then brings back ores, or what's needed for the planets.

D: The beings on the upper deck, are they from all the different planets in your solar system?

B: And beyond. They hired on. They get hazard pay. It's dangerous work.

D: Do those beings need to consume anything?

B: Yes, they do. They have kitchens, they have showers, they have greenhouses. They grow things. They have libraries, but it's not books. It's just to work their clear little rectangular tabs that can do many things. There's music recorded, voices, readings, events, entertainment.

D: How are they able to comprehend those things if it's not by reading?

B: They have machines, and they have a hologram. It's different. It's not like anything I've seen. It merges with them.

D: That's how you're getting the information? (Yes) Because at first, you said you could hear them, but now you are able to find out more about them. (Yes) And they don't realize that, do they?

B: No, they just see us as a worker, a bug, but we're not androids. We have a short life force, but it's intense. It's powerful.

D: These other beings, the higher-developed ones, are they different sexes, or are they all the same?

B: There are some different sexes there, but it's not necessarily boy and girl. There are some boys, and some girls, but there's more than that. They're not all like that. They're not all quite physical. And some lay eggs. Very many different types. They all come from many different places.

I wanted the creature to now focus on the underground facility instead of the ship.

D: Focus back to the underground - it's not a city - it's a mining operation. (Yes) And occasionally, you have to go up to the top to check on the beacon.

B: Just to make sure it's still upright and not hit by a meteor. It can happen.

D: What is the importance of the beacon?

B: The importance of the beacon is to signal that a load or shipment is ready, or the need for a new worker.

D: If too many have died? (Yes) What happens to their bodies when they die?

B: They recycle the carcass, but the light is released.

So when the signal went out, they would come and pick up the carcasses and drop off new workers. The signal bounced from satellite to satellite in space. "We're three days away from anything. They come and they hover. They send down the retractor, and they siphon up the ore and the bodies. And then send down the pods with the new workers."

D: Do you know what they use the pulverized ore for?

B: I'll ask.

D: You're able to ask and get answers? (Yes) They're not aware you can do that, are they? (No) You're smarter than they are. (Laugh)

B: They're using the pulverized ore for fuel. For their ships, and plants, and cities. That's why it's important to keep this cycle going.

And it's distributed equally. It's peaceful. There's no control issue. Everyone is sharing.

D: That's very good. No one wants to have control over anything.

B: No. They're past that. Those days are ancient times. They're creative. They're working with sunlight and the crushed stone, and they create these beds that magnify the light. And then there are reflectors that move this light to wherever they direct it, so they light cities and they power vehicles. And they use it to supplement growth of food. It's for a power plant. It's a controlled society.

D: But everyone has all their needs met?

B: Yes, they do, but it's kind of sterile. There's not much movement. There are not many children. I don't feel any joy. Just existing.

D: So it is not an ideal society.

B: I don't like it, but it's temporary. It's short. I don't do the mining. I am communicating to all of them. Telling them where they need to be, and where to look next.

I decided to move him ahead to an important day. Even though it was to be a short life, there might be something happening that he would consider important. He saw a tunnel, but he thought it was a different place, because it was square instead of round. "It feels different. I think I'm going back to the ship. They're calling me back to the ship. And ... they want to open me up. Why do they want to open me up? - They've discovered something about me. When I sent the beacon message, I used a word I shouldn't have. I said it in a different way. They want to know why. They're bringing me up. They think I'm different, and they want to see if it shows inside me. I think they're not going to find anything, because it's not something that's coming from inside of me. And I get to have a shorter life."

D: Where is it coming from?

B: The light.

D: It's coming from your spirit part? (Yes) You don't think they understand that, do they?

B: They're going to.

D: Why? What happens?

B: I release in front of them, before they cut me open. I let out my pulse of light. I let it go. And it's kind of funny. It made them fall down.

D: (Laugh) They weren't expecting that, were they?

B: No, but I think I hurt them. I'm seeing blood from their ears, and their noses.

D: Who was doing this, the androids or the other ones?

B: The other ones. The androids couldn't do it.

D: So you weren't going to wait until they cut into you.

B: No. They can cut me open after I've pulsed. The pulse was the real part of me. I let that come out *all the way*. It was blinding. It moved through them.

D: What was it, energy or what?

B: It's energy. It's not heavy, it's light. And I'm just moving it through the ship. Every part of it. It was so powerful when it was released in that little room. And now I'm moving through the ship. I'm memorizing; memorizing everything. All the systems, all of the occupants, all their lineages. I'm memorizing all of it.

D: Like absorbing it? (Yes) Why are you doing that?

B: To pass it on, so my future generations will carry the knowledge of the plants, the peoples, the beings, the planets.

D: The future generations of your house?

B: The house, and they'll morph. They'll become something more. It goes to all the generations. Time and space doesn't matter to us. It never did, really.

D: So you just decided, before you go on, to memorize everything?

B: It was an opportunity. I am memorizing every metal, every piece of material, how the cells are working, how it all works. I am sending it now, into the light.

D: How do you do that?

B: I think it.

D: Everything you see and feel, you 're thinking it and sending it out?

B: Always.

D: It wouldn 't normally be a part of your life, would it?

B: Yes and no. It's happened before in our house; take advantage of it. It's just that time doesn't matter to us. We've been around for so long.

D: So you 're not worried about your carcass back there, because you weren't going to live very long anyway.

B: No, it was temporary. We were disguised. They never saw through it. They never knew who we were. They just saw the bug, and the worker. We could go anywhere like that.

D: But the other beings like yourself didn't have this ability, did they? The ones in the other houses, the other lineages?

B: They have it.

D: Do you think they were using it?

B: Not yet. They were just waiting. It works for us. You have a short life as a worker, and then you pulse out. And you take all the knowledge with you, until you send it into the light.

D: Do you know what the light does with it?

B: It creates new things.

D: It has to have all this information to create new things?

B: No, but it helps give direction to how the creation needs to move. It is capable of creating anything. It's like a stream of thought that merges with all the other streams of thought. And when that happens, new things are created. Some of it flows back to where it came from; some moves forward into new directions of exploration; and some of it is saved, or curls around itself, and creates an intensification. There's a divine mind that we know we're part of that appreciates this experience, and is utilizing it to expand and to deepen.

D: But it needs the information so it can create?

B: No, it uses the information to create. It's *always* in a state of creating. That never changes.

D: Why is the new information important?

B: Because it gives an experience; it gives a remembering, a renewal. It brings focus back to what it was, and is, and can be. It's all about change.

D: So this is important for it to have this input.

B: To bring about the changes. Those people back there, they're stuck. They're not moving anymore. They're not growing enough. They're losing their creativity, they're losing their joy in life. They're becoming automated, they're ...

D: Stagnant?

B: That's it, stagnant.

D: So you're not going back there, are you?

B: No, I'm done with that. I've done as much as I can do there.

D: Do you decide where you 're going to go next? Or does someone help you?

B: It's a group decision. We all decide.

D: Where is the group?

B: They're in the light. I go into the light. And there's a feeling, an understanding, a knowing. When you're in that light, you feel a calling, or a pull. Or you are attracted, and you can feel your way to it to see where it's going, and what it's doing. And if it's needed, or it appeals, you can go there. It's a long journey, but it's okay.

D: So it just goes from one thing to the next, always expanding, always learning. Is that the idea?

B: It *is* the idea, it is the purpose. It is the gathering. This is the gathering point and the release point. But it spirals, we're always moving. I feel as though we're close to something.

D: Where do they decide you 're going to go next?

B: That depends on where you are in the light. There are different levels, you know? If you're working in one particular area, on one strand of thought. There are those that work there that give direction,

or help, to create the experience for whatever it needs to be. But if you're beyond that, if you're not locked into that, then it's not quite so defined. It's a oneness of mind that is moving in all directions, at all times. And in order to keep balance within itself, in perfection, sometimes in the outermost areas, that state of perfection needs to be tweaked. And the light might ask you to go there and tweak it.

D: So, as you become more developed on the different levels, you have more decision about what you do?

B: Yes, because you're part of that one mind. It's like the hologram. It shatters and every piece is a perfect replica. But it's all part of the bigger picture.

I asked her to move away from that scene and allow the little creature, now that he was just a spark of light, to continue on his own journey. I oriented Betty back into her body, and called forth the subconscious to have it explain why it chose such a strange lifetime for her to see. I knew it had a purpose for showing it to her. It always does.

B: It's the versatility of the light. That things aren't always what they seem. And the understanding that the light within is so much more.

D: How does it relate to Betty in her life now?

B: The lineage. The way she's utilized, or brought into being to absorb, and to release it, and then to move forward. Her life is about merging. Her life is about tweaking the perfection.

D: How do you want her to use this information of that life?

B: I want her to remember the stream of consciousness, where it goes. I want her to remember the state of oneness, and that the thoughts and focus come from multi-mind. And that she is the vessel for that light in human form.

D: She was a communicator in that life.

B: She's always been the communicator. She is one now. It's her reason. She does readings for people and communicates with them. She taps into the core of their light. She peels away the veneers. She helps them to remember that they are love, and their connection to the All.

D: She wanted to know if there's a way she can improve her psychic abilities and the readings she's giving.

B: All is as it should be.

D: You think she's doing a good job?

B: Good enough.

D: She worries about it.

B: She needs to worry. It keeps her honest, it keeps her ego in check. She's battled ego before.

At one of my hypnosis classes, a woman brought up a point that did not apply to my technique that I was teaching. It really was a deviation or distraction, but I could not let it slide, so I attempted to answer it. I was discussing how we have to *be* everything when we decide to incarnate on Earth. Everything meaning: gas, minerals, rocks, plants, animals and then all phases of the human condition. This was because God was curious and wanted to learn, and he sent us out (as cells in the body of God) to learn as much as we possibly could and bring this knowledge back to be added to His gigantic computer storehouse. We would continue to journey out again and again until we could "graduate", and finally return home to the Source and stay. The woman said she could not believe that theory, because God was all-knowing. He had all knowledge, he did

not need us. According to what I have learned, that would not appear to be true. He is a compilation of what each and every one of us have deposited in Him over eons of time. He is constantly searching, and out of His insatiable curiosity, He desires to learn unceasingly. Thus, He is constantly creating more and more diverse forms.

She asked what He could possibly use all the information for.

I have found it was used to create with. I explained that it seems as though our universe is constantly expanding as we journey outward; increasing our experiences and our knowledge. Then it seems as though it reaches a point where it is at its limit of expansion, and begins to return back to Source, or implode back on itself. Is that when we finally return home with all the knowledge of everything we have experienced? Is that when we reach the point when we can rest and stay with God? Then it seems as though once everything has imploded upon itself, it explodes out again, in a constant cycle.

She asked, "Is there ever a point when we stop? A point when we cease to be, and become nothing?" I do not believe so, because everything is energy, and energy never dies. It just changes shape and form. She could not see the point in returning again and again to the same universe and experiencing all the millions of lessons in different forms. There would come a point when we would have experienced everything that was possible, and then we should just cease to be.

A man in the class supplied the perfect answer. He said, "Yes, we could experience all there is to know in *this* universe. But there are millions upon millions of other universes that contain worlds and creatures that we cannot even imagine." As it is written in this book, there are universes that obey totally different laws of physics. Places where planets are square instead of round, etc. There must be countless experiences awaiting us in these other places. So even if we finally exhaust the possibilities of this solitary universe, there are millions more to explore. And maybe each time the universe

explodes out and then implodes in, and explodes out again in its own reincarnational cycle, we are sent to explore something else. The possibilities are endless, and so is the progression of our soul. As long as God is curious and wants to learn new experiences to add to His storehouse of knowledge, we are useful to add to His creative powers. Thus, we constantly return to our “home” where there is great love and rejuvenative powers. And thus we will never die.

CHAPTER FIVE

THE GREEN PLANET

Betty (female) came into the life and could not see anything, but she felt like she was in space. “There’s nothing around me.

I feel like I’m floating. It’s like being part of everything. It’s dark, but it’s comfortable. It feels like I’m looking out at the Universe. And it’s like it’s all my children. They’re all my sisters. All the stars and all the planets, all the galaxies, it’s like my family.” As she watched, she saw something spectacular happening. “There was a galaxy just being born.” Her voice was filled with awe. “It just kind of erupted. It was just there and growing, and beautiful.”

D: It just formed that quickly? (Yes) Do you know how something like that happens?

R: No, it just does.

D: Is this a place you go often?

R: No, I don’t think I’ve ever been here before. It feels so comfortable, and so beautiful. I feel like I want to stay here, but yes, there’s probably a place I need to go. Okay. There’s a planet showing up. It looks like a big, green moon. We’re getting closer, and it’s like it’s covered in moss. And I get down on the planet and there are really soft trees.

D: The thing that looked like moss?

R: Yes. It’s a whole forest. The trees are taller than I am. I am walking through a forest, and it’s very moist. The trees are like a canopy, so it’s dark. The trees have spongy kinds of leaves. A really pretty green. The whole planet is covered in them. The ground is

dark and soft, but I'm not sinking in. And the trees have really rough dark brown bark.

D: Does the ground look like dirt?

R: It looks like shredded bark.

I had her look at herself, and I was surprised at the description. She definitely was not a human being. "I have webbed feet, and they're kind of bluish-grey. They look like elongated duck feet, and there's tissue between the toes. And my legs are long and spindly. My hands are also webbed. I have a thumb and three fingers."

D: Are you able to pick up things?

R: Yes, I can hold them in the web.

D: Are you wearing any clothes?

R: No. I'm just really skinny.

Her face was elongated vertically, tall and thin. No hair. Big eyes that covered most of her face.

D: Why do you need such big eyes?

R: Because it's dark here. There's light above the trees, but it's dark down here on the ground.

D: Do you have night and day, or do you know what I mean?

R: No, there's no night and day. It's just sort of dusk.

She said her mouth was just sort of a hole. I asked, "Do you eat anything, consume anything?"

R: I eat bark. I pick it up off the ground. And the webbed feet help me walk on the bark. I kind of pulverize it and eat it. (Surprised) Tongue!

I have a tongue. I mash the bark in my hands, and lick it off my hands with my tongue.

D: Is that the only thing you consume?

R: Yes. Just bark.

D: What does it taste like?

R: I don't know.

D: I was thinking, if you're used to it you wouldn't know anything else. Do you drink anything?

R: No, there's moisture in the air. I absorb it through my skin. It's cool and humid in the woods, so I don't have to drink anything.

D: Do you have a sex? Do you know what I mean?

R: I'm ... female. I lay eggs. And my mate fertilizes the eggs after they're laid.

D: Do you live somewhere around there?

R: In the forest.

D: Well, you said the forest covers the whole planet. (Yes) Do you live in a certain place in the forest?

R: We have a territory that's sort of ours. There are others like us, and we fight over the territories.

D: Isn't there enough land for everybody?

R: It's a small planet. The other groups want larger territories.

D: How do you fight?

R: They ram each other, and collide with each other. Though hardly ever anyone gets killed. It's just a domination type fight. The biggest one wins.

D: Does your group ever have to fight?

R: No, because our male is the biggest. But it usually doesn't go that far. The others will back down.

D: So he dominates the other territories. (Yes) Do you live in a shelter or anything?

R: No, we're always in the open.

D: You don't have extremes in temperature?

R: No, it's always the same.

D: And when you lay your eggs, where do you go to do that?

R: We just lay them. Then the males come by and fertilize them.

D: Is your group a large group?

R: Yes. My male has twenty females. Most don't have that many.

D: Is there anything that you do with your time?

R: Hunt for food.

D: But you said the bark is everywhere, isn't it?

R: Yes, but we need a lot. That's the reason there are fights for territory.

D: I would think the bark would be everywhere, because it falls off the trees.

R: Yes, but females that are producing eggs need a lot of food. There are so many females. The males want the females, but they have to have enough territory to support them.

D: Does anyone die in the group?

R: Occasionally, mostly of old age. Old age would be three of your Earth years.

D: I was thinking that's one way to control the population. So people do die, but then you're constantly reproducing.

R: But sometimes the eggs get smashed, especially if they're laid where someone's going to fight.

D: Do you sleep, or do you know what that is?

R: We rest, we don't sleep. We just stop moving. Most of the time we're moving.

D: Are you the only species on this planet, or is there other animal life?

R: It's just us and the trees. But we're taking over. We're killing the trees. That's why we need territory. That's what's happening - the trees are being killed.

D: How are they being killed?

R: In places the bark is gone. They're taking it off the trees.

D: You don't wait until it falls on the forest floor?

R: No. The territory that I live in is still all right. The male's been able to keep the other males out.

D: Do they realize they're killing their food supply?

R: No. My male does. My male knows that he can't have any more than twenty females.

D: But then if you have children - if you want to call them that -they would have to eat also, wouldn't they?

R: Yes, but he knows how many eggs to fertilize. He is wise that way.

D: Because your planet has limited resources. So your life consists of just eating and reproducing.

R: Eating and laying eggs.

D: Wouldn't you want to go anywhere else?

R: No. Other places on the planet are dying. The people are eating the bark. They also have fertilized too many eggs. There are too many children. They're eating all the bark! And now they're killing the trees. And soon there won't be enough to eat.

I moved her forward to an important day, although I couldn't imagine what an important day would consist of in such a mundane existence.

R: There's nothing left but our territory. The rest of the planet is barren.

D: What happened to the other beings?

R: They died. They've eaten it all. They all died of starvation.

D: And the trees couldn't live either?

R: No. Now my male has the entire planet. Our group is the only one left.

D: But what good is the entire planet if you can't live on the other parts?

R: Without the others the trees will come back, eventually. It will be more than my lifetime.

D: So your group is the only one that's producing children?

R: Yes. But he is wise. He'll make sure that everything comes back, because he'll teach his young. He'll only let so many males live, and he'll teach them.

It seemed like there was not going to be much variation in a life like this, so I moved her forward to the last day of her life, to see what eventually happened to her.

R: I've just ... I'm resting permanently now. I can't move anymore.

D: That's what happens when you die? (Yes) Even though you eat, it's not enough to keep you alive?

R: You wear out. You move so much during your life that you just wear out.

I moved her to where she was out of her body and on the other side. "Can you see your body?"

R: Yes. It just fades away. Decomposes, I guess.

D: What do you think you learned from that lifetime?

R: The importance of balance. Not taking more than you can use.

That was an important lesson, and one that would be applicable to our present time as we go about depleting the Earth of the natural resources and not replacing them. Let's hope we don't reach the same fate before we realize that it is not the best way to live.

When I called forth Betty's subconscious toward the end of the session, I asked why it had picked this strange lifetime for her to see. I knew there was no way to identify where the planet was located.

R: Because she needs to learn balance in this life. Something she learned in that life she needs to relearn now.

D: Of course, that was a drastic use of balance, wasn't it?

R: Yes, but it's an important lesson for her.

D: In that life, her group was able to survive.

R: Yes, because they had a leader that understood balance.

D: It was interesting that they were able to survive on the bark. R: It was their food.

D: It also shows what happens when an entire planet gets out of balance.

R: Yes. But at the moment, *she* is out of balance. She needs to learn to balance areas of her life in better ways. She's a teacher who's not teaching. She should be. She's a healer. She needs to teach others to heal. She's had bad experiences in the past (other lives). She needs to let those go. She has been killed for her belief in healing. She has been tortured. She needs to forget that. She needs to realize that this is a new life. That's why she needs to balance. She needs to balance what's happened in the past with what is happening now, and realize that there is need and room for teachers. She won't be tortured or killed in this lifetime. This is a time when things have changed, and she needs to teach. She needs to heal by learning balance. She needs to teach balance.

I think the subconscious was also showing us this life as a metaphor for the conditions we are facing in our world today. It is a warning that history repeated itself. It doesn't matter that this happened on another planet, it is showing that we could be headed in the same direction if we don't learn to respect our environment and protect our planet, our home.



Face



Foot

CHAPTER SIX

STRUCTURE IS NOT IMPORTANT

Clare is a remarkable young woman. I first met her in Kona, Hawaii in February of 2005. She travels all over the world doing anything she wants. Any adventure is not off limits to her. In Hawaii, she went out every day on a small charter boat to swim with the dolphins. She attended my lectures and workshops while in Kona. She then made arrangements to meet me in London a few months later when I would be there lecturing and conducting one of my hypnosis classes.

Her home is on the continent, and it would be easy for her to come and have the session, as well as attend the class. This all sounds normal, but what makes it extraordinary is that Clare is confined to a wheelchair. She has never let this become a handicap. I was worried about her attending the class, because it was held in a private residence near Hyde Park, a beautiful old Victorian three-story house. But the houses in London, as well as restaurants, trains and everything else, are not equipped for the handicapped. She managed to maneuver the stone stairs leading up to the house, and was inside before we were even aware she was there. She did not ask for help, and didn't wait for it.

When she wanted to have the session, I couldn't see how it would be possible. My hotel was one of the thousands of old houses that had been converted into hotels. There are blocks and blocks of them all joined together; they used to be family homes during the 18th and 19th centuries. They have now been remodeled as hotels, but the rooms are small, converted to accommodate a miniature bathroom. There is usually a very small elevator, hardly big enough for two people and luggage, and the hallways are obstacle courses. I did not see how it would be possible for Clare to manipulate all of that to come for the session. But she said not to worry, she was used to

going in and out of all kinds of buildings that most people would consider impossible for anyone in a wheelchair. I suppose it is the old saying, "Where there is a will, there is a way." I knew what time she was expected to arrive, and I wanted to go downstairs to the lobby to help her maneuver the elevator, but she was knocking at the door before I had a chance.

I have great admiration for this young woman, and I knew one of the main issues she wanted to address in the session was the cause of her handicap. She was able to get herself out of the chair and onto the bed with the use of her arms and upper torso. Her legs were not completely useless, but they would not support her weight. She had no problem going into a deep trance, and as usual, I never knew what we would discover as I began the session.

Clare came off the cloud suspended over a large city next to the sea. "The city's shape is like a crescent moon along the bay. There are tall buildings, and lower buildings, and jetties going out into something like water. It's funny because it looks as if there are high rises along the side of the sea, but the sea looks kind of fixed. You don't have the movements of the waves. Everything looks a bit frozen." I had her move on down until she was standing on the surface, and asked for a description from that perspective. "I get the impression of a color, bronze or coppery. It's something like a plastic material. Even under my feet, it feels like the same plastic metal material. The buildings are made of it, and everything has a glow like coppery orange. And there are trees that look exactly like models, like they're made of artificial material."

She did not see any type of vehicles or people. The streets were empty, but this often happens when the subject first enters the scene. They are usually alone with no sign of life. Then as we talk, beings and other things enter the picture, almost as though the scene has to be set first, then the rest of it catches up. She noticed what looked like a cloud of bronze coppery colored shooting stars in the dark sky above the city. I then asked her for a description of

herself. "I feel very skinny and long. And the legs are very, very skinny, especially under the knee joint. My feet feel more like hooves rather than feet. I'm not wearing any clothes. My body feels like a skeleton. Very thin. And also made of plastic material! Kind of flimsy. My skin is the same bronzy color. I have skinny arms, and funny hands. They are wide, much wider. Six fingers, plus a kind of thumb, which is out of proportion, shorter than the other ones."

D: What about your face? Do you have any hair?

C: (Laugh) I feel like a skeleton with hair, yes. It's light colored, and more straw-like.

D: Do you have eyes?

C: Yes, I think there is something in the sockets. Could be eyes.

I can see. No nose. I'm not sure about a mouth. There is an opening. It's almost as if there is no skin on this skeleton. Just this strange kind of material. There are no ears.

D: Do you eat food?

C: There are no organs. It's just the structure, nothing else. It's empty.

D: What keeps you alive if you don't have a heart or lungs?

C: That's what I was wondering, if there's any life there. It looks as if there is a system within this structure with something circulating. It's liquid energy, light blue. It circulates in the structure. And there is something that must be green, too.

D: Do you have to drink it, or replace it, or what?

C: No, it's like being a car, being fueled. I think from time to time it has to be fueled up again.

D: How is that done?

C: In the heel of this structure. There is an opening to be refueled.

When Clare began to describe her living place, it also was strange. She was living in sort of a basement underneath one of the buildings. She also did not need to sleep, as well as not having to eat. So the room was bare, just a space. "It's hard to see. I am in this room, and there seems to be other beings that are much taller than me, with blue dots. As if they were empty and had some blue dots or whatever around them. But the rest is emptiness or black. It's like hanging in the void. I felt some density. And that only allows me to figure out that there must be something, because it's moving. These beings seem to be there, but I can't see them. Just the outlines which are blue specks. It's not continuous. I think we have to do something together." When I attempted to find out what she did, what her occupation was, she suddenly found herself floating up outside the room. "It's getting gray instead of the other colors. I don't see anything. I was aspired out of there. Sucked out. I'm floating. I'm like in a cloud, in something gray."

D: Did something happen to make you leave that place?

C: No. Just disappeared.

I could not get any more information about this strange creature, so I told her to move through time and space until she saw something else that was appropriate. My curiosity was certainly aroused. I was trying to understand what these strange scenes had to do with Clare in this physical lifetime.

C: I see red and black. Black with some red outlines. I have become a bit heavier. As if I've been sinking, becoming more dense. The whole body feels denser. It's made of two layers. The top layer is a bit more structured, more like plastic. And the lower layer touching the bed is softer. And it's tingling in the arms and the chest, and in the legs. And in the head. Now in the face.

D: Does this body have two arms and two legs, or how is it made?

C: It has *more* than two arms and legs. It has four legs with just two hips. And it has three arms on each side coming off the shoulders.

D: Do you get any impressions about the face?

C: It looks kind of half animal. The head is longer, and it's made of two parts. The first part is like a human head in the back. Then there is an extension, but at a forty degree angle forward. Which makes the head have the forehead coming forward, bending over the lower part of the face. I guess it looks like an open mouth, but it's a whole head and face. The skin is golden.

D: When you have that many legs, is it hard to walk?

C: It makes walking faster, because there is always one touching. It's more like a wheel actually, the way they move.

D: That would make sense. - Where do you live?

C: There seems to be something in the sky. It is very big. Like a ship. Not really, but some lights with some structure in between.

D: Are there others there?

C: I am not aware of others. - It's zooming up again.

She was leaving it again and going off into nothing. I couldn't get any more information. So I told her to move again through time and space to find something else that was appropriate. When I asked her what she was seeing or feeling, she became frustrated, and wanted to stop. "I can't go anywhere. I can't see anything. I'm just feeling 'zzzz' in my body."

D: That's all right. You're doing beautifully. Just go with it because this is happening for a reason. What are you feeling in your body?

C: Like ants.

D: You mean with the nerves?

C: Probably.

D: Where is it mostly?

C: In the finger, in the back, in the legs. A quivering. The image I get, is feeling like the whole cosmos. Like being full of planets and stars and everything like that.

D: Oh, that's very big, isn't it? (Yes) Like being out there?

C: No, *being* the cosmos.

D: Being the whole thing. (Yes) What does that feel like?

C: Like freedom. I don't have to want anything. I just can be. I am, and that's enough. It's like coming home.

D: Where it is so big it's hard to imagine?

C: No, it's not an imagination. It's just being.

D: But if you can be anything, what do you do?

C: Nothing. At last, nothing. Just exist. Just allow things to happen.

D: Are you all by yourself?

C: It seems I'm everything. We are all together. It's not separated.

This all sounded so familiar, since I had been getting the same description from many others of the place they all call "home". They become so content they want to stay there. They have no desire to experience anything else. But I need information, so I knew I would have to get her away from that beautiful place of contentment.

D: Why did you decide to leave if it was so perfect and so beautiful?

C: Duty, I guess. To gather experience so the whole can grow. So that different experiences can be gathered, and things can move and evolve.

D: And it couldn't happen in a perfect place?

C: I think it's a question of changing states.

D: Then you had to leave that beautiful state, and go somewhere else to gather information? (Yes) To learn. (Yes) What did that feel like when you separated?

C: Very painful.

D: Are you allowed to go back, or do you have to stay and learn more things?

C: No, I think I can go back.

D: Where did you go when you had to separate?

C: First, I feel like becoming a planet.

D: Oh, that would be a huge experience, wouldn't it? (Yes) What else can you become besides being a planet?

C: It feels like a being which is more rubbery and longer. More reptilian. There are organs. It's much different. There are no limitations. Not at all.

D: Is this part of the learning, to experience different types of bodies? (Yes) They're physical, but they're all different, aren't they?

C: Yes, very much so. It's another movement, another view of things.

D: Then you just go from body to body and place to place gaining information? (Yes) Is there anyone or anything that tells you where to go and what to do?

C: It's like being called from inside.

I decided to move her forward until she first decided to enter the body of Clare. "Why did you decide to enter that body?"

C: I feel pulled down into it. And actually it's very joyful. It feels like an aspiration into it.

D: Aspiration? Like being sucked into it? (Yes) As a baby, or what?

C: It's very early in the evolution of the baby. Fetal.

D: When it's inside the mother? (Yes) When you entered the body of Clare, was that the first time you had a human body?

C: No. There were plenty before that.

D: It seems you like to explore, don't you?

C: Yes. I'm getting tired of experience. Tired of trying all these different things, and tired of the variation.

Now that I had her back into the body of Clare, I thought it was time to call forth the subconscious, rather than taking her through this lifetime. I asked why it had chosen those strange alien lifetimes for Clare to see?

C: To show her structure isn't important.

D: They definitely were not human.

C: It doesn't matter, structural, whatever. The spirit can inhabit anything. It makes no difference what matter seems to look like. They were just another funky representation of life, all the funny

forms it can take on. Just to be adapted to whatever is needed at the moment.

D: So the outside structure is not important? (No) Of course, the most important part is the life force, isn't it?

C: It's a spark, yes. The spirit, the life force, whatever. Or just gathering information and experiences. There are many life forms everywhere. It doesn't matter what kind of a body she's in. Everything has the same information inside, or has sprung from the same information. From the same Source. From spirit, or whatever you want to call it. And it can take on any shape and form and consistency, whatever.

D: Would this be what she saw when she felt she was the whole cosmos?

C: Yes, it's a part of it. Everything is part of it, all funny shapes, all expressions of that One. There was a moment when she was in it. There was a moment when there was something else happening, and she was sucked into the light. She was the cosmos, but also at the same time in something that was more original, like light, pure light. That was before she became a planet. It felt like the Origin.

D: If the cosmos was everything, what would the light be?

C: Just the Origin.

D: The Origin of where the cosmos and everything came from?

C: Yes. Maybe there was a step before, but that's not expressible.

D: I've heard that before, there are some words and some terms, concepts, that we'll never be able to understand. There are no words to describe them. (Yes) So there was something before the light.

C: Yes, that's already manifestation. But it can't be explained.

D: Then when she went into the light, she became the planet.

C: Afterwards, when she separated from the light.

D: And then there must have been many other experiences before trying the different bodies.

C: Plenty.

D: What was the purpose of her experiencing so many different things?

C: To get the whole manifestation back together. To synthesize. To get a synthesis of all different manifestations. And bring them back to the Source.

D: Then what does the Source do with all of these manifestations?

C: It feels like it's becoming bigger and more whole, and more multifaceted, and richer.

D: So the Source is continually growing and adding to itself. (Yes) So you showed this to Clare so she could understand?

C: She knows.

D: But she could have gone to past lives.

C: No. No past lives anymore. She has to go forward. That's not important. She has integrated everything. She has to go forward.

D: Where are we moving forward to? Do you know?

C: To another way of thinking. To meld everything together so there is no violence. No shocks between the different things so there can be harmony and evolution, like being carried by a brook, by a river, forward.

I then proceeded to ask Clare's questions: "Why does she have these disabilities with her spine and her legs? What's the reason for that?"

C: It's like the picture of the world, how it is today. Everything pulling in a different direction instead of harmonizing and going in one direction.

D: You mean her body is pulling in many different directions? (Yes) But she was born with this.

C: Yes, but it started falling apart, really, when there was disharmony around her. She didn't know how to deal with it. The disharmony in her family? When there was a pull toward her parents, a pull toward her grandmother, and she couldn't join the different forces into one.

D: So that's when it began to materialize? (Yes) Is there anything we can do about it now? Because I know the power of the subconscious.

C: She has to find the harmony in herself.

D: She does wonderful things though. We want to help her. How could she find the harmony within herself?

C: By dying. (That was a shock.)

D: We don't want that though, do we?

C: Maybe not physically, but she has to die.

D: How could she die without dying physically?

C: She has to step out.

D: What purpose would that serve?

C: Like coming back in from another point of view.

D: This can be done without dying?

C: Yes, it's possible. She is to be sucked out, put into the laundry and brought back.

D: Will this happen when she's sleeping at night?

C: It can happen at any time.

D: We don't want any harm to the body. Is that understood? Because this is my job, to never cause any harm.

C: No, she won't be harmed. She can't be harmed. She's gone through so many things without being harmed.

D: So she will come out of the body, and then come back in from a different viewpoint?

C: It will just seem awkward as usual when she comes back.

D: Then the body will be more in harmony?

C: Yes, she will be aligned.

D: Will she begin to have movement and feeling in her legs?

C: Could be, yes. It's a possibility.

D: Once the body is in harmony, can you reconnect the connections?

C: It's possible. They are still there, and they are whole.

D: So they have not deteriorated. They can be connected?

C: They are connected, they are just lank, anesthetized, or ... it's hard to say. It's like they have been squeezed, and instead of having the full flow through them, there is just a little. Like drought in a brook. Yes, there could be more. They're going through more energy.

D: Can you do that?

C: If she manages to get fully aligned it will be possible.

D: When do you want her to do this, where she gets into harmony?

C: The weekend after next. She'll be back home by that time.

D: And you'll protect the spirit so it can come back in.

C: Yes, because the job is not finished. There is much more to come - much, much more. It will be very gradual. She will notice feelings returning to the legs.

D: Then she'll gradually begin to use the muscles again.

C: Yes. They have to be awakened. It's time! It's time. The time has come! When she experiments leaving her body and being cleaned, readjusted, it should be possible to work on the entire body at the same time when all her energies are being aligned.

D: So while she's out of the body for that brief period, you can work on the body?

C: Yes. Putting the machinery back in order. The whole body needs an overhaul. It's more efficient when she's out, because then her energy systems are also being overhauled. There is nothing else that has to be done.

D: But there's no danger to her, she will come back.

C: She will be tired. - This is the best way. Yes, the time has come. She will draw masses. She will be teaching on the larger level. After the overhaul, she will also speak differently. Be more able to convey the things people need in words they can understand more easily. And she will be working much more on an energy level straight through her body. She will be transmitting the knowledge. She will be

traveling all over the world. Her life starts now. She needed this trigger. She will also be healing others. She has been waiting for that.

D: What will she feel like when this happens?

C: She will be again in this state of funny feeling. Not really being able to see, having a hard time moving her tongue to say something. And then she just has to go and lie on the bed, and the rest will take care of it.

D: The reason for that is because the connections are separated at that time. That's why it's difficult to talk. (Yes) So when she feels like that, the weekend after next, when she'll be back home, she can just go and lie on the bed until it passes?

C: Until she feels back together again.

D: And during that time, you'll be working on the body. (Yes) That's wonderful. She wasn't expecting this today, was she?

C: No, not at all.

D: She was looking for information, but not something like this. - It was strange that we first met a half-world away, and then we met again here.

C: Yes. It was meant to be. There are no accidents. She took her time, but there she is.

D: She has learned the lessons of the handicap, and now she doesn't need it anymore.

C: No. Just let it happen. She knows that the things will take over, and she doesn't have to think about how to get there. She is ready. Big things will happen. As long as she doesn't doubt, she can have it. She must believe that it is true.

When Clare awakened and got up and maneuvered into her wheelchair, she said she already noticed some things that had not been there before. She had more movement in one of her legs. (She usually had to lift them to position them in the chair.) And she had some uncommon sensations in the legs. I explained to her what the process would be when she got back home. I think it would be best for it to happen when she was by herself, with no one to disturb her. That way they could work on her and take all the time they needed.

CHAPTER SEVEN

THE CONSCIOUSNESS OF CELLS

This material laid in my files for more than twenty years. I was going through and destroying many of the old sessions that were conducted back in 1985 when our group was having regular meetings in Eureka Springs. Those were wonderful days of exploration and camaraderie. It was so important to have others of like mind to discuss things with. Although the group has disbanded, I still feel a closeness with these wonderful people who were so important in my life at that time. They have no idea how much I needed their companionship and understanding during those days when everything I was discovering was new and different. At our meetings, we would often have a general topic of interest that would be explored, and whoever was volunteering to be the subject would go into trance and answer the group's questions. When I found this forgotten transcript, I felt as though it had been waiting for over twenty years to be rediscovered and included in my work. That time has come and it has found a home. It fits perfectly with the subject of consciousness and the recognition that *everything* has life and intelligence. Although, at the time of this session I could not comprehend much of what was being said. I had not expanded to that point of understanding. It showed me how far I have progressed in my thinking and comprehension in twenty years.

The topic on this evening was healing. I can still see in my mind's eye all of our group sitting around the room intent on what was occurring, and anxious to participate by asking questions. Oh, how I miss those days, and those dear people!

Subject: We recognize the importance of the subject for tonight and are anxious to discuss with you the aspects of healing. Healing is an important endeavor. Everything is either in a state of healing or moving toward destruction. Destruction is a natural phenomenon and

not negative as it sometimes appears. However, a *premature* destruction of an entity or consciousness, a piece of living matter, is to be avoided. Therefore, healing must be practiced by all living beings in order to facilitate their appropriate life span within your time/space dimension.

Questioner: Can you explain the actual process of physical healing of the human body? How does it occur at the cellular level?

S: Each cell is responsible for its own existence the same way that each totality of being is responsible for the existence of the whole of that particular being. The cell has its own self to mind as well as a joint relationship with cells around it, particularly cells which constitute part of a larger systemic organization such as a specific organ. That cell is responsible for obtaining, from the energy fields around it, nourishment appropriate to its development and growth. It is responsible for monitoring its own function, so that it retains as much nourishment as it needs, and sends forth into the rest of the organism those elements not needed for its particular functioning. The cell is aware of dysfunction as the overall entity is aware of a certain malaise indicative of a problem somewhere. The cells obtain information from the thought pool relative to that particular cell, the same way that humans obtain information from the thought pool. The same way that animals obtain information from thought pools in regard to behavior of themselves. The cells have a way of tapping into kind of an “ideal cell” to show them the way they should be functioning, and alert them when this functioning goes awry. At such, they request information with regard to healing. All this takes place in instantaneous time and in microscopic detail. The cells have an innate information ability, but they also get additional information from older cells in the body and the sense of the body energy as a whole.

Q: You mentioned an ideal cell that they pattern themselves after.

S: That is correct.

Q: Would that mean even on the microscopic level they must have something to guide them, something they could use as a pattern?

S: Yes. On every level.

Q: Even the microscopic?

S: Especially the microscopic level. Cells function at essentially the microscopic level.

Q: I was thinking in a sense then they would be thinking of that ideal cell as God.

S: Right.

One of the group: Along that same line, is there a correlation between the ideal self of the cell and the ideal that we hold as our higher self?

S: Not in the way you mean the question. There is no higher self for a cell, specifically the way that you understand your relationship to a higher self. One exists, but it is more like a pattern rather than a guide or a director of activities.

Q: Does this mean that the cells have an intellect?

S: Yes. Every piece of living matter has a consciousness, otherwise known as intellect.

Q: I'm thinking that humans have brains. Would they be able to think in that respect?

S: To fulfill the function of intelligence as it is prescribed in zoology textbooks, with regard to awareness of surroundings, ability to reproduce, movement, our cells fit that categorization.

Q: It would be very basic then? Is that what you mean?

S: The cell does not see itself as “very basic”. (Laughter)

Q: I mean they wouldn't have the intellect of a human. Or do they?!

S: In their own way each bit of consciousness has the intellect of a human. Some have intellects that function better for their organism than human intellects function.

Q: Then in the function of healing, we have to communicate with that intellect within the cells?

S: That's right.

Q: In healing, the way we understand it, we have to get in touch with our basic problems. We have to understand the causes of our discomfort or disease. Could you suggest a way that we could do this more effectively?

S: The general answer is that one should ask one's body for assistance in this area. Something along the lines of, “I know that I can communicate with my body. I know that I can request assistance in healing. But I don't really know how I go about this. How about giving me a hand?” This is a simplistic answer. The self-discovery method requires a much more detailed understanding of your own present history within this vehicle. As well as - for those who believe it's pertinent - past and future lives, as they might relate to the present vehicle. This complexity is not necessary. It is not necessary always to know exactly what is blocking the healing. It is sufficient to recognize that there are blocks. Request that they be dissolved by mental request, or visualization of the block being dissolved. Even without knowing what the block is. If you believe that blocks can be dissolved without bothering to understand how they got there, this would suffice for most people. As you remember, what you believe is what makes the difference. If you believe you can dissolve the blocks and move toward healing without paying thousands of dollars to psychoanalysts, then do it that way. It's much easier.

Q: How does the process of long distance healing occur?

S: Healing from one person to another seemingly long distance and recognized as long distance by time/space reckoning is, in fact, a short distance. The healer gets in touch with the energy of the entity which is being healed on a more immediate basis. The ability of the healer to expand their aura, to reach out and touch the other individual, allows a hook-up over what seems to be time and space. So that the same kind of healing can occur as occurs with the actual physical laying on of hands, or touching auras with someone in the same proximity.

Q: Can you describe how the energy is transferred from one person to the other, or how one person can transmit that healing energy to another?

S: It's a question of utilizing the pathways which surround all of us in an electrical kind of a sense. Not electricity, of course, but kind of a force-field-energized area around each of us. Some particularly receptive individuals are willing to let down their particular protective barriers, and allow a crossfeed into their energy field from another individual, who is equally able to let down their barriers to send their energy out. Such energy attacking a particular illness, or just approaching, with love, the general aura of the receiving individual provides an extra shot. Remember, these two have agreed ahead of time to this particular healing, to this involvement. The receiving body recognizes that an additional jolt of energy, as the individual was already moving toward health, will simply accelerate the process. The individual doing the healing is willing to sacrifice some of their immediate energy, of which they can generate more than an average person. Then they send it toward a particular spot or the general condition of the receiving individual. In such a way that the energy itself seems to have a kind of mind and intelligence of its own - which it does. And it simply seeks out the problem areas and dissolves them, removes blocks and allows them to regain their own healthy condition.

Q: When I am around people who are sick and they are all coming down with something, I sometimes put up a barrier to keep the germs from coming into my body. Is that possible to do that?

S: Do you do it?

Q: I try to practice it. I believe it, but is it a fact?

S: Has it worked? (Yes.) Well?! (Laughter)

Q: I just mentally put up a barrier that the germs can't go through.

S: If you believe in germs and believe in your ability to shield yourself from germs through a barrier. If you believe these two things, then doing it is a snap. You could choose to simply not believe in germs.

Q: Are they real?

S: Not in the way that you and the medical doctors think they are.

Q: Then how are they?

S: Well, they're fine. (Laughter)

Q: Well, you say they're not real in that way....

S: They don't cause diseases. I'm sorry, I shouldn't be playing with you, but it's so much fun to play with you. The germ theory of disease is simply another theory. As you know, people create their own diseases for their own purposes. Germs are a handy scapegoat. If you simply don't believe that they can harm you, then of course, they won't. But that takes a good bit of belief in a world in which they have been seen as a scientific explanation for diseases. In actual fact, the older explanations of possession by devils, and so on, were closer to the truth. Not that people are possessed by devils, but that emotional and spiritual and relationship concerns, and problems, and

stress, are actually the causes for disease. Germs have had a lot of bad press.

Q: But they have been observed in the laboratory under the microscope.

S: They exist in the laboratory. They're just not the *reasons* why people create illnesses for themselves.

Q: What about epidemics?

S: As you know, when groups of people are involved in mass events, they have all chosen to participate in the mass event. And they have chosen that particular event for their own purposes, most generally as an example, a lesson of some sort

to the remainder of the individuals in that vicinity.

Q: I'm thinking specifically of diseases like the Black Death. They said it was caused by fleas on the rats and it spread all over Europe at that time, killing everyone.

S: Bad press for rats and fleas.

Q: You think because they believed this, that is why it spread?

S: That and the fact that they had their other particular reasons for being involved in such an event.

Q: We've heard that laughter is the best medicine. Can you give the Why?

S: The "Why" laughter is the best medicine is that laughter, at least momentarily, provides you with positive sense of joy and well-being. Provides you with instant health.

Q: Then that means that sorrow or sadness is detrimental to the system?

S: Inappropriate prolonged sorrow or sadness is medically defined as depression, which is detrimental to the ultimate well-being of the vehicle and those with whom they come into contact. Sadness or sorrow as an appropriate emotional response to an event or a situation is not detrimental to the being. The repression of such emotion or the negation of such emotion is more detrimental than the experiencing and showing of appropriate emotional reaction.

Q: The natural expression of emotions is good for you?

S: Right.

Q: It's the blocking of these emotions that causes the diseases, the malfunction?

S: That's a simplistic way of describing block, but accurate in so far as it goes.

Q: That means that it is good to even experience anger?

(Yes.)

Q: This is not exactly on the subject of healing but it has some relationship. When the larger self leaves the body and dissolution starts, do the cells in the body still have life until they are transmuted into something else?

S: You want to know what occurs?

Q: Yes. I am wondering, if each cell has life, at the point that the spirit leaves the body, does the body cell still have life and does it, in turn, choose to go into a state of dissolution?

S: An excellent question. The line between life and death, as you know from literature, is said to be very fine. Your practical experience tells you there is nothing fine about it at all. Either you're alive or you're dead. But if you look around to understand the scientific, more

technical, aspects of this question, you will note for example that trees appear to be dead for long periods of time and will literally spring back to life. They die in little bits and pieces over many years. Let's take a body of a human, for example. When the spirit leaves the body, the cells retain certain aspects of life, such as motion at a cellular level, in that the disintegration is a form of motion. The falling away from the bones of the flesh is certainly motion and can be observed. There are aspects of life which do not, however, occur for most of the cells upon physical death. That would be, reproduction and the use of nutrients and the sloughing off of non-usable pieces, or used and discarded pieces. Those kinds of systemic functions do not occur. However, certain cells in the body, as you know, kind of morbidly grow for a while. So that, like a tree, pieces of the human are dying at different rates. But there is life of a sort until the pieces disintegrate into other things. And then, of course, they continue to live in a different form to the extent that dust is as alive as a bird in flight.

Q: That would be a form of reincarnation even down to the cellular level. - Along that line, what I see is the change that we go through as we die (or our body changes until we call it death), and we then go to a different dimension. Is that a type of thing that happens to this intelligent force in the cell, that it transmutes to another form?

S: Right.

Q: Is it still part of the human consciousness? Like, say a fingernail cell continues to live for a time after the human dies. Then does the cell rejoin the human spirit or is it going a different way?

S: That cell will retain the memory of life as a piece of the human organism. The same way it will retain memories of life as pieces of other things, when it in other stages, other forms, hooked up with other pieces to create other things. But its memory will be short circuited the same way your present memory is short circuited, and

you do not ordinarily consciously recall the pieces of yourself which have been dinosaurs or fleas.

Q: How do these cells view us as a body? Do they have a way of perceiving us? They live inside of us.

S: They sense that they are part of a larger organism the same way that we sense that we are a part of an oversoul. That same vague sense of belonging which occasionally occurs. The cells appreciate it more often than we do, because they can appreciate and be acquainted with that feeling just by normal functioning. If your liver is operating well and doing the things that it is supposed to do, it enjoys a sense of wellbeing which, were it able to be conveyed to you as an individual intellect, would bring an awareness of joy that most of us unfortunately do not experience very often.

Q: How do they view our brain or our intellect that directs them?

S: Not with a kind of criticality. Simply an acceptance that that's the way this organism operates.

Q: I thought maybe they might be thinking of that as the God or the overall driving force of their Universe, so to speak. It wouldn't be that way?

S: You're putting a human tendency to search for gods onto cells, which accept their existence as a piece of God.

Q: Is there not a brain or consciousness of the planet itself?

S: The consciousness of the planet exists in kind of an overall blanket effect. However, the *life form* on any given planet which is capable of altering structures and creating physical entities to alter its life cycle - in contrast to other animals which do so only on limited scales - and do not necessarily allow for generational continuation of the edifices and so on. That life form on any particular planet becomes, if you would, the consciousness. The conscience as well,

of the overall planet, and carries with it the requirement to think globally on behalf of the planet. Such a lesson has yet to be learned by the intelligence of humans on this planet. But such is the design of the universe that the planet itself, although having a consciousness and intelligence, is still required to work in combination with the intelligent beings who are capable of altering the surface of the planet.

Q: Does that mean when the people of the planet die then the brain of the planet dies?

S: No, the brain of the planet will operate in consort with the other intelligent beings, which would include all animals, plants, rocks, living things, etc. If there are no animals or plants which spring forth with an ability to alter the physical shape of the planet, the planet will not need to exert such an intelligent symbiotic relationship, and will simply allow a less directed, more natural approach to occur.

CHAPTER EIGHT

EVERYTHING HAS CONSCIOUSNESS

This unusual case was reminiscent of the “Mechanical Person” in *Book One* of this series, where the woman found herself in the body of a robot-type mechanical being. That was an extremely frustrating life because her creators did not realize that she was a more sentient being than they thought. She was not purely mechanical, but had emotions and feelings, even though she could not express them. When they created her out of metal, they did not realize they had also implanted the small spark of life that gave her consciousness. It was the first time I had ever had a case like that. Later when I was doing one of my group regression workshops, one of the participants said he saw himself as a robotic being. He “died” when he was eventually disassembled. So this case goes along the same line, showing me, once again, to always expect the unexpected, and never take anything for granted in this type of work.

I saw Tina at my office in May of 2006. She had been a clinical therapist and had now gone into massage therapy. Her reason for requesting the session mostly dealt with personal relationships. Yet the session went in a totally different direction and was not at all what we expected. Showing once again, we were not controlling this.

When she came off the cloud, she began describing things that were so unfamiliar she had no words for them. She knew she was definitely not on Earth when she saw a huge white oval shaped structure. Looking at it from a distance, she said it looked bigger than a football field. She couldn't tell the material it was made from, “Maybe metal, maybe plastic, or something smooth.” She then saw an entrance which was just an opening with a ramp going up to it.

T: I'm allowing myself to just float in. And I'm seeing what looks like a city inside here. I don't understand yet what I'm seeing, but I'm

seeing many little creatures. They look almost like little ants, very industrious. It seems like everybody -and I hesitate to call them people - are moving about with a purpose, very industrious. On the outside, this place seems so serene and dreamlike, just this big, white, huge expanse. And inside, it's darker, and not what I expected. It's very big. And it goes, I suppose, down in the ground, and maybe, yes, up higher. These sort of creatures are very busy doing things - like building things. There are many levels, like it's stacked. The word "city" comes to mind, but it's not really a city. It has different rooms, almost different sections. It's like if you cut into a doll house, and you can see into each room. I felt a little anxious coming here. I don't like it. Maybe because, right now it seems very alien, not soft or human or easy. I think these creatures are alive, but they seem very robotic in that they don't have much choice. Like they're very programmed with what they're doing. Nobody is looking up or conversing or being friendly. It seems mainly more... what do I want to say? Technology more than mechanical. But they're all hugely industrious and not to be diverted from what they're doing. Very intent on their purpose.

D: Is that why you think it bothered you?

T: Yes. It doesn't seem very pleasant or very happy. It seems very harsh here. All these creatures are working in close proximity to each other, some of them are stacked, standing on top of each other. There is no respect. There's no individuality.

She described the creatures' hands as having a type of feelers, rather than fingers. They used these to manipulate little buttons, little lights on small boxes. They could move these rather quickly, like somebody typing or playing a piano, only they were doing it with little boxes of light.

T: They're causing something to happen, with these little boxes. Something that's way outside whatever this structure is. I don't know if this is a building in the ground, or if it could be a spaceship. It's

very, very huge. I have this sense that they're directing many things. Almost like they're neurons in a big brain, or something. And by manipulating these little boxes, they're causing something outside the structure to occur. I don't know that they're individuals, or there's a group consciousness, or if they're parts of a whole. Or if they're mechanical.

I asked for a physical description of these strange creatures.

T: They have eyes, but they do this work more by touch. It's a very rote thing. (Then a sudden shocking revelation.) As I said that, I had a sense that I've ... I've been one of these. (She began to cry.) And I don't like it.

As she said this she unexpectedly became one of them. She entered a body identical to the ones she had been describing objectively.

T: (Sadly) It's just not a very happy existence. It's feeling like there isn't much choice, and it's just - not very happy. It's a drudgery. What are we accomplishing? Oh, my heavens! We *don't* have any choice, and we *don't* do anything else. It's really funny, because in some way we are alive. But we don't - at least, *I* don't like doing this. I just keep having to do it. And I don't know how long I've done it, but it seems like an eternity. It seems endless that I stay in this thing doing this.

D: Does your body feel mechanical, or like it is of a substance? T: It feels kind of hard and crispy, like I have a shell. I have

legs, I think, but I feel somehow, I'm propelled more than I walk. I sort of flow along, or scoot along, but I don't do it by moving legs. I feel like I'm mechanical, or bug-like, or I've been bred to do this thing, and I just do it. I don't know where I came from, and I don't know this will end. And I don't know how I've been created. I don't get that anybody or anything cares or understands. I think that whoever or whatever is in charge of me doesn't understand that there's some sentience here. There is a big lack of feeling. That

somehow I'm regarded as a creature or a thing, and it is not known that I have a consciousness.

D: Do you know why you have to do these repetitive motions?

T: I have a sense that I am keeping some beings, or something, alive. That somehow we're a background behind the scenes, like an energy, that somehow keeps some kind of world in existence, by our motions. And I don't think the world that we keep alive is the world that's caused us into being. There's something else above and beyond us that doesn't understand that we know what we know. And doesn't understand, or doesn't care that this *isn't fun*. I think I have a shift that I go away from it, and I am worked on. I go some place else, and I'm deactivated and maybe cleaned up in some way, maintained in some way. And I think that I go to sleep, go dormant.

D: Can you see what kind of place that is?

T: Some other level in some other kind of pod, or room, or whatever we're calling these things. And I slip into a little unit, like I click into a place. The way you recharge a razor or something. I go to this place, and I kind of click into it, and I am deactivated. I lose my power. My consciousness. And something happens to me. Like I'm cleaned up, or reenergized, or I don't know what happens. But I click into there, and then quickly just kind of disappear. And then the next thing I know, that little thing unclicks me, and spits me out. And I go back and do the same thing.

D: So that's the only rest you get from it. Otherwise, it's just continual?

T: Seems like it. And it's not a rest, because I don't know about it.

D: Do you require any sustenance of any kind to keep you alive? T: If I do, I get it there, and I don't know what it is. There may be something that's in this atmosphere that's almost sprayed, or *in* whatever the atmosphere is in this place. That keeps me going. And

I don't know if that keeps me healthy, or tuned up, or if it sustains me, if it's my fuel. I don't know. But as I stay there longer, I feel more and more that I'm regarded as mechanical, as a piece of machinery. I do have consciousness. But I don't think I can communicate with any of these other machines, or robots, or beings, or whatever we are. It's really strange. It's like somehow a consciousness has been created, and they don't know that we're conscious. It would never occur to whoever created us. I can only assume these other beings feel the same way, but we cannot communicate. I feel like I am totally locked inside this. I do this, because I have no choice. And I have the sense that, in a way, it's a hell. I know it has meaning, but for me personally, it's meaningless. It's repetition. And I'm locked in here, and I can't communicate. *I can't communicate*. It's hopeless! It's hopeless! I'm totally locked into this shell of a machine doing this work.

I thought it was time that we found out how this all began. How this soul came to be in this dreadful situation. "We can move backwards, because we can manipulate time. You can find out how this was created and who did it. Move backwards to when you first went into this."

T: So they know! I don't like this, because they know! I don't know what the reason is, but I do know that this is a mechanical thing, or a synthesized thing. It is something that's made. It's not an organically grown thing. There's a consciousness that then is united, and they recognize that. It appears that my consciousness is placed. It's like it's poofed into... like it's blown into this thing. It's like a little poof. And I'm put into here, and they know that.

This was exactly the same process that was described in "The Mechanical Person" in *Book One*. A tiny piece of consciousness was blown into the robot and it was activated.

D: What was your consciousness before that?

T: I'm a little organic being, and I'm grown. I'm not sure what it is, but it's this little round ball that seems more organic. What I see is like an assembly line place, where the ball somehow comes from one direction on this assembly line. And then these little robot things come from another. And there is a place where you're injected into this.

D: And you were in the little ball as a consciousness?

T: Yes, yes, yes. I was. And somehow, somebody, something - I haven't seen that yet - has grown us. And has created this little consciousness, and then they put us in this robot. There is a consciousness that's ... grown. I'll use the test-tube baby example.

D: Then these little mechanical things cannot operate without this little spark, a little piece of consciousness inside.

T: Right. And so we're bred to inhabit this little machine. This is not very good being one of these things.

D: I guess the person who does this, or whoever has invented this, doesn't think about that.

T: I think they may tell themselves, whether they know or not, there's not enough sentience in there that it matters, because we're bred to do this. But my experience is that it's drudgery. It's really funny. When you're back with all these little round beings on this conveyor belt, there isn't that sense of hopelessness and drudgery. The little balls are okay. The little balls are just there. But not when they get into the mechanical thing. When you get out into this big, giant factory, city, control center - I don't know what it is. It's layers and layers, and rooms and rooms and rooms. There are hundreds and thousands of these little beings doing this little manipulation thing. When I floated into that, the sense was that it was so sad and hopeless.

D: Let's see if we can find who is doing all of this. The ones who created all these things in the first place.

T: What I do is float back. And I am seeing some beings who are quite large. They're much more amorphous and softer in shape. More out of light, or some other substance, than I understand as our physical substance. And they create things. (Seeing them began to affect Tina physically.) Oh! It's very tiring to ... look at them. I have to take a breath. (She breathed deeply.) They are able to manifest ... *think* things into being.

D: Why is that tiring to watch them?

T: I don't think they're very nice. It's not that they're bad, but they're uncaring. They are very large, and very powerful. And they have - I guess it's a - mental ability.

D: Are they physical beings?

T: They're physical, but they're more refined from what I know is physical. They have kind of an amorphous light shape, and very large, dark round eyes. And I can't see anything else. I don't see hands. I don't see feet. It's not Casper, the ghost, but it's a white thing like that. Very tall, maybe 20 feet tall, with these big eyes. And they don't have to do anything. (It was difficult to explain.) We're causing something to be either mined or obtained. We're causing something to happen by remote control. And what I don't like is, we have been caused to come into being simply to serve them. This is interesting. They're very refined physically, but they somehow have a need or dependence in the physical world. And they create things like us to interface and cause things to happen in the physical world. There are not nearly as many of them as there are of us. We don't create. They create us, and then we obtain things for them, something that they either use themselves, or trade for other things that they need. And it's tiring and exhausting, because it's relentless. (She began crying.) That I have no choice but to keep doing this very

tiring stuff day after day. It's for them, and they don't care. And I don't know if there is an end. (Her voice was filled with despair.) I suspect that maybe at some time we get old and die. And I don't know what happens to us then, but we do this far longer than we want to. (She cried harder.) It's a total servitude. *Total*, with no choice and no hope. And no gratitude, because they don't even know that we can feel. And if they would know, I don't think they would care. We are just doing their bidding continuously, continuously. What's amazing about it, as I look at it from this viewpoint ... these creatures have an incredible influence all over a universe, to different planets. Getting what they need. They are fear-inspiring in their coldness. There is no respect for anybody but themselves. It's not that they're consciously evil. It's just clueless. They are just totally involved in themselves and taking care of themselves.

D: Very self-centered.

T: Totally.

She was finally able to have a partial understanding of what their job was in these strange surroundings. Their little box was controlling, by remote control, what machines were doing on the planet. It had to do with a type of mining operation. Smaller unmanned ships or devices could be directed to fly to another world, mine a yellow powder, and fill pods, which were then dumped somewhere else. The powder was used as fuel for different purposes. The larger beings could have been located somewhere else, because their part in this was the creation of the little robots, so the mining machines could have been located anywhere. It wouldn't matter as long as they were doing their job.

I decided it was time to move her from that scene to an important day, if there could possibly be an important day in such a dismal life of repetitive drudgery. She entered into the scene crying, but it was a weeping of relief, not despair.

T: It's the day when I die. And I'm so glad to get out of there.

I just disappear. And I leave. *I leave.* I leave that robot, and it's so good. (Crying) God, it's so good to get out of there!

D: How did the robot die?

T: Something happened in my consciousness, and I just dispersed. I don't know how or why, but I was held together in that little ball powering that. And I guess this would be my death. Something disintegrated so that it could no longer be contained. Like the tension on a bubble, the way a bubble bursts.

D: Did you see anything happening to the body?

T: I evaporated. The robot stayed there, and it was dis-empowered. It was either in its plugged-in place, or in its job. The little robot thing kind of crumpled a little bit. It was deactivated. And I dispersed into such tiny particles that I could go through the molecules of the robot. Whatever held me didn't hold me anymore. It was like a snap of the fingers. In an instant, I dispersed. And then I just floated up and left it. It was incredible. That was the only good day of my life there. To get out of that. That was bad. That was bad! I'm floating away. I don't want to stay there. And it's just getting increasingly distant ... and smaller.

She seemed like she couldn't get out of there fast enough. She wanted to put as much distance between those beings and her spirit as possible.

D: Why did you decide to do that in the first place? From where you are now you can see why you chose to experience a life like that. I'm not going to make you go back into it. We can just observe.

T: (A shock.) I was one of those really large beings! And I guess I needed to know what effect I had. (She paused for a moment to catch her breath and take this new development in.) I was on the

other side of it. Now I have the knowledge, that I needed to know what effect I had, because these really large beings have a great effect. They're huge with a lot of influence, and yet, they don't have any understanding of their influence. I have had many other experiences, not just in the robot life, but other kinds of things being under the influence of these very huge, gray beings. Because I had a long life as one of those, not having any understanding of my responsibility. I was very cold and very selfish, and not understanding my effect. And having done that, it was time to see what that effect was like, because you can't do that. Maybe it is teaching, but it is simply cause and effect. You can't do anything without having an effect. And so, I had to experience the effect. I had to know what it was like. What I had done.

So the law of karma, of cause and effect, is not strictly a human thing experienced on Earth. It is much farther reaching. It is a law that encompasses planets and universes. It also applies to beings of such power that we can only imagine or guess at. Nothing and no one is exempt. What goes around, comes around. You must experience being on the other side of anything you create or cause another to experience. There is much food for thought here. If we truly understood this law, how much better and humane the world would be. If we only understood it, there would be no judgement and no prejudice. Because we would know that if we judged too harshly or were prejudiced, we would be compelled to return as the very thing we were prejudiced against. How else to learn the lesson? We have to experience being on both sides of the coin. If this law were truly recognized and put into practice, there would be no wars and no violence, and heaven on Earth would become a reality.

T: It's effortless to do it. They just create unthinking. They're not doing it with any thought of whether it's positive or negative. It's just whatever comes to mind. Whatever they want, and whatever will benefit them. It's almost like littering the universe. They create junk. They don't think they're doing it. They're just doing whatever they want without any thought of what effect they're having.

D: They didn't realize these other little things they were creating had life or consciousness.

T: As that big being, you are so wrapped up in yourself, there's no awareness. You can't be too harsh with these big beings, because they're not doing very good stuff, but they don't know anything else. That's all they do. They're so wrapped up in themselves they don't have any consciousness of how they're affecting anything or anybody else. I don't think it entered their mind.

Yet the karma still had to be repaid.

D: How did you leave that life of the big being, so you could enter the little consciousness?

T: As the big being you have much more conscious control. And I decided that I was done with being a big being. It's almost like I grew tired of it. So I decided to leave that beingness. You just decide to do it, and it's over. But then you do go someplace else to decide what to do next.

D: Did somebody else advise you?

T: There was sort of a group decision. I went someplace and talked it over with a bunch of other consciousness. And decided where to go from there.

D: So you wanted to experience the other side of what you were doing, but it wasn't much fun.

T: No. This whole thing is rather bizarre. Because you don't know anything else besides what you know when you're in that particular incarnation, being, whatever it is. I don't even know what to call it. So then you end that, and you go someplace else, and look at it. There's discussion, but it's almost automatic. It's like: you've done this and you've done that, so everybody's in agreement. Then you do this next thing. It's not like there isn't any freedom of choice, but

there's so much clarity in this other place. This place in between. It's so expanded, and it's so clear. And then it makes so much sense that you go somewhere else, and then, boom, you go somewhere *else*. In comparison to that place of clarity, it's much more enclosed, because you don't have the same knowing. The other kind of fades away.

D: All right. Let's return to the part where you finally got out of there, and you're drifting away.

T: This is after I'm done being a little robot thing?

D: Yes. After you left there.

T: I drifted away from there. At first, I drifted slowly, and the farther I got away from wherever that was, I seemed to move faster and faster and faster and faster away from it, until it was on automatic. It's almost like I'm being pulled through a vacuum tube, or through something. And going to this place in between. Maybe I'm saying too much and drawing too many conclusions from this one experience, but it seems like you go back and forth. From being in something to not being in something, and then being something. So I'm just pulled again, like a vacuum into this place where there's a group decision.

D: But as you look at that experience, did you learn anything from it? Was there a purpose for it?

T: I think I learned that you have to be nice. You have to be responsible. I learned that too well. And I can see that it was

so horrible being this little thing that, I took lifetimes off. I learned from there that you have to be very responsible for your actions. That your actions have incredible ramifications. But the other thing that I've only had glimmers of in this lifetime is that there's much more consciousness in everything, everywhere. Tina kind of gets it now and then, and there's some teachings of this. Even though I see that consciousness was mechanically installed into that robot, what

that robot teaches me - it's like it's being written on my forehead in neon - is that everything has consciousness. *Everything has consciousness.* And what I'm supposed to learn now as Tina from that experience, is to understand and not forget that everything has consciousness. That this blanket, this microphone, this bed, everything has consciousness. (A deep breath.)

D: We tend to think that something material, that is made, doesn't have.

T: But it does. And if Tina is to learn anything, one of the most important things is to *not forget* that everything has consciousness. She can help other people remember that. But simply, she has to remember to honor the consciousness in absolutely everything. That is paramount for her. There is no big, "What is her purpose in life?" It's nothing like that at all. But for the rest of her time on this planet Earth, it is to be in as much harmony as possible by realizing and respecting and acknowledging the consciousness in everything. People in ancient times knew this: in daily life, respecting the consciousness of fire, the consciousness of your cooking pot, of the food that you're eating. There is consciousness in everything. Absolutely everything! There is consciousness in every animate and inanimate thing in this universe, in this reality, and every other reality. It is at base consciousness.

D: Does that mean we have to experience all of these things?

T: We don't have to experience *all* of these things, although we experience much of it. It's everywhere. But for Tina in this

lifetime, it is to respect and acknowledge the consciousness in this very real physical world. It's not necessarily important for her to be in touch with other past lifetimes, other realities. Those are all there. And those are all experiences she's had multitudes of multitudes, and will have, if you want to consider it in terms of time. It doesn't matter. She is all of that. We are all that. The differences are

insignificant, insignificant. All these beings, these realities, they are very small. They're bumps on the surface. They're changes in hue. They're insignificant.

D: But you know our curiosity. We want to know about the experiences we've had.

T: That's normal. And that's fine. And it's good for Tina to have looked at this right now. For her to be in harmony, it's to acknowledge that this consciousness pervades everything. It is consciousness that is the substance, the only substance. And the joy in her life, the harmony in her life, is not by doing a particular thing or knowing a particular thing or being a certain way, other than simply acknowledging that consciousness is the substance of everything. And as in that lifetime, when she was that little robotic creature, the most heart wrenching, the hardest thing to bear, even beyond the loneliness, was no respect, no acknowledgment. Not to be acknowledged as consciousness. And so it would be her job, if we would call it that, to recognize that there is consciousness everywhere. To allow that to be her conscious thought.

D: In the work I have done, much of what you are describing would be classified as elementals. Separating it from the consciousness that would be in plants and animals and human beings. Just basic energy.

T: You can call it elemental. Basic energy. Perhaps we're talking about the same thing. If you look at the elemental, and you can acknowledge the elemental in these things. But usually when we talk about elementals, we're talking about nature. And we're talking about the more organic substances. But we look here, and see what we have done on this planet. We are in this technological race. What we have to realize is technology has consciousness. Manufactured things have consciousness. Our Starbucks Coffee has consciousness. Everything has its place, but it's acknowledging the elemental, acknowledging the consciousness, the life, in that.

There's nothing wrong with drinking the coffee, but acknowledge its consciousness and thank it for being, and being available. To appreciate the house that shelters us. To appreciate the bed that supports us. To recognize that there is, on its own level, a very real consciousness there. In its own way, not in the way we normally talk about something being alive. But it is brought into life. That we, in our own way on planet Earth - just as those beings were creating everything - we create all sorts of things. We manufacture things. We make jewelry and we grow food. We create radios and airplanes and cars. And acknowledging that once we create it, it has its own collective, its own individual consciousness that exists, that can be addressed. That it has its certain amount of sentience. And it's there. And simply acknowledging it, as she would have appreciated being acknowledged and respected in that other lifetime, is to put one more in harmony.

D: I guess I'm thinking of human personality, human consciousness. Does that mean, as a human soul - maybe I'm not wording it right - we have been beds and chairs and things like that?

T: At its most elemental level - not in the way you were using the word elemental - but in its most elementary basic level, it is *all* one consciousness. And so sometimes that sort of breaks off, and it might be a chair. It might be a robot. It might be a human. It might be an angel. It's all the same thing. *It's all the same thing.* It is all play. And you put this into play, and then one thing leads to another. And one has this experience of one thing and this experience of another thing. But that human consciousness at its most basic, most refined level, is all one thing.

D: I have taken people to lifetimes when they were plants and animals, but I didn't think of something that was made, manufactured, created as having the same kind of consciousness.

T: But it does. From the vantage point that I am speaking from, it doesn't have, perhaps, as much consciousness. There seems to be

more consciousness imbued in certain things than in other things. But in everything, on the physical level, there is an element of consciousness.

D: That is a different way of looking at things.

T: Another thing you must be aware of is the significance of creation. To just be aware that we are always creating things, sometimes with more permanence, sometimes with a brief ephemerality. As we create, every word that we speak, every action that we take on this planet, has an effect. And when we participate in ritual behavior, because of the level of consciousness that we bring to it, it can have a greater effect and bring things into other realities, other than physical realities. Because of the intention, it perhaps gives greater permanence or greater reality. It is this knowledge, that when we speak casually, we have some effect, and we create some ripple in the physical consciousness reality. And the stronger one speaks, the stronger the consciousness. With the greater the intent, with the greater numbers, the stronger the ripple can be, and the longer it can last. So for that reason, it's good to take care with what one does.

D: Be more aware of what we do and say.

T: Yes. Because it has an effect. And when we speak casually, the effect is casual. But when we speak with intent, when we speak with strength and consciousness and emotion, the intent and the effect is greater. And as we know, every cause has an effect. It's simple. It happens. It's automatic. It is the rule of the universe. There is cause, and there is effect. So it is wise to speak and act with awareness.

I asked for permission to use this material in my work, because I put everything together like pieces of puzzles.

T: Absolutely. There is no problem with that whatsoever.

D: I assume I've been speaking to Tina's subconscious. That's the name I give to it.

T: You may call it that.

D: I assume that's what I've been speaking to, because you're the one I always communicate with.

T: And in that, you are quite correct, Dolores. I am the one. We are all the one.

D: You talk through everybody I work with.

T: Absolutely. And we may have different guises. We too, may at times, wear something of a mask, pick up a skin, but we are all the same. And we bless you in your work.

In another case, a woman went to a lifetime that could have been at the time of Atlantis, or another highly advanced civilization. In my other work with clients who gave information about Atlantis, I discovered that the scientists reached such a high degree of sophistication, they were able to manipulate the DNA of people and animals, and they created many half-man/halfanimal creatures. This was one of the main reasons for the destruction of that culture. They had gone beyond and misused the laws of nature. Yet, in this case, it seems they went even further in their experimentation with horrible results. The woman had great difficulty describing what she was seeing and experiencing. It was so foreign to her way of thinking that she did not want to see it. She was part of a group that was isolated in a building on an island.

Over time, through experimentation, many of their organs (especially in the chest area) were replaced with crystal components. It must have taken a long time to allow the body to adapt without killing it. These people were then used to generate energy to power various things. In brief, it seems as though they were walking, thinking, creators of electricity, energy, power or whatever. They may have also been created for use as a weapon. All of this greatly disturbed the woman client, and she did not want to see any more. This was one of the reasons it was so difficult to obtain a clear picture of what

was happening. She was obviously seeing much more than she was reporting. I removed her and took her to the day of her death, and what she saw was horrible. Something had gone wrong with the generating of energy, and caused these beings to overload and explode. The force was so great that it destroyed the building and everyone in it. As she left her body, she saw that the crystal pieces of herself were shattered and imbedded into the walls. The death was shocking, sudden and devastating. She had to spend time in the resting place on the spirit side in order to recover. It was a long time before she was able to venture out and reincarnate in a human life. This, of course, had caused mistrust and fear in her present lifetime, especially of anyone who was in a position of power.

This was another example of the scientists at Atlantis misusing the laws of nature, and over-stepping the boundaries of humanity.

The following case is another example of what some civilizations will stoop to when they have no regard for human life. This one did not take place on Earth.

Marie came for a session looking for the answers to personal family problems. The subconscious chose to show her two lifetimes and I could not see how they were related. Yet I never underestimate the knowledge that it applies to the situation. It always has a reason for the lifetime it takes the person to. Its logic far surpasses ours. At first she went through an ordinary, simple, mundane past life where nothing extraordinary happened. Then as I moved her forward to something else she said that her right arm was hurting. I never know when the subject will enter a life. Sometimes they come in on the day of their death, and sometimes they come in when something traumatic is happening. Of course, the first thing I have to do is remove any physical sensations, so they will be comfortable and able to answer questions. I asked why her arm was hurting.

M: I don't know. It feels like there is metal in it. (I was confused. She pointed to her forearm.) It feels metal. Inside ... metal ... inside the arm. Like a rod, where the bone should be.

D: How did that get there?

M: The bone broke. They took the bone out and put a rod in.

D: Who did?

M: Doctors. They replaced the bone with a rod. There's a space right here, the rod. I don't know why that's there. That shouldn't be like that. Why did they do that? (Pointing at her arms.) This one is; this one is not.

D: It's just the right arm that has it. (Yes) And that was what was causing discomfort?

M: Yes, the arm feels heavy; very heavy. I don't know if I broke it or they broke the bone. Somehow the bone was broken so they put the rod in it.

D: Now you're feeling your shoulder. Is that okay?

M: Oh, this whole arm feels like it could have been replaced. It doesn't feel like the other one. This feels artificial. It doesn't feel real.

D: Couldn't they just let it mend by itself?

M: Experiments. They're doing experiments.

D: What do you mean?

M: I don't know. I'm not happy. Doctors - scientists. From my shoulder down. I don't like it!

I wanted to get an idea of her body and sex, but she said she couldn't see herself. Her arm was her focus. "Arms and legs. Mostly

human, but not quite human.” I asked her to look around and tell me about her surroundings. “Stainless steel tables, windows ... oval. I feel like I’m on the table, and they’re examining my arm. They want to see it work. The only thing that’s real about it is the flesh around it. That’s why it’s heavier. That’s why it hurts.” I had to remove the physical sensations again. I asked her if she could see who were doing this. “They have white lab coats on ... white lab coats and black hair. Their faces are funny looking. Their hair comes down to a point in the middle of their forehead. That part looks very strange. It almost looks unreal, like a mask, maybe.” I asked her if she could communicate with them and find out what was going on, but she said they weren’t paying attention to her. They just ignored her, not listening. “They just want... the arm. They’re saying this is a weapon. They made my arm a weapon. I don’t want that.”

D: How do they want you to use it as a weapon?

M: To fight with. I hit something and it dented. Mine was damaged, and they don’t want it to do that.

D: And you’ve been using it as a weapon?

M: Yes, fighting; fighting.

D: Is that what your job is? (Yes) Are you like a soldier?

M: No, like karate.

I had her move backwards to see her life before this happened. “I had my own arm when they kidnaped me. They stole me. It was just a desolate area. There’s no color. It’s dusty. We have flat rocks. Very uninteresting. And they come, and they take me. Some kind of a hovering craft. They just kind of suck me up like a vacuum cleaner, and then this.”

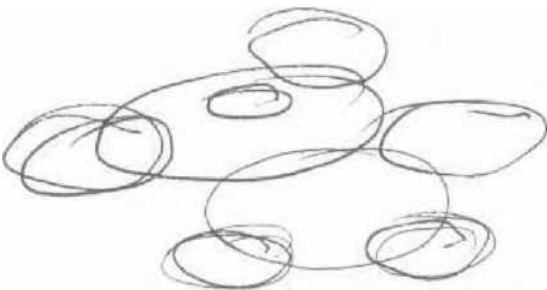
D: Then they did that? (Yes) And then they sent you out to be a fighter?

M: Yes, a warrior. It feels like it was in a ring ... a *ring* ring; a round ring, not square. I think it was sport. Competing. With others just like me, with these weird-looking arms; weird feeling. Each have one arm or the other.

D: So some of the others have it in their other arm?

M: Yes, so it's a fair fight. They need to take this arm away! I don't want it! I don't like it!

So apparently, the artificial arm was damaged, and they were trying to repair it. I then moved her ahead to an important day, to see what happened. What she reported next was difficult to understand. I will condense it here. She felt she was sitting on a gray slab, and she was some type of little, little, little, tiny critter. The best way she could describe it was, "A kind of artificial being, like a robot; mirrors, ovals, circles, flaps. A little critter made out of all these circles and ovals. Something mechanical." So, what began as a mechanical arm had now been developed into something else. "Now there's this whole artificial life form made of nuts and bolts. The whole thing! But it's very small. And I feel it is *me!* It sees. It has eyes ... not physical eyes, but it sees.



D: Why did they make you into this mechanical thing?

M: I'm not quite sure. - Trying to do away with flesh, so they take a soul and put it in this. It's easier to care for. No disease. I don't like that.

D: So they start out slowly by replacing parts?

M: Parts, yes.

*D: Did they eventually get to where it was the whole body? (Yes)
But it still has a spark of life in it?*

M: Yes, it sees. It wants me to know it sees.

D: Are you still the warrior?

M: Things have changed because this is very small. Very, very, just a space to house the soul.

I was unable to find out what the purpose was for creating this. Why did they take a physical body and reduce it down to something that appeared almost like a computer part? I decided to move her to the last day of her life as this tiny mechanical being. "What's happening? What do you see?"

M: Big scrap heap. These guys just disregard everything. Just throw it away. They're awfully cavalier about it. They just throw things away. They just toss it aside. Now I see them walking away laughing.

D: Do they realize that there was something alive inside there? M: I don't think they care.

There would be no way to get any more information about this strange lifetime, so I called forth the subconscious to answer questions. "Why did you choose that life to show her?"

M: So she'd know, to see.

D: What do you mean?

M: It doesn't matter what you're made of, you still see, are still aware. It doesn't matter; flesh and bones or nuts or bolts. There is still consciousness.

D: We don't think of something mechanical as being alive.

M: No, but we all are.

D: It's all alive. Is that what you want to tell her?

M: Yes, consciousness, awareness. Everything lives.

It said this took place on another planet where they were experimenting creating artificial life. They had learned to combine the two: life and machine. It wanted her to know this so she could appreciate life.

So these were two separate cases where the subconscious was trying to get the message across to our civilization that everything is alive. That *everything* has consciousness. Even something we would never consider to be sentient. Of course, I have always talked to my car, given it a name, and considered it to have a personality. But this brought it home that it is more than that. We think we are aware of our surroundings, but it is apparent that we have a long way to go in order to appreciate life in all its unpredictable forms. I warned you that my books were designed to make you think!

SECTION THREE

HELP FROM OTHER BEINGS

CHAPTER NINE

THE PLANET OF THE BLUE PEOPLE

When Tom entered the scene, he was an observer. It was night and he was standing by a road in the country. There was a full moon which lit up the scene enough to see clearly. As he stood there trying to figure out where he was and what was happening, he saw a horse-drawn carriage with big wheels pass him on the road. He then became aware of a very big house sitting back from the road. The carriage pulled up in front of it, a passenger got out, and the carriage left. At first he was not aware of having a body, but seemed to be floating. Then he suddenly found himself in the body of the man that had gotten out of the carriage. He was wearing a long coat, corresponding with the eighteenth century, and a top hat. Long black pants, and a cravat tied around his neck. When he became aware of carrying a walking cane, it was obvious he was well-to-do. "I feel middle-aged, getting towards elderly. I have a beard, but it's not very grey yet. I'm getting the impression of a little bit of a stoop, but I don't feel old. In my other hand, I'm carrying one of those old doctor's bags."

D: What do you have in the bag?

T: Hmm! Vials and things. It has a stethoscope in there, and pastes and powders, and tubes and concoctions.

D: What do you think you 're doing out there at night?

T: I think I'm coming to this place to make a house call.

D: Then you don't live there.

T: No, I don't live there. The carriage just dropped me off. There's an elderly woman there that needs help. In fact, the elderly woman is

my mother, so I have been there before. But I don't believe it's where I grew up, even though I'm getting that the elderly woman is my mother. I'm making a house call on my mother. I'm going up to the house, and I just let myself in. So I guess I'm familiar enough that I just walk in. I hang up my coat and my hat, put down my cane. And then I look down the hall first, for some reason looking in the rooms. I don't know why I'm checking if anyone's there or not, but I do that. It's a large house. And I go up the stairs, around, and I go into the room.

So far it sounded like a typical past-life regression, but it quickly took a surprising turn. He paused, and said with a puzzled look, "That seems a bit strange."

D: What seems strange?

T: Well, my mother's there on the bed, but there's something else in the room as well. And I don't think it's *human*.

D: What does it look like?

T: I can't get its shape very well, but it doesn't look human. It has long arms and long legs and it's kind of grayish. And I'm getting a confusing picture. It seems predatory and yet at the same time it doesn't. I'm not sure. It's scary, though. I think maybe I'm shocked, because it kind of looks like an alien from a movie. But that might be *my* shock, because it also feels okay somehow. I'm getting the two distinct impressions.

D: Is your mother aware of it?

T: I think she's asleep, but I think she's also aware of it. It's like my mother's just been put back in her body. In fact she's not all the way back in yet. She's being put back in.

D: By this being?

T: I don't think by the being. I think by something else, but in association with the being. There is a light shining in the window. (Pause) I'm a bit hesitant to go over to the window because of the being there, but the light is shining down from higher up. The being's by the window at the foot of the bed. I think I am quite shocked by it. I'm not sure what the being is doing there. At first, I thought it was attacking my mother and that's why I got scared. And I think that's why I saw it as a predatory kind of thing, because it's strange to have something that's not human standing in the bedroom. But I'm getting the impression that I somehow met these people before. I can't say why I feel that way, but something about the being is familiar, even though I know I'm not seeing it clearly. I think I'm getting over the shock now, but I'm still wary, because I'm not sure exactly what's going on. I think something about the light is helping my mother back into her body. But I'm not sure why the being is standing there, except that now he's beckoning me over. And he wants me to go up on the light.

D: How do you feel about that?

T: It's interesting that now that he's asked me, I feel excited to do that. I'm still concerned about my mother, but oddly, also unconcerned. When I came to the house, I was wondering if she was dying.

D: Has she been sick?

T: She's old. She's getting to that time where it doesn't seem she has much longer to live. I don't think she's necessarily sick, but she's getting old and frail. And so, I was calling on her to see how she was. I had received a letter from her that said she was losing - not losing her health, but losing her time. She was feeling like it was time, that she was ready to die. And I, of course being a doctor, decided that I could do something about that. (Pained humor) I don't know why I thought that. But now I'm here, and I'm oddly unconcerned about her. I think this is bigger than me worrying about

if she's dying. I somehow feel that she's all right now. I don't know why. And so I'm more interested in going up on the light. I think I'm partly wanting to find for myself, and partly wanting to see where she's been and what she's been up to. Or why she's being put back in her body.

Now it seemed like it would be a typical UFO story, but again it took another strange turn.

D: So it's curiosity then.

T: It is. Now I'm being taken up on the light. I'm safe. *My body's staying there.* My body doesn't go, my body stays. Oddly, it's standing up where I was, holding its doctor's bag, still wearing its clothes. But I'm floating up the light.

D: Are you going with the being?

T: The being is staying to watch my body. I think that's what it has to do. And that's what it was doing with my mother. Just staying there watching the body, and making sure it doesn't come to harm. That it's okay.

D: Tell me what's happening as you go up to the light.

T: It feels very bright, and it feels light because I'm floating. And the light gets brighter and brighter, and it seems to surround everything. I'm getting the impression that I jumped somehow.

D: What do you mean ...jumped?

T: I mean I disappeared from one place and I'm appearing somewhere else, by following the light. I didn't stay with the light. I disappeared in the light, and I'm coming somewhere else.

D: Where have you jumped to?

T: I'm getting a number of different impressions. A waterfall. The way the sun shines on the mist as it rises from a waterfall, and makes many little rainbows. So I'm getting impressions of those little rainbows, kind of in a misty way. But I don't think it's from a waterfall. I think it's just the colors dancing, many little colors. I'm surrounded by light, and there are other colors dancing as well. I'm coming somewhere ... oh! Okay. I'm standing on a balcony and I'm actually looking at a waterfall. But I get the impression that I'm no longer on the Earth. It's odd, I feel like I'm in a body again now, but not the body that I left. My hands are holding the rail.

D: So it's a different body. What does this body look like?

T: It seems strange, but I'm getting the impression of a tall, *blue* body. It's odd because the impression I'm getting is not so much of the body, but of me. I seem to be someone with quite some authority standing here on the balcony overlooking a beautiful city with waterfalls. It's a building that's sculpted partly into the mountain where the waterfalls are. The buildings of this city are more naturally fitted to the landscape. I'm not sure if I'm in charge here, but I have some authority. There's webbing between my fingers. I'm tall, I'm blue, my skin seems to be leathery. And it's not a kind of pallor either. I'm not scared of being blue, it's a real full-on blue color.

He had a hard time getting an impression of clothing, because it was as if he had no need for that. "It's kind of a gauzy-like substance. It's more of a decoration than clothing. Something colorful on my shoulders. Perhaps an insignia of rank or position, but it's not functional as clothing is. And yet I'm wearing a heavy metal belt, with a codpiece around it. It seems to be golden in color, or brass. No, I think it's gold. That's interesting. I'm getting a sense of a male body, and yet I think I'm also female somehow. Not androgynous. It's more like a hermaphrodite. I have both sets of equipment, as it were. I have male genitalia, but I also have a womb and female insides." I asked about his face. "I have big, black eyes, but it's almost like I'm fishlike. Somewhat like a lizard. It's not a human face at all. It's a big

wide face, almost like a toad face, actually. Even though it's a toad face, I get the impression of some kind of gill structure, and also some kind of skin folds at the back, vertically placed. Ruffles and gills and webbing, mainly on the back of the head.

I don't really have a neck. It all blends together. I've been on Earth in that other body. I'm not really a doctor, and I'm not really that woman's son, even though I thought I was. I think I had temporary amnesia to find out what it was like being human.

I think this was a fact-finding mission.

D: You mean you went to Earth for just a short period of time?

T: I did. I had the sense that I was this woman's son, but actually I think that was a body I took on for a time.

D: A body that already existed, or what?

T: That's interesting. I think that body was created for me.

D: Without being born?

T: I'm getting a sense that it was born, but it wasn't born in the normal way that bodies are born.

D: What do you mean?

T: I think I am, in a sense, the son of that woman. But I wasn't born as a human is born in normal human lifetimes. I was placed into her body and then taken out again.

D: Was she aware of this?

T: Not consciously. I believe, as this being that is blue, I had the ability to inhabit this created human body and to come back. I wasn't there for a long time. I think I was only there for about twenty years or so.

D: But you said you felt you were not a doctor?

T: That's right. What I mean by that is I was not a human.

D: But in that body you were a doctor.

T: That's correct, yes. The difference was that this was not a normal human incarnation. I had a mission. Somehow it was necessary for me as this blue person, as this toad-like being, to step out of my body for a short time and be transported into this other body. And experience life as a human for this period of time, that I believe was about twenty years. I believe my mother might have died that night. And then it was time for me to come back again. That was a real incarnation of hers.

D: But if you leave that body there on Earth, you're not going to go back to it?

T: I think it's up for discussion as to whether or not I go back. If there's anything more for me to do there now that she's left.

There's a possibility that I'll return, and that's why they're keeping the body there. But if I don't return then they'll take the body with them as well.

D: How are you going to find out?

T: I have to talk it over with these people in this room. (Pause) We determine that there's no need for me to go back; that was enough. She is here in the room also. She is aware that this was one of her human incarnations. She's had many. She found what she needed to find in that lifetime. And I helped that to occur. It was necessary that I go there to help her with her work. I had to remind her of her work because she lost her way in that lifetime.

D: That was your purpose for being there?

T: That's right. And now that I am back, we recognize that we have succeeded and I do not have to go back again.

D: What happens to the body left on Earth?

T: It will be transported. It will not be left there to die. The body will be taken care of, yet my soul is no longer attached to it, and it will run its natural course. It will be cared for, I believe, in some kind of tank somewhere on this planet. The cells will live out their time, for they have consciousness too. Nothing will be killed. The cells will live out their time, and then the body will die.

When Tom awakened, he had a few thoughts that remained in his mind about this. He said the being that was in the room removed his body and transported it. It could not be left there because it was not like other human bodies. He didn't elaborate on how it was different. Maybe because it was not a normal incarnation. The body was taken onboard a ship, and placed in a tank. The cells had life and had to be allowed to live out their life span. The mother died a normal death, and because her body was the product of a normal incarnation, nothing had to be done with it.

T: She actually died. That was an actual physical incarnation of hers. So later on, someone will find her body in her bed, and there will be the normal funeral rites.

D: Do others on your planet go and experience

T: They do, yes. They sometimes go to the Earth, but often they go elsewhere. But it is part of the culture that during one's lifetime it is common for people to take trips to experience other planets, and other cultures, for these lifetimes last many thousands of years. Sometimes it is done as a full lifetime, a full incarnation. And sometimes it's not done in that way. But while they are living, if it is a full incarnation, and even if it is not, they will have the amnesia that is normally done with lifetimes on this planet Earth. They will have that amnesia to get the true human experience. If they go to another

planet, to another culture, then they will fit in with how that culture does things. The amnesia that occurs on Earth during lifetimes is not a universal phenomenon.

D: So when the person is alive on Earth, that personality is not aware that there's a different type of soul in the body.

Is this similar to Estelle in *Convoluted Universe, Book Two*, where the reptilian had entered her body to experience life on Earth? In that case, the body had to be adapted in order to handle the different type of energy.

T: Correct. But it is not as though someone else's body and soul has been taken. This is simply the soul that chooses to be born as in a normal incarnation. It is just the soul of one of our people on this planet.

D: But the soul does have amnesia while it's on Earth, because it would be too confusing otherwise.

T: Well, not necessarily confusing, because we are used to doing this kind of travel. But it would not be the correct experience to have on this planet. On this planet, people have amnesia during their lifetimes.

D: Otherwise, you'd have too many memories that would interfere.

T: Yes, you wouldn't be getting the normal human experience.

D: Do you do this repeatedly, or just that one time?

T: We do it a number of times, but only this one time on Earth.

I have had many incarnations as a human, but those were when my soul was committed to the human experience. This particular journey was from the planet of the blue people. This journey was the only time that, as a blue person, I traveled to Earth.

D: Otherwise, it was just when the soul is reassigned. Is that correct?

T: That's right, that's right.

D: But then you just stay on that other planet and continue your life?

T: That's right, then I continue my life. But what was important about that is, that I made a mistake when I was incarnated on *that* planet. I have had many lifetimes on many other planets in many star systems. Many lifetimes on many of the civilizations on Earth. But while I was here with this blue race, that was my only foray into the Earth. But somehow, once my soul moved to the Earth to have the Earth experience, I confused this experience with me traveling. So the importance of this is, that in fact it was not a visitation or an abduction experience, so much as I was the alien. I was doing this for my family member, my sister, even though I came down and it was my mother. It was my sister on that planet, and she was getting lost. And so I came in and corrected her and then I jumped out again. That lifetime as a doctor was not a real lifetime. It was twenty years of being there in order to correct my sister's mistake. My sister, who in that lifetime was my mother, if that makes any sense.

D: I see, and she was your sister on the blue planet?

T: Exactly. One of many sisters. I had to help her. She was making a mistake. She was losing her way, she was going insane.

D: Oh! What was causing that? Anything to do with the two different types of energies?

T: No. On that blue planet we have access to many of our lifetimes in a conscious way. And so this was a normal human incarnation for her. But as a human she had become weighed down with much of the negativity that exists on this planet, and she had taken it onboard herself. I repeated the pattern myself in *this* lifetime exploring the same energy. She took that pain and negativity on herself, and it was

too much for her. And so I came in as her son, to help her to balance and heal.

D: Does this often happen when an offplanet energy tries to deal with Earth energies?

T: If there is a personal connection from this lifetime on the blue planet, we will not interfere with what is happening on Earth, because other planetary energies are taking care of that. We of the blue planet are helping. Others in our system are in fact helping them, sending a great deal of energy and a great deal of love, and a great deal of caring. We do this also, but this was specifically to help the being that was my sister. And so, we are more focused with helping those of us who are aware of our other lifetimes on other planets. It is more of a general thing to help Earth and its Earth energy. But specifically for lifetimes we'll help one of our own. We won't necessarily go and help an individual lifetime of someone else.

D: Does it often occur that the human becomes as confused as your mother did?

T: She had many lifetimes as a human. Some where she was confused, and some where she was not. So they were normal human incarnations as part of the normal human experience. What was affecting her mind in that lifetime was the normal human negativity. The normal negativity of Earth. It was not because of the other alien lifetime, the lifetime on the blue planet. That is simply where we discovered this lifetime in a conscious sense, and chose to go and help. On the blue planet, she selected me to go, which was quite an honor.

D: Do you consider this blue planet your home planet?

T: In this experience, yes. It is where I have many lifetimes, and this is one of my homes. But I have many homes. I have homes in many other planetary systems, and this Earth is also my home. For as a

soul, I have been part of this physical experience in many ways and many times.

D: I am always trying to clarify the distinction between going back to a planet like that, and the spirit side. Is it different?

T: Yes. This is a physical incarnation on the blue planet.

D: Sometimes, they sound very similar when you can come and go with your soul body.

T: Yes, but on that planet we have become quite advanced to be able to soul travel. I believe that is the term that comes to mind about what we do. As we are spiritually advanced enough on that planet, in that lifetime, in that experience, we have learned as a race how to be aware of other lifetimes. We are aware of being both on that planet and other planets in the same system, or in other systems.

D: What do they do with the information once you bring it back?

T: We learn more about other cultures. And so now having gone to that planet, the Earth, and found out and corrected the help from my sister's lifetime, we have discovered more about what life is like on Earth. More about why people lose their way. More about, and more specifically, why *she* lost her way. And it was because of taking the negativity of the planet into herself.

D: Why is it important for you to know this information?

T: Because this is the same thing I did in this lifetime that I'm living now. (As Tom.) So I had a great deal of pain in this lifetime.

D: That was one of Tom's questions. He said he was not experiencing a physical pain, but an internal pain. Could you tell him about it?

T: It was taking on the pain of the planet. There was much rage. The sister of the other lifetime had the same problem, much rage against the suffering that occurs here. Sometimes we can get lost into believing there is nothing we can do about it. For ourselves, there is nothing we can do about another's pain, unless they were to let us help. Certainly, here we can choose not to live such painful lifetimes. But sometimes we forget, and sometimes we allow the pain. And sometimes with the rage of finding how much pain is here, we begin to blame God and the divine and take it on ourselves.

D: Tom said, since he was a child, he always had this feeling, like screaming inside. (Yes) And that's what caused it? Picking up the emotions of the planet itself? Because we know the planet is also a living entity.

T: Yes, but let me be more clear. It is not the emotion of the planet necessarily, for the planet can take care of herself. It is the emotion of the beings on the planet who have lost their way. And so many of them have lost their way. And when one comes down to help, one can get lost. And then he became confused as to who he was and where he was. He became confused as to whether this was his pain, or whether this was the pain of others. And he decided to make it his pain to work through. And yet it does not belong to him, it never did. He needs to let it go.

D: This is why he became suicidal? (Yes) He just wanted to get out of that internal turmoil?

T: Yes. He was not well-balanced at the time. Having taken onboard all the pain, he lost his way and forgot who he was.

D: But the amnesia is normal, isn't it?

T: The amnesia is normal, but he has experienced so many lifetimes in so many systems that he has a presence as a consciousness that is naturally healing and naturally positive. And thus, this is what he forgot.

D: Why did he come to Earth this time?

T: This is a pivotal lifetime. This is a lifetime where he will lead many into the new world. He did not know the problems would be so bad. He believed that he would be able to work through them far more easily than he did. He is here to help people. But more than that, he's here to create with them something new, so this kind of pain does not have to exist as much anymore. Many other humans are also feeling this pain, but they don't know what's causing it. Whereas, he does know. He has a way of connecting with the Divine, with the consciousness of the All That Is, the consciousness of Grace. And he has a way of knowing what lifetimes are like; he has a way of knowing what the physical experience is like beyond lifetimes and between lifetimes. He is here to set up a new way of living, a new way of being born, a new way of dying, a new way of existing between lifetimes, so that the cycle of pain is not begun. He is to create a new experience where people become more conscious of who they are, of their divine nature, and less focused on the pain and suffering; less focused on the shame. More aware of their reasons for living; less intoxicated with the myth of pain, with the idea that learning must come through pain. With the idea that karma is important, with the idea that one must learn through suffering. Those intoxicated with those ideas can become more aware, and conscious of the ideas that one can live and grow and learn through joy, and peace and love. And while it is very common on this planet to have been lost, as this new experience is created, this new awareness during lifetimes, between lifetimes and beyond lifetimes, there will be less need for the pain, less need for the suffering. People will not be lost in the confusion anymore. There are very many who have come to do the same thing. Many more who are trying to help from a distance. But many souls have been incarnated at this time to create this new experience.

D: You said it would be a new way to be born.

T: Yes, meaning a new kind of experience. Certainly there will still be physical births, souls incarnating, but there will not be the shame handed down. There will not be the pain handed down. There will not be the confusion handed down. And the amnesia will only be in place as much as it needs to be. It will not be in place for everyone completely as it is at this time. People will be more aware of their other lifetimes, more aware of their spiritual purpose and direction. Less focused on just this one lifetime, unless that is the place they truly need to be. But even then, it will not be through pain, it will be focused through love and joy.

Tom had been trained as a medical doctor, but then decided not to pursue that career. He had become involved in energy healing, but was having problems with it.

T: Again this was confusion from the last experience that we spoke of. He was never meant to be a doctor in this lifetime. He got lost in the confusion, and remembered that a doctor had come to help. But he is a healer in other ways. He can use his medical experience, most definitely. He is supposed to be doing birthing of this new world, of this new experience. This is the main focus of this lifetime. And the medicine, although helpful, was a misperception. It's not something he needs to go back to and explore any further. He has been questioning this. We are shifting his energies. We are opening his heart, for in his heart is where he holds his fear. It will be alleviated slowly over the next few years. His role is more to explore. This is why we say it will be released slowly over the next few years, for it is not time for him to have a full healing practice at this stage. Certainly, it is time for him to learn more, and to accomplish more and to find out more of who he is. At this stage, he has more exploring to do.

CHAPTER TEN

SURVIVAL

When Peggy came off the cloud she found herself in a barren landscape; very hilly, with little vegetation. Mostly small brushy trees. She looked around for some sign of people or habitation, but could see nothing. Then she saw a little trail leading up out of a ravine. As she followed it, she found herself floating instead of walking. The path wound up a tall hill through rocks and yellow-brown dried grass. The entire scene was desolate. No sign of life of any kind. She then saw more trees, but they were all dead. When I asked her to look at herself, she said, "I don't feel a body. I feel like energy. It feels like a mass. Almost like ... it's not a round ball, it's kind of oblong. Vibrating. It almost feels like the wind moving." She felt contained, but not like being in a body, just something to enclose the energy. "It's like there's a light in the center of this oval of energy. And the light radiates out like a sheet in an oval shape."

She liked this place even though it was desolate. "It feels very comfortable, very familiar. However, it does feel like I'm searching. I'm still going up the hill, and I'm coming to a place where there are many dark green trees. They may be pine trees, tall. I think I'm searching for a cave, or an indentation in the Earth. I think I'm supposed to meet someone there."

D: Where did you come from?

P: This sounds strange. I think I came from Heaven. I was *sent* to this place, but I've been here before. Oh, wait! It's not a cave. It's a hut, only it's really crude. It has a grass roof and poles. And it's hooked into the side of an embankment. There's a little cot ... and there's a man - skinny, old. He's like a hermit. I've come to talk to him, communicate. He's been asking for information, and so I've

been sent to talk to him. He is an old man. He's lying on the cot. It's like I'm entering his mind.

D: I was wondering if he could see you.

P: I don't think he can, but he knows I'm there. He can sense. And I'm talking to him. He wanted to know how much longer he has to stay there in form. He wants to leave. But I'm there to tell him he can't leave yet. There's something he has to do. I know he's tired, but there's a village over some of these hills that he needs to go to. He needs to talk to these people because they need help. They are confused. They need direction, and he has the wisdom to help them. They need guidance. He has to do this before he can leave.

This sounded very much like Peggy was acting as a guardian angel or guide. She was giving him advice, but also answering his request for information. This seems to be another verification that sometimes we also act in this capacity while on the other side.

D: What does he think about this?

P: He's not very happy, but he's willing to go because he knows that he's come here to do certain things. And he has helped other people in this way. There's been some disturbance in this village. It may be earth related, but the people are confused. They think the gods are punishing them. And he has to go and tell them that there is no god in the mountain that's punishing them.

D: Has he been to this village before?

P: Not this one. He's been to others.

D: Then they won't know who he is.

P: They sort of do, because there are rumors about a wise man that lives in the mountains.

D: You said he has helped others. Were these people who came to see him?

P: No, he goes. When he was younger he went farther afield, but now that he's old he can't go so far. But he's never been to this village. I think they will accept him. He's their only chance, because if they don't accept him, it's going to get very chaotic, and they won't survive.

D: You mean there will be too much fear?

P: Yes. And then they will turn on one another.

D: Can you see what happened to cause this disturbance in the village?

P: Maybe it was a rock avalanche. But they think there's a god that lives in the mountains that is punishing them. And they're accusing one another of being the cause. They did something to anger the god. And there are so few people in this whole area that if one village is destroyed, if one village doesn't make it, the whole population will be thrown off. It will cause an imbalance. It's very important for the whole ecosystem.

D: Of this area?

P: Of this whole world.

D: I've always thought that more population causes a disruption in the ecosystem.

P: Not at this place. These people are very attached to this earth, and there's something they have to do. So there has to be a few more people to make sure they won't die out. Because if all these people die it's going to hurt this place. (To herself:) What is it about these people that have to be there? - They have to discover something on this world to help this world itself to evolve.

D: Is this world Earth?

P: No, it's not Earth.

D: Then the population hasn't been there very long?

P: No, it hasn't been there very long. And there's still much disturbance in the atmosphere and in the earth itself. This world is not that old, and it hasn't settled down yet. But it's beautiful. Now I'm seeing this huge rock arch, and it's just gorgeous. And he's going to the village. I think that's why I'm at this arch. I'm giving him strength - not necessarily physical strength, but resolve. I'm helping him in his resolve to go there.

D: Do you know where the original people came from?

P: I want to say they were brought there. The original ones volunteered. They came from somewhere else. I think from the same star system, but a more advanced planet. They agreed to come and help this new planet. It's been several generations. However, the colonies are not flourishing as they thought they would. But they're not supposed to have contact from the original planet, so they will make this planet their home.

D: But wouldn't the original people have passed down stories?

P: They seem to have forgotten them if they did. Or their memory was erased.

D: That's possible if they wanted them to start fresh. (Yes) This is the reason they can't afford to have the whole village wiped out, if they are not flourishing.

P: And the hermit came. He's been there a long time. And he feels like he hasn't helped, but he's helped more than he thought. He just doesn't realize it. If he hadn't been there, they would have been wiped out by now. He's in the village, and I'm telling him what to say.

He's calming the people down because they were pretty upset. He's telling them what they need to do. And we're high up in the mountains. One of the reasons they're so upset is with the avalanche, rockslide, it covered food that they were growing. So he's telling them they need to move.

D: To move the whole village?

P: Yes, down to an area that is more stable. And I'm telling him where they should relocate. They're listening to him. And they're gathering up their belongings. They'll do much better down in the valley. They'll have a much longer growing season. They'll be closer to other villages where they can trade, because they carve stone. And so they're going, and he's showing them it will be a journey of a couple of days. He's going with them. I'm going ahead of them.

D: They can't see you either?

P: No, they can't see me. But I'm leaving and going down to where they're going.

D: They have to start all over again, don't they?

P: They do, but there's not much there so it won't be hard. And this place is much better for them.

D: It's like he was the voice of reason.

P: Yes, they were very glad to see him, actually.

D: We can move time ahead very quickly. Does the old man stay with them very long?

P: He stays with them for a couple of years to help them.

D: Do you stay there the whole time?

P: I stay part of the time. I come and go. But at the end of two years I come and tell him that he can leave. He has finished his work. I'm with him, and he's walking out of his body. And then he can see my energy. We leave together and go back to the planet. I don't believe people are in physical form on that place.

D: Is this a physical planet? (Yes) So it's not an energy world. (No) Like you would think of as Heaven.

P: No, it's a physical place.

D: But he's in spirit too, isn't he?

P: Now he is, yes.

D: Does he recognize this place?

P: Yes. It's his home, and he's fulfilled his obligation to this new planet. And when he gets back, we go to a group of energy. And he talks, or communicates about what happened there to him and to the people. In fact, he's kind of reporting back.

D: Does this happen with everyone that leaves from there?

P: I think so. And I haven't been any place. I'm sort of like a messenger.

D: Do you go to other places besides that one?

P: Yes. I go to other worlds. Some of them have people. Some of them don't. Some of them are in the spirit. But I take messages from this council on the home planet throughout all this star system. And it's a big star system.

D: Have you ever lived a physical life yourself, or have you always been this energy?

P: No, I've lived physical lives. I like being energy though. I like not being in a body. I like that freedom.

D: If you like it that way, why would you want to enter a body?

P: To learn.

D: Can't you learn everything there?

P: No, there are some things that are much easier to learn in a body. Emotional things, of feelings, sensations. Limitations. It's interesting to have emotion. And you can learn things faster when you have emotion.

D: Then on the home world when you're energy, you don't really experience emotions?

P: Not like you do in physical form. Not those kind. It's lighter. It's easier.

D: Why is it easier to learn the emotions in the physical?

P: It's the input, it's just there. It's so like in your face. And you have to resolve problems that we don't have in the spirit.

D: But when you come into a physical body, aren't you worried about being caught there, or trapped there? I'm thinking about karma.

P: No, I don't feel karma.

D: When you get into the physical, you interact with other people, and it's so easy to get caught up in things that create karma.

P: That's true. But I don't remember being caught.

D: When that happens you have to stay in the physical. You can't go back.

P: No, I come and go.

D: Isn't that difficult to keep from becoming trapped in the physical?

P: It doesn't seem to be. I don't know why. Why haven't I gotten trapped? Because I think I'm always the messenger, even when I'm in the physical. I've always been a messenger. I was created a messenger.

D: So even in the physical, your job is to teach people things, or pass messages along?

P: Oh, yes. Things they need. Earth is beautiful. I like the Earth itself. I like the beauty of the Earth. Yet it's hard for people on Earth. It's so heavy there. Sometimes it makes me sad, to see them struggle and hurt, and not understand why. When they come to Earth they take things so seriously. It's like Earth is a drama. There are other places that are more light comedy. But Earth is drama, they get so caught up in drama. They take it so seriously.

D: That's because they think that's all there is.

P: Yes. They need to lighten up!

D: But when you come into the physical, you don't remember.

P: That's true. It would help a lot if they could remember these things.

D: Why aren't we allowed to?

P: Because of what we need to learn here. It would interfere if they remembered. I think people come here for that drama. It's part of that experience to work through those heavy, dramatic, emotional experiences. But hopefully it'll change. It'll lighten up. We can't remember or we wouldn't be able to do the things we need to do when we're here.

D: But you said you've also gone to other worlds and were physical there?

P: Yes. But they're all different experiences, different things to learn. I don't think any two worlds are the same. Different energies, different atmospheres; some are heavy, some are lighter. Some you can create. There are even those worlds where there's no free will.

D: What happens on a world like that?

P: You just have certain avenues you have to go, and there is no choice.

D: That's also a lesson, isn't it?

P: Oh, yes. Or an experience.

D: To see what it would be like if you didn't have a choice.

P: Yes, it's no fun.

D: Was there any world that was your favorite, that you 'd like to go back to?

P: Yes. All that is just pure love and pure light.

D: The world when you're energy? (Yes) Is that world different from the spirit state when you are in-between lives?

P: Yes, it is.

D: Of course, you don't have a body either when you're in the in-between.

P: No. It's different though. It's a shift. The spirit world is a different dimension than the world where you're just in the spirit, but you're also on a world. It's a different dimension than just being in the spirit.

D: But if you're in the energy world, you wouldn't die, so to speak, would you?

P: No, you don't die. You can choose to leave, and you can go back into the spirit world.

D: I was wondering if you also went into that spirit dimension.

P: Yes, you do. On my home planet, it's like there are groups of energy observing other worlds. And then they send out messengers to other worlds to help. It's almost like looking at fireflies. These spirits are going out to other worlds with information.

D: So from the home planet, you can't just go and enter a body.

P: No. You just do messages, but you have to go to the spirit side to get assignments. In the spirit world, different dimensions, different universes.

D: When you're there, you're not this glowing energy? (No) And they are the ones who tell you where to go, or do you have a choice?

P: You have a choice. You meet with a council. You decide what it is you want to learn and experience, and when you want to experience it, and what place. And what part of your group you want to go with. I'm in the spirit, and I'm energy and I'm on this planet. And we come back to this planet after we've taken messages. There are other spirits there. But if we decide to leave and go back into spirit, many times, part of our group will go back too. And then, if we reincarnate in other physical worlds, we'll go together.

D: Do they show you what the life will be like?

P: You get an overview, and you decide if that's what you want to do. It's kind of like a preview.

D: So you're able to experience and learn these things without creating negativity and karma.

P: We can get trapped if we forget. So once we come into a physical world, we remember how to dispense karma while we're there, not to let it cling to us.

D: Is there a way you can keep it from clinging to you?

P: Be aware that you're creating it, and resolve it. Not get caught up in the drama. That's hard for most people. But this group I'm with, it's like there's a memory chip that - it's not conscious, but it alerts us some way that we need to take care of our karma in this lifetime. Don't hold it over.

D: People get caught up in the drama, and they think this is the only reality.

P: And we can too, if we're not aware.

D: Are you aware of the body you're speaking through? The human that's known as Peggy? (Yes) Why did you choose this life as Peggy? Were you told to do this on the spirit side?

P: I was asked, and I was asked by Love. This wonderful love, this All That Is.

D: You mean a Love on the other side, the spirit side?

P: Yes, the spirit side. A spirit love, that the Earth needed love at this time. It needed the light.

D: The type of energy that you basically are.

P: Yes. And I've always thought the Earth was beautiful, and I want to help her.

D: What do you think of the life of Peggy? Is it working out like you thought it was going to?

P: Life on Earth is hard, but it's working out.

D: Especially when you come in with all the memories erased, it makes it hard?

P: It does. And you feel so heavy. This is a very important time. That's why there are so many people here, because of what is going to happen. And people want to experience it. Energies, beings want to experience it, so there's a rush to come in. It's very exciting.

D: Why do these spirits want to be here at this time? What is it they want to experience?

I already knew the answers to these questions, because it is coming through so many of my clients. But I always ask them anyway, because, if the same information is repeated through many, then I believe it has more validity. Besides, sometimes bits and pieces of new information are added.

P: They want to experience the shift that's going to happen, because when the Earth shifts, it will shift this entire universe into a better place.

D: (Surprised) The entire universe?

P: Yes. And you wouldn't think that one tiny little planet at the far end of a small galaxy would have that much importance. But it does. I think it's strategically placed. I think it has to do with sacred geometry, but that's all I know.

D: And that's why all the people are coming at this time? They want to be here to experience this?

P: Yes. It's going to be very dramatic. It will send energy waves throughout the whole universe when this happens.

D: But also there are huge numbers of people who are choosing to leave the planet at this time.

P: The ones that are leaving are making room for more to come in. They've experienced what they need in this lifetime. They agreed to come in and help where there are great disasters. Because each great disaster brings the Earth closer to that shift.

D: It does? Because we think of that as negative energy.

P: Yes, but it's not.

D: I've heard two versions: one is that the Earth is going to go through horrible times, and the other one is that we will create a new Earth.

P: And they're both true. But there will be an overlay. There will be two Earths. One will overlay the other. But you have to remember that it's all just an experience. And neither experience is good nor bad. They're just an experience. It's what people perceive as being good or bad.

D: So some will choose to remain on the Earth that will be having the negative experiences. (Yes) The others may choose to be on the one that is going into the new Earth. (Yes) I've also been told they won't be aware of each other.

P: That's what I've heard also.

D: And as Peggy she will experience the shifting into the new vibration? (Yes) And that will be a whole new thing if the entire universe shifts at one time.

P: Yes. It will be like beautiful waves of energy. It'll be like a flower opening. That energy will just flow out into the universe. It will be a beautiful thing.

D: But the ones on the old Earth won't know this is happening.

P: No, they won't.

D: They won't even be aware of the ones who've left to go to the new Earth?

P: That's right.

D: I have heard these stories from many different people, so I like to have it verified.

CHAPTER ELEVEN

THE BLACK HOLE ENERGY

When Louise came off the cloud, she found herself looking at a place that was strangely familiar, although it did not resemble any place on Earth. "We're at a place that I've seen before, that I identify as - that feels like home. The buildings are all pink spires. I'm way above the planet, and all you can see are different sizes of spires. You would think they were gigantic crystals, but I know they are buildings. They shine, and they look crystalline." Then she found herself on the ground. "Now I see what looks like houses, but very modernistic, on the outskirts. They're each a different color depending on the person's energy that lives in it."

L: As soon as I saw the spires from far away, it just felt like home. It's a good feeling. (Pause) I know that there is something like machinery. It's equivalent to what a boiler room would be, or a furnace room. Beyond the suburb parts, there's something that runs something. I keep feeling like I want to go to that machinery. I'm being drawn there.

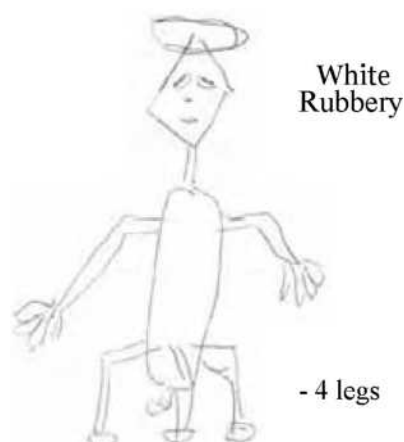
The instant she said that, she was immediately there.

L: I'm seeing creatures as people, but part of me knows that we're not people. But people are running out of this building that has all this machinery. And they're coming to greet me. They're hugging me, and they're glad to see me.

D: What do they look like?

L: That's funny. Seeing this is confusing to me. Because - at first, they look like people, and then something else, and then they go back to people. This is where I'd say I'm making this up, but what I saw are black hole people. I call them that because I feel I work with

them. They're all white, six feet tall, a sausage shape. They have a small neck, small arms. And a diamond-shaped face: pointed at the top, going to two points on the side, and then one point on the chin. I see really nice, beautiful eyes, but they're tilted: the outsides go down. Above the face is a protrusion, you'd almost think their brain was sitting on top of their head. They have four legs coming out about a third of the way up the sausage thing - the body. It's four skinny legs that come out equidistant. So I see them there, which confuses me, because they told me they were from the black hole. Oh, no, are they just telling me they work with black hole energy? So that's why I feel an affinity toward them, because they - that's me. And one of them is saying, "Welcome, welcome, welcome." It's like I haven't been home in a long time. We're just catching up. That's what it feels like. We're all excited.



D: Can you see what you look like?

L: Hmm. I'm seeing myself two ways. If I stand away from myself and look back - I look like me, human. If I get into my body, and I look down, then I look like a black-hole person, like these people.

D: Is it hard to make the four legs work?

L: No. No. (Laugh) Oh, it was funny that you would ask that, because it's like asking, "Is it hard to sit down?" It's so natural.

D: Do you think you worked with these people in that building?

L: The words I just heard were, "My group. My group." Right now, I'm feeling like I'm here and there at the same time. This is happening right now. So, yes, I haven't been back there for a while.

D: Why did you leave that place?

L: Umm, to get information. That's why I'm here on Earth, to get information.

D: Why do you need to get information?

L: I just saw the words, "We're expanding." So our planet is expanding. And I'm seeing that different people from our place have gone to many places. And then we come back and report. So that's my job. There are different people from all different - we'll say, "jobs" - or different groups. Like my group does a certain work in the "something" that runs "something". It has to do with that building. And so I'm getting information that has to do with that aspect of things. And then some people, their group is in the middle of the city part. They get different information from different places. (Pause) They're showing me now, as if I'm speaking to a large group about what I found - and I am in one of those pink buildings. And they're showing me that when it was decided all these people would go out to different places, they were chosen from all different groups. So I am from that group, but my information is for everybody, because they're showing me speaking to many.

D: What kind of information are you sharing with all the people?

L: I'm getting the words, "Physics, astronomy, characteristics of all the physical things here on Earth. How things work here.

Cultures. DNA." Just everything I can find out.

D: And the others that went out are also finding the same kind of things?

L: Yes, but different people go to different places at different times. Let's see. They're trying to tell me how many went to Earth. No. That's not it. It's not how many are on Earth now, because there are only about 13. So we 13 might be on Earth now, but there have been more or less at different times.

D: Why is it important to them to gather information?

L: That's what I was wondering. (Laugh) Let's see. They're telling me, part of that machinery has to do with black hole energy. And they say that I know now that it's all energy just compressed together very, very, very, very strong. What's being developed is a system that would help to heal the universe, or more. And with all these different energies that we're working with, we need to find out more about the places we're going to be helping. It's going to make a difference. They're saying, to put it quickly, to find out what energies are needed so we'll be able to provide them. That's why we're finding all this information. We're going to be healing different problems in different places, like the Earth, with these energies. I don't know where else. But some places need more of a certain part of the energy. Some places need another part of the energy. Some places need a certain dose of it. They just told me, when I come down, I bring whatever is needed. I'm bringing the black hole energy. And whatever I find is needed, is provided. So 13 of us are doing it now. We'll be going back, and others will be coming back here. They'll be doing it. So, yes, it's getting the information, and providing the energy at the same time. And they're showing me the reason I was speaking in front of many council members, is reporting. Just reporting. "This is where I went. This is what I found. This is what was provided. This is what happened."

D: Do you go back and forth quite often?

L: Well, I'm 61 now in this lifetime, and they said I've been back 15 times. And when I go back, I meet with the family or - not the family, the group, is what I'm getting. I meet with my group and I report. Imagine that! And I'm being told that all the other energies that come in, that people need, are a part of this. If someone needs copper energy, they wouldn't be able to handle the other energies. So they just get a part of it.

D: What is the copper energy?

L: Well, you know, every single thing is energy. Different vibrations. Some people may need the vibration of copper. The metal. The mineral. That's just apart of the total energy. And as I get more and more information consciously, then many times energy will be sent to this place, or that place, or whatever. But much of my work at night (while sleeping) is going to different places on Earth. And whatever part of the black hole energy they need, is what they get.

D: Did you volunteer or did somebody ask you to do this?

L: I'm seeing that it was an honor. It's like you win a prize. Like, "You're going now. Oh, yea, it's me!" We're all equal. It doesn't matter if you swept floors or if you were the president. We're all equal. Anybody can be chosen. And it feels like, at one time or another, everybody does this. You just come out of a different group.

D: When you came to Earth, did you begin many years ago? Can you see where it all started?

L: When you asked that, they showed me that same planet. Let's see. I see myself having gone to other places many times, and the Earth many times. (Pause) So we're in a *big* building that has many drawers. Almost like you'd have a compartment with a drawer in it. And when you're ready to do your trip. - I don't see how you get in the drawer, but you're in the drawer. I don't know how it happens right now, but your physical body is in the drawer. Your spiritual body is gone. And then you come back, and that is your body again.

This sounded very similar to other cases where the physical body was kept onboard a spaceship. When the body was put in a state of suspended animation while the spirit was off on another assignment.

D: Then the body doesn't have to die.

L: No, it doesn't. It's almost like it's hibernating or something.

D: And it's there waiting for you to finish your ... journeys? (Yes) So your spirit, your soul, is the one that makes these journeys?

L: Yes. I'm chosen for it. I don't know who decides. I'm being told it's the council members. They, somehow, decide: now it's that person's turn, that person, that person. And they go, and come back. It's like everybody on the planet is just hopping from one place to another, and back and forth. Now they're telling me about my group. A group of 19, but because different people are in different places, you are usually working with about a group of 12. It keeps changing, but you all can pick up where the group left off.

D: What does the council do with all this information once it's brought back and reported?

L: Well, I don't see a computer, but I'm being told they don't need computers. They just hear the information, and they know to decide. Say, if you gave someone a certain amount of medicine, and they needed a little bit more. They know to send back some more of this. Somehow, by reporting what you found out, and what was done, they know what the next step is. They know how many people should go to Earth. How many should go here, how many should go there. How much of the black hole energy should be provided. How much is needed in each place. That's what they're monitoring. Evidently, each time you visit, you have the black hole energy. And you're able to heal with it. Here and there, wherever it's needed.

D: Why do they call it the "black hole energy"?

L: I just got, "Because it is!" (Laugh) Let me see. It *does* come from black holes in the universe. Somehow they are able to harness that energy and contain it, and disperse it.

D: Then the next question is something our scientists have always wondered about. What are black holes? We know what the scientists say, but what do they say?

L: (Pause) What I'm being shown is - you're looking at the cosmos, and you see it as being black with planets and stars, and whatever. Then you picture that black as being a fabric, or anything. All one solid thing. It could even be, if you want to picture it as plastic, but picture the cosmos as one solid thing. Then from the right and from the left, two pieces of it come toward each other. (Later she showed me what she saw by taking a piece of paper and curving the edges toward each other so they were touching.) As they are moving toward each other, where they're kind of crumpling up in the middle, it starts an energy that begins turning. And that's what causes the black hole. It's almost like you have rock under the ground here, that moves and causes an earthquake, because of the pressure. So the energies of the cosmos come together, and cause a vortex ... no! They're telling me, not a vortex. They're telling me, think of it as pressure. They cause a pressure as it's pushing together, and that is what causes the energies to become so compressed. And that's what we work with, that compressed energy.

D: The scientists say nothing exists in the black hole.

L: Yes, they say everything is sucked into it. It is very dense, is what I was getting. They keep saying, "Pressure, pressure, pressure."

D: That nothing can exist within it. What do they say?

L: They're showing it as if there's a black hole right there. (Laugh) One of the people is saying, "Well, look at me!" And he jumps in it, jumps out. Jumps in it, jumps out. Jumps in it, and says, "Hey, I can! I can exist!" And they're saying that we can carry that energy. That's

why we're going to the Earth. We mostly learn what effects happened since the last group of people came down and brought black hole energy. So we learn all these things, and at the same time we are dispensing black hole energy. Then we go back and report, "Here's what things look like now." So we exist with the black hole energy.

D: But don't our scientists say that everything is sucked in, and nothing can get out?

L: Yes. And they keep giving me the word, "Pressure, pressure, pressure, pressure." There is so much pressure there. They're saying that we work it. We're able to go in and out, in and out. We bring some of the black hole energy with us. We disperse some of it. We couldn't bring a whole black hole down. It would be too much. They're telling me, just little pieces are what we work with. So it's a very, very powerful, condensed energy.

D: We've also heard that if something was sucked in, it would come out somewhere else.

L: Like a white hole. That's what some physicists call it, I guess.

D: But they say, space ships or things like that would not be able to escape the draw of a black hole. It would pull them into it.

L: Yes. When I was trying to find out about what would happen, I just kept getting, "Pressure, pressure, pressure." They're showing me this one area, pressure, pressure, pressure. They're saying that we evidently are a certain vibration that can handle the energy and work with it. And if a spaceship was a certain vibration, they could handle it. They could go in and out, if they were the right vibration.

D: Is the theory correct that if you were sucked into it, you would come out on another part of the galaxy, or somewhere else?

L: (Laugh) The one who was jumping in and out of the small one, said, "Come with me." It's almost like we're floating through the air. And so we're at this very small black hole. It's only as big as a house, but it's still the same kind of energy. And he says, "Okay. Do you see anything in it?" And I say, "No. I don't see anything." It's just like when you look at the cosmos. It looks empty and black. And so he says, "Okay. Let's go in it. Do you feel anything?" And I say, "No." And I'm one of those people now. So he takes out a little instrument that shows pounds per square inch. A pressure gauge. And he says, "All right, watch." And the pressure gets so high it explodes. And he said, "Pressure, pressure, pressure." And so now we're going deeper into it. It's like we're going down. And it looks like ... you know where the two pieces of the cosmos came together? (The former example.) Just parts of the cosmos came together, and above it and below it and on the sides of it, it's not being pushed together. So we come out on the other side, and there's no pressure. I mean, it's on the top and the bottom and the sides. They're all the same. So again, I guess to make a point, he's saying, "Pressure, pressure, pressure." That's it. That's pressure.

D: But you've come out in a different place?

L: Yes, if you want to go - not in a different dimension though. You're in the cosmos at the top, the bottom, the sides. There's only a certain area that's being pushed together that is the black hole. And that's what it is. It is the black hole. And he's pointing out to me, when he's saying, "Pressure, pressure, pressure," he's not talking about our physics. Not our atmospheric pressure, not our fluid pressure. He's talking about energy pressure. Energy just being pushed, pushed, push, push. And he says it's not like something becoming denser. It's not a denser energy where you go from gas, to liquid, to solid, or something like that. It's not denser in that way. It's different physics. It's a different - (Pause) I keep getting the words, "Can't comprehend, can't comprehend." At least I can understand that it's many different energies being pressurized. But it's not the

same as if you took a gas on Earth and pressurized it. It's not the same as if you took a solid and pressurized it.

D: I was thinking that the people involved with physics would be interested in this. So it's not the way they think?

L: No. It's almost like a different law of pressurization. It's the way the energies are reacting.

D: That's why you were able to use it, because it is a different form of energy. (Yes) I am thinking about the ETs with their spaceships. They know how to maneuver the black holes, or stay away from them. Would that make sense?

L: What I was just being shown was that different ETs have different vibrations, also. They have different energies. And different black holes have different amounts of pressure. So they're showing me Wait a minute! Sure! That makes sense. Depending on the energies that were present in that part of the cosmos at the time when the two parts pushed together, that depends on what kind of a black hole it is. What kinds of energies are pressurized. So the people - the different ETs and the different spaceships usually know. "We're able to go into *that* black hole. We cannot go in *that* one."

D: Some people think of these black holes as portals. Is that a different thing?

L: What they just said is, "A portal is a portal."

D: So a black hole cannot be used as a portal?

L: The words I just got were, "Under exceptional circumstances." So sometimes, evidently.

D: So it shows there are "beings and spirits " that can live in any type of circumstance?

L: (Laugh) I just got the words, "Of course."

D: Because our scientists think that nothing can live in something that is so dense and heavy.

L: Well, actually, we don't *live* there, but we can *be* in the black holes, and we can *utilize* them.

D: So this planet that you consider home, is not actually in the black hole?

L: No. It is outside of it, but it utilizes the energy of it. It knows how to do this. And then taking that energy and helping other places in the universe with it.

D: It can be directed, and they know how to do it. (Yes) And this is what they want Louise to do, direct the energy?

L: Yes. At the moment.

D: Then when Louise came to Earth, had she had many lives, or is this her first one?

L: What I keep hearing, "Many have been imprinted."

For more information about imprinting see my books *Keepers of the Garden* and *Between Death and Life*, and the beginning of this book.

D: So it is really not necessary to live many lives.

L: The guy who was showing me into the black hole said, "Well, no. Of course not."

D: But this one now is important. She is gathering information to send back.

L: Yes. That's what I have done before.

D: I'm getting the same information from several people, that there are entities gathering information and reporting back.

So I guess many of them are going on the same assignments.

L: Wow! Yes. That's great.

D: Can I continue to get information for Louise this way, or should I contact Louise's subconscious?

L: Well, for both parts, it's a yes, if you want.

D: I can do it either way? (Yes)

I then asked about a physical problem Louise wanted help with. She had been having some type of pressure on her back between her shoulder blades.

L: I'm seeing the drawers again, where the physical bodies are. Let me see. Ah, okay. That's where my physical body now - my human body - is feeling the connection with the other. That's kind of weird. They are saying it is because I am in such close connection at the moment. This is just how my physical body is reacting to this energetic connection to who I am up there. They're saying, just like when you see a past life, and you feel the emotions. I see this happening, being that person on that planet. I can feel the connection. And the way I'm feeling it is physically, in the back of my heart chakra. (Pause) I'm seeing them explaining something, but I can't hear it. (Pause) Okay. The past lives, the lives that I've been imprinted as a human, in between those lives (*what I call the "spirit side"*), that's also an illusion. That the planet I live on is an illusion. The black hole is an illusion. So there are no in-between lives.

D: But her physical body is waiting on that planet for her to return?

L: Yes. And that will happen. But that's an illusion, too. Everything. *Everything*. Everything is illusion. So what we see as between lives,

that's an illusion too.

D: But it's comforting to people.

L: Right, right.

D: Otherwise, it would be very hard for our minds to function if we didn't have something we think is real. Well, if everything we know is an illusion, is anything real? Because I know we create our reality. We create our illusion.

L: I was just waiting for an answer. And I was shown what looks like the great central Sun.

D: And that is real?

L: (Laugh) I just got, "If you want it to be." (Pause) They were showing me all different universes. I specifically saw the Earth. I specifically saw - I guess you call it - my home planet. I saw everything being sucked toward one place. It was like I was standing in the great central Sun, and everything was being sucked inside of there. So what was the question?

D: What is the great central Sun?

L: One thing is that it's made of - everything is in it. *Everything* is in it, because it all was sucked right in there.

D: What does it look like?

L: To me it looks like you're in a creamy, golden, yellowish light, but it has the sense of being in flames. You can't see the flames. You can't feel the flames. But it's the sense of that.

D: I don't want to influence you, but I'm thinking about something I have been told. That over eons, everything that was created implodes back to the Source. Does that make sense?

L: No, that's not what I'm being shown. I wasn't being shown an implosion. I was being shown symbolically that everything we talked about: my home, Earth, whatever, emanates from there. And I just got the words, "No implosion, no explosion."

D: Would the great central Sun be the equivalent of what some people call the "Source"? (Pause) Do you think it's the same thing with a different name?

L: Other people call it the Source. But I'm seeing *that* as a ball of light. I'm seeing thousands of other balls of light, and then they're all whooshing into another place. It's as if the Earth is inside - emanates from the Source. Then what we call the Source, what we see as the Source, looks like that emanates from another.

D: So we're limiting it by thinking there is only one?

L: Right. And I'm hearing, it goes on and on and on and on. And this energy is there to be used by everyone.

I then asked about her purpose, what she was supposed to do with her life. This was one of her questions.

L: They show me that I keep going back and forth on my planet Earth - or that planet to somewhere else. But I didn't want to

know my purpose on that world. I wanted to know my purpose on Earth. This world.

D: Yes. These other things are interesting, but we have to live here in the physical right now.

L: The words I'm getting are, "Just continue." And the feeling of it is that I always go by intuition. I'm always led here and there. To pay attention to the intuition.

Louise had a question about an unusual experience she had about 20 years before. It happened at night and she saw a ball of metal grid work with a hole in it, and she would go inside it.

L: I was going home. They want to tell me that, what was happening then was that a part of my human subconscious was starting to be aware of who I was and where I came from. And I was going back each night and learning. This is what's happening now. This is what's going to go on from now. They're showing me that, until that point, I was not actually bringing the black hole energy to Earth. I had come here and grown up, got used to Earth, then I was ready. This was about age 40. And each night I was going back and forth. I was just being reminded of where I came from. What I was on Earth for. And at the end, they said, "Now bring this to the world." Now at night, I go wherever. Let's see, what did the ball signify? They said, "It disappeared after that, didn't it?" Yes.

I never saw it again after that. That was showing me it was an energy around me that was keeping things from being activated until I was ready. And the hole signified being released from that. And then going up and getting the information. And then I was ready. Well, for goodness sake!

CHAPTER TWELVE

UNDERGROUND

I have written about underground cities in *Book Two*, so the idea is not new. There is much mythology and legends involving people living underground, and I always believe that legends are based upon a grain of truth. Many times they have been embroidered and altered over the years to fit the cultures that revive or preserve them, but I have been told that their origins (no matter how dimly obscured) are based on real events. Yet the story told in this session was a different version.

When Marian came off the cloud, the scene she found herself in made her feel uncomfortable. She was standing in front of a huge oak tree that stood at the beginning of a dark forest. The forest came right up to the edge of the ocean with only a tiny bit of sand separating it from the water. The ground had been eroded or taken by the sea to where it was encroaching upon the trees. The trees were huge and very old, with black bark and gnarled knots, their leaves were small and narrow, unlike anything seen on Earth. This was one of the things that made her feel uncomfortable. There were so many of these strange and ominous trees that they blocked out the light in the woods. "The forest is cold. It shouldn't be this cold. It doesn't feel bad, but it doesn't feel right. The balance isn't right, or ... something is not correct." Then a revelation, "Oh! There aren't any creatures! There's no sound! There's nothing!"

She discovered she was a red-haired young man dressed in fur carrying a bow, knife and a quiver of arrows. He would normally use these for hunting animals, but he said, "I'm hunting for something else." Something that should be found in these unfamiliar woods. The trees grew very close together and formed a natural canopy that shut out the light, and formed a tunnel (or as she described it: a

cave). "I am looking for something that should be at the end of this cave. The forest forms a cave because of the way it grows."

D: Have you been to this part before? (No) But there's something you are looking for?

M: I am hoping for.

D: How do you know it's there if you've never been to this part before?

M: I don't, that's why I'm searching.

He was going on faith alone, because the only way he knew about this thing he was looking for was from stories, tales that the people had told him. As far as he knew, none of his people had ever looked for it or tried to find it. So I was curious why he felt the need to search for it. "There is a reason: it's needed. I don't know why. It holds an answer to something."

D: An answer for you or for your people?

M: It's for the whole. You don't search for yourself.

D: Would that be selfish if you were looking for something just for yourself?

M: Yes! (He sounded astonished at the idea.)

D: What are the stories you've heard about this thing?

M: Just that it is here. You'll find it at the end of a cave. It holds the answers. It has what is needed to survive, to continue. It's in this cave somewhere.

D: Is it an object or what?

M: No. It's more of a being. It's hard to explain. It doesn't really take a form, but yet it can take many forms. The stories only speak of what it holds, and the idea of answers. It's a gift. I don't know how to explain this.

D: Is something going on in your time period that you need help and answers?

M: There are changes that are expected, major changes. Changes that both create and destroy. All peoples, many places. It's as if the Earth will turn upon itself, and you start again. It's expected, but the knowledge of how to ride the waves, or continue, has been lost.

D: The tales tell you that it's coming? (Yes) Is anything happening now? Any signs?

M: Not where I live, but we know it's coming.

D: But it could be a long time in the future, couldn't it?

M: It's closer than we realize. You read, you see, you listen. You hear the signs. You watch. Everything shows you, if you listen hard enough, you can hear it.

D: Your people must be very much in tune with nature if you know these things.

M: It's just the way you learn. Can't learn it any other way. You have to. If you ignore it, you end up ... gone!

I asked him about the place where his people lived. There were not many of them, and they lived in structures that were near the woods. "They're made as part of the woods. If you look from a distance, you cannot tell them from the forest. They blend in and are hidden." Even though he was familiar with the woods, the part he had journeyed to was very different and far from his home.

I moved him ahead until he had gone through the woods (or cave, canopy) to see if he had found what he was looking for. He had difficulty describing it. "It has no form. It's very bright. It changes form. It's not solid. Almost like liquid, but it's not liquid. It's very, very *white!* I've never seen anything like this. Sometimes it looks like an old man, and then it moves, or shifts, or changes, and it looks like something else. But none of the forms are solid!"

D: Where did you find this being?

M: It's at the very end of the cave. It's very broad, very big down here. It's not like the passageway. It's not dark. I walked to the edge of the cave, and I could see a glow in the opening. I was very surprised.

D: Are you able to talk to this being?

M: Yes and no. Not like I would talk to you, but like he would talk to me. It's the same as when you hear the trees, or you listen to the wind. It is not the same as when you talk to another. - He's given me a small piece of himself. (I didn't understand.) It fits in my hand. It's a small piece of it ... of him. I have to take it back. It would be as if you had water, and you took a scoop and scooped some out. But he's not liquid. It doesn't *feel* of water. (That was the best way he could describe it.)

D: What does the piece look like?

M: It's beautiful, but it's just ... *bright!* It's just like a yellow, white light. (Laugh)

D: Different! But didn't you have something you wanted to talk to him about?

M: This is it. This is what I take back.

D: He didn't give you any answers?

M: Yes, he gave me all the answers! They're in my hand! (Laugh) I'm going to take it back. This will keep us safe; this will ensure we go on. The ground will close, and it has to.

Then the man knew it was time to return to his home. He was just carrying the strange piece of light in his hand. "It's not cold. It is not hot. It is an unusual feeling. It is a good feeling. It's not heavy, but I know it's there. It's almost as if it's a part of, but yet separate from, my hand." I sped time up so he would arrive back at his home.

M: There is very little time. - It's starting. This has to go in the center.

D: What is starting?

M: The change, the Earth ... the flip! The Earth, it comes above and folds over. It is like making a cocoon.

D: What are you seeing?

M: *The Earth coming up and folding over!* This piece has to be in the center of the village. It has to be in the middle of the homes. And it will hold. It will keep everyone safe.

D: You said it was like a cocoon, like the Earth was folding over. You mean like dirt, or water or what?

M: It is mainly dirt. It has trees in it, but it is the Earth. It is how you would make a hollow shell, but very thick, very big.

D: Do you see this coming?

M: I see it making.

D: I would think that would be frightening to see that.

M: No, it was taught that this was supposed to happen. What was needed was the piece so we would survive. It will be a long time under before we come back.

D: And what do you do? Wait and watch?

M: That's all you can do.

D: I'm trying to get a mental picture of it, because I can't see it. So it's like dirt comes over the woods?

M: When you're in the sea and the waves come up high, it's the same. The dirt comes up like a wave, but because of the piece, it doesn't come down in the center. It goes over.

D: So your little area is like a hollow in the middle of it. (Yes) Are the trees in there also?

M: Some, not all.

D: You said it is like a cocoon. It just goes over.

M: Yes. It goes down. It has to go down. The whole goes down into the Earth, like a cocoon goes down into something. There will be many changes on the surface. This cocoon will go down *into* the ground. Deep, so it won't be affected.

D: And it's all your people?

M: It's all those that were at home. Many people did not make it, unfortunately.

Even though to me it seemed very strange, I suppose anything is possible.

M: It is the *only* way to survive now.

D: Are you able to breathe inside there?

M: Yes. It's the size of the village. It's the size of the area.

D: Are you able to see?

M: Because of the piece, yes.

D: Are you able to continue living?

M: Yes. They will live here for a long time. It will be many, many years long, before they come back.

D: Why do you have to stay down there so long?

M: How long does it take a tree to grow? What's gone is gone. It cannot come back immediately. They will have to relearn some of the old ways and hold the teachings. And when it's time, they'll go back to the surface.

D: Are you able to find things to eat down there?

M: There are many things under the ground to eat. We also have seeds that will grow.

D: Are you able to go outside of this cocoon?

M: Yes, it opens. There are large rooms.

D: I wonder who put those rooms down there?

M: The Earth. There are large holes in the Earth that you can go into. There are small lakes. The Earth has many secrets, and many beings, creatures. It's the same as listening to the trees and hearing the rocks, and speaking to the other creatures. The Earth is the same. It was ready for us; we just had to be ready for it.

D: So there are also creatures down there?

M: Many. Some we have not seen before.

D: I wonder how they got down there?

M: The same way we did.

This was sounding more and more like the underground city that was described in *Book Two*. In that book, it said there are many of these cities underground that still exist today. These were lit by a miniature sun, and there were also many animals (some unknown) and water.

D: Are there other people?

M: There will be. There are others who had the knowledge.

D: Will you know when it's time to go back to the surface?

M: Oh, yes. The Earth will tell. - This happened before. According to the tales, there had been a world before this. It did not grow the way it needed to. And so the Earth did what she needed to do. Those who could still hear and listen knew what to do. Those who could not were taken away.

D: Was there a reason why it happened this time?

M: For the same as the last; there were too many in the wrong direction not working with each other.

D: So this is the way the Earth takes care of itself? (Yes) Well, do you stay down there for a long time?

M: I will probably never make it back up.

This could take a long time, and one day would probably be just like the next. So I decided to take him forward to the last day of his life, and see what happened to him. "I see an archway, rounded. It has water running through it. I've fallen. Something hit. I was old. That's why I fell. My legs don't work the way they used to."

D: But your people were able to live down there, and take care of themselves?

M: Oh, yes. They did well. They *are* doing well. They will keep it up.

D: Did you see any other people?

M: There was a group that came from one of the holes a while back. They had made it through. They were only here for a little while and have gone back. The younger ones will go and visit and see. I never went. They're in another part of this underground place.

D: But you didn't mind leaving the surface?

M: No, it's sometimes harder. Little ones don't remember the outside. I do. They were too small. These beings will go on. They will survive.

Now it was time to call forth the subconscious to get some answers that the man was unable to give us during his life. I always ask why the subconscious chose to show the subject that particular lifetime.

M: It's the same. It's the same lesson. There are teachings that need to go on. There are lessons that need to be passed on. This life is not completely useless. It's the same parallel.

D: By a parallel, do you mean that you think the life she is living now will be the same conditions?

M: Yes and no. It isn't exactly the same as she went through then. At this time, it is the same as far as what she is preparing for. There are many changes coming. There are pieces that are being lost that have to be passed on. Teachings. How to speak, how to talk; how to work with the Earth. How to understand and remember. How to listen to the leaves and the trees. How to hear what the voices of the animals, the winds are telling you. These are all out there. These are all real and she knows how to do this.

D: But you know in our hectic modern society, it does get lost and pushed aside. (Yes) People don't pay attention to it.

M: Or are told they're crazy if they do.

D: But you think something is going to happen and these things will be lost?

M: They are already being lost. Not just through people; through energy and time and space. These things have to be held onto. They are part of this planet. There are many Earth changes that are coming, but that is not the concern. The concern is the changes that mankind is bringing - there lies the real danger. Mankind as a whole is wiping out the knowledge of the balance; the ability to balance between nature and himself. It is a very destructive power and energy. And it will actually threaten mankind's existence.

D: What does this have to do with Marian's present lifetime?

M: Everyone plays their part. Every being on this planet has a unique role. She has to find hers. She knows what it is, but she doubts it. I cannot reveal it to her at this time. She has to find it. If she slows down and listens, she'll find the key to open that door.

I wanted to know more about the underground existence she described. It was similar, yet different from the other people's stories of this place. I was told that these cities do exist, and people will eventually find evidence of them.

D: I've heard other stories of this underground place, but I've never heard one where it just sank into the ground.

M: Everyone entered in a different manner.

D: Then it was an actual physical happening? (Yes) The glowing piece that he took down there, what was that?

M: That was part of a being that is one of the Protectors of this planet. There are many. This was the one that was closest to him.

D: He said this piece was like a light.

M: There were many *more* things involved in it, but the glow was part of it.

D: Also, when he went under the ground, it created a light down there so they could see. (Yes) But it seemed to be able to protect the whole group as they sank into the ground. (Yes) So it was very powerful.

M: Very much so. It had to be. You have to remember, this is part of a guardian of the Earth, so it is able to communicate with the Earth, because it is a part of it. Just as your hand will do as you ask it to do. Would not the Earth do what you ask it to, if you are a part of it?

D: I see. So it was able to form the cocoon and make this whole group descend into the Earth safely.

The legends of the Hopi Indians say that our present world is called the Fourth World. They believe the other three worlds were destroyed mainly due to the people's corruption and greed, and rebelling against nature. The First World was destroyed by the sinking of land and the separation of land caused by major earthquakes. The Second World was destroyed by freezing, the great Ice Age. The Third World was a world of high technology, even more than we have seen in our present time. It was destroyed by the Great Flood, and those of their people who listened to the prophets were guided to places of safety underground. When the Fourth World was ready, many of them emerged from their underground homes, and resettled on the surface. They were told that the Fourth World would be the world of destruction, and then the beginning of the Fifth World of peace. This last one sounds very similar to the New Earth that is explored in this book and *Book Two*.

This session also took place in an underground location, although it was not on Earth. When Joan descended from the cloud, she found herself in a strange barren, alien landscape. A very red crust, no

vegetation. Red, jagged, severe-looking mountains. I then asked her to look down at herself to see what she looked like. She found it more curious than frightening when she looked at her feet and said, "The closest description I can come to is bird like. With the talons perhaps of a crane foot or an ibis foot, more like a three-pronged claw. They are more of a translucent beige toward silver color. A contrast to the landscape I've seen." She then described her body. "Long legs. Thin. Spindly, for lack of a better word. Seem to have, the only description I can find is more of a pod-like description of the body. Bird-like still, more of a teardrop shape body. I have a small neck. Most of the appendages seem more like wings, and then they turn into alien-looking hands instead of like my feet. More like thin arms with larger hands on the end of it. Six fingers, counting the thumb. I thought my face, my head, would be bird-like, but it seems to be more lion-like. Perhaps more catlike. And I have shoulder length black hair." It sounded like a combination of different types, but definitely alien. I suppose there is no reason why it would have to be either cat-like or birdlike. In other worlds I suppose you could be any combination of anything. What is normal here might be abnormal there. So I go along with whatever description I am given and just continue to ask questions.

"Now I understand that the red place is an outpost. There are many others here, beings of all kinds. We are experimenting with something in this place. We are working with energy of some kind. I'm trying to see where I would be doing that. Whether I would be in a structure, or whether I would be doing something out in the open on the surface. Now I see that I am walking down some stairs to an underground facility where there is a huge - you could say 'city', but - civilization habitations, under the surface of this red place. There's something we're working on in this underground cavern, although it's more modern, more advanced. We are working together on some sort of experiment to do with - I want to say 'transmuting' energy. We are working on adapting energy to make it useful in other areas of the Universe. That's why there are all kinds of beings here. We're working together on something that will benefit all of us. Each in their

own respective areas of the Universe will be able to learn and apply this knowledge and/or energy in a beneficial way. I don't know whether it's to make the energy of the Universe more beneficial and more utilitarian. Working on something new that will be beneficial. It will be used for absolutely positive things."

D: This is what the experiment has been about.

J: Yes. It's about using the energies in different, new ways to benefit the Universe. This is my job.

D: Do you live there in this underground place?

J: That's where I live now. Those of us that are here doing the experiment are all living in the underground places.

D: But the other beings are the ones that take it throughout the Universe?

J: Yes. I do not go. I am sending them out. There are many different forms here working on the same project.

D: Do you know if this energy is going to be used on the planet Earth?

J: Yes, it will eventually be used there.

D: I wasn't sure if where you are is even in the same Universe where Earth is located.

J: Yes, we are in the same Universe. It will be used on Earth eventually.

D: What will it be used for?

J: I'm having a block there. There are several applications that can be made, not just one. It would be determined by the person who is taking this back to the new areas. We are changing it in some way to

take back, and be used in our respective places. But it's not going to be used in a structure. It's going to be more free energy that will be used beneficially for many different uses in many different places.

I moved Joan forward to an important day. She had difficulty locating anything specific. It was like drifting in and out of a mist. "I was trying to get some clarity. Right now I am seeing that the project itself is the most important thing I could be doing."

It became obvious that I would not be able to move Joan to anything connected with that life. So I decided to bring forth the subconscious to answer the questions about this lifetime she had seen. "Why did you pick that life for Joan to see?"

J: She needs to understand that she's working with energy. She knows it on some level, but she needs to understand that she has many more energy abilities than she has understood so far.

Joan, like many others who come to see me, was working with Reiki and using that form of energy healing to help people. It is amazing how many of my subjects either are healers already, or want to become healers. Many are being told they are to develop the use of energy in healing work. Joan was told she needed to continue to do this type of work, but that was not enough. "They" had bigger plans for her, as they do for many others.

J: She does need to focus more on sending energy out to the places where it needs to be sent, to strengthen, to balance during this new phase. At this time, she is here to be helping Earth do its energy changing and transforming. She and many others are here to ground and balance and share energy for the benefit of the Earth particularly. Everything is interconnected. Everything affects everything else.

D: You said, "The new phase." What did you mean by that?

J: There is much change happening, much transformation happening, much raising of energies happening, much confusion happening. There is a need for those here for this purpose to balance as well as help raise. That is her main purpose at this point. And also to share knowledge to help open people who are not aware of who they are. She's been limiting herself. She's entering anew phase and she's here to help others entering new phases of their awareness of the expansiveness of creation.

D: Joan said, in her conscious state, she keeps hearing the words, or seeing the phrase, "Anchor the energy." Can you tell her what that means?

J: Yes. She is here for that purpose. She is here to anchor the new energy coming in. To hold it and to carry it and to introduce it to places where it has not been introduced before.

D: How do you want her to introduce it?

J: Just by the mere mental intent of holding, anchoring, introducing. She is an antenna for the introduction. It is coming to and through her and others, into the Earth and out from there. And her awareness of her purpose will help her intent to be more forceful, more expansive, more helpful.

D: This person, this being on this other planet, who received all that information and knowledge, is she able to draw on what he received?

J: That is where the knowledge and the information and the new energy is coming from. The experiment. It is being sent out much like a radio wave, a microwave or magnetic wave to her and others who are here for that purpose. Who have come here at this time for this reason to act as receivers. (She became emotional.) A love energy. Powerful, but loving energy that is transforming and raising and expanding the Creator energy that is coming in at this time and in this space. She is emotional because she is connecting to the

person she was, working on this energy. And the knowledge and the awareness of why she is feeling this way is affecting her. She has only occasionally been in touch with this depth of love and healing, and that is causing the emotion.

D: Was she seeing a past life?

J: It's a parallel life. It is occurring simultaneously at the same time.

D: That's what I was thinking. If they are experimenting with the energy, and Earth is receiving it now, it would have to be occurring at the same time.

J: Yes, it is going on at the same time. But is also being beamed to other areas. She is receiving it here, and others are receiving it in other places that are ready to receive it. It is only going where it is appropriate.

D: So she's both working on it and sending it out, and receiving it at the same time, because it is all happening simultaneously.

J: Yes, that's correct.

D: But she had to go through a normal life to get to this point, didn't she?

J: Yes, she did. She had to get to this point. The understanding of the physical life helped her to understand some things that she needed to learn, and pointed her in the direction of the information she needed to open herself. The Reiki was part of her touching back into the love energy, because that is part of the healing energy of the Universe, the Creator. It's another way of handling it. It's another way of experiencing it. It's another way of channeling energy. It's another way of transmuting energy. It's another way of getting it to someone else to use as their guiding system, if she so chooses to use it. It's something she needed to learn to be able to understand this step. She is here as a double vision to be the antenna, and she's also

sending it. She is here for a purpose, like many beings on this Earth, and in the Universe, to learn how to use the energy to lift it to a higher level. To help in whatever way they can. And this is what she is doing in this lifetime.

This is the second wave of individuals that I have spoken about before. The ones who are supposed to act as channels or antennas of energy. Their main purpose is to direct the energy into the Earth to be used by others. Of course, none of these people are consciously aware of their missions.

NEW EARTH & HIDDEN CITY

Anita's session was unclear. It had a dreamlike quality that was confusing. It appeared she was onboard some type of craft where her body was being worked on. We got more information when I called the subconscious forth. It said that she was confusing being in two different places, and they were overlapping. It explained that she had been onboard a mother ship where they were healing her body and making some repairs. Then she was taken inside the Earth. I wanted to know why they took her *there*.

A: To make her aware that it was there, and what was going on. She's gone there many times. This is a place ... a kind of protection. Many animals are there, and it also will be a place for people to be taken at the time of change. For protection against the devastation on Earth, and the diseases that man sets off.

D: Disease can't reach inside the Earth? (No)

She saw a man and talked with him, and he seemed to be someone she knew. She also saw something shiny which she thought was a vortex. We were told it was a portal, and this was how the man traveled. The man said he had talked to various world leaders, and they wouldn't listen.

D: Consciously?

A: Some consciously. But they have their own agenda.

D: Who contacts them?

A: Different entities. Different groups.

D: I am curious what a leader would think if they were contacted consciously.

A: Some leaders are very aware of us higher beings and what is going on.

D: They know you exist?

A: Yes. But they don't want to give up their power.

D: I think they would be surprised if they saw one of you.

A: When I say "consciously", it is not necessarily face to face. It's more on a subconscious, mental level. Some of it is much like what happens to Anita. They are taken up and talked to.

D: But they don't remember?

A: Some do remember a part of it. But they don't want to relinquish their hold on Earth. Many are into the negative. At the time we talked to them, it was a crossroads. It could have happened. Changes could have started then, or they could have been postponed for a little bit longer.

D: What kind of changes?

A: War. And with more war comes more Earth changes.

D: You mean the Earth changes are connected with the wars?

A: The more negative the vibrations, yes. The energy.

D: And it could have happened at that time?

A: Yes. Crisis. But it was postponed once again. Someone made a different decision. One never really truly knows what exactly causes it to be postponed. Some little change from a leader that decides not to do something. It might have been more than one thing. It might have been several things. We never know what really caused it not to happen, but we were at a crossroads. And we'll be coming to more crossroads. With the changes comes *her* change, because she's aware. And she will know what to do. She doesn't need to know yet, because she wouldn't know what to do with it. The information or the power.

D: What kind of power?

A: Ability power. Ability to do things, and see things. To be able to help people. Heal people. I don't think she really needs to know right now what she's supposed to be doing. She would think about it too much.

The terrible tsunami had recently occurred at Christmas 2004 in Indonesia. It had caused the death of over 200,000 people. I wanted to know if it was caused by negative energy.

A: No, not necessarily negative. Everyone tries to connect it with negativity, but it's going to be a natural thing. The ones that needed to go, left. The ones that needed to stay, stayed. What people call "miracles", babies on mattresses, men on trees. Some of the ones that left will go on to other places. And some have higher work to do, and some will start their lives over somewhere else. So they had many reasons for leaving.

D: But they went out in such a large group.

A: Right. It's going to get bigger. Massive. It's going to be the change. But now some negative things that men do will cause earthquakes to come sooner, or tidal waves to come sooner. Or

disasters of some sort to come sooner. Because everything we do affects the nature, affects the Earth. There's a consequence for everything we do.

SECTION FOUR

FIRST-TIMERS ON EARTH

CHAPTER THIRTEEN

THE VOLUNTEERS

When I first began my investigations through past-life therapy, I thought I would only find people remembering lives on Earth, because naturally that was all we knew about. My belief system has really been stretched and extended over the past 30 years. My first exposure to life outside of our world and everything we see around us was when I met Phil. His story is told in *Keepers of the Garden*. At first, he remembered normal past lives, and the sessions proceeded normally as I expected they would. This was probably the way it should be because neither of us were prepared to explore beyond that, nor to even know that anything else was possible. Then as we worked, he surprised me by reliving lives on other planets in alien bodies. This was my first encounter with this type, and at times I was at a loss for words. What do you ask an alien? As the work progressed, I was given a great deal of information about the seeding (or beginning) of life on Earth, because “they” said it was time for the knowledge to come forth.

We both settled in and became comfortable with the unusual, and my curiosity took over and the questions flooded forth. It was explained that Phil was one of many spirits who had never lived on Earth before. They had volunteered to come and help the Earth at this time in its history. They had no conscious memory of this (naturally) and thus their lives had been difficult. They did not like being on Earth. They had difficulty adjusting to the violence here. They longed to return “home” although they had no idea where “home” was. They just knew it wasn’t here. Their problems were caused by the fact that where they came from there was only peace, beauty and love. It was quite a decision to volunteer to come to such a radically different environment. They did it out of love and the desire to help, even though their adjustment has been difficult, and even impossible in some cases.

Then there was the question: if he had never lived on Earth before, why did he go through the memories of several past lives before the other startling information came through? This was reason to doubt my work. Did this mean that reincarnation was not real? That the past lives I had been investigating through so many subjects were mere fantasies? Maybe the Church was right, we only live once and that is it? How else to explain this unexpected development. The answer was that the lives he thought he was reliving were only *imprints*. I had never heard of this before, and I was the first writer to find this theory. It is explained in detail in *Keepers of the Garden* and *Between Death and Life*. The condensed version is that a soul cannot exist on Earth in a human environment without the information and data of past lives in its subconscious. It must have something to relate to and fall back on; otherwise, everything is too new, too drastic, too overwhelming. Just as we have the experience of our childhood to explain the many things we come in contact with, the information and experiences from our past lives also gives us a background to relate to. This means that no one, no infant, comes in as a clean slate. It always has the background of other lives and experiences in its subconscious mind to help it relate to life in the physical. Of course, we are not conscious of any of this, just as we are not consciously aware of our past lives. Many of us do not even consciously remember events from our childhood. This does not mean that they do not exist.

The theory of imprinting is similar to doing research in a library. The spirit is going to be entering into an unknown and totally unfamiliar environment. It would be totally lost without some type of background. So before it comes into the body, it is allowed to pick other people's lives from the vast inventory in the library (or Akashic records) that it thinks will benefit it when it enters the physical. I was told this would apply to anyone, not just an alien soul. For instance, a person has decided to live a life as a leader of some sort. The spirit has never had a past lifetime like that. How will it know what to do? How will it know how to take command and control of a situation if it has never been exposed to such an experience? In that case, it will

select the lives of leaders: Presidents, kings, governors, sea captains, people who had lived lives of leadership. These are then *imprinted* onto the soul, and become a part of their soul memory. If it is thus useful to the ordinary spirit returning to Earth, it can be seen how necessary it would be for an alien soul coming for the first time to such a strange and often hostile place as the planet Earth.

I asked, "How will I know the difference when I work with someone? How will I be able to tell if what they are remembering is an actual lifetime or an imprint?" The answer I was given was that I would not be able to tell the difference, because the person would not know the difference. The imprint becomes as real as an actual life. All the memories, emotions and feelings are there. The only difference I can see is that the imprint carries only information, and no karma. This is also a legitimate explanation to the argument that skeptics often bring up about reincarnation. They say, "Why do the people always remember lives as famous people, Cleopatra or Napoleon?" In the first place, this is not true. People do not always remember lives as famous people. The majority of their remembrances are of dull, boring, mundane lifetimes where little of importance happens. I have had people who were *associated* with famous people, but I have never had anyone who regressed to where they were *the* important person. There are many more ordinary people in the world today than those who get their names in the newspaper. And there always have been more ordinary people, thus that is what will come forth. But to get back to the argument that the skeptics present: if there were two or more people who claimed to have been a famous person in another life, it would not mean that one of them is lying or fantasizing. One or both of them could be remembering an imprint, because there is no way to tell the difference.

Now that I work so exclusively with the subconscious and its vast storehouse of information, if a lifetime is an imprint it will tell me so. This is the way I can now tell the difference. There will be examples given in this book. However, the theory of imprinting is one more

piece of a huge and complicated puzzle that we call “life”, and which I am continuing to explore.

Over the years since I worked with Phil and wrote the book, I have come in contact with others who felt the same way. As the book was translated into other languages and began to circulate in foreign countries, I received mail from people who were so grateful for the book. They thought they were the only ones in the world who had those feelings: of not wanting to be here, of not understanding the violence in the world, of wanting to go “home”, of entertaining thoughts of suicide in order to get out. It has helped them tremendously to know they are not crazy, that they are not alone. That they are one of many who volunteered to come and help the Earth go through its crisis mode. They just were not prepared for the repercussions on their gentle souls.

As I wrote about in *Book Two* of this series, I have now found three waves of people who are living their first lives on Earth. The first wave are the age of Phil, roughly in their late forties (early fifties) now. They had the most difficult time adjusting. The second wave are now in their late twenties and early thirties. They have not had as many problems and are moving through life much more easily. They usually live a life of helping others, creating no karma and normally going unnoticed. During the sessions, they are described as “antennas”, “channels”, “observers”, just directors of energy that is needed by the Earth. Many do not want children because that would create karma, and they do not want to be tied to the Earth cycle. They just want to do their work and get out. The Earth experience does not affect them as traumatically as the first wave. The third wave are the new children, many of whom are now in their teens. They have come in with all the knowledge needed (on the unconscious level), their DNA has already been altered, and they are prepared to proceed with little or no problems (except for those created by well-meaning and unknowledgeable adults). I asked one time, “Why did the first group have so many problems and difficulty adjusting?” The answer was that they were the “trail blazers”, the

“way-showers” They prepared the path for those that followed. Thus, their difficulties have served a purpose.

Since my first meeting with Phil in the 1980s, I have now encountered many people (through my work) who are experiencing their first lifetime on planet Earth. None of these people had this knowledge before we did the sessions. They are now being allowed to have the information, because it is time to acknowledge who they are and their purpose on Earth at this time.

James came to my office in Arkansas for the session mainly to explore an unusual experience he had as a child. He had never forgotten it. It had some indications of a possible missing time episode, but not many other details. Since it had bothered him all these years, this was what he wanted to explore rather than going into past lives. I regressed him back to the night of the incident, but he could not get any more information than he consciously remembered. His conscious mind also wanted to maintain control, because he was afraid he would make up something. I persisted, and some information began to surface. Mostly bodily sensations, floating and the feeling of being inside a small craft. Then the feeling of movement, and a shocking revelation. “Forward; forward - elsewhere, very, very fast. When it moved, when it ... *jumped*? It made me feel ... split apart, like atoms.” Even though it sounded strange, he described the sensation of feeling good when this happened. “Like demolecularization, but not in a bad way; just necessary. It is necessary in order to travel.

You can not travel in the physical body. It’s too fast. The body would break. So they demolecularize me till they can put me back together later. It’s contained within the light, within the dome area. Maybe the light holds it or keeps it from going everywhere.” He was not aware of anyone else that he could ask questions. I asked if there was any way he could get information. “Not yet. Because I’m in pieces! I have

to be put back together. (Laugh) I don't do it. Something does it." Then the dizzying feeling of moving again very fast. Then a surprise, as he was reassembled, he had a different form, and looked more like one of the little gray ETs. He had difficulty explaining the sensations that were going through his mind. "I feel it's not *me-me-me*. Like the memories of me in something else." He was communicating with others like himself. Then confusion again as he tried to describe what he saw. "Earth panels on the walls, and they do stuff. Training."

D: Who are you training?

J: Me! Like a workshop. Everything, the skills, Earth knowledge in the panels. It's complicated. Systems, function, form ... not history, but ... fundamental ... basics!

D: And you're learning this or teaching it?

J: Learning ... well, both! Teaching it *to myself*.

D: Is this knowledge of the ship you're on or what?

J: It could be if I wanted it to. The knowledge can be whatever is there; whatever is stored on this ... thing.

D: What kind of knowledge do you like to access?

J: Games, but not like video games, but *like* video games. Simulated. *Life* games. I can program in what I want. (He seemed to be struggling with the concepts.) There's interference This is very similar to something on TV. It's not the same - it doesn't look the same - but the concept is the same.

D: Do you mean it downloads the program to you?

J: Yeah. It plays it out.

He then discovered that he had something on his head that was pressing against his temples.

J: That's what the *temple* things are for! The things that go on my head. That's where the information goes in. Somebody else does it, but not unwillingly. - Does the *memory* transfer from there to here, or ... ?

D: You said it was games of life?

J: Scenarios, but big ones. Long scenarios, of what it was like.

D: Are there more than one of these?

J: Lives. Any possibility you want!

D: Do you pick what you want to download?

J: Sometimes. Others are given, like an assignment.

D: It's downloaded, and you're able to see what's going to happen?

J: (Sigh) You live it, but not ... you only live it as much as anyone can live. It's an illusion. It's put in your brain and you live it, but not You take the experiences from it without actually living it.

D: Is there a reason for doing that?

J: Knowledge and ... *empathy*, maybe? But ... understanding. The question is, "Why do it?"

D: That's what I was wondering.

J: The answer is, "For *knowledge*." For knowledge, is all that comes. Knowledge to help - maybe to help *future* people? It's to help. I don't know how, though. - It's like a library, only a different version. More ... not ethereal, but solid. More technology driven rather than just essence.

D: So this is done for a reason, to help the body that's existing on Earth - the physical body?

J: Preparation. The word is, "Life," but ... the experience of life. Preparation.

Although it sounded confusing I thought I knew what he was attempting to describe, but I didn't want to influence him. I wanted him to tell it in his own words. Yet more information would not come forth. Something was definitely blocking it, and I didn't think it was James himself. I thought it was time to call forth the subconscious to find answers. When I knew it was there, I asked if I had permission to ask questions. An authoritarian voice answered, "Yes, but *tread lightly!*" I understood that James was not ready to have everything revealed, because it was obvious he did not understand the bits and pieces he was being shown. I would have to be careful and obey the subconscious' instructions, or it would shut down and I would not be allowed anymore answers. I told it I would not push, but only accept what it wanted James to know. The subconscious said that what was shown only confused James, and that he had not developed enough yet to understand. He still had much to learn.

D: Do you think the pieces you have shown him will help him? J: He will ask more questions.

D: Why did he feel like the molecules had all shifted?

J: Because they had! The molecules break apart so that they can be formed back into ... but only because of the travel. When he travels it has to or he will break.

D: He was shown, when this happened, that he had changed into this other being. Is that existing at the same time as James is existing? (Yes) What is it? A transfer back and forth?

J: It's the same only in the respect of it all existing at once.

I attempted to get more information about the missing time episode, but I was told it was not time for James to know, and no more could be shown. He would have to wait until he had reached another level of understanding. He was still in an early stage of learning. "They" have told me before that some knowledge is as poison rather than medicine. It can cause problems if it cannot be understood correctly, or if it is given prematurely. This seemed to be the case with James.

*D: Was he describing the process known as imprinting? (Yes!)
Where other lives are imprinted into the memory to act as a
reference guide, so to speak?*

J: A catalogue.

The subconscious was still holding back, but I got it to admit that James was part of the new people who were coming to Earth, who had never experienced a human body before. He was definitely here for a purpose, but the exact nature of it was not allowed for him to know yet. "He can have glimpses, flashes, but never all. It would be too much."

D: Nobody made him come, did they?

J: No. He volunteered to come at this time. He knew it would be painful, but he is strong.

D: Can you tell him anything about what's he's supposed to be doing?

J: Live the examples and they will follow. He's a teacher. Rules; laws - not Earthly; not man laws. Through his interaction with people, he teaches - not by word - but by deed. His aura or energy affects others.

D: He thought he was supposed to go out and talk to people, and tell them about things.

J: The message is lost in the fervor. This is the only way he knows, but the mental telepathy.... Subconsciously. *James* doesn't pass it.

D: Who passes it then?

J: The knowledge itself... conductor ... James is like a beacon. Radiating the energy; passing it off. If you have a wall and you throw something against it, it will fall. If you have another wall, and you have it far away, when you throw this idea - this thing - at it, it will still fall. But when they are *close*, they vibrate fast. It bounces back and forth faster. The beacon is stronger. The signal is stronger.

D: Because it's amplified.

J: Yes, James must understand that being human is hard work. If he follows the feeling of love, he cannot turn down a path that is wrong.

So what started out to be an examination into a possible UFO case instead turned into the exposure of yet another of the second wave of volunteers who have come to help. James was a very gentle soul, very much affected by the world around him. It would be a while before he had learned enough and had evolved enough to have more answers. In the meantime, he was just to fulfill his mission of being a channel, a beacon, for the incoming and outgoing energy that is needed on Earth at this time. Yet it is another example of the difficulty these gentle souls have when they come into our alien and hostile environment.

THE VISITOR

Judy was one of many I have met during my thirty years of working with clients, who have the feeling they don't belong here. They don't want to be here, and have a difficult time adjusting to our world. She went through a normal regression, but we did not find her answer

until we contacted the subconscious. I asked it to explain these feelings that she had.

J: She's never felt at home on this planet. There are other places in the Universe where the energy is better, where she feels loved, and she feels like she belongs. Other places she's lived where people love each other, where people live in peace, where people help each other, people care about each other.

D: Why did she come to Earth if she was happier in those places?

J: Because it's her job.

I had heard this so often it was beginning to sound like a broken record. Yet why would so many of my clients say the same thing unless it was true? They have no way of knowing what the others have said.

J: There are those of us who look at other places in the Universe. And we see places that need assistance. And we know that we have to assist in order to preserve our way of life, in order to preserve our peace.

D: How does what happens here reflect on your way of life?

J: It pollutes the Universe. We're all together, we're all related, and when others lower their vibration it affects us also. - But it's not only because we are loving, very loving, peaceful people. Not only do we want to remain that way. We would like others to share in what we have, and what we've found. People on this planet are not happy. This planet that we're on now, on Earth, they struggle every day. They don't know what it's like to live in complete happiness and complete peace, to be one with the Creator, but it's our job to assist them.

D: Were you able to see what is happening on other planets from where you were?

J: We can see all that we wish. If we wish to see it we can see it. What's happening here is that sadness spreads from one to another. Each time they are saddened it spreads. There is so little here to change that.

D: So when your people saw these things happening on Earth, you decided to come here?

J: Yes. We needed to assist. We thought we would make a difference. We're beings of great love; great, great love and great peace. When we see other souls troubled, it is our nature to assist. It helps us to feel fulfilled.

D: But when you got here, it wasn't that easy?

J: It wasn't. We want to help, that's why we're here, but it's very difficult for us to survive here. It is so alien to us. Our vibration is much higher. This causes the problem. On our planet, she was a great healer. She will not be happy unless she continues that work.

D: Is there any type of method she should use?

J: On our planet we simply think of the healing and it is done. On your planet this is not quite as simple. So many doubts have been implanted in so many places that sometimes you need your little gadgets or methods that you feel assist you in healing, but the healing comes from within. All the energy comes from the great Source. When she truly forgives herself and integrates into this life, the healing will flow easily from her. She will be able to help others. She will not necessarily need to have all the methods that she's tried to study. It will just flow. She will just know how to do it. She will do it with her hands. Sometimes it is helpful to do that. Our healing can also be done at a distance because we are all connected. It's so easy to do this where we are from. It's very difficult to come here to this planet and not be able to do the same thing.

D: Of course, you have to have the person's permission even if they are at a distance, don't you?

J: Absolutely. People on this planet don't give their permission consciously, but they do give permission where it is the soul's mission to heal. She'll be able to do these things. On our planet it is so easy for those of us who are trained. We think it, and it is so. On our planet the vibration is much higher, and here on Earth it is much lower. It's very frustrating to her that it doesn't happen instantaneously here.

D: What about the allergies that Judy has?

J: The allergies are her fighting to be away from this atmosphere, from this planet, from the energy here on this planet, by constantly blocking the lower vibrations. She doesn't like the way it feels here. She doesn't want to breathe it, her body wants to fight it off, wants to get rid of it, wants to get rid of everything here.

D: There's always free will involved.

J: We cannot force things, it's not our way. There is much change on this planet now. More and more people will be awakened. But it is so difficult for us to come from a place of such love and happiness to this place.

The following is another example session of first-timers or volunteers:

Shirley came off the cloud into what she described as "desolation". "Everything that was living is not there anymore. Everything is gone. Something has caused it to go away. It's just brown earth or dirt, or craters. Whatever was there is not there anymore. (She became emotional.) Nothing. (Crying) I think this was home. (Sobbing) It was destroyed. But I'm not sure what did it. It was beautiful with

meadows and forests and trees. What came to my mind was the Garden of Eden.”

I asked her to see it the way it was before the destruction occurred. “I see many trees. I see running streams. I see weeping willow trees. It’s like a beautiful garden. There are flowers and birds, and animals walking around. A unicorn just walked by. She’s white, a long mane, pointy horn on the forehead. She’s beautiful. It’s a wonderful, perfect place. As far as the eye can see, it’s just an idyllic picture. When I perceive my body I sense it as a blending. I feel the male, and then I feel the female, too. And I feel the two together. I can see a human form, but it feels more like an energetic human form. Like you’re not really a physical body. I don’t feel like I have to eat anything. It’s the beauty of everything keeps me alive. That’s all it takes.

The connection with nature. (Becoming emotional again.) The thought that came into my mind is that also the thing that keeps me alive is my connection to God, to my Man, to my Father. That’s what keeps me alive. When I’m there at this time, I feel at peace, because it’s so beautiful. And everything is working in harmony, together.”

I decided to move her ahead to find out what happened to this perfect place. I assured her it would not bother her to see it.

S: Something came and scorched everything and destroyed it. All I see are these flames coming down from the sky and burning everything.

D: Can you see where it’s coming from? Because you’ll be able to see it and understand it and talk about it.

S: (She hesitated.) The first thing I saw was a dragon. (Laugh) My mind goes, no, that’s not right. (Laugh) - I just keep seeing a dragon, that’s all I see. I see flames shooting out of its mouth. It’s green with big scales. It’s flying around in the sky.

I wasn't worried about this unconventional reply. I decided to go along with whatever she was seeing. I knew that before the session was over, the subconscious would explain everything, if it wasn't clarified along the way.

S: I get a sense that there was somebody that was jealous of this place, and they sent the dragon to destroy it.

D: Couldn't they have a beautiful and perfect place of their own?

S: I'm sure they could have. They didn't want anybody else to have it. They didn't want anyone to be happy.

D: What happened to you when everything was destroyed?

S: I feel like I left. I didn't want to stay there any more, because it was gone.

D: You'll be able to see what happened from that perspective. Can you see more about these other beings or whatever they

were, that were jealous?

S: (Chuckle) I'm seeing a land of giants. They're very large. Large bones, large legs, large arms, muscular. It's like a community, but there's one leader that is not nice. He knew about the place that was beautiful. There was jealousy and anger.

D: Are there dragons where they live?

S: Yes. (Laugh) They were small compared to the giants. They're like their pets.

D: So that was the type of creature they sent to destroy your place. (Yes) I wonder what kind of satisfaction that would give them.

S: Nobody could live in joy, or peace, or harmony. It was just destroyed.

D: So what did you do after the place was destroyed?

S: I feel like I floated around for a while. Then I went to visit my Father for a while, because He loves me. I feel the love and the energy flowing through. I feel nourished. I feel unconditional love.

D: Can you see what the Father looks like?

S: I just see this ball of light, life energy. There are others that are there. We have to nourish ourselves. I can't stay long. I feel like I'm being given my next assignment.

D: What is your next assignment?

S: I have to come to Earth.

D: You don't look very happy. Do you have a choice?

S: No, I don't feel like I had a choice. It's an assignment, a job. Somebody has to do it, because nobody else will. I think that's why I've been so angry at Him, at my Father, because it wasn't a choice. It was like when you work for somebody. They tell you to do it, or else. Like when you're in the service, you take orders? That's what it felt like, because I had to go again.

D: But you had such love for Him, too.

S: I do, but I was angry because I had to go. I wouldn't have chosen to come to Earth. I was given that assignment to come here.

D: Tell me what happens as you come to Earth. What's the procedure?

S: I see myself going through different stages as energy. It feels like different stations, or different posts, or getting different information, or steps. Like checking in with different entities and beings before coming here, and each one giving me information. But it feels like I'm

not in physical form. And they're all giving me advice or information to be used.

D: Then what do you do whenever you finally get to Earth?

S: Well, I have to be born. I've done it several times, but not lately. There's something here that I have to accomplish. This time there's a sense of mission. I'm here to do something (getting emotional) and I don't know what it is. But I know that I have something *big* to do.

D: But the first step is to be born as a baby? (Yes) Does it feel different to be in a body again?

S: Yes, yes. I feel confined. The other way was very free. And this way I feel different. I'm a beautiful baby girl. I wanted to be a girl. It just felt like the right thing to be this time, for the assignment.

D: How do you feel about being in that body?

S: I've never felt comfortable in that body. I've always had a poor body image. Even though I wanted to be female, it was hard seeing myself as a female. I didn't like looking in the mirror. I didn't like what I saw. I felt that the anatomy was different. (Laugh) When I look in the mirror, I think I should see this beautiful glowing being of light. It's who I am underneath.

D: But you took on this casing, this outer shell. And you have to stay in this shell for a while till you do what you're supposed to do.

S: Yes. I know it's to help other people. That's what I'm feeling. I think the other times I came it was free will, free choice. This time it wasn't. This time is different. I would have rather come on my own free will as opposed to having an assignment. It's important, but I don't know why. I don't know what for. I know it's to help other people. To help heal other people.

I asked the subconscious to come forth and explain why it showed Shirley the place that had been destroyed. "Why did you choose that one? What were you trying to tell her?"

S: That there was a perfect place. She can go there and reconnect when she needs to be nourished. She's able to connect all beings, all creatures, and talk to them. They try to communicate with her, but she's been blocking them. She's afraid it isn't real. She doesn't have to be afraid, because it is real. She will be able to heal people's hearts and minds with her voice. She will help them heal on all levels: physical, mental, emotional, and spiritual. She'll be able to do that by talking. Communicating about God and about what life is about. She does not have to be afraid. We will protect her. We will give her guidance.

D: That place that she saw that was full of so many strange creatures. Was that a real place?

S: Yes, at one time it was.

D: With the unicorns and giants and dragons? (Yes) We think of them as fantasy or legends.

S: No, they existed.

D: Was it on Earth? (No) What we have now in our stories, are they just memories of that place?

S: Memories of another time gone by.

D: I was wondering why we have these in our stories today, in our world.

S: Because they existed at one time. They were real.

D: You mean the memories are in our minds? (Yes) So what we think is a story or a fairy tale has a basis in truth?

S: I believe that, yes.

The following is another example session of first-timers or volunteers:

At first, it sounded like a normal past life when Beth saw herself as a young male in an Arabian market. This began to change when he became aware that he was carrying a book. "It's an instruction manual. The laws of physics. I try to simplify it to teach the people. I am only in this area for a short time, then I go to other places to teach." He had been doing this for three years, and did not have a home that he could return to.

D: Do you think the book is complicated or hard to teach?

B: No, I've always known this information. I am bringing this forth from a higher source. The healing energy from this information is very powerful. The book and the energy that's associated with the information.

D: So it's different than normal physics. Is that what you mean?

B: Yes. There's information attached to the words, but the people don't hear it. It's for their good, for their higher understanding, for their evolution.

D: Where did you get the book?

B: I wrote it to simplify the information to deliver the message to the people. They're really just notes to remind me of what areas to cover. It's more of an outline.

D: Can you give me an example of what you would tell them?

B: (Pause) Something about fish, there are fish in the ocean. And the fish swim at a rate that pushes the water away. The faster the fish

swims, the more water it pushes away, and the more pressure on the fish. That is the law of inertia.

D: What does that really mean?

B: That it's one of the laws of the planet, gravitational law.

D: And about the fish?

B: It just refers back to one of the laws of this planet.

D: The law of gravity?

B: In inertia.

He traveled from place to place teaching anyone who would listen. He loved going to different places and meeting different people. He was not paid, so I wondered how he was taken care of, how he was able to eat and sleep.

B: I don't have to sleep very much. I don't have to eat. Only for pleasure. Everything I need, I create.

D: Your body can exist without food? (Yes) But isn't your body physical?

B: Sometimes. When I teach, I come into the physical. And when I have other needs, I leave the body and come to where I can get what I need ... up somewhere. My body is more of an energy body than a physical body.

D: Where do you go when you don't have a physical?

B: Oh, I go on a ship.

D: Is there a ship near there?

B: Yes, stationed there, but it's not on the ground. It's in the sky. It's round, and it's quite a large ship. It fits 200 people.

D: Do they also go back and forth?

B: Some do, to different parts of the planet.

D: When you're on that ship, what kind of a body do you have?

B: I never really actually looked at me, I looked at others. I have a very small mouth and a big head, and large eyes - large fingers.

D: Do all the beings on the ship look alike?

B: Yes. They don't wear clothes. They have flesh colored, thin bodies.

D: Do you have what we call "sexes"? (Yes) So there are male and female?

B: Yes. Their physical anatomy is the same. We know them by their essence.

D: What essence do you have when you're on that ship?

B: Male. When I am on the ship I help organize the teachers that go down on the planet to teach.

D: Do they all teach different subjects?

B: Yes. The female, she teaches health. There's a male, he teaches sciences, but on terms that the people can understand ... at their level of understanding. I just learned more, have been exposed to more, and had more experiences. We're all taught how to speak on a level that the beings can understand. We can beam down to wherever we want on the planet. And I am focusing my studies and work in that one particular area at this time. But others go to other parts of the world, the planet.

D: So the main thing they're all trying to do, is give knowledge and information to the beings of Earth. (Yes) Were you instructed to do this by someone?

B: I had to have been instructed. We're from a larger ship.

D: That one sounds large if it has two hundred beings.

B: No. There are thousands of beings on the other ship. They are all different kinds. On the smaller one it is mostly my type.

There was an original home planet they had come from, but they didn't go back there very often. "I'm focused on my mission and my job."

D: So once you're assigned to a ship, you stay there a long time?

B: Yes, but it's not about time. There is no time. It's measured in teachings and the amount of people I've been able to reach. I know of the concept that humans have about time. I know of it, but I don't understand it, because everything is simultaneous. I teach until I feel I'm ready to learn more.

And then I gain more knowledge and take it back down to the people again. I go to different places and look like one of them. So people do not become suspicious of me and start to ask questions. "Where do I come from?" I move so they don't ask questions.

D: Do you want them to use the information?

B: Eventually. If they do not need it now, they will be able to use it at some point in time. But it is raising their conscious awareness.

D: Mostly you come to educate. That's the mission of your people? (Yes) On the bigger ship, do they have other missions?

B: Many, many missions. They go to many places. They do not interact with the people the way we do. They are more involved with the interaction of the planets, the Universal goal: harmony and peace.

D: What can they do to affect the planets?

B: Protecting the planets from self-destruction. Bringing light and love, and helping the people to create harmony amongst themselves.

D: If one planet is out of harmony, does that create problems?

B: Yes, for everyone! For all the planets. Everyone is affected through the energy, because the energy ripples through the Universe.

D: So the majority of the people on the large craft are interacting in different ways. But it's to help the people of Earth?

B: Not necessarily Earth. No - many planets. I don't have time.

I don't have reference to maps. And I don't know everywhere these beings go, and what everyone is doing. There are too many people. Too many different missions. My job at this time is to help the people of Earth.

D: But the large ship is stationed somewhere else?

B: It's farther away from our ship. That's why they are working on different projects. It's much farther away. We report back to them.

D: If you don't have to eat, what keeps you alive?

I already knew the answer to this, but I am always asking the same questions to get more validity. If many people give the same answer, then it most likely is the truth.

B: Light.

D: How do you get the light?

B: Just absorb it into my body.

D: Where does the light come from?

B: It doesn't come from anywhere specifically. It's just all around. It's not like I feed off something. It's just absorbed through the body.

D: Does the body die, if you know what I mean? Does the body cease to exist at any time?

B: Yes. The body will wear out. When the body has been used for a period of time, then we dispose of it and retain a new body.

D: The body becomes where you can't use it any longer?

B: That's not right. No, the body does not die. It's energy. It's renewable.

D: You mean the body is reduced to energy?

B: No, it *is* pure energy.

D: But you said after a certain length of time, you go to a different one?

B: That's not us. That's some of the other beings on the ship. Their bodies would cease to exist, because some are more physical, and some are more energy. Mine is more energy.

D: But you have chosen to have this appearance on the ship, that you were talking about?

B: Yes. It resembles where I come from, the beings on my home planet, where I've spent a lot of time.

D: I was thinking that a body that was pure energy wouldn't need to be in anything, would it?

B: Well, it has a shape, like an outline, but it's less ... solid? We move more freely about than a being that would be more in the physical form.

I decided we were not going to learn much more at this point, so I moved him ahead to an important day. From the description, I think he may have moved into another life, although it still appeared to be alien, and more physical. He became very distressed and upset, and showed signs of discomfort as he described what was happening. "We're at war with ... is galactic ... a war. Many, many ships."

D: Are they in Earth's atmosphere?

B: No. (He was near tears.) I don't know where we are. We are out in space somewhere. (Emotional) This doesn't have to happen! There's no reason why we are fighting! Fighting serves no purpose!

D: Did someone attack you?

B: There are many, many represented in these different ships. It's not between two. It's between four different groups. They all want the same thing. It was caused by misunderstanding and the lack of communication.

D: I thought when you reached this point there wouldn't be any need for violence.

B: No. These beings are from a planet that is full of greed and hatred. They want everything to themselves. They are not part of our group.

D: What was the misunderstanding that caused it?

B: I don't know. Land? Property? It was over some area that was ours, and they wanted it. They built an alliance with another group. The fighting has been going on for a long time. We are all using some type of weapon that will shoot from the craft, smart craft. Very loud. The energy, when they fly past, is horrible. When it hits, it disables part of the ship. I don't want to fight, but we have to. It's the last resort.

We've tried everything and they will not understand. They will not try to listen. They will not try to come to an agreement and settle this peacefully. We have tried negotiation. We have tried everything. This is the only way they know to resolve conflict. We have no choice.

I moved her ahead in time to see how the conflict ended, to see what eventually happened.

B: They're gone. And we have our land. We can repair it and renew it. We have our planet and can live in peace again. We didn't die. We survived. It's back to harmony and peace again, which is good. They went somewhere else, or they're not there anymore. We were victorious in this, if you want to call it victory. Some of them perished. But they've decided to take their wars elsewhere.

Since the conflict seemed to be resolved, I moved her ahead to another important day, and it seemed that she had again jumped into a different life, yet still in an alien form. Nothing that she had covered so far even faintly resembled a physical Earth life. When she went into the next scene, she at first had difficulty explaining what she was seeing.

B: I don't know what it is. It's this barren planet. But there's something all around this part of the planet. I'm trying to figure it out. Oh! (A revelation.) We found there's a new planet that needs to be inhabited. It is barren. It is the beginning of ... the birth of a new planet. There are many ships there that are encircling this half of the

planet. And they're from all different places. But we're working together as a group to bring forth life to this planet.

D: It doesn't have any life at all at this point? (No) What do you need to do to bring forth life?

B: Plant organisms on the planet and they will multiply.

D: Where do you get the organisms?

B: We brought them from other places.

D: Is this what you do, collect them in different places?

B: No. I help with organizing and planting vegetation on this planet. Each craft has their own specialty, and my specialty is vegetation.

I did not realize that he was in another lifetime, so I asked, "You were doing the teaching. Is this a different assignment?"

B: That was something else. That was not me.

Then I understood. She had moved into a different lifetime, but still as an alien. Beth's voice slowly began to change from this point. It became clipped and robotic. She described herself as having a short grey body wearing a grey suit.

D: But your job now is to supervise the planting of the organisms?

B: Not supervise. I'm a worker, with others. We have a big job. Lots of land to vegetate.

D: How do you know what will grow there?

B: There were many experiments done on the planet to see what would be the most hospitable.

D: And you start with organisms first?

B: Small plants. There are many of us. We start in one area and then move to other areas, and plant many different species.

This story was familiar to me. I covered the seeding (or beginning) of life on the planet Earth in two of my books: *Keepers of the Garden* and *The Custodians*. At the time of gathering the information and writing those books, the story seemed quite strange. But now I have heard it repeated so many times that I know it is the true version of the way life began. And I have come to accept it as fact. I did not know if she was speaking of the seeding of the planet Earth, but I had already been told that life was created in the same way on many, many other planets when they reached that stage in their development. It was a common way of spreading life, and had been done for incredible eons of time backward into infinity.

D: You will see which ones will grow?

B: We know from our tests which will grow.

D: Will you stay there and watch the development?

B: Yes, we will be here till the vegetation is established. Then we move to a new area and plant more.

D: Wouldn't that take a long time?

B: We have all the time we need. For now, we plant the vegetation, and our ships will stay as long as necessary. We feed it nutrients to help establish the plants.

She was having trouble speaking. Each word was coming across individually, as though it was a difficult energy to enunciate. I have had this happen before, especially when one of the little greys is trying to communicate. A very remarkable example occurred in my book *The Custodians*. This is mostly because, in their natural state, they do not use verbal communication, but mind to mind. So they must utilize the vocabulary of the subject's mind.

D: What about animal species? Do you also do that?

B: Mine is plants. I do not know what others do.

This all could have taken an enormous amount of time, so I moved her ahead to an important day. And she was smiling. "The planet is beautiful."

D: Can you see it from your craft?

B: No. I'm standing on the planet. It is beautiful.

Her voice had changed again. It had a dreamy, wistful quality, and an odd accent. Had she switched to another entity?

B: All of our plants have grown. And there's much vegetation. Very beautiful. We have succeeded in the plan.

D: What is the next step?

B: There is water, and they will bring the animals now, different species.

D: Where do they come from?

B: They were grown on these ships.

D: Did you get them from other places also?

B: Yes, we picked the best.

D: And now you see what will survive?

B: We know what will survive. It's all controlled.

D: This is very good, but it takes a long time to do all of this, doesn't it?

B: This is what we live for.

It was now time to bring forward the subconscious and get some answers. “Why did you pick those for Beth to see today?”

B: That is who she is. She’s a being from other planets. She has spent most of her lifetimes on other planets, and other places than here on Earth. She has wondered about this many times, and she knows this already.

D: So you wanted her to know it was true? (Yes) It sounded like she was a good person, and involved in many important assignments. Why did she decide to enter into a human body if most of her lives were on other planets and ships?

B: Because it is the right time now. She has not had a life on Earth until now.

D: Then it must be strange to her to come into a physical body.

B: Yes. There has been readjustments and some discomforts that have needed to be overcome. She’s done well.

D: She did say she is still having some discomforts.

B: Yes. We are aware of that and the adjustments are being made, but she resists the adjustments. It is the fear of not knowing what is going on within the physical body.

D: She was born from a physical mother and father, wasn’t she?

B: She came into the physical after the body was formed. She was assigned to this physical body.

Beth had been having some physical problems. She had already had two operations, and yet the problems persisted.

B: When she entered the body, it was, if you'd say, not a perfect landing. She entered the body too quickly and was misaligned. So we've been trying to correct this misalignment.

D: Is this what caused the problems with her knee and her shoulder?

B: All the problems of the body. The entity entered this body "crooked" and too rapidly, so there has been an alignment problem. The entity was shifted sideways.

D: I was thinking sometimes it's an adjustment when the entity has not been in a human body before.

B: Yes, that's part of the problem, too. But she can overcome this by balancing her energies, and grounding her energies. Yes, we will help her on this. We are aware of the operations, and she will be helped soon. She has to learn how to balance her energies first, then we will make the final adjustments. She needs to tell us when she is in discomfort, and express it to us, so we will know what the physical is going through. It was a structural problem that the physical was born with. We can relieve some of the discomfort, but she did not know that she was to ask. We cannot interfere unless we are given permission. She is here to bring knowledge. (Just like the other life.) I am limited to how much information she can have at this time. Her mission is to unfold soon. She must be patient. She will be able to help and make a difference, as she has been wanting to all her life. It is just around the corner. The mission will unfold rapidly, and she will know and be shown what to do.

I had already encountered many other people in my work who were told they had come to Earth for the first time. I asked, "The ones who have come to Earth for the first time in a human body, will they all have this assignment of helping?"

B: They are all helping, but in different ways. Yes, initially they will help to show the way. That beings from other worlds are not there to hurt the people. But then, after this initial contact, there will be other

missions and jobs for these people to accomplish, and to help humanity bring forth God's will.

D: I have been told that those who have been here for many, many Earth lives are more or less handicapped. The ones coming in like Beth don't have all the karma and other things to deal with. It's easier for them to function.

B: Yes, they can move through their life and focus on their mission.

Instead of going into a past life, Joanne went immediately to a beautiful place where a bright light was shining down on a city of crystals. "Different colored crystals. They are everywhere. Everything is crystals and fresh, pure water dripping on them. There's a really bright, bright light that shines on the crystals. The light is above and is reflecting off the crystals. There are all different sizes, some huge and small. I know it's a crystal city where everything is made of crystal." She then burst into tears with such emotion that it was difficult to transcribe the tape. She sobbed as she said, "The light feels like home! Home! I'm happy in this planet, but it feels like I don't belong here. I'm just visiting on Earth. It's like on my way home, kind of a resting place - a beautiful, beautiful resting place. Home actually feels more like the crystal city, but there's that light. It feels like it's all the same to me. It's like Earth is my home, and I'm visiting here. And the crystal city feels like home to me, but I don't know if it's my home."

D: If it's so beautiful there, why did you leave it?

J: (Crying again.) I don't know why! I had a plan. I think it's because we're on a mission, but I don't know exactly why It feels like it was my plan along with others. It was a plan. It feels like an agreement; I agreed.

D: What did you agree to? Do you know?

J: (Pause) I do think I know. It was to demonstrate love; to be unconditional love; to just be that; to be available. This plan was with other higher beings, and I agreed to do that with that group of higher beings.

D: Did someone ask you to do it?

J: Yes, I volunteered, because I was confident I could do that.

D: Did anybody show you what Earth was going to be like before you volunteered?

J: I don't recall a warning. I think I was just so full of love and so confident. And it was like a culture shock, almost. (Weeping again.) No! I didn't know, but I changed my mind before I was actually born! I changed my mind! I changed my mind! When I went into the baby, I wanted to change my mind, but they said it was too late. The plan was in progress, and I was to be born. It was too late, but I still chose to do this. I said, "If I can do it, I can do it. (Weeping again.) I know I can do it!"

D: You really thought you could make a difference.

J: Oh, but it hurts. (Crying) It hurts my heart.

D: Why does it feel uncomfortable?

J: (Crying very hard.) Being here, it hurts because I want to connect at the heart level. This doesn't happen very often. It's just hard to find people that can connect that deeply.

D: Do you mean it's like a searching, to find people who would feel the same?

J: I don't know that I search. I just sort of yearn for some of that really deeper connection.

D: But you are speaking through a body that we call "Joanne". Does that mean that this is the first time you've come into a human body?

J: I don't know. It just seems so surreal, and ... a shock! If I had any other times, then maybe I would be more used to it. So I don't know.

D: But you did make an agreement, and you want to make a difference.

J: I do and I worry that I'm not! (Crying again.) I was told by just being, I would make a difference, but I think I need to do more. Not by just being. I feel like I need to *do* something to make a difference. I was sure that it would be my presence that would be enough, that I wouldn't have to do, but I just forgot there's so much, so much, so much love that needs to be out there. Real love. I just want to go more.

D: You know how people are. They don't even know. And you can't make them change.

J: You can't; you can't, no. You just love them and you just see their light. And you love them, even if they don't love themselves. You just love them so they can *really* feel that little bit of light in themselves, that they can work with.

D: Why is it so important?

J: Why is it so important to *love*? For me to show love? So they might, for that little bit that I might touch them, that they might feel something inside them. It's like to touch something that is so perfect, just to touch it is enough for them to go, "Oh!"

D: Just to make a difference. But why is that so important that you awaken that in these people?

J: (Crying again.) Because most of these people actually are still in their sleep, and they don't understand. And it's okay It's part of their

journey.

D: Everybody's on a different path. All learning different lessons, and many of them are asleep. But when you volunteered to come, you found it's harder than you thought it was going to be.

J: (Very emotional) It is! - I spent so much of my life *out* of my body. I drank when I was a teenager. I was scared that they just left me here. So I tried to get away from what I agreed to do by leaving my body.

D: And you found a way to escape, but you can't really leave as long as you have a job to do.

J: Yes, escape - that's a better word - escape.

D: Where did you go when you spent so much time out of your body?

J: Where I went was very peaceful and quiet, and was just a place I wanted to be.

D: But you had to come back, didn't you?

J: Every time!

D: Because this is your body, and you're attached to it.

J: That's right, and over time I figured that out. I figured it out, actually, probably three to six years ago, then I was about thirty. That's when I started to be conscious and realizing what I was doing. I didn't know! I didn't know that I was escaping. Then I didn't drink any more. I would just leave. I started realizing after taking classes that I was doing it. I didn't even know I was doing it. I could do it any time during the day. Just escaping. Just going off out of my body. I was depressed.

D: I thought it had to happen when you were sleeping.

J: It might not to me. I could be there in a minute.

D: You just disconnect. (Yes) And the people around you wouldn't know you were gone?

J: No, because I would seem like I was there. I would even answer questions. I would even talk, but I wasn't really there. They might think I was a little off or not interested.

D: But you were still able to do your work?

J: Yes, yes. I remember I was trying to be in my body. In 1991, it came crashing down on me, because I realized that I wasn't letting myself be here and feel pain.

What happened sounded like an emotional breakdown. She had been having problems with her husband, and his drinking was hurting her. It came to a climax when she started crying and couldn't stop. She kept saying, "I just can't do this, and it hurts too much!" It was probably the releasing of years of pent up emotions. After that emotional release, she said it was a long time until she could feel anything. Her world had literally crashed in on her. As though she had spent years running away from life, and it was finally time to face that she couldn't change the pain she felt around her. It was definitely an awakening. "I started to handle the pressure. I just kept playing along and I started becoming more and more conscious of what was around me. I had to make a choice to live consciously and to feel the pain as I go along. Not to try to escape it. Now I know the pain actually helps me be more compassionate, for myself and for others. I guess in the last few years, I have been preparing myself or growing so I can make that difference that would fulfill that reason why I came. I'm learning. It's something I have to do. That I want to; this is part of who I am."

Joanne worked in a hospital, and with hospice, and she was using her newfound confidence there. "I've always been able to *show* love, but it was beyond that. There's more to it than that. More to my plan than just the everyday love. There was something more. I don't know how to explain it. It's to go out there and promote unconditional love, so people can know." She found that she could do this merely by touching people, with her hands and also with her eyes. By looking into their eyes. "I *know* when they receive it, and they know it. It hurts, but I always do it for love. I am more and more realizing with touch that it makes such a big difference, especially in their last hours. I don't know how to explain it. You don't *give* love, you *be* love. You love! It doesn't matter if it's a criminal, you just love that person." The subconscious came in and said, "She didn't understand her impact. People impacted her, but she didn't understand her impact on people. But now she's more *conscious* about her impact." I asked it why it showed this to Joanne. "It's time for Joanne to know it and feel it and be confident with it."

D: We were expecting to go to past lives, but instead you chose to show her that beautiful crystal city.

J: That's what she's about. Past lives mean nothing. She's about love.

D: What was that crystal city she saw? She said it was like a resting place.

J: Like a higher aspect of where I am ... where I reside.

D: Is it on - what we call the spirit side?

J: Yes. It actually isn't a physical place. And yet I'm looking at all the crystals with the pure water and the light. Above and beyond the crystals was that really, really bright white light. It was like the crystal city and that bright light were really close together. It feels like that's the higher aspect of me.

D: Has Joanne had past lives in the physical on Earth before?

J: No. She is part of the light, and she *chose* to come because it is time to awaken people.

D: I think it takes a very brave soul to volunteer to come here at this time. It's very difficult on these gentle people that have not been here before.

J: They are scared and it hurts.

D: They feel it much more than those who have had many, many lives on Earth. But why does she need to help people awaken?

J: There is major shifting going on, and this is the time and the opportunity for people *to* awaken. She has to help them awaken through her love, but not to do it forcefully, just the unconditional loving way. She has to learn to become unattached, whether other people receive or not, because she's very sensitive and it hurts to be rejected.

D: But not everyone will receive.

J: And she knows that. She is to do it in any way she can; in any way that brings her joy and fulfillment. In any way that she can touch anyone. She doesn't have to physically touch, but just to be in their presence. Yet there is something with the physical touch, and she is discovering that more and more -it actually touches.

Joanne had also been doing toning, making sounds when she was working with people. She wanted to know why she felt the need to do this. "Joanne realizes that singing the sounds heal dimensionally. They heal." She also said that sometimes she sings in a strange language. She didn't know where it came from. It was also spontaneous. "The language is not to be understood, because it's not for the mind. It's for the heart. So people are here to receive. They feel it instead of know it in their heads, minds."

D: Is it an Earth language? (No) Where does the language come from?

J: The Angelic realm.

D: Does this mean she was a member of the angelic realm before she came to Earth? (She whispered, "Yes.") And she carries the memory of those sounds and the words and the music? (Yes, yes.) Is there some connection with the angelic realm and the crystal city?

J: *That* is the connection.

D: Is it unusual for a member of the angelic realm to come to Earth for the first time.

J: It happens. They don't really have to, but they can choose to exist.

D: That makes it more difficult to come from such a beautiful place that's filled with love.

J: (She sighed.) Oh, yes.

D: I always thought man and the angels had different duties to perform, and they wouldn't want to come to Earth.

J: They choose. She's catching on; she's learning. It's not easy, but she's doing well.

D: I've been told that the problem is, most people on Earth have been here too long; going through too many lives and accumulating too much karma.

J: Yes, it's endless; endless; endless.

D: That's why these other beings are being sent? They're not trapped?

J: No, no. I chose; I chose. / chose to come. To guide people, to help them. So that somehow, in some little tiny way, they could sort of realize what's going on. Just in the tiniest way, because that could make a big difference for them. It *could* shift them to really think about what this is all about.

As I was typing this part, I suddenly thought about the words in the Bible that talked about entertaining angels unaware. To treat everyone the same, with kindness, because you never know when you might be entertaining an angel unaware. You never know the person's real purpose for being on Earth, and for interacting with you, even if it is for a few brief moments. This is especially true, since even Joanne was unaware of her real heritage. She sacrificed a lot to come to this world of darkness and density, in the hope of introducing a small light to help guide people. This should make us all aware of how important a simple touch or smile might be to others. It could make all the difference.

A man came from England, and we ended up having two sessions. He had experienced *four* kidney transplants. I thought that was unusual in itself, because I didn't think they would give a person that many. After the third one, he almost died, and spent months in the hospital where he was in so much pain that he had to have shots to keep him unconscious, sedated. Also, he was on a respirator for months. Whenever he finally began to come out of it, he had difficulty, because his muscles hadn't been used. He couldn't eat, he couldn't talk, and he had difficulty even learning how to breathe again. During that time period there was a tremendous amount of pain, and the kidney failed. He first had kidney failure when he was only sixteen years old, and he's about 41 now. So far the fourth transplant is working, but it's only been a year since he had it done. Because he's now on drugs that suppress the immune system, he gets infections very easily. Whenever that happens, he goes into sepsis, where the body is overcome by certain germs and

organisms, so that it can't function. So he has had a very hard, difficult time.

When we conducted the session, instead of going back into past lives like we expect, he went - like many others are doing now - into the light, wanting to stay there, not wanting to leave. When I got to the subconscious, I especially wanted to find out why he chose to have this experience? Because we do know we choose it. Why would he want to have kidney problems that would create the need for four kidney transplants? The subconscious said this was his first life on Earth. He was determined to experience *everything*.

Everything that was absolutely possible to experience in one life. Maybe because he wasn't going to be here that long? Or maybe he wasn't going to come back? But instead of taking it gradually like you would normally do, he chose to put as much as he could into one lifetime. When I asked about the time he almost died, it said he chose to experience that also, because he wanted to know what it would be like to come that close to death. And he also chose to experience all of that pain. He wanted to have all of the experiences that were possible in a human life. He's really cramming a lot into one lifetime. It seems like too much to pile on one soul, unless they are determined to get in here and get it over with now. Because they don't know if they're going to get back here. The Earth will definitely be different. Maybe they wouldn't be able to experience things like this if they came back again. This was an unusual explanation, I thought. I thought he would go back to a past life that would explain why he had the kidney problems. But he said when he was experiencing all of this, he never once said, "Why me? Why is it happening to me?" Even as a child. He just went ahead and dealt with it. That's probably part of it, because on this other level he knew he volunteered for this, and this was what he wanted.

An interesting case of a young man who came all the way from England. He took a chance on the airplane, because he would have been exposed to other people and any colds, or organisms that they might have, especially in the recycled air on the plane. He took a

chance to come that far to have some sessions. So I hope it did him some good by finding these explanations.

Almost as unexpected, was a case I did several years ago in London. When I talked to the young woman during our interview, I asked about her occupation, as I try to find out as much as I can about the person before we have the session. She curtly said to me, "I'm a hooker! Does that bother you?" I told her, "No, it doesn't bother me if it doesn't bother you." When she saw that I had no judgement, she relaxed and began to trust me. During the session we discovered she was one of the second wave of volunteers who had come to observe and report back. What better way to learn about humans than to study their sexual behavior as a prostitute? Unique, but I suppose valuable to the accumulation of information about our race. It appears that nothing is insignificant, and has value in the total amassing of information.

CHAPTER FOURTEEN

HUSBAND AND WIFE FIRST-TIMERS

In the beginning days of my work, I thought it would be impossible for a spirit, as their first incarnation, to come directly into a physical body in our civilized and hectic culture. I thought they would logically first incarnate into some primitive society where life would be simpler. That way they could adjust and learn how to live on Earth and how to deal with other humans, before coming into our modern lifestyle. Now I am finding that is not always the case. I am encountering more of the special people who have been sent or who volunteer to come and help during these challenging times. They say they have been sent as channels of energy, or as antennas, etc. It is, of course, more difficult for these gentle souls because they do not have the background of Earth lives to prepare them.

In October 2005, I met two more of these special people. And even more unusual, they were husband and wife. I think it is wonderful that they were able to locate each other out of the millions of people in the world, so their identical energies could work together. But then, I have also been told that nothing happens by accident. They had evidently agreed and made plans on the other side before incarnating.

They both gave identical stories while in deep trance even though they were unaware of these things consciously. When Tim came off the cloud, he only saw a very bright light. "It is very bright. It radiates, it has rays going in all directions. It is very beautiful, but you can't look directly at it. It also has many different colors throughout. It is very soothing. There is so much love that comes from it. It surrounds you just like it's hugging you." When this happens, I know they have either gone to the spirit side, or back to the Source (or God). Also, various energy beings look like this. I asked it to take Tim and show him something that was important for him to see. Instead of going

into a past life, he was taken to a room where there were several beings dressed in robes of a floating type of material. He could not make out any features as the beings floated effortlessly around the room.

T: I don't see any walls, but you feel you are in a closed environment. This is like a council, and there is a meeting where they have come to discuss all different types of things. Things of the universe. All the different planets. They're having to make decisions for other types of beings or for ... I guess it would be for lower vibrations, for those that haven't reached the higher planes or higher vibrations. This is the council that helps them in making decisions in their processes, or what they will be doing.

He saw that he had the same type of wispy, ghostly body, and felt he was a member of this council.

T: Otherwise, I wouldn't be able to be here. This is a higher vibration, a higher frequency. They don't necessarily make decisions, but they *help* in making decisions. Whatever would be appropriate for the lower vibrations.

D: How do they help make these decisions?

T: It seems like for each lower vibration, there are certain vibrations that they need to learn, to be able to elevate their vibrations to a different plane. The council helps them to make decisions that will actually raise their vibrations.

D: This is not interfering?

T: No, it's only a form of guidance.

D: Do you have anything in particular that you're working on right now?

T: Only to be of a service. To help. To give guidance. That's what we're only here to do. To help guide them to the knowledge.

D: Is there any particular project that you're concerned about right now?

T: There are all different types of projects. As we help the lower vibrations, we are also helping ourselves, because it also teaches us as well as we teach them. If you serve, you gain. This helps you gain knowledge.

D: Are you working with any certain planet at the present time?

T: It's working with all the universes. It's not just one planet.

D: Did you have to go through physical lifetimes to reach that point where you could be on the council?

T: No. Didn't have to go through physical lifetimes. Only by choice. You can raise your vibration level, even though you don't have to go through physical lifetimes to be on the council. Sometimes it may take a period of time. But sometimes you can progress very quickly.

D: Did you ever have a desire to be physical?

T: Not at this point in time, no.

D: You were doing your job over there.

T: That was all I needed to do.

D: Well, it sounds like it's a very important job.

T: This was all that was asked for me to do.

I then asked him to move to when he made the decision to come into the physical, because after all, I was communicating with a physical

body in our dimension. He must have decided to come here and incarnate. I wanted to know if someone had told him to come.

T: No, it was only by choice. And the opportunity was there. In other words, the physical form that would fit was there at the time of choice.

D: Did anything happen to cause you to make the choice?

T: To experience. For that was something I had not ever done before. It was definitely new.

D: Have you picked out the body you're going to go into? (Yes.)

What does it look like?

T: It is the present. There is no other time.

D: Explain what you mean.

T: It is as the person you are speaking to.

D: You mean Tim has never had any other physical incarnations before this? (No.) I've always thought that if that were the case, it would be very difficult. To come directly from the spiritual side to life the way we have it now on Earth, without any former lifetimes to condition the person.

T: It is very difficult, but there are ways that they help in doing things. There was certain things. I don't know if I can describe these things for you.

D: I would really appreciate if you could try. Analogies are always good, too.

T: It's like the information is provided. It's like you go into a chamber. And once you come out of this chamber, this information has been

placed within you. Then this information, once it has been placed within you, would give you a background. Something to relate to.

I knew what he was talking about. He was referring to *imprinting*.

T: I don't think you can come into a physical life with nothing. It is still difficult even with this information being placed within. It is extremely different here. There is much to learn, and to experience. It was difficult to leave that beautiful place, but it was something that needed to be experienced. This time in history is when there is great change that is coming about. Things are moving very rapidly; very quickly. He wanted to be able to observe these things.

D: So no one told him he had to do these things.

T: No, no one directs you and tells you that you must do these things. These are choices. And also discussions. And he was helped by other members of the council. They helped or guided him to make these choices.

D: We 're so used to thinking of Earth lives where we accumulate karma, and then we have to come back again and again to repay it.

T: He doesn't have that type of karma that you're speaking of. He is here to observe the progression of humans. How they are actually raising their vibration levels. To see how they are accepting knowledge. And how they're using knowledge. If they're using it for the good of mankind, or if it is being used for greed.

D: Because Earth is a complicated planet. It has many different types of people, doesn't it?

T: It is *extremely* complicated. It is unlike any other planet. I think the form of negativity on this planet makes it different. The human race is a very warrior type race. They have a great deal of difficulty living peace. It is almost like their race cannot co-exist in peace. This may come from their lower vibrations. I think each one that comes here

has to be so careful and not be caught into these lower vibrations. It is a very challenging planet. I did take that chance. I think any time you come into this existence, you have created karma. And, no doubt, I will have to repay this karma. However, I think the main thing I try to do here is to maintain a balance of being very positive, very loving. And what karma I have created with Earth isn't a negative form, per se. It's to actually find ways of working to reduce that. And then to take care of that karma, and not allow it to carry over.

D: What is your plan then? To just come in for this one lifetime?

T: Yes, at the present time. I will have to see once I get back.

D: You don't want to stay and experience other existences?

T: I don't know if I will return for other existences. There may be more important things for me to do than to return, than to be physical. I don't know if I will be able to accomplish this or not. It would be very easy to become trapped here. There are so many things to trap you. Even though many desire this presence, it is extremely difficult. It looks quite simple until you come into this physical form. Once you're into the physical form, then it is extremely difficult.

D: One of the problems is that the physical forgets and doesn't know all these things?

T: Oh, quite true.

D: Would it be easier if they were able to remember?

T: I don't think it would be right for the physical form to remember. I think to remember all these things would be too great. It would be too confusing, and then they would try to change things and probably in a most undesirable way. And maybe not learn the things they were here to learn for their own growth.

D: People are always saying if they only knew what it was like before, it would be easier.

T: I think this would be too much information for them. If you had all this knowledge before you, what would be the purpose to come in?

One of Tim's questions dealt with problems he had experienced with his parents.

D: Why did you pick your parents? Was there a reason for that?

T: They needed the help in different ways. As coming into this person I came into, it was to help the parents to see that they should not interfere in the lives of their children. To help them to learn that these choices should be made.

D: This was a lesson for them also?

T: Oh, yes. We teach. Children teach their parents as parents think they teach their children. More vice versa. More than we realize.

D: I seem to be working with many people lately who are energy workers and healers.

T: There's going to be a great deal more. This is only starting to open. And people are seeking other alternatives. They're looking for different ways. They are seeing that what they are used to is not actually working for their best interest. There will be some that cling to the old forms. They have trouble getting past that. It is their conditioning and upbringing, but you have many out here and especially the new ones are coming in. They will be seeking all this new information. And of course, they will be bringing that new information as well. Most of the information is not new. It is new to the people that are present, but it is actually old information. - There are only so many physical forms that are available. And there are so many more spiritual forms that want to come, that there are not enough physical forms.

D: I see. But right now with our population growth, there are many physical forms available.

T: But there are not. Also, you have certain ones that are trying to control the metaphysical forms that are available.

D: What do you mean by that?

T: You have leaders that are trying to control the availability of physical forms. The diseases, the wars.

D: You mean they're eliminating many of the physical forms? (Oh, yes.) Then there are only limited physical forms that your type of spirit could come into?

T: Yes. That's true.

D: But maybe there's enough that it will help.

T: We do hope so. It's hard to find appropriate food because of all the chemicals in the foods, but the human body is also adapting. This is why you are seeing more people with the old knowledge to bring forth to help. You are seeing, at this time, new humans that are coming in. If you look at their parents, they are helping or they're looking and they're seeing these things come about. Even grandparents are trying to guide them to foods that do not have all the chemical substances we see in the foods today. There is a large segment of the new people coming in that are having a much better diet than others. And this is one of the changes that you are seeing already that is coming about. Not for all, but for some. The source of the food is going to be more difficult as time goes on. It will be a real problem. But there will be ways through information coming in that will help.

D: All of this is going to affect the raising of the vibrations, isn't it?

T: Yes, it is.

D: I've been told we have to make the body lighter.

T: We do have to make the body lighter. And this will help in the process.

Tim was told how he could use his mind to heal. "He will have to develop and trust his mind. He will be able to learn these techniques through meditation. The mind is very powerful. And by viewing the problem, seeing the problem, then his mind will make the changes. He will be able to see inside the body. It is as if you would go inside the person and look at that body. It is as if you would go into the leaf of the tree and float into the channels of the chlorophyll. He will see them as pictures. He will also see how it should be, from pictures and the images that are forming to him, and the process. Then these changes can take place. He would not have to have the person's participation, but he would have to have their permission. Because some choose to have these physical conditions for whatever reasons."

In the afternoon, I had a session with Tim's wife Sandy, and I was surprised to find she was the same type of soul. Of course, nothing happens by accident, but I had never encountered two such cases on the same day.

In the beginning of the session, Sandy also had difficulty seeing anything except shifting colors, and after several attempts to get her to a past life or something visual, I finally contacted the subconscious. It supplied the information that had been denied.

Sometimes if the subject is not ready, the information will not come forth. The subconscious is so protective it is also very particular about who it will release it to.

S: What is happening with Sandy is like an experiment. It has never been done before. We're trying to raise the energy levels. There are energy rules in incarnation on Earth and everywhere else. But, because of the times and because of the necessity, we were trying to

accomplish bringing a higher vibration into the Earth and then expanding it. To raise the level even after the incarnation. Also to bring in the highest level we could without harm to the physical form.

D: Because the body can't hold too much energy, or too high of an energy?

S: Right. There's a level that the human form can't hold. Because we failed at it before, this experience and experiment is very important to Sandy. That's why she volunteered to come and bring that energy in and go through it and do it. *And we did it. It worked this time.* When it failed before, it was like blowing a circuit.

D: Did it harm the physical form she was trying to come in to?

S: Right. It did. The body died. It was too much energy, too much information, too high of a vibration in one physical body.

D: It just can't hold that.

S: Right. But this body has been able to. And also we fine tuned the body as it aged, to be able to hold more, and have added more since. Many of the physical problems are because of the stress and strain on the body from holding the energy.

D: Has she had physical incarnations before?

S: Imprints.

D: Then you mean that Sandy has never been in a physical incarnation anywhere?

S: No. She has been an assistant to the Earth. Not incarnated in the Earth, but around the Earth and assisting others who incarnate. She has a workable knowledge, not actual incarnation knowledge, but has been behind the scenes assisting others who incarnate.

D: Why did she decide to come this time?

S: Because it was very important for the Earth. And she had the ability to bring in the energy that needed to be brought in, in that way, in that magnitude, and in the proportions that needed to come at that time. It's very scientific. I'm not explaining it well. It's almost like mathematical equations of energy. Hers were most adaptable to come in because she had been working closely with the Earth. She knew how things worked, and the rules and regulations and that sort of thing, scientifically. So she was able to adjust her energy, and adjust the body. We're also helping with that.

D: But when somebody does this for the very first time, isn't she taking a chance of getting caught up in karma?

S: No. The reason she isn't taking a chance in getting caught up in karma, is because she doesn't accumulate karma. She's on a different level. Or a different contract, we can say, with the Earth.

D: Because you know, being human, you run the risk of being trapped and you have to come back time and time again.

S: Right. She won't get trapped. Her contract was to come and bring her energy in to the Earth. It is not a karmic contract.

D: So she's protected so she won't accumulate karma.

S: Right!

D: That's very tricky.

S: And the people she came with had contracts, and have been caught up. And they're attracted to her because she's, on a subconscious level, helping them release that.

D: So they didn't have any karma with her.

S: No. She came to help them release their karma with others, without getting caught up in it. It's almost like a batting machine. When you practice batting, the ball comes at you and you hit it. She was that backdrop that the ball goes onto. But it wasn't an actual team out there catching the ball and running with it. She held a spot so they could release their karma with her.

D: So these other people needed someone to help them work out their karma.

S: Right, because they were on a downhill path. They had gotten themselves into a negative spin. She did contract to help the Earth, but it was on a different level. It wasn't on an incarnation level. But now, she chose to do this, to pull in more energy for this time. It's a strategic time because of the free will, and because it's a balance. It's a balance time where the Earth can go either way and it's a major shift. It's a shifting place. A crossroads.

D: Is this why more of these -1 don't want to call them "new" souls, because they do have a lot of knowledge and power -but is this why more of these are coming in at this time? (Yes) I keep meeting more. Some of them say they are just observers. They don't want to get caught here.

S: It's not that they're observers, but if you can picture how I said ... it's like the batter is hitting the ball and it's going against something. So you're hitting and putting it out there, but the backdrop doesn't react one way or the other. So it's not accumulating any karma. Everything bounces off. But that person is doing their thing, and they're releasing their stuff. And that's why they're not accumulating karma. They didn't come to accumulate. And they're not just observers. They're healers. They're bringing in positive energy to help other people. Other souls see, and they feel their vibrations and they want to acclimate to that.

D: But the main thing is that they don't get sucked in.

S: There's no danger of them getting sucked in, because their energy level is what it is. It's almost like there's light being sent out all the time. Or energy going out and interacting with others in a healing manner. And there are no holes to suck, or no karma to connect with. So it's a very positive thing.

Some of my other cases, who were this type of special being, were protected from accumulating karma by having protective devices or shields placed around them. This is reported in my other books. But Sandy's subconscious said, "There is no need for protection, because it's built in, because of the purpose and the energy level. And because there isn't any prior karma. There's nothing to connect to it."

S: Her daughter has come in a similar way as her mother, only it's more perfected now. Her body has acclimated better. Because of the ones that came in first, and brought the energy in, it's not as hard for the new ones to come. The first attempts didn't work. It was too harsh, too stressful for the human form.

D: I've been told that all the energy of a person's soul could not possibly fit into the human body. That it would destroy the body.

S: That is correct. Her husband, Tim, has come in, in a very similar way. To blaze the trail.

D: And he doesn't accumulate karma either. (Yes) Was it by accident that the two of them got together?

S: No. It wasn't by accident. They planned to come together in the same area before they incarnated. They are two similar types of energy. Not the same, but very similar. Sandy was an experiment. The amount of energy that is in her body, would normally be as much as in two separate bodies. Part of the problem was the amount of energy coming in, and also the vibration level. The previous time, it failed. We didn't have the timing and the fine tuning of the body,

and the soul coming in and the exact amounts of energy at the right times. It's very technical.

D: But it had to be as much energy that would normally be in two bodies.

S: Yes. This was the experiment. It was very important and it has accomplished a lot. That was very beneficial. She isn't the only one that did this. Just like her husband, he was one of the ones that came. It's slightly different, but very close to the same. There are others. And she's also helped with them, when she is out of body. She had helped them adjust and get in to incarnate. She has helped several do this, but the part that she doesn't understand, is that since coming in, there has also been more energy come into her. You've heard of walk-ins where one soul leaves and the other comes. This isn't like that. This wasn't actually two souls. The portion that came in would take the volume of two souls. Double the normal amount has come and joined with her recently. That is incarnated now with her.

D: The two didn't exchange.

S: No, there was no exchange. That was a joining, an adding. We told her twice that this new part of herself was coming. And now it is here and now it is joined.

D: Did she know when this happened?

S: Not consciously. But she knew it was going to and she prepared consciously, and that was of great assistance. And she knows she feels different now. But had not consciously acknowledged that there was more of her, and that it had joined. She will now receive very much knowledge. It's not going to all happen at once, but it will be triggered as she acclimates.

D: Then when this life is over, will she go back and not have to keep returning?

S: Right. She will stay until her job is finished. She won't have to incarnate again. She will stay until the shift is complete.

D: This place where she came from, is that what I call the spirit side?

S: Anything that is not a form, is spirit side. There are multiple, multiple places. This is not like you die and go there. It's before you incarnate, you're there. It's just a different realm.

D: Some people consider those type of spirits are angels that have never incarnated.

S: It's not an angel. It's a soul like everyone else, just not incarnated in form. It didn't need to. Didn't feel the necessity until now. But, let me tell you that she was in form, just not in a body form. She was in spirit form. And there are different levels of... we don't call them incarnation, because it's not lower formed like a body on any planet. It is an energy, and it has a body. It has an individuality, but it's just energy. But it's in a space. It's not the energy we call the One energy. The Lake energy. It's a separate individual energy. But it's not in a body or in a physical form like a human form. Or a body on any planet.

D: That makes sense to me. But now I have more people coming to me that are here as healers and energy workers.

S: That is due in a large amount to the times changing. It's the winding up of an age. So these type of beings like Sandy and Tim are here to help with this transition. - I will tell you who you've been talking to. This is the part of Susan that just connected.

D: The new energy. (Yes.)

Isn't it utterly amazing that all of these things are going on within us, and our conscious minds don't have a clue? We wander and stumble through life wearing blinders, trying to find the answers by trial and error. But as I asked "them" one time, "Wouldn't it be easier if we

knew why we were here? If we knew the karmic connections?" And they said in their infinite wisdom, "It wouldn't be a test if you knew the answers." So let us stumble on, and maybe some glimmer of light will be allowed to enter.

CHAPTER FIFTEEN

BIRTH OF A FIRST-TIMER

A JAPANESE FIRST-TIMER

This chapter will show that people reporting coming to the Earth for the first time is not strictly an American phenomenon. Naturally, I have more clients in my home country, but I also have sessions when I am traveling to other countries. I am being exposed to many strange and unusual things that I am now convinced are occurring worldwide. This session occurred on my latest tour of Australia in 2007, when I was giving lectures and conducting my hypnosis classes. Although I had a very full schedule, there was time to work in a few private sessions.

Jasmin was a young Japanese girl, who appeared tiny, delicate, almost China doll fragile. But this masked a very strong and determined interior. I learned not to be fooled by outward appearances. I first met her in New Delhi, India when I was speaking at an International Hypnosis conference in 2006. I then met her again in Australia where she was going to college. She is highly intelligent and, even though she is finishing her Master's degree at the University, she has already begun her own business. She is also very active in many different healing modalities, and she has an active curiosity to learn more. I, again, had difficulty transcribing the tape, because of the accent.

When she went into the scene she saw that she was in the desert and there were camels and tents. Although she saw people, she would not enter into one of their bodies. She said it did not matter, because she was not connected with these people. She seemed to be floating and just watching, observing. "I feel I can go wherever I want to go. I feel I am just observing what is going on around the planet. Appearing and disappearing. Going, and popping in and

seeing out, and looking at various places.” Then she saw she had shifted her perspective and was looking at Australia’s desert. “I feel I’m just enjoying myself.” It was obvious that I had encountered another spirit that was not in a physical body. This sounded very similar to Chapter 19, *The Orb*, where the client saw herself floating and observing everything, with no real purpose.

So I asked Jasmin to move backward to see where she started from, where she began this journey. She found herself floating in space, watching. It was beautiful, with shiny stars and the moon in the distance.

D: Are you by yourself?

J: I am, but I’m connected to everything.

D: Is that what it feels like?

J: Supportive. Love. Safety. Security.

D: You said you feel like you are everything. Can you see what that is like?

J: There is a web that I am hooked into, that is connected to everything. Like a spider web, but it’s just an energy web that is connected to everything.

D: But you’re still an individual too, aren’t you?

J: Yes. When I focus on one specific thing, I can be an individual. It depends on where your focus is located. I just have a feeling that I am connected to All That Is, everything. *D: And it feels good? (Yes) Then why did you decide to go off on your own, as an observer?*

J: Being an observer also helps me to allow individuality. Become a part instead of the whole. I feel both are important.

D: It sounded like you were separate when you were floating around and looking at things on the planet.

J: It's still on that web, the one that I'm connected to. And therefore I am still connected to everything. It's like ... if you look at water, it is connected to everything. All the molecules and everything are connected, but it just depends on where your focus is. You can be one specific molecule, but at the same time you can feel everything, the entire thing. It's just a matter of where I am actually taking my attention to. In that way, I can say I'm a molecule, or at the same time I can be the ocean. It's the same thing.

D: So you just decided to go and explore, and observe? There was no reason?

J: I think I am a traveler, an explorer. I want to know what it is like to be in this dimension.

D: Is this dimension different than the others?

J: Yes. I feel where I came from looks lighter. Just the pure light, and faster. And coming down here seems to be a bit more sticky, and slower. It's just a different web, but it's the same connected.

D: It's still all hooked together in the same way.

J: Yes, that's right.

D: But you're able to separate, and focus your attention in a different place?

J: Yes. Just like a shallow part of the ocean. It's shallow, and you can actually see just the thin layer. And coming down it's like feeling a thick layer of things. It's deeper and thicker.

D: Did you have a reason why you decided to go and observe and explore?

J: I don't know. It's just to play.

I then returned her to the scene where she was no longer in space, but was observing things on Earth.

D: What do you think of the Earth, and these things you are seeing?

J: It's contaminated. Earth is beautiful and loving, but it's damaged. People made it dirty. Water and desert, chemicals and everything. I can see the whole picture. I feel the Mother Earth as unconditional love. It just is there, but at the same time there are people living unjust, too. I feel sad, but I feel they have to raise their awareness. They have to notice what they are doing to their house. I want to say they are not aware of what they're doing to the Earth.

D: But you 're just observing this?

J: Yes. I think I want to be a part of it. If I volunteer, I feel I can.

D: You want to be a part of what is going on?

J: Yes. I feel like there's an urgency, that we have to sort it out, because other things will be affected. This entire life system gets affected by this planet, and what people are doing to the Earth. Because if the whole atmosphere and gravity and energy fields from this fail, then other systems get affected. Out in space. This entire galaxy, and whole other things. -They told me to come. I actually chose too.

D: Who told you to come?

J: The council. They had a meeting. They called out. An emergency situation. It looks like it was allocated to many different planets. And they especially chose the Earth. There are more different planets that need the help, but I volunteered to come here. When I am observing different planets, including the Earth, the Earth looks more

interesting, with the trees and water and people. It's covered with a variety of things. So I just decided.

D: So it's not just Earth. Other planets are also having problems?

J: But Earth is, I think, the most urgent. I see an emergency.

D: So that was why you decided to come. (Yes) How are you going to come? Have they told you how you're going to do it?

J: My guide pointed out, to this island Japan. And then she told me I'd live there. And my guide actually pushed me, and she told the energy to change. And then I just went inside. I didn't understand what she meant by "live" at the beginning. But she said, "You will know." And then I just entered, and I was born in the human body. It was like an energy shooting, like a light energy beam. And they threw me into that energy light beam. And like a shooting star I just shoot into the Japan island, this island. And then I was born.

D: Did you have a choice about who your parents would be?

J: I feel they chose the father, who is always interested in astronomy. He always looks at the pictures of planets, and he makes telescopes and he studied mathematics. So they said it's a good option. He has a good heart.

D: And they thought Japan would be a good place to start, to come to.

J: Yes, they chose this island for me.

D: What was that like when you entered the body?

J: The mother has so much emotions of fear; heavy feelings, and negative feelings. Anxiousness. So I learned that they have emotions. I think at first I felt I had stepped into the body. And then it was like being in a different person's body, feeling a whole bunch of

emotions from her. And probably I would end up feeling the way it's feeling when I would be choosing this body. So I would be bombarded by emotions and feelings and thoughts. And all the heavy things.

D: It's different from the way you were before.

J: Yes, it's very different.

D: Do you think you're going to like being in this body?

J: At first they warned I'd get confused. Not knowing which is me, and which is the emotions bombarded by other people. I think I have to be wise to discriminate against which energy is mine, and which is not. Or which are from other people. Because in one body it's caused by so much different emotions, belief systems, thoughts. All sorts.

D: So you pick up on those feelings. (Yes) It's harder to switch them off.

J: Yes. It's probably meant for me not to switch them off, because I have to learn and integrate, like other humans.

D: Is this your first time as a human?

J: First time. They said, "It's your first time." Like a starting. I've been to different lifeforms, but nothing like this.

D: Did they give you any instructions?

J: They gave me instructions to allow the human body. I'm noticing the fetus, the baby, and how it is developing. And how organs are created. And how the energy's flowing. And how this *thing* develops into many different organs. And how it grows. Observing how this body operates. It is interesting. It's so different. Like observing, like

under a microscope. It's just observing the whole system. It's different.

D: But when you come into the body, you don't remember where you were before, do you?

J: I'm probably not allowed to remember very much.

D: Is there a reason why?

J: Because I have to pretend to be a human. I have to be a human. It's probably better not to have different memories.

D: It would be confusing, wouldn't it?

J: Yes, it is. - It's fun to watch this baby's heart pumping, and how bones I like the way its heart pumps. Pumping the blood. It looks interesting. Pumping, moving.

D: When they told you to come in, did they tell you what they wanted you to do?

J: They told me to align the human body. And how the entities or the souls project their life streams into the body. And how to manipulate the body, to learn how the whole system works. So that, later on, I can bring the knowledge to a different place, so that other people can learn too. Because nothing is like this. It is unusual, and very rare. Of course, there are planets like this, but this looks more fascinating to me.

D: Why is it rare?

J: This Earth ... feels like this was done as an experiment for some reason. But it has many different life forms. And it's a complexity of what humans are doing. And they have their own concepts of what they call "languages". And this entire thing, it's quite different.

Whereas other planets are more telepathic, people here have different bodies and different languages.

D: It's easier when it's telepathic, isn't it? (Yes) You don't have to communicate with words. - What do you think of this assignment?

J: It's exciting, fascinating. And I'm ready to learn. But they told me it would be a lot of hard work, but that's what makes it more fun. And it looks complicated. So when I change something complicated, I can acquire more knowledge and skills, so I can expand. They want me to transfer the knowledge, but more energetically, it looks like. Energy transmission of knowledge. I think I needed the education, so people can understand me better. I know when I go into people, I'm transferring the knowledge. The energy and the wisdom, so that people become unknowingly aware of the things.

D: You said, when you go into people. What do you mean?

J: I just touch people, talk to people. Just being around. Wherever I go I feel like I'm being an anchor of some energy. So that other people can also reconnect with the energy they used to be connected to. So that when I'm there, I'm just naturally activating or anchoring people, to connect them to the energy. So whenever I walk around people, people naturally feel me, and they can reconnect with the energy.

D: Because they've forgotten their connections?

J: Yes, seems like it, or they just decided to disconnect. They've forgotten.

It then told me it knew it was speaking through a human being, called Jasmin. It said that when she was doing her healing for people, she was tapping into the energy that she came from. "She feels it brings the energy that is most appropriate to the person. Some people need a lower vibration, so she puts a lower vibration of energy, but they still get healed. And the people who use up their

energy, they can still get the pure and higher frequency of energy. They also get healed. So she can adjust which energy they choose naturally. They adjust, or she adjusts, or the energy adjusts itself.

D: What would happen if she gives them too much?

J: She doesn't give too much, or the energy doesn't give too much. Or some people might have a over-reaction or side effect.

D: So when she's doing this, she automatically knows how much energy to give the person.

J: Yes. Like electricity ... before she touches people ... it's like an energy conductor. It's like water. If you actually have something to change the direction of water, through association, connecting and directing the flow of the energy.

D: Is she aware consciously of where the energy comes from?

J: She doesn't have to know, because there is not much point to understand every single detail of which energy is from where. Because everyone is coming from different planets, and different dimensions. And if she focused down into every single detail, her mind would get overwhelmed. The main thing is that people get healed and reconnected. She's doing it to help people. It's beyond words.

D: Is she so close to this energy because she's not gone through many other lives?

J: Yes, this is one of the first times. She has been experiencing simultaneous lives with other people through energy. And also she has simultaneous experiences that other human beings are doing, so that she can adjust better when she becomes embodied in her body.

D: Is that why the energy that she uses is so pure, because she hasn't lived on Earth many times?

J: Her energy is still very pure. And it is easy for us to use her, because we can bring in other strings of energy that are necessary for other human beings that she encounters.

D: You know when a person has many, many lifetimes they get bogged down in karma.

J: She doesn't have karma. It's easy for her. You know she wants to be one with me all the time. I am already speaking through her when she's talking to people. So she *is* being the pure instrument for *us*. We often speak through her. She is doing a good job. She allows us to be with her. That is a good thing, because not too many people can do this. And she has to take a gentle step now, just like an ordinary human person. Other people can't stand all of a sudden energies going through them. So she has to sometimes slow down, because it's a process of evolution. She can't just go and activate people's energies and DNAs, and vibrations. So we are teaching her to slow down, because she wants to give everyone instant healing suddenly. But, you know, some people have to work out their karma and other stuff. She will understand the difficulties and problems and issues that other humans have to sort out. We know she sometimes gets frustrated when she can't heal people instantly. But usually we have to take time, because it's an individual choice.

They may want to keep themselves in sickness and illness, and other driving-down stuff. She has to do this gradually and eventually, because she also needs to teach other people how to see inside the body, and how to do a healing. We give her that ability to do so, but she has to slow down. It's not too much to her. However, it would be too much to other people. She has so many students, but they have to take time to learn. Therefore she has to slow down. Otherwise, all her students feel isolated and left alone, while she's so advanced. She has to learn from other people's difficulties, other people's

problems. That's why they cannot do this. Gradual process. So she has to be a human at the same time. She will eventually put all her knowledge together, to do a workshop, a course, an education program. She will accomplish that, so that ordinary people - an adult, and even a child, can learn how to expand consciousness. At this stage she has to learn to be human first. In the new Earth everyone will be able to do these things: to heal, to see inside the body, to communicate telepathically, to materialize objects, to bi-locate. This knowledge is necessary, and everyone will learn these things. This knowledge is accessible for anyone. Awakening abilities. We can't give you a time scale, but all of you can eventually do it.

D: You said, bi-locate?

J: Bi-location may be a strange phenomenon to you, but it is happening all the time. It's a matter of you raising your understanding. It is natural to us. We do it all the time. It's just your conscious mind is so limited. It will be revealed to her, and also to everyone, as time comes.

D: She also wanted to know about living without eating.

J: She can. You don't have to eat. That's not necessary. But all of you will be able to live without eating eventually, in the new Earth. People are already shifting and changing. Many people are eating just fruits and vegetables.

So I had unexpectedly found another first-timer while on a trip half way around the world. If my mail is any indication there are untold numbers out there who have volunteered or been sent to help the Earth in its time of crisis. On the surface these people look just like any other human being, and they are totally unaware consciously of the important assignment they have been handed.

ENGLAND FIRST-TIMER

This session was done at my hotel in London in 2005. I had been giving many lectures and workshops, and was inundated with requests for private sessions. Francine convinced me that it was very important that she have the session, so I managed to squeeze her into my busy schedule. I am very glad I did, because the session was of great benefit to her. I do not think these things happen by accident. "They" are always in charge, and connect me with those I am supposed to help. Francine had been very depressed since childhood, and was now taking antidepressants. She told me she wanted to commit suicide. She just didn't want to be here any longer, even though she had a good life (by our standards). She was married with children, and her husband was very understanding of her condition. But she was one of those people I am encountering more and more that feel they do not belong here. They are uncomfortable with the violence and horror of our world. They want to go home, even though they don't know where home is. She felt she had reached the end of her rope. She was sincere about wanting to kill herself. The medication might have been taking the edge off, but it was only suppressing the real cause. I had an idea what I was going to find, because I am seeing more of these gentle souls now as we are approaching the coming shift into the New Earth. I have been told they are the pioneers, the trail blazers who set the stage for others to follow. It was very difficult for the ones who came first, because they had a great deal of adjusting to do. The ones who came afterwards have not had as much difficulty. I had a definite feeling that Francine was going to be one of these volunteers who came in first to pave the way for the others.

When Francine was in a deep trance, instead of going to a past life, she found herself in a very uncomfortable situation. She could not see anything, the information was coming as impressions and feelings. "I feel suddenly very, very heavy, and there's nothing there. It's blackness. And I feel anxious. It feels like my heart's beating faster. I feel as though everything is under pressure. I feel my body is being squeezed. It feels tight and squeezed."

I gave her suggestions to relieve any physical sensations, so she wouldn't have the uncomfortable feelings. "What do you think is causing that?"

F: I don't know. I feel as though I'm being born, or I'm about to be born. It feels as though it's all over me, a feeling of being squeezed and squashed. My heart feels strange.

I didn't see the need for her to continue to feel uncomfortable. If she was experiencing her birth, it could have continued for some time. So I moved her ahead in time to see what was causing the sensations.

F: I see a baby being held up by its legs and being snapped on the bottom. - I think I'm the baby.

D: Where are you when this is happening?

F: I think it's a hospital. I don't see anything clearly.

D: Does it feel better now to get out?

F: I feel something's wrong. It doesn't feel any better. I don't feel so squeezed, but my heart feels wrong.

D: You mean it feels strange to be in a body?

F: Yes, I'm frightened and alone. I feel tears coming. It was a shock. It was not fair in that way. I'm confused. I can't remember why I'm here or what's happening. Why is everything so cold and harsh? But I don't see much at all. I'm just feeling all this.

D: You said you had the feeling of being alone?

F: Yes, because it is not the feeling of being cuddled or held. I feel as though I'm alone.

D: Where is your mother?

F: I don't know. She's not here. I want to be held. I want to feel that I belong to someone.

D: Where you came from before this, did you feel alone? (No) What was it like there?

F: I felt I was never alone there. Everything's so light and everything's white, as though I'm part of something really large. I know I'm connected to that, and it feels that it's just love. And it hurts to be away from that.

D: Were there people there?

F: It feels that, in the main it was just light. But I think you can be separate, in a way. You can have a body, but it would be made of light. Yes, I get the feeling that there are other beings of light all around me. And that we can feel like a mass of light if we want to. And being connected to them all the time, never feeling alone, always being understood, and that we always work together. I was unrestricted and everything was much faster, but common, and it was light. It's hard to explain because there's nothing there apart from this light, and the occasional feeling that I can see shapes of other beings of light. But that's it. There's meant to be a feeling of love and togetherness there, as though we were all part of the same one energy. It felt all together.

D: What happened that you had to come into a body?

F: I felt it was time to go. I had to be brave, and I had to do this, but I knew I was going to forget who I was and how I was going to go. It was important that I went. I had something to give, and to bring light. I'm so lucky. I lived in the light all the time, and I lived there for a long, long time. And it was like if someone was asking for help, you wouldn't ignore them. And I had to go. I said I would volunteer to go. I said that I *would* go and help.

D: Did someone ask you to go, or did you decide on your own?

F: I think that I volunteered to go, because I felt I wanted to help. I don't think I was told I had to go. I had a choice and I wanted to go. I felt I could help overcome problems by giving my light, my love.

D: Did you know what it was going to be like?

F: I think I was told. I had an impression that it would feel difficult, and I felt as though I would be prepared for that. But I knew I would have to forget for a while, and that I would gradually remember.

D: Is that the hard part, forgetting?

F: Yes, because then you feel so lonely. And I didn't know who I was anymore.

D: Why is it important that you forget when you come into the body?

F: I had to fully incarnate as a human, and in a body, so that I would think I was fully human. It would be too much for my human mind to remember everything at once.

D: Have you ever been in a body before this one?

F: I think I have, yes. But I don't think I've ever been on Earth before, because it was so hard to imagine what it would be like to be in a body that was so dense. I was used to feeling so free and so light, and then to feel so heavy all of a sudden. It was very confusing and difficult. They said it would be difficult for me, and I said that I was willing to go, because I wanted to help. I was ready to bear any of the difficulties that might happen in order to do that. I think there's a big plan.

I think everyone has been asked to help. It's because there's been much darkness here, and much aloneness in this part of the universe. And it's time for the light to come. I was asked and I said I

would volunteer to do this. I don't think I'm alone. I think there are others where I came from that volunteered to come, too.

D: How did that happen when they asked for volunteers?

F: There was a big council or meeting. It wasn't just our people, the lights, it was also other people. And in the meeting, this big plan was being organized, and they said they were asking for volunteers. That we were under no obligation to go, it was up to us. If we felt it would be what we could do, then we could go, but there was a bigger plan. And I remember

my heart felt so big, full of love. I just felt, "Yes, I'll go do this. This is something I want to do." I felt that if I went, I could help with the plan to tip the balance, because the evolution of the Earth was being slowed down too much by an imbalance of darkness there. And just by being there, I would be helping to balance the light so the evolution could then progress in the correct way, and in the appropriate way.

D: Did they show you what it would be like?

F: They did brief us on what it would be like to be in a body. They said it would be very difficult to adjust, because we would feel restricted and limited in a way we'd never experienced before. Here there was complete freedom. There was no restriction at all. There was just love and unlimitedness. I said I'd be prepared to do that if it would help with the plan.

D: But on Earth it would be different. There would be restrictions.

F: Yes. It was hard to imagine how difficult it was actually going to be. I believed in the plan, and I believed that I had enough courage and love to make it work.

D: But when you were going through the birth experience, it was different, wasn't it?

F: Yes, it was different. Even inside my mother, in the womb, I felt even then that the darkness was restricting, as though something was wrong, as though I was not getting enough nourishment. Or just the tension. I could feel tension.

D: But it was too late to back out then.

F: No, I knew this was part of the deal. I'd committed myself by then, that was it. I was going to do it and I didn't want to back out. They said there would be help. They said I would feel very strongly about certain people, and I would talk to them, and I would feel less lonely. That there would be help.

D: Even though, as soon as you come into that body, you forget.

F: Yes, as though all that unlimited knowledge is just gone. It's just squeezed into nothing, and I'm having to learn how to breathe, even. And yes, it's really hard. I didn't imagine it would be this hard. I didn't know how painful it would be.

I didn't know how it would feel to be so disconnected from the feeling of love. Also, the physical pain. When I was first born, I had a pain in my heart. The heart wasn't working properly. There was a hole in one of the inner chambers of the heart. I wasn't developing properly when I was in the womb. I think the placenta was compromised in its function and there was a lack of nutrition. And also that area of the body was compromised because it felt cut off from the love as well. The physical manifestation of being cut off from the love that I always had known.

D: What happened? Were you able to repair the heart?

F: Yes. It was all part of the plan. It was to help people understand their power and that love could heal.

D: Do you know if you did it yourself, or if you had help?

F: It was already arranged on a higher level that this would happen, and we all took part in that. I took part in that, and so did all the people that were praying for me. Everybody's energy came together and the healing took place. I think it helped to rebalance, as well, things that weren't complete in my body.

D: Otherwise, the body would not have been able to live.

F: No. It would have needed an operation at the least. But that was the plan, to heal.

D: To come in by teaching people lessons even as a baby.

F: Yes. It was a good lesson. I felt love when I was healed. I felt the energy in my body. I felt people's prayers and I felt the love washing over me. And it felt good.

D: So you weren't completely cut off from love.

F: No, it was there. It was good to find that love. There *is* love here.

D: But there are many lessons to be learned on Earth, aren't there?

F: Yes. It was hard work here. I learned to hide from life. As a child I learned to shut down a certain part of myself in order to survive. In order to protect myself from the pain of when people were horrible and nasty, and when I felt other people's pain so strongly. I felt that was too much to bear, and I had to shut that part down for a while.

D: You weren't expecting that other people could be cruel.

F: No, no. It just mystifies me, I don't know why. Then as I grew up, I started to understand that people had been the victims of cruelty themselves. That turned to bitterness and anger, and then that came out and transferred to others around them. And it spread like a disease of fear, fear of being a victim of other people's anger.

D: They all have their own lessons. (Yes) Have you met other people that came from the same place?

F: Yes. I've met many people, some of them from the place I was from. Some have found it really hard, and are not coping well. I have tried to help. They have a hard time adjusting.

D: Is this what caused the depression when you were younger? (Yes) Talk about that. You said you had it for many years?

F: Yes, I had it for a long time. As a child, too. That's when I started to shut down. I felt very tired. It was very difficult just to function as a human being. I was trying to be light. And I found it was so hard to be the light when everything was so painful around me, feeling all this pain. I kept thinking about why I came here, and yet I couldn't see how I was making a difference. It was difficult to see out of my own life, and into the big Earth picture of the plan. I wanted to know what the plan was, and why I couldn't remember. I always knew I would remember one day. That I would have some answers one day. There was always something more. I felt so guilty as well, because I was also trying to be a human being. And human beings have very limited understanding of the way life works, and we make mistakes. I would feel so bad when I realized I'd made a mistake that caused someone else pain. I've not dealt with that very well.

I've always felt hard on myself, I suppose, because I've had this job to do. I thought I could do that, and then I realized that was not going to be easy. The human body has such limitations, and this dimension is slowness. Things move so slowly. And I've had to learn not to expect too much, and that's been a hard lesson.

D: You can't change it all by yourself, can you?

F: No, I'm part of a team, but I felt so alone. I thought I had to do it all myself.

D: Did you realize on another level that there was a team?

F: Gradually, very gradually. At first, I thought my team was in the Christian religion. I thought that because they talked about the light, and it lit something inside me. The part I shut down, I tried to open up. That was difficult. I responded to the light, though, in the church, but I felt so hurt by the people there. I kept expanding in love and light, and having to contract again all the time. I felt I had a communication with the light again. There was a glimpse of it. And yet it was tainted with limitations that didn't feel right. I knew there was more; I knew it was much bigger. It was like they see God as a grid of structure, whereas I could see God without the structure. There didn't need to be any limitations. But they didn't understand that, and they didn't like that about me. Then I knew it was time to move on. I felt very hurt by things they said.

D: Do you think they all came from the same place as you, or do you know?

F: I think everyone has, eventually. When you go *right* back, everyone comes from the same place. But it's different levels of forgetting when you get to places like Earth. Some of them have been in human bodies for hundreds and hundreds of years, and they're crippled by the limitations.

D: Do you think that's what happened, they lived in the bodies too long?

F: Yes, I think they've lived here so long, they've just forgotten who they were. They've forgotten about the light. Maybe they need a holiday away. (Laugh) They need to remember what it's like to be unlimited and expanded again.

Francine had turned to taking drugs at one time in her life as an escape.

D: Do you think drugs helped when you felt lost?

F: I think I used them at times as a tool to access the parts of my mind that I needed to open. The parts that allowed me to see all things as one again. I felt as though I was led to those parts of my mind. The drugs helped to open a door. I was looking for a way to feel the oneness again. That I was part of the light and that all the information was still there. It's just harder to get to it. Many people think I'm very strange because I always see something deeper. It's just hard for them to understand.

D: Because they're so caught up in the physical world.

F: Yes. It's easier for me, I guess, than other people to see the games that are being played out. As though there's a game of winning on a physical level, and there's a game of being connected to the light again. It's so destructing. And obviously having to be fully human too, I'm destructive at times. But I think it's time to stop beating myself up about that.

D: Do you think it would have been easier if you had other lives in a human body?

F: Yes, it would have helped to have had a trial run, maybe. (Laugh)

D: But still, you would have had to come into the body the first time, sometime.

F: Yes, it's always going to be hard, isn't it? (At this point the subconscious took over fully.) It was important for Francine's journey as a soul to have this experience, because it would only help the One Light to know more. To add experience is always good. And it was helping a part of the big plan. It's not just to help her. She is helping even the light to grow in more awareness by doing this. She knew it wasn't going to be easy. She felt everything so intensely. She was going round and round in the pain, and she couldn't find a way out. The only way she could see was to die, because she knew she would be free then. But she couldn't die at the time she tried to. They would say, "No, it's not time yet. You still need to stay." Every time,

they would stop it, because they loved her and they wanted her to succeed in the plan. If she'd left, she would have been disappointed. And she knew that it was for her good to stay.

D: It was not allowed, because she was supposed to finish what she had volunteered for.

F: Yes, and she wanted to stay. But there was the human part that was sad and in pain and angry and wanting to leave, wanting to end the pain. But she has a job to do, and she is going to see it through. That's the hardest part.

I knew I had contact with the subconscious, so I went ahead with my questions.

D: You went directly into this with her. Is that what you wanted her to know about today?

F: Yes. It's time for her to know. It's time for her to understand.

D: All her life she has had this difficulty feeling different. (Yes) She said she felt like she didn't belong here.

F: That's right. This is why.

D: Has she ever had any lives in a physical body?

F: A very, very long time ago. She had many lives in a body, but it was less dense than the body she's in now. They built cities, and they lived harmonious lives.

D: Were these bodies on Earth?

F: No. Far away.

D: Would it do her any good to know about these, for her curiosity?

F: Yes. She went through a series of evolution where she became more and more light, until finally the whole civilization became light. She stayed within that light for many, many eons. They had progressed to the point where they were unity consciousness. They felt oneness all the time, and there was no need to create physical bodies unless they felt like it. And then they'd create light bodies. They had overcome most of the challenges through their evolution, and it was a place where it was harmonious joy and love. That was a very comfortable place to be, and a feeling of accomplishment, too. Hence, it's very hard for her to be in such an *unevolved* state.

D: What happened to cause her to come to Earth?

F: There were many problems in a part of the galaxy where Earth is situated. With darkness, it's out of balance. And the Great Council came together, and it was time to start infiltrating the system. And by incarnating on the planet, beings of light had the opportunity to give their light to a planet that was overrun by darkness. She volunteered for the job, because she knew that she could do it.

D: But it's different when you get down here in the body, isn't it?

F: Yes, she found it very difficult to adjust. It's very hard to leave somewhere that's so peaceful to come to such a very dense, slow planet with so much pain. It's felt very intensely by people like her because she's very open.

D: They are very gentle people, and they have not had the programming of other lifetimes on Earth to cushion that.

F: Yes. They had to have great courage to go. And we are very grateful that they are going, because it's making the plan happen. And it is working. The plan is working.

D: There are many others who have volunteered to come, aren't there?

F: There are many, many. Thousands and thousands. And millions. And there are many children being born now, awaiting in a queue, to come. That's why Francine had twins, because they wanted to come together.

D: The twins were some of these volunteers? (Yes) Did they come from the same place? (Yes) And they've not had other lives either?

F: They're better adjusted, they're having help. They had help before they started, and they have the help of those that have already done a lot of groundwork and laid the path before them. And they have a mother who's done a lot of adjusting herself, and knows how to introduce them better to life on Earth.

D: This is what I have noticed in my work. Some of the ones about Francine's age, or even older, had great difficulty adjusting. Many of them wanted to commit suicide and leave.

F: Yes, that is a problem.

D: Then the ones that began coming after her seem to have it easier.

F: Yes, the way is being prepared for them. That was part of the plan, that the people of Francine's age should come with great courage to carve a new path. They knew that was going to be hard because they were breaking old structures and redesigning new ones in an ethereal kind of way. I'm getting a picture of the planet having a grid around it, and their energy that they've brought is helping to shift the grid into a new position. More love is flowing more easily and unblocking channels.

D: Their energy is causing a difference.

F: Yes, the light, for the first time, is now greater than the darkness, and there is a chance that the human race will evolve past the point where it was going to destroy itself. It was headed in that direction, and that's why they were asked to come. But they had to forget who

they were, because the human race needs to feel that it has to evolve itself. She had to become human in order to be part of the human race, in order to change it from the inside. She couldn't change it from the outside, because that's against the rules.

D: Which rule is that?

F: The prime directive of non-interference.

D: This is not considered interference?

F: No, this is part of the plan. It's a good plan, because people forget that they're part of the light. But they start to remember, and the light that they bring, just by being who they are, actually makes a huge difference, just by holding the light within them. They are a tiny spark which connects to all the other tiny sparks around the globe, and it's becoming lighter and lighter.

D: And the children that are coming now have had the way prepared for them, so it's easier. (Yes) But they're still having difficulty, because some of them are so evolved. And the adults do not understand them. (Yes) I've had many teachers ask how they can help the children. Do you have any suggestions?

F: The limitations of the education system need to be readdressed so that the freedom of the spirit of each child can be truly expressed in a creative way. And they need to introduce less structure to the timetable, and allow more free movement between subjects, so the children can see how things are all connected together. It's hard for them to sit still and learn numbers and letters, and they can't see the whole picture. They need to know how this fits together.

D: I do not believe they should be put on these drugs.

F: They're not helpful. They're shutting them down. The children need to be changing the system, and they're trying to keep them subdued and suppressed.

D: So-called “normal”.

F: Normalized, yes. But there are too many of them now. Things are shifting.

D: I don't think they 're going to be able to suppress all of them.

F: No, the wave of change has already started.

D: Now we can see where the depression that has affected Francine's body comes from. (Yes) Do you think learning these things will help her?

F: Yes, she's already started some body work that is helping to rebalance things that have been out of balance, due to pollution. The toxic environment that humans live in is having a terrible effect, as their bodies are changing now. The pollutants that have built up in their bodies are causing them to feel stuck, and these symptoms occur.

D: Francine had several symptoms that the doctors were trying to diagnose: dizziness, tiredness, muscle aches and pains, and stiffjoints.

F: Yes, this is all part of the adjustments in her body, and it's happening all over. People need to slow down and take care of their bodies because of the pollution. We are helping her, and as the depression lifts, she will want to be here more, because she'll feel happier here. The pollution on the planet has unbalanced her. The chemicals in her brain, and her body are out of balance. The drugs she's been on have helped her to stabilize that.

D: Then as the depression lifts after this session, and she understands what's going on, will the other symptoms fade away?

F: Yes, gradually as she integrates the things she's learned, her body will adjust. I'm getting a picture that her spiritual body has

never been fully connected or lodged in the physical body, because she had to shut part of it down. And when she opened it back up, it didn't reconnect properly. It's hard for her to reconnect that, the wiring's all wrong. But she's rewiring it at the moment, and that is going to heal her. She will understand her purpose again, and her depression will lift. It's also teaching her to be still and learn the limitations of being in this body. It's an important lesson, that through the illness she's learned how to achieve balance in a way she would never have known before. And it's helping her. She is in control of the whole situation. She has created it all, even the discomfort of the symptoms is there for her as a tool. And she will have no need of it in the future. The body's being rewired while she's asleep.

D: Is that part of the DNA changes?

F: Yes, that's part of the rewiring, the DNA changes. And the reason it's not happening harmoniously with Francine is because of the buildup of toxins and pollutants all around her and in her body. The rewiring is more difficult. It's like part of her spiritual body is vibrating much higher than her physical body, and that's not connecting properly.

D: Is this happening to everyone in the world?

F: Some people are finding it easier to change, mutate, as the DNA structure is changing. And others are finding it harder. Those that live in more polluted areas, and those that have had more difficulties incarnating.

D: Do you think everyone is experiencing something?

F: It depends on what level people are aware of. But yes, across the board, there are changes occurring all over the planet.

D: It's a good thing we're not aware of them on the conscious level. We probably wouldn't be able to handle it.

F: It is important for her to remember that she was part of a great plan, and that she was part of the light. It is important for her to remember to keep going, and not to give up. It is now time for her to remember. This information that has been stored inside her mind isn't quite accessible at this stage, but will be useful in the future. She will have settled into a new pattern by then. Her body will have been rewired, and it will be easier for her to recall these things that she needs to know. The information is often implanted during dreams, especially dreams of many different symbols. These symbols contain whole blocks of information, and this is being put into the mind. Just after 2012, the bodies will be rewired and the memories will surface. The information will be coming through then. It's already wired into the memory, and it will just come when it's ready.

Similar information was given to me when I was active in UFO investigations for the last twenty years. This was reported in my book, *The Custodians*. I was told this is the way the aliens communicate, not with words, but with symbols. They use concepts, blocks of information that are contained in a single symbol. The conscious mind may not be aware of what is happening, but the subconscious recognizes and understands the information that the symbol represents. Symbols are extremely old, and have been used down through time immemorial. When the person sees the symbol, it transfers an entire concept into the subconscious mind where it is absorbed at the cellular level. They said it would lay dormant until the time comes when it is needed. Then the information will surface, and the person will not even be aware of where it came from. This is part of the significance of the Crop Circles, because the symbols contain information. You don't have to be physically in the Crop Circle for it to be transferred. It can happen by looking at a picture of the Circle. So this session reconfirmed what I have been getting for twenty years. This always adds validity when it is repeated by people half a world apart who do not know each other, and do not know what I have already accumulated.

F: Wherever Francine goes, she acts as a catalyst which enables peoples' light to be sparked within them. And sometimes that doesn't come easy to some people, and it challenges them. But just by being who she is, she is doing the plan. Even if it's on the subconscious level, something within them turns on, and a light turns on. They find it easier to believe that the light can win when they have the influence of Francine and others like her. But some people are stuck, and find it hard to take this on. If she knew how much she was doing, she would be happy that the plan was being carried out in the way it was designed. It will help her to know that she is doing her job very well just by being who she is. Because she can't leave until the job is over, until the plan has been all put into place. She'll be happier to stay now that she knows. It's very sad that some people are overwhelmed by the task. Yet we are always there to help. It is very saddening. It's like they get caught up in the Earthly incarnation, and go round in circles and don't know how to reconnect with the purpose.

D: And the world is becoming less negative because of this type of people.

F: We want to tell her: *You're doing so well*, and to be encouraged. There's nothing to be afraid of any more. Your body is just being rewired, and you don't need to worry about that. Just relax. Go and do the things that you feel compelled to do. And just keep your eyes fixed on the goal that you came to do, which was to bring the light. Just be who you are. And know that you are very much loved, and that you're never alone.

Over a month later, I received a beautiful letter from Francine. I don't always hear from my clients after a session, and it is always gratifying to know that they have truly been helped by this unorthodox method. Here are some parts of her letter:

“Thank you very much for fitting me into your tight schedule. I have found it to have been of great benefit. The depression has lifted, and my doctor is satisfied that I can come off my antidepressants, which I am now doing. The session helped so much to enable me to see WHY I am here. That I volunteered to be here, and I have a new determination to see the job through. I am also finding it easier to appreciate the good things about living on Earth. The good relationships I have full of love, and the beauty in nature that inspires. I said to my husband, Eddie, “I am so glad I came!” And he chuckled, just glad to see me looking happier. He has noted to me and others that the session, however strange the concept, has obviously helped.

“During the session, I was feeling a lot more than I could describe in words, and every time I have listened to the tape, all the feelings come back clearly. I felt clearly that the loneliness I felt was an illusion of the 3rd dimension. That I was in fact surrounded by beings of light most of the time, and that there are many other light workers around me at all times. It is just harder to see the connections here.

“When you asked my subconscious mind about other lives I had lived, I was able to see in a flash the whole story of the race I had belonged to. I didn’t describe it in the session, but I remember seeing a planet with low gravity. The beings were tall and slender, intelligent, loving and very good at co-operating with each other. The city I saw in a flash seemed to have tall spires and buildings that didn’t look harsh and out of place amongst the nature around them. There were tall wiry trees. I saw how the race evolved to a stage where there was no need for the physical, and the bodies became light and melded together in unity consciousness.

“When I was on holiday last week, I was gazing out from the terrace where I had eaten breakfast, and I had a very strong soul memory come to me. In the place where I was staying, there were many tall wiry trees, and their fluffy white seeds were floating weightlessly everywhere on the gentle breeze. The moment I first saw them, I

knew they reminded me of something, but it wasn't until that moment that I remembered. On the planet of low gravity, the trees were more fragile and wiry. And when it 'rained', the water droplets were large and almost weightless, and hung in the air very much like the seeds here. It was a lovely memory of warm familiarity.

"Thanks again. I feel like I know who I am now, and I have a calm solid confidence in that."

SECTION FIVE

THE SOURCE

CHAPTER SIXTEEN

PAST LIVES ARE NO LONGER IMPORTANT

One of my cases in January 2007 showed that the subconscious was continuing the trend that we should not be focusing on past lives anymore, but moving onward and concentrating on the present one. As I have said already, instead of going to the traditional past life, some of my clients are going back to the Source, or exploring lives in other dimensions, etc. This has been happening more often, especially during 2006, and is increasing. The pattern has definitely reversed itself to where going to a traditional past life is in the minority. A distinct shift in my work. When I ask the subconscious why it didn't take the person to the appropriate past life, it says it is no longer important. They have been through all of that, and it should be let go. I suppose this means they have already paid back any karma, and it does not need to be addressed. The subconscious says the person needs to be focusing on the present life and the future. This message has been repeated again and again.

The case in January 2007 repeated the same theme, although in a different way. I have had clients see things that I knew were not lives, but they were not fantasy either. They have seen symbolism. Usually that is because they do not consciously want to address the problems associated with past lives, so the subconscious has to sneak the information through in symbolism. But this case was different and unexpected. The subject was an immigrant in his 40s. He had very few complaints, and seemed to have no need for therapy. His body was in good shape, because he worked in construction (as a supervisor) and liked physical activity, especially deep sea diving. Yet, he drove 20 hours to come and see me. He said his main complaint was deep unfounded fears, especially the fear of dying. He occasionally would have episodes of high blood pressure, and when these occurred, he became terrified that he was

going to die. All of this was very out-of-place for him, because he had never been afraid of anything.

He went into a deep trance easily, and at first I thought he was describing a past life, but it unexpectedly took on unusual twists and turns. It was like being inside someone's dream, and everything he saw made perfect sense as I realized the subconscious was giving him the answers in symbols. At first, he was standing in front of a cave dressed in ragged clothes. He saw a castle sitting on top of a hill, with an approaching thunderstorm behind it. He decided to go to the castle, and as he did, the storm passed around him. He walked across a drawbridge to enter the castle. There were guards on horses dressed in armor like knights, but they did not prevent him from crossing the bridge and entering into the courtyard. They just stood and watched. That was my first clue that this was not a past life, because in that time period, the guards of a castle would certainly not let a disheveled ragged man enter. When he was in the courtyard, he discovered a spiral staircase and went up. It came out on the top of the castle. He stood there watching a rainbow in the distance, and then saw a huge Chinese fire breathing dragon coming at him. He was frightened as it circled him, but then it flew away and left him alone. Next he saw numerous flying rats diving and circling him. This also frightened him until they turned into a flock of birds and flew away. (By this time I thought I knew what the subconscious was doing. Showing him his fears were unfounded.) When he descended into the castle, the guards gave him new clothes to replace his rags. They dressed him in velvet and gold. He was given a beautiful sword with gold and diamonds in the handle. Then a crown of gold was placed on his head. He mounted a white horse and left the castle. When he approached a stream, another dragon flew at him. This one was bigger, a different type, black and threatening. He fought with it, and eventually killed it with his sword.

Then he walked out into a field and saw many tanks approaching him. He said it was 1914, and these were the Kaiser's army. Again, the tanks posed no threat to him. They stopped in the field and came

no closer. There were many soldiers (from the same time period) lined up on the road. He walked in front of them and they did not move. Then he walked to the shore of the sea and saw a large passenger ship out in the ocean with the name "Titanic" on the side. He saw there were many people onboard laughing and having a good time. They saw him and yelled at him to come onboard. He walked across the water and climbed up to the deck. There, he was welcomed by laughing and happy passengers. They said he was dressed incorrectly for this journey, and took off his royal robes and dressed him in a suit and vest and hat. (Clothes fitting for the time period.) Then he saw the icebergs and saw the ship hit one. There was a lot of screaming as the ship began to go down. He climbed to the highest end of the ship as it was sliding into the water. Then he saw another smaller ship nearby that rescued him and took him onboard. I told him this showed he was a survivor. Onboard that ship, he went into a stateroom and started taking a bath. When he looked out the window, he saw airplanes with Russian red stars on their wings, the type used in World War II, diving and shooting at the ship. Again, everything was all right, and the next thing he saw was himself walking onto the shore dressed in modern day clothes: jeans and Nike shoes. I knew then he had come full circle, and I should call forth the subconscious.

It said it was indeed symbolism to show him that his present day fears were unfounded. He had survived all of these dangers and was not harmed. I said I thought we were going to go to a past life. And the subconscious said, "We did." It was not necessary to spend time going through the lives like we normally do. It mixed them all together in sequence, yet clouded it in symbolism to prove a point and to answer his questions. He had indeed lived in the days of the castle, during World War I, on the

Titanic, and in World War II. It was again a case of not being necessary to go to past lives. He was to focus on this lifetime and prepare for the ascension into the future. The subconscious wanted him to study healing and the use of energy by taking classes and

reading. His blood pressure episodes were only the body adjusting as it changed in frequency and vibration. Also, his bouts of great fear were the conscious mind's way of reacting to something that it perceived as abnormal. It knew something was happening to the body, and was reacting with fear.

It seems as though now, my clients who go to past lives and remember them in detail, especially their association with people in their present lives, are still caught up in karma and are being asked to pay this back and get rid of it. They are still working this out so they can also begin the ascension process. If they wait too long, they will be trapped in the cycle of returning to repay. We have been told they will not be allowed to return to the planet Earth to repay this karma, because the Earth will have changed too much. There will not be any negativity here. They will be sent to another planet that still allows the repayment of karma. The subconscious has said it doesn't matter anyhow, because everyone will eventually ascend. Some will do it sooner than others. They have to get out of the karmic cycle first.

In these type of cases, I just follow and continue asking questions, because I do not know what the subconscious has in store for them.

In one typical case, the woman kept seeing disjointed pictures, here, there, jumbled together. Just different scenes and people and time periods. I couldn't get her to hold on to any one of them long enough to go into a life. I kept trying, but it just continued, very disjointed. Then suddenly, she went to the place that she called "home". It was a *very* emotional scene. She cried and cried, and said it was so beautiful and so full of love. She said later, "Why would anybody have to have a near death experience to *feel* that?" This way you would *know* what it felt like. It is so overwhelming with love. This lady was a nurse practitioner who worked in a hospital. I thought maybe she would be able to use this experience there, especially with people who have a fear of dying. She could tell them, "I know what home is like. I've experienced it."

Then I asked the subconscious why it didn't take her to a past life? Why did it just show her bits and pieces? It said the same thing I've been getting from other people - because past lives are no longer important. The focus has to be on *this* life and what we are accomplishing now. "You've already been there, done that." You don't need to go back and focus on those scenes again. It's very important to move forward now, and go on with *this* life. Then it gave a very good analogy. It said, "You look at a tree, and you don't focus on a leaf or several different leaves, and different branches. That's not important. It's just bits and pieces. You should focus on the entire tree. All these lives are just the leaves and the branches. They are not the totality, the tree, the most important thing." So that was why this continues to be stressed, that past lives are not important. I think occasionally I still get them, because there's something the person needs to know for their present life. To make that connection with the life they are experiencing now. They can get rid of any karma and then move on. So apparently, the people who don't have to be worried about past lives and don't need to see them, don't have any outstanding karma to take care of. It is no longer there to keep them from progressing.

In another case, instead of going into a past life, a woman saw what looked like a giant jewel. And they said, "This gives you some idea of what we can do, if this is what you want to see." It was a giant jewel with many, many facets. And the facets were giving off different reflections in many directions. And they said, "As you look at this, you see one reflection is a Roman soldier, another reflection is an American Indian. Another reflection is a modern soldier. Each reflection is a different 'life', as you call it. See how easy it would be. Just pick one of these reflections, if that's what you want to see." They wanted her to know the lives were there if she needed them, but she had reached the point where it was not important to know about those things. They said, "We don't focus on that any more. It has to be the 'now' and going forward."

Toward the end of the session, it said, “The jewel we showed you earlier with all the facets and all the reflections, is the *Heart of God*.” The jewel is the heart of God. I thought that was an interesting statement.

Then there was a case of an older man who had devoted his life to music, as a performer and a teacher. Music had been his life ever since he climbed up to a piano at age three and began to play notes. Classics and all types of music came very easily to him, and the passion of his life had been piano and organ. He had never married, but had devoted his life to music. Now, as he was considering retirement, he wanted to know where had this interest in music come from? Since it had always been so easy, did it come from another life? Naturally, I thought he was going to regress to a life where he was probably a famous accomplished composer or musician. I have had cases like that before, and that would be the most logical explanation. Yet it didn’t turn out that way.

When he began going back, I didn’t think he was going to have any problems finding a lifetime, because he was very visual. But instead, when we tried to move to a past life, everything would be black. I tried many different methods, attempting to get him to where he could see *something*. I was able to have him see events from the present lifetime, but he wouldn’t go beyond this one. I kept using deepening techniques. When the breakthrough came, I suspected the subconscious was using symbolism to get around his blocks. Finally, he saw a *huge* door in the side of a cliff, and a little being that did not resemble a human. The perspective was: the little being looking like an ant compared to the *huge, huge* size of this door, which was thousands of feet high. He kept calling it a “portal”, and he knew there was no way he was going to be able to open the door and go through it. I realized the symbolism of this. He was not ready to open that door. That was why he made it so difficult. Then he saw a wall rising straight up out of the ground. It became bigger and bigger, as it grew taller and taller, and then began to lengthen to where it was thousands of feet long. In this wall were carved statues

of different people wearing armor and different types of uniforms. He knew they were from different time periods. The wall was so tall that the statues were stacked five high. They were arranged one after the other all over the wall. He floated along the wall looking at the statues, and it went for thousands and thousands of feet.

I interpreted the wall as also representing the blockage that we had before. "Don't go any further. You're not allowed." I was also thinking the statues in the wall could very well represent past lives, and we'd be able to get somewhere, but we were again unable to move any further. Then I called forth the subconscious so I could get answers. It had a difficult time getting through to where it would finally be able to talk to me, and block out his conscious mind interference. I was beginning to think I was going to have to condition him with a keyword and have him return later that evening, because we had been working on this for at least an hour. The breakthrough came when I asked about the wall. All of a sudden, he just exploded and erupted into an avalanche of emotion. He began to cry and cry and cry very hard. Then I knew we had found it. We'd hit something. We'd broken through his resistance. We'd be able to find out what this was all about. Any time the subject goes into emotion, I know we have found something important. It is impossible to fake these types of emotions. They are real.

I let him cry for a while to get it out of his system, and then I calmed him down. At that point, all he would say was, "Thousands and thousands and thousands of lives." What he saw in the wall were *his* lives, but *all* of them were warrior lives. He saw himself in different kinds of armor, different kinds of uniforms, representative of different soldiers. They covered so many, many, many time periods, going so far back ... as he kept saying, "thousands and thousands of lives." And between bouts of crying and sobbing, he said, "It was just so useless. All of the killing, all of the killing." When I finally got him to calm down, the subconscious said that was why he was not allowed to see it. It was too much. It would have been overwhelming. He was not allowed to see what he had done. That's what the symbolism of

the door and the wall represented. He was not going to be able to be shown *specifics*, but he was to be shown enough, so that he would understand his purpose.

The reason for him coming back as a musician was to totally turn his life around. People who are into music are usually much more gentle. And also, in this life, he is gay. I asked him earlier during the interview, "You were alive during two wars, especially Viet Nam and Korea. Why didn't you go into the wars?" He said because, at that time, they had to fill out questionnaires. And on the questionnaire they wanted to know if you had homosexual tendencies. He gave an honest answer, and he didn't have to go to war. Now, it made perfect sense. It helped him. Later, he said this explained his natural tendency to be gay. And it also explained the music.

I told the subconscious, I thought because of the music and the ability to play from such an early age, that he would have gone back to a time when he was a musician in another lifetime. It said, "No. All of us have music in us. It's around us all the time. We just don't use it." But in this present lifetime it was decided to allow him to bring that forth. It's always *there*. Even in the other horrible, killing lifetimes, the ability, the music was there, but it was ignored, because that was not the purpose of those lifetimes. So he was not bringing back an ability or talent. The music was bringing back a softer side that he needed to focus on in this lifetime. But he said there was something else just below the surface. He could get very angry, very easily. He often felt that if he was angered enough, it wouldn't take much for him to kill somebody, and he tried to keep his temper under control. But as a musician and being gay, he has suppressed much of that, because the masculine tendencies are the more warlike. He had wondered if maybe he was supposed to be a female. The subconscious said no, that wouldn't work out the problem as well as being a male, with the more feminine tendencies.

Yet when he awakened, he wanted to know, should it be explored further? Should he try and find out more about those other lives? I

don't think it would be advisable, because the subconscious definitely put up barriers, saying, "You can't handle this at this time. It's better to leave it alone. Focus on your life the way it is." He had done very well squelching any violent tendencies. So this is the way it should be.

This brings out most strongly that the subconscious will not allow the person to see anything they cannot handle. This is important, because I always worry about working with teenagers, or those who I don't think are mature enough to handle traumatic scenes. I must totally trust the subconscious to always know what is best for the client.

I have had some similar cases, one where a man regressed to when he was a general during the Civil War. Everyone was praising him about what a wonderful officer he was, and how brave he was in battle. But he said they didn't really know that he was sick and tired of being a soldier. He was tired of the war, and the killing and the blood. And then, when we got to the subconscious, that man also found that he had a whole series of lives as a soldier. One after the other, after the other, after the other, of warriors and soldiers. He said, "They think it's glamorous. That I am this *great soldier*, but it's not glamorous.

It's horrible with all the killing and the blood." So, in this life, he came in with a disability, so he would not be drafted and have to be a soldier, which makes a lot of sense. Maybe the musician, the organist, *enjoyed* killing too much. And that's why it was decided, "Let's do it this way. A drastic change." Where the other man, as the confederate soldier, decided on his own, "I don't want to do this any more." Who knows? It could have been one way or the other.

I had another case that also showed the terrible, little talked about, side of war. A man had gone to other hypnotists trying to have a past life regression, and no one had been successful. When he went into trance, all the man could see was the color red. That was all that

was in his field of vision. So he came to me to see if I could get him past that. We found the answer. In the other sessions he came in on the day of his death. As I tracked it and got the entire story, he was a young man at the beginning of World War I and had joined the army because he thought it would be an exciting thing to do. He had never been away from home before, and when he was sent to the battlefield in France, it was a horrible, traumatic experience. He felt he had been lied to by the recruiters to get him to join the army. He was in the midst of battle with shells exploding all around him, and the stench of smoke and blood was very powerful. There were so many being killed that they were trying to bury them right there on the battlefield. After some were buried, more shells would drop and blow them out of the ground again. There were pieces of bodies, hands, feet, arms all over. These they had to bury again, often using their bare hands to dig in the mud. (This explained the problems he had in this life with pain and arthritis in his hands and wrists. The memory of the horrible experience was carried in that part of his body.)

He was crying, and ashamed, because he thought war would be a noble, exciting experience. Instead, he was very frightened and confused, and only wanted to go home. He felt he should be brave and daring, but it only made him feel humiliated and ashamed of his fear. In the middle of it, he was just a poor, frightened young man. He was shocked by what he was seeing. He shouted, "I'm a coward! I'm a coward! I don't want to be here!" Then we came to the day he was killed. It happened there on the battlefield. He was blown to bits by a mortar shell. That explained the red color at the beginning of the regression. That was the moment of death. All he could see was his own blood as his body was torn apart by the bombs and the explosion. That was all that was in his field of vision.

All of this was reverting back to too many lives as one thing. You have to change and go in another direction. You are not learning enough by being stuck in any type of pattern or rut. But that type of a

background makes it difficult, because it is so deeply ingrained *into* the person and the cellular memory.

CHAPTER SEVENTEEN

RETURNING TO THE SOURCE

THE PRIEST

Judith's past life was dealing with history, but it would definitely not have been one that she would have chosen to fantasize. She was a powerful priest in the Catholic Church during the height of the persecution of the Inquisition. The man was fanatical about destroying the ones he (or the Church) perceived to be enemies of the Church. Anyone who thought differently, who did not bow to the demands, especially those who practiced the old ways (nature worship and herbal healing). The people he accused did not even have to be guilty, he only had to have a suspicion. He was determined to wipe out anyone he thought might be different. He became so skilled at hunting these poor unfortunates down and having them put to death, that he was promoted higher and higher in the Church.

It finally came to the point where his power was unquestioned, and his ego was enormous. He even had his own sister put to death when he discovered she was using herbal remedies to help the poor. He had no qualms and felt no guilt. He was positive that he was doing the will of God, as defined by his religion. There was no doubt in his mind that he was doing the right thing. He did not question this for a moment. Thus, when he finally reached the end of his life, he thought he would go to the glorious Heaven he believed in, and be welcomed into the bosom of God where he would dwell throughout eternity. He had done God's will, and knew he would be rewarded. He was very surprised and dumbfounded when this did not happen. After he left his body, he was met by glowing spirits who took him to a different place. They would not even communicate with him when he asked about going to Heaven to see God.

He was taken to a place of flames. “I’m seeing flames. Like the Sun, but it’s not the Sun. I’m someplace where there are flames, but it’s not like how we experience fire or flames.” Of course, the first thing that comes to most people’s mind is that he was taken to the Biblical Hell. A place of eternal fire and damnation to repay for the way he had misused his authority in that lifetime. But I knew this was not the case, because I have discovered in my work that there is no Hell. Hell is an invention of the Church. It does not exist. However, if a person dies really believing that they are damned, that they have lived a wicked life, and that they are going to Hell (as the Church promises), then they may get their wish. They might experience the very thing they are expecting. Remember, you draw to you what you fear most. Even if such a thing were to happen, they would not remain there very long, because it is only an illusion created by their own mind. When they realize this (with the help of their guides and angels), then they can go where they are really supposed to go. So I knew when the priest was describing a place of flames, that it was not Hell.

“This is not the Sun. It is somewhere else. They’re telling me this is a resting place. A place to come back and wait. The word ‘reprogramming’ keeps coming in. It’s like it’s a place where the knowledge is. There’s no time, so I don’t know how long I’m here. I’m just there. And there’s all this yellow, gold fire. But it’s not fire. It’s an energy.”

D: But this is not what you thought was going to happen.

J: No, no!

I knew from experience that a soul could stay in these various places for a long time, so I moved Judith ahead until she was getting ready to leave that place.

D: Do they take you out of that place?

J: Yes, they do. I don’t want to go back.

D: Are they talking to you?

J: They don't really talk. It's not like words we use now. They just say that we have to come back.

D: Did they say why you had to come back?

Judith became emotional and after many heavy sighs and sniffles, she began to cry. I assured her it was all right to be emotional, and she would feel better talking to me about it.

J: I'm going to go back. I have to go back there and come at it from a different angle. Because when I come at it from inbody on Earth, it's too hard.

D: Because you get caught up in it, don't you?

J: Yes, it's too hard. So they let me just go back to this place.

D: What do they say?

J: They communicate that they know we must come down to this planet. That we must help this planet and all the beings that come here to realize about this energy source. It's something about it's been brought to this planet. And there's something about learning on this planet. It's all right from that fiery place. The resting place. It's a place of rejuvenation and clarity and knowledge. And it's almost like it is the place in this universe that holds the knowledge of the Universe, and the planets and all the life forms throughout the solar system. And Earth is a place where it was recognized that energy needs to be brought to help humanity. And there are many beings from other places outside of Earth who come here. You know, as humans we talk about the "melting pot". Well, it is truly the melting pot for many life forms that are not of human life. And the way life has formed on this planet has been done in such a way that it's been extremely, excruciatingly dense and painful. And the thought forms

that come with these bodies cause people to hurt one another and to hurt what they call "Nature". They say that it is natural.

And some of us from this fiery place have come to help transform it and bring another source of energy that will help. We will take the way of being on this fiery place onto the Earth, and somehow that will be communicated in a way that the humans can receive it.

D: Are they sending you back to repay for the things you did in that last lifetime? (No) You don't have to repay that?

J: That is part of the human thought form.

D: I was thinking of karma.

J: No, karma is just another part of the human thought form. I have had many lifetimes on this planet. And part of that is to know what it is to have the experience, to have what is called "empathy". To know what humans feel, and so the emotions that I experience, are those which I accumulated from lifetime to lifetime. But that is not what we're here to teach. It's not real. It's not necessary. It's not what happens on that other place (the fiery place). This doesn't exist.

D: The Earth is like that, it pulls people.

J: That's right. It's what has been formed, and that's what I was shown. But that's not what is, and that's not what is being held. And being held is not even the right word. At that other place where it looks like flame, it's just not necessary. To use the words that we know here, it's like this gigantic screen of pictures one after another. One lifetime after another. I haven't been shown how we ended up here. How humans came onto this planet. I haven't been shown that.

D: But the main thing is that you're supposed to come back into a female body this time to do different things.

J: Yes, that is right.

I then brought forward the subconscious and asked it why it chose to show her the powerful negative lifetime of the priest.

J: So she would know about power and the misuse of it. So she doesn't misuse her power again. People will give her power again as she continues to remember why she's here, and where she comes from. She will be getting more and more clearer information from the fiery place. The Place of Knowledge. And she must remember not to fall into the temptation of the power of being a human being. The trap that she was in before.

D: I was surprised he was not condemned for what he had done.

He was responsible for killing many people.

J: Yes. It was out of balance. He was able to trick many people. It was for him to know fully, fully, fully, what true power and manipulation and exploitation is.

D: But I was surprised that when he got to the other side he was not condemned for doing such negative things.

J: That is another part that is held by the human thought form of how things work.

D: But as Judith, she doesn't have to pay back the karma?

J: No, not an equal amount. She has learned much through her childhood, her father and the people she grew up with. She sees so much, and it pains her so much seeing the devastation of humanity, that this is what you might call her "karma".

Although they said he would not have to repay karma, it would appear that he did. Judith had experienced many negative things during her childhood and teenage years. So I do not believe he got out of it altogether. What goes around comes around. The only difference is the degree in which it is repaid.

I think the subconscious was only looking at it from the broader, big picture.

D: She is now leading a totally different life than she lived at that time. - But she wanted to know where she came from.

J: She comes from the Source like everyone else.

D: Is the fiery place the same as the Source?

J: No, it's not. It's a place, and there are other places. The words don't do justice to what it is. It's like different beings have come from different places. And the fiery Place of Knowledge is kind of what might be called the Central Place. And then there are other places in other - not dimensions - I don't have the words for it. And not everybody comes to the planet Earth. Some go other places.

I then asked about physical problems Judith had, mainly pain in her neck. The subconscious laughed as it responded, "She is the biggest pain in her neck. Her thinking, her attachment to the body now that she's here, that is the pain in the neck. And her whole thinking about past lives where she thought she has done bad deeds that she has held in her body. That pain in the neck is the culmination of that. It will be gone, it is no longer needed." Then, as has happened many, many times in my work with the subconscious, I watched as it sent energy to that part of her body and removed the discomfort.

D: She didn't want to come this time, did she?

J: She didn't want to come, and there's still emotion around that. That is because she has attachment to the form of the body. She is very pained by what she has seen in past lives and destruction that she did, as well as destruction that others have done. And she continues to see the pain and suffering that goes on. And this session will help her to know that it is the illusion. The most that she and others in human form -who are wanting to know what to do, and who have been sent here to help others - can do, is know that there

is compassion and love. And that is the best that can be done on this planet at this time. And that is the greatest good for all. She seems to be coming into alignment with her mission. In the human form, she is a child of God, although from the Place of Knowledge, the Fiery Place - which too is just a word - her life and this body will be about comfort and abundance sharing.

THE SOURCE

When I had my first case where my client went back to the Source (reported in *Book One*) I was surprised and unprepared. As I have said before in this book, many times I am caught off guard and presented with a theory or new information that I do not understand. Then I have to consider it and see how it fits into the other material that I have been accumulating. When I received the information I wrote about twenty years ago in *Between Death and Life*, the Source (or God) was described as a huge energy source of incredible power. I was told that it was impossible to describe it in terms our human minds could comprehend. The force was so huge that it was compared to the glue that holds everything together. If it were to wink out for a fraction of a second, *everything* would disintegrate. They said that even though we think we have great knowledge in metaphysics, our concept of God is like a tiny string compared to the totality of what he really is. Then they said, consider the other people, their concept would not even be as a tiny string. They have no idea of what God really is.

In that case in *Book One*, the woman described the Source as being in the Sun, but it was not the Sun that we know in our solar system. This is often called "The Great Central Sun". It was described as a bright light that did not burn like the Sun. It was a place of great compassion and comfort, and she had no desire to leave. After that first case, I began to encounter more people who reported the same experience and the same description. These were reported in *Book*

Two. Now it is becoming very common for me to find these. Is it because I have been able to integrate it and understand the concept, so more is being given to me? Or is it because of the times we are living in, and it is time for the subjects to awaken to the reality of who they really are, and where they came from?

NEAR DEATH EXPERIENCE

When this session began, Laura did not find herself in another life. Instead she returned to an incident in this lifetime when she almost died. "I was in a restaurant with my friend, Jeanie. I started choking on my food - the air went out of my body. I was protected. I was not going to die in the physical. Of course, I didn't know that at the time. I was shown how protected I am. I was shown what real love is. I went immediately to a place where there's nothing but the white light. It feels good to be back there. I know I'm aware of angels around me, but it's the most beautiful place I can think of. There's no attachments to anything. We just are. We're aware of others, the people we live with on Earth, but we have no attachments to those things. It's so pretty, so nice. It's so peaceful. I was only taken so far, because I needed to go back. They just took me to show me the feeling and the protection and the love. But I was not yet ready to go any farther."

D: To let you know that you were not going to die? It wasn't time for you to go?

L: They just needed to show me that it was okay. That I could face anything because they were always with me. The presence, the I Am presence is always with me. Always.

D: But when we come to Earth we forget, don't we?

L: Yes. And that's why I was sad. For two weeks afterward I wondered why I was sad. And I realized that I was grieving not being

with His presence. They wanted me to remember.

To feel it again. It was important for me to remember it and feel it, so I know it's real. So I would have a faith to know it's real. So I would not be afraid and I could tell others about it. They would know, too. They could remember. I miss it. (She began crying.)

D: Why does it make you emotional?

L: The energy is so strong, so loving. It's cleansing, purifying. It's washing away anything that's harmful or negative to us. Nothing can attach itself to itself but itself. I feel very fortunate to know about it. I never want to forget. I never want to forget.

D: Is this a place?

L: For me it's the presence. Some people see it as a place. For me it's a presence that I carry with me all of the time, that I'm working to be with all of the time. I came from there, but I have come far away from it also. Some of us farther than others. But it's always there watching and waiting for us.

D: Why do some people go further away than others?

L: Some of it is their choice. I don't quite understand the whole thing. I don't think I'm supposed to yet. But there is darkness. There are things that are very far away from it, that are not of this presence. People forget. They get dizzy with what's in the material and the denser realms, and the denser realities. This is why some people, when they die, go through a tunnel, because it takes them a while to get back to it. They have to take a journey back to it. The Presence wants the people to know that it's always there, that it's always with them. It is shown to people if they need to see it. Some of us strive harder to be with it and carry it with us, even though we're not aware, or don't trust it. That's why I was shown that the Presence is with me all the time. I can *build* the Presence within me.

D: What purpose does the tunnel serve for those types of people?

L: It's just a journey for them to get back.

D: Wouldn't they just go immediately to this beautiful place when they die?

L: Some do. Some that have more of a connection, and are more aware, or have been working harder. But not all. It depends on the job as a person, and what they came in for. And how connected they were when they came in.

D: Then to go back, they have to see it as a journey, as going through something.

L: Correct.

D: So the plan today was to take you back to this to reawaken the feeling? (Yes) You say you know that feeling. You carry it with you anyway.

L: But not like this. When I'm in the physical, when I come back in, it's harder to tap into it. It's harder to be with it. It's very, very powerful. This is the closest I've been back to it since that day. They're letting it heal me and help me.

Laura then began to experience uncomfortable physical sensations. She was actually feeling sick, and asked me to let her come out of trance. Instead, I worked on her to balance the physical sensations and remove them and return the body to normal. The subconscious instructed me to talk to Laura's body. After a few moments of this, I could see she was calming down and I would be able to proceed. In a situation like this, the hypnotist must not become upset, because the subconscious will never allow anything to happen to the body physically. Its job is always to protect. Besides, if the hypnotist becomes upset and unsure of themselves, the subject can pick up on it immediately because of their heightened sensitivity while in the deep

trance state. This can cause more discomfort because they no longer feel confidence in the hypnotist's ability to keep them safe. It is always better not to awaken the subject just because of the hypnotist's fear or insecurity. I always talk to them and calm them down and remove any physical discomfort. When I could see that things had returned to normal, I asked, "In what part of the body were you experiencing the discomfort?"

L: My heart. My whole body was just racing, but my heart was so open.

D: Can you ask them why you experienced that reaction?

L: To show me that we can not live in that energy all the time. That there is a separation. There is a veil. My body could handle a lot more than most. It has given me a new understanding of that. Also that the vibration is so high that the physical body can't handle more than it's given, what we're ready for. It's healthy for me to know that, because the physical has its limitations. While the spirit is residing in the physical, it can't return to that place fully.

D: So they wanted you to experience what it was like? (Yes) But we also know they would not have put you in any danger.

L: No. That's why they told me to tell you to talk to my body.

D: They just want you to have that memory. (Yes, yes.) Even knowing you cannot totally experience that vibration.

L: No, the body can't handle it.

D: Are you supposed to use that energy?

L: They can bring it in for me, for what's needed. But I don't need to seek it as hard as I think I need to. I just need to ask and trust and know that it's being used. And this will give me peace of mind to know that I don't have to work as hard as I think I have to. I can use

this energy to work on other people. And I will have it with me always.

D: Was it there before, or has it just been put there?

L: Let's just say I've been given a tune-up. (Laugh) It is in my crystalline structure.

D: I've heard of the crystalline structure before. Do they want to explain what they mean by that?

L: It's as close to being able to tap into the Source as possible. The crystalline structure still keeps it in the physical.

D: Is the crystalline structure part of the body?

L: It's the code in the body.

D: We think of the body being flesh and muscles and bones. We don't think of it having crystals.

L: There are different levels of the codes of structure. But there is a crystalline structure in the body.

D: Does that mean actual crystal? (Yes, yes.) In the bones, or what?

L: In the DNA.

D: So it's separate from what we know as the physical structure, the anatomy?

L: It's encoded through.

"They" interrupted the session again and said they wanted Laura's body to rest for a minute. They calmed the body down, because it was still feeling some effects from the contact with the powerful Source energy. "The heart is still a little too open. This was such an intense love, that it's indescribable. That's why it's so encompassing.

We have this within our cellular structure to a certain degree. It's like I've tapped into the big computer, the main circuits. And every cell in my body tapped into it."

D: That would be like an overload, wouldn't it? (Yes) But I've had other people go back to the Source. They do describe it as great love, but they don't have that kind of reaction. Is there a reason?

L: The physical body wouldn't have been able to handle it. They just got a touch of it, and that was enough for them. Laura's was because she is going to be using this in her energy work, putting it out. It will help heal.

D: How is Laura supposed to use it?

L: She can use it through her thoughts. She can use it through her eyes. She can use it through her touch. She just has to ask for the appropriate vibration to come through for each person, for each situation. It is now changing her cellular structure.

D: How is it changing Laura's cellular structure?

L: Your words and our words sometimes are hard. We're having to process through Laura's brain.

D: Yes, and I know the language is not sufficient.

L: So sometimes when there's not an immediate answer, let us process through the brain. (Pause) Laura doesn't have a vocabulary, so we're having to speak through - (Pause) Seventh Ray energy is now able to come through. Laura will be able to tap into the Seventh Ray.

D: What is the Seventh Ray energy?

L: The Christ energy. The crystalline structure on a cellular level would have to change in order to hold the vibration of the Christ

energy, so that we can share the body. And the Christ energy comes in so that the cellular vibration can upboot to hold the vibration, without harming her. So that this physical body can also live in this realm.

D: When you say the energy will live in this body, do you mean it just stays there while she's doing her work?

L: Not all the time. Not at that vibration. A portion of it. The body couldn't handle it. That's also why we were given this experience to know that it's okay for it to return. That it doesn't have to be with you all the time, Laura. "Channel" is not the correct word, but Laura will be able to channel the energy toward the person or situation she's working with.

I returned to the question that had not been answered earlier when I was stopped so the body could adjust. "Did you mean the crystalline structure is something that's in the genes, the DNA?"

L: Yes, it is what you come in with. That code could be upbooted or changed.

D: The code is what you come in with?

L: And abilities, and purpose, and what your body's going to be like when you come in. Physically. What you've chosen.

D: And that can be changed if it's appropriate?

L: Yes, it can be changed. Also, if you choose to let it change. If you're also on your path, it will change. You have times in your life when you can change your code. Crossroads, as you call them.

D: When you choose to go one way or the other.

L: Right.

D: I was confused because I think of crystalline as being crystals.

L: It's the best word for it that you have. Not like crystals that you find here in the physical. It's more of an etheric type crystal. It's more of an energy. And I saw many, many colors. It would be like looking at an energy wave in a pattern, and they're calling that a crystalline structure. It's only part of it. It's very difficult, in your words, to explain.

D: It's the best you can do in our language. That's why I ask so many questions.

L: And that is good. It's just hard in this voice.

D: So the experience that just happened to her changed her code? (Yes) It could only be done while we were doing this?

L: This was an advantage. This was an experience of total relaxation and trust, and openness. She needed someone in the physical to guide. Someone that would trust and know that everything was okay. Someone who wouldn't stop it. But she needed someone to help calm the physical body. This is now a clearer channel. It's exciting for us! This body will be a channel to help heal everybody. Some old abilities have been brought back.

D: Oh! What kind!

L: ET, as you would call them. (Laugh) Of course, *you* are ETs to the ETs. I'm kind of laughing at your perception.

D: Do you mean "abilities" from the ETs, or what?

L: Old abilities that she had in past lives. Higher consciousness. Bringing in energies from other realms to help in this realm.

D: What lifetimes were those?

L: This was on another planet. Oh, what a nice experience! Peaceful and calm, loving. A light body. Oh, she could travel! She could *travel!* Just “shhwwish”! By thought. That was the vibration much closer to Source. She traveled

everywhere. Everywhere! There were no limitations on travel. She could go to any planet, anyplace. You talk about consciousness on this planet, one consciousness. Ohhh! Please keep talking about it! (Sigh) Hopefully, you will experience it.

D: So in that body, they were all interconnected?

L: Oh, yes! There was nothing separate.

D: That's different from the Source she just experienced?

L: But they were tapped in much more to that! You are so much farther from that! It is a shame! It's sad.

D: What abilities do you want her to reawaken that she can use now?

L: The healing abilities are part, but a smaller part. It's more of a thought, the healing of the thought of the planet.

D: What do you mean? I know the planet is a living being.

L: The thoughts that are around the planet, and on the planet, need healing for the planet and the people to heal. It's the thoughts that are killing the planet and the people.

D: Where do these thoughts come from?

L: These thoughts are manifested in the lower realms, in the denser realms of the physical. The greed, the deceit. All those things that are not part of the pure, love consciousness as we know of God. These are not from God. They're from the physical.

D: And that is what needs to be healed?

L: Yes! And that is the second coming. That is part of the Second Coming of Christ, as you call it. When the consciousness of the planet changes, that will be the healing.

D: I' ve always known it wasn't the second coming of a person.

L: It's the consciousness. That's how you would know to say it. It can be called many things. When Jesus came, He was able to embody this Christ consciousness. And He was and is a way-shower, to show you the thought pattern, thought form. How powerful that is! And that's what helps connect us.

D: So you on that side want the Christ consciousness to return to the planet?

L: Yes. This is the second coming. We need to heal the negative thoughts of the planet, to bandage them and heal them. This is part of Laura's job to help do that.

D: That sounds like a big job! How is she supposed to do this?

L: Through her thoughts. Through helping people change their thoughts - empowering them so they can empower others. She will see new skills develop as she goes forth and sees new ways to do it. The opportunities will be opened for her. And she will feel it now in her heart when the opportunity is there. She will remember and feel this experience. We had to give her an experience that she would remember. Keep the mind clear and pure as possible. She needs to teach meditation and pure thought consciousness to people. Teaching people to use their thoughts to spiritually awaken. Changing thought forms! People are creating many of the negative entities through their thought forms.

D: Then these are not actual creations from the Source. They are just thought forms that have been created from the people's

thoughts?

L: Yes, yes. And some of them are not so good. So I have been clearing those thought forms, washing the walls of the molds that just happen. You could call mold a negative energy or demon if you wanted to. But our people will come in and wash it off the wall.

D: It goes along with the idea that thoughts are things.

L: Yes. A wrong action, free will, drug use, creates. Those that serve in the higher realms can dispense and dissolve those energies, and have it sent to Source. That's why I have come into being, to have it sent to Source so it can be transformed into positive.

*D: So it's not physical. It's just energy that people have created.
(Yes) But is this different from elementals?*

L: Yes, it is different than elementals, just as we are different than elementals. And just as we cause mischief, they cause mischief.

D: I figured they were like a basic form of energy.

L: Yes, and they have thought forms, too. So we're all dealing with each other's thought forms. We're all dealing with each other's stuff.
(Laugh)

D: This is why when some people go into certain places, they feel uneasy or uncomfortable?

L: Yes, they are feeling those negative energies. People can call them "entities", you can call them "demons", you can call them whatever you want to call them.

D: It's the energy left behind in that place by whoever has lived there?

L: It could be. There are many, many different facets to that. Many. Too many.

D: And there are other places that have a very positive uplifting feeling.

L: Yes. It's very real. Very real. When I first laid down and started crying, I was going toward the Source. The pure love that I was feeling. It was coming toward me, and that's why it was washing that away and out of me. So we could meet at the highest vibration I could handle. I am so thankful. Just the brief memory is so wonderful.

D: So part of Laura's job, her purpose, is to change this energy to the highest energies so we can change the thoughts of the world. How do you want her to do this?

L: Classes, seminars, pamphlets, books, however she can get it out there. It will be given to her and she will be guided.

D: But how do you teach something like this? What do you tell people to do?

L: Start with meditation, show them about thoughts, how they really become things by basic kinesiology. Starting with basic meditation skills. Starting with teaching them how to change their thought patterns and their thoughts. Even if it's with one word, one thing to help them to manifest these, show them how it manifests in their lives. Just start slowly. Then start with little books and pamphlets to hand out and help people. So that we change their lives, so it changes the thought patterns, and then they spread it, and they take it out there.

D: Eventually, it changes the entire world.

L: We hope.

D: How do you want people to change the energies in their own homes, because that's the first place to start, isn't it?

I wanted some type of ritual that people would be able to relate to.

L: Blessing. Blessings on the home. Bless the space, positive, peace be to this house. Peace be to this house. Bless your home, then bless your *own* house, bless yourself. Your body. Because it is your house, your home. Bless this home, bless this house. Peace be to this house. I ask that all harmful and negative things be sent to Source. I release it to Source. Release it to Source. And have anything that's harmful or negative here be transformed into love and blessings that are of the highest and best good. Simple things, things written down on a mirror in the bathroom. Said every day so it starts to become part of their crystalline structure. Write down simple things at first: love, peace, forgiveness. They don't even have to mean it at first. They can say, "Love, peace, forgiveness," if they need to. And forgiving themselves, loving themselves.

D: People carry around so much stuff that they need to get rid of.

L: Yes, and they'll see that when they change that, all these other things will fall away and their lives will begin to heal. And allow the lives of others to be healed.

D: Then it gradually spreads until it can have an effect on the whole world?

L: Yes. There are some powerful people out there. Their thoughts are powerful. And we need them to think powerfully.

D: Right now, there's a lot of negativity in the world.

L: Much depression.

D: Does this also go toward the idea of creating the new Earth? L: Yes, yes, it's part of it.

D: By changing the thoughts. (Yes) Then the negative thoughts are left with the old Earth. (Yes) When we began today, I thought we were going to past lives. We didn't do that.

L: Those have fallen away for now. For Laura, it's important to bring forth those things that she knew before into this realm to help people release things from the past and to move forward.

D: So we don't need to worry about where we have been in the past.

L: Some people really do need to, and the lives are very relevant because it helps understanding and healing. It's very important, but from there to step forward into the new thought.

The Light is whole. It has to experience individuality. This is very similar to what I have discovered about plants and animals. They are part of a group and operate as such, even though they are also individual. In order for them to progress to the human stage they must develop an individuality, a personality. This is often accomplished by humans showing them love, and giving them a personality. This separates them from the group soul and starts their progress. They must do this so they can experience being human. We are all parts of groups. From the insides of our bodies all the way back to the Source.

CHAPTER EIGHTEEN

THE SPARK SEPARATES

We had just left a normal past-life regression at the point where the other personality had died. I moved Edith to try to find another past life, because the one we had covered was short, and we had time to explore further. Sometimes the subconscious will bring up more than one that will have meaning for the client. Instead of going into another lifetime, she found herself as part of a beautiful light. “I’m going up. It’s like being the light, and being *in* the light. It’s not a white light. It’s a gold light. It’s everywhere, but I think I’m part of the light, too. I think I’m ... *light*. I don’t have a physical body. It’s a wonderful feeling, but this is not what I expected. It’s not like a life light. It’s like little sparkles of gold, but they’re all one and I’m just being part of it.”

D: Do you feel alone, or are there other beings around?

E: It’s not a sense of... being a being. It’s a sense of being -how to say that? One of many, but become all the same. It’s like belonging, and it’s like being part of the oneness. Nothing separate, but being separate, but yet you’re not separate. I mean, I can identify my dot, my sparkle, but my dot’s part of all the dots somehow. There are other dots. There are many dots. But there’s not a sense of being alone, or being separated. I can tell that’s my dot. There’s a sense of being just one with all the others, and one with the light part of it.

D: Do you communicate with these other dots?

E: Through feeling. It’s like the communication is a sense of oneness. There’s not a feeling of being separate. And I know that’s strange, because I can identify that my dot is different.

She was having great difficulty trying to explain a concept that was so strange to her. There was much pausing and hesitation, which I have edited out. I decided to move her ahead to when she decided to leave this beautiful place. She described it as seeing a shaft of light splitting off from the great light. She watched as it picked an individual dot (or spark) and carried it away. "It's going down, and it's part of a soul that's being born. It's part of what's being put in, what's being born. There's more than this that goes into it, but this is one aspect. It's like looking at a cell. Something that's divided like two or three, and you see this go into the round thing, the cell thing. It's part of what's being born and ... it's growing. I don't get the sense it has to be a person. It *can* be a person, but it also can be something else in nature. This isn't all that goes into it. This is one aspect. Just that one little dot. But it has to do with the soul part of it." Apparently, they were not consulted at this point, the dot or spark was just picked up by the shaft of light and carried to Earth and deposited. She did her best to describe the process. "This is like going down and being a person. Whenever it's going to become a person. On its way to being a person. But there's something already there before it goes in and becomes a part of it."

D: What's already there?

E: It's like the spiritual joins the physical. The physical is there, and then the spirit gets put into it or something. That's what it looks like. Like it becomes the spirit, but the vehicle is there, and then the spirit's put in.

D: Did you feel this beam of light that takes you down?

E: Yes. It's a white light, lighter than the gold. It has some gold in it, but it's a brighter light. And it just carries the dot, or me. I don't feel like a dot now, but like energy being put into the physical. The process feels comfortable. I still feel part of everything. I don't feel cut off. I don't feel separated. I'm there, but I still have the feeling of

being one with the rest of it. I guess that's strange, because it is a different situation.

D: And then the light that brought you down goes away?

E: That's true. But they somehow are still here.

She then realized that she had been born into something as light, and found she was a plant. "I was part of it as it was growing. But when it opened up, I was in the center. Now I'm watching it. I'm not a part of it anymore. It now continues without me. I'm over here. And I don't have a sense of me being the dot or anything. I'm awareness watching it. My job was part of the growing part, but I'm not there anymore. That job is done. Now at this point, I have a choice of what job I want to do next. I can choose. I can go back and be another dot, an entity. The dots can choose to be part of that growing process, or they can do other things. It's a choice. It's a time. It's just a knowingness."

All of this was moving too slowly, so I moved her ahead until she made a decision about the next thing she wanted to do. It was *also* confusing, as she tried to understand what she was seeing. She saw a man, a soldier, in a war situation. "I'm trying to figure out if I'm him, or if I'm supposed to be helping him. No, I don't have a sense of being the man, so I don't know why I'm here. I think he has a decision to make. I see myself as a red color around him. There are yellow colors. There are orange colors. I'm part of the red color around him. It's not just me. There are others; we're helping him make a decision. It's like an energy of force that's present and can help him. There's orange and yellow, but I'm part of the red. I think it's a war situation. I think he's deciding whether or not to kill somebody. We're just an influence to help him to decide if there's a better way than to kill. To try and help him find that better way, or a different way. It's a decision. And I'm seeing myself as part of the red trying to influence him, or help him to make a better decision."

Although she seemed to be confused by it, it seemed she was some sort of guardian spirit and was sent on a mission to help someone. I decided to move her away from the scene, and allow the man to make his decision. I oriented Edith back into her body, and called forth the subconscious. I especially wanted to know more about the gold shaft of light, because I had never heard of that before.

D: She said she was part of the white light, the gold light, as one of thousands and thousands of little dots. Then a gold shaft of light came down. What was that?

E: It's more like divine will, intention. It's when a need arises.

How the need is met through divine will.

D: So she didn't have to make a decision. It was all done for her?

E: Yes. She was part of the light in the shaft. The shaft came into the light. It deposited this dot into what was growing. It was part of the spirit being implanted into the physical.

D: Is that shaft different from the Source?

E: No, it's just an aspect of it. It's just part of the divine will in action. It's a need being met. It's a process. Not *the* process, but one aspect of the process that makes it happen.

D: And then later you're given choices?

E: How to explain that. There's contentment either way: when you're activated, or when you're given the choice. It's different realms.

That was an interesting choice of words. "When you're activated." Apparently, before that you are part of the Source and are quite content to remain there. Then when you are removed, you are *activated* to become a separate functioning entity (dot, spark, whatever). Then a different process begins.

D: At the beginning, you don't really have a choice? And after that you are given a choice? Is that correct? I'm trying to understand.

E: I'm trying to explain. I don't have a sense of one being before the other. Except in this case, that's the way it worked out. There are two different states, but there's contentment either way, where you choose to be in that state or to be of service. To accept your assignment, or you can be in a state where you choose your assignment.

The most interesting point that I found in this regression was the mention of the gold shaft of light. I have reported many times about the Source, the great central Sun, the wonderful white light, that we all come from. It has been described many times that we separate and become physical. But this was the first time this part of the process was mentioned. Apparently, all the little sparkles, the individual souls, are quite content to remain in this state of eternal bliss. *Until* something else decides it is time for one of them to separate and begin their journey of learning and enlightenment. Then the gold shaft separates from the One and acts as a delivery method to escort the incoming spark to the receptacle it is to occupy the first time. Then the ongoing process begins.

CHAPTER NINETEEN

THE ORB

Jane's first impressions seemed like a fantasy land, because it was so idyllic. She described a beautiful nature scene where she was lying on the grass in a meadow enjoying the butterflies and birds, and the sound of running water in the nearby woods. There was even a little fairy sprinkling golden fairy dust around.

"The scene is changing now. This is very strange. Things keep popping in that aren't related. - Now I see a tribe of darkskinned people off to my right, and they are squatting down. They're watching. It looks like they're looking at me. I see them all looking at where I'm coming from, even though I don't know what that is. It feels like I'm just observing. (Pause) Very strange. To me, I look like an orb. Somewhere between pink and red. Not hot pink, maybe more like burgundy - something like that. This is very weird, like I'm just an orb floating there and looking at this scene.

D: Is that how these people see you?

J: I just feel and see all their eyes on me. I don't know what they see. They're just watching me go by. Now things are changing so fast. At first, it felt I was traveling along a dry riverbed, and the people were along the side. It's like I'm just in this orb thing, and I'm observing what's outside. Only it keeps changing. It doesn't stay the same for very long. I passed the tribe, and then it was a dry, sandy riverbed. And now there are trees on either side. To me, I'm just traveling through. It's very strange. And the scenes keep changing so fast that I can't even get a picture of what it is. I feel like I'm just looking out and seeing Now I see monkeys in the trees on the side. And I've been by buildings that look ... it's just so fast. I'm not aware of anything I'm doing, just traveling through and observing.

D: Then you feel your body is the orb? Or are you inside an orb?

J: I don't feel a body. I just feel the orb, and see the orb.

D: And you can go anywhere you want to go.

J: I'm not sure if it's where I want to go, or if it's where I'm *programmed* to go. But when you asked me, and I thought, well, if it's where I want to go, then I want to go to the ocean. And there it was. So maybe I can just go where I want. It feels like I'm moving a little bit above the ground, and moving through all these different scenes. And now I don't feel I'm programmed. I think there are some programs, and some control, not one or the other.

D: Let's see where you came from as this orb. If you are programmed, let's see who programmed you. And we can do this very easily by going backwards. Where did you come from as this orb? Where did you start on this observing journey?

J: I feel like I'm being sucked backwards, moving backwards very fast. I see some planets in the distance. I'm just moving backwards. (Pause) I'm seeing some kind of machines. They're silver-grey with dark sunglass-type material in them. And I'm moving backwards through them. They're on the sides of me, and I'm moving backwards.

D: Where is this machine?

J: In the sky. It was light, and now I'm moving through the darkness. It feels like I went back into a star. As if I kind of slammed into the surface and merged. I'm seeing stars all around, and it feels like I went right into one of them.

D: But the machine was out there in space?

J: There were several, and they all looked the same. They were traveling on the sides of me when I moved backwards. I moved

through them. We weren't traveling together, but I passed by them.

D: Then you went to this star and merged into it?

J: Yes, like a drop of water hits the pond, and it just splashes in and merges until it's all flat.

D: What does that feel like?

J: It feels really good. It makes me sad. It feels so good.

D: Do you get the feeling that you 're alone, or are there others with you?

J: It's all one, it's all there. I'm part of the Whole. We're all the same, and we're all there. It's just a form. It's silvery, almost like a ball of mercury when it all comes back together. It's all soft and silvery. It's not where I was formed - how I was created, but it's very comfortable, and it's familiar. It just feels right. It makes my heart feel all tingly. I just merged with it, but it just feels good.

D: That's the important thing, as long as it feels comfortable. Now let's move forward to when you left it and you started that journey. Did someone tell you to do this?

J: It's not that someone told me. There's really nobody telling anybody what to do. It's just that we all know. All the parts of us that live there, we just know that this is what we're supposed to do. And we just do it.

D: So no one tells you to do it. You just know you have to do it.

J: Yes. It's not a question. It's not a discussion. It's just that when we know the time is right, we go.

D: What is it you're supposed to do?

J: I'm observing. As I moved forward, I got my own form back from the Whole. And it felt like I blasted off from the Whole, and flew very fast back the way I just came.

D: What was the form you took as you broke away?

J: It was a silver orb. It's a circle that comes off of the Whole, but then the Whole merges all back together until it's smooth again. And then the same thing when I return.

D: So you all feel this is what you have to do, to leave and go off on your own?

J: Yes, that's what we do. We journey, we observe, we come back. And it feels like when I come back into the Whole, the information is just absorbed.

D: Do you know what happens to the information then?

J: We're watching, and I'm getting the Earth, primarily. But there are other planets also being observed. And we're watching them, and we're helping.

Apparently the souls or spirits were doing their work in this form as an observer. They gathered information and transferred it back again. They apparently were also helping in various ways in their spirit form, although there would be obvious limitations. But somewhere along the line, it was decided they could have more influence if they lived in a physical body and had direct contact with the humans. It is debatable whether one way is better or more effective than the other. This also accounts for the increasing number of people I find who are first-timers here on Earth. This is why Earth is so confusing and alien to them. Maybe it was thought they would be more effective if they were fresh and new, and not encumbered by past lives and karma. They would also not be disillusioned by living amongst the negativity of Earth over many

lifetimes. Therefore, an explanation for many new, fresh spirits coming in at this time.

D: Then when it's taken back and absorbed by the Whole, what does the Whole do with the information?

J: I am getting the understanding that we watch and help where we can. It's monitoring, observing, seeing what's happening, bringing back the information of what's happening. Just traveling around and emitting an energy to help as much as we can right now. There's some type of energy that is emitted during the travel. I'm seeing it's not the same exactly, but similar to the fairy dust that was being spread. I see a type of energy that is almost being sprinkled. There are many orbs doing this. There are many, many different ones leaving from the Whole and coming. I see an energy being sprinkled on the Earth that is available to be used. And some is used, and some is not. Some people are using the energy to help, and some are not. Some are so into the negative, so unaware of the light that they don't know it's there. But the energy is being sprinkled. That's what I do.

D: Have you ever wanted to enter into a physical body?

J: I have done that. As I'm observing, we just know what our job is. That's what we do, and we don't question it. We just know that is what our purpose is, and we do it. And then we come back, and that's it.

D: So occasionally you do enter into a physical body?

J: The energy that is in the orb has been in physical bodies before. It doesn't feel simultaneous though. As I am feeling the form of the orb, it feels that is a different expression, and a different experience than the physical. And as I'm traveling that way, I'm doing my job and going back to the Whole. But part of the energy that is in the orb at other times is in physical form.

D: Just a part of the energy?

J: Yes, that's what it feels like.

D: Would this be what humans call a "soul"? Or a spirit? Or is there a difference between that and the orb?

J: The orb is just another of the forms that the soul has taken.

D: So it can leave a part of its energy in a human body?

J: Yes. I feel like the energy in the orb is one expression that the soul essence can take, has taken, and the human body is another expression.

D: Why does it decide to enter into a human body? Is there a reason why it stops being an observer?

J: Just a different expression, a different experience, a different part of the Whole that wants to experience.

D: And am I correct that the orb (or soul) continues its existence, and just a piece of the energy enters into a human body?

J: It feels like it is a different experience. That it has some experience as the orb, and then the energy may choose to go into a human body. There are many expressions - those aren't the only two. But 100 percent of the full energy isn't ever in one expression, so it's split among many things, among many different - I keep getting the word "expression, experience". That it's split among many different expressions.

D: Is there a reason 100 percent would not enter into one experience, one expression?

J: I am understanding that there is more than one reason. One is, if 100 percent came into a human body, for example, it would be too

much energy to be living in a human body. Just a percentage of it comes.

D: It's too strong?

J: Yes. And the other reason is just to experience as many things as possible at one time. It's not needed to be 100 percent anywhere.

D: To experience as much as it can, to take back as much information as it can.

J: In whatever role it decides, whatever expression it decides to take on at those times. I'm seeing the Whole, the Source, and then the different sparks coming off as individual souls. And then those souls also splitting off into different expressions according to what is chosen. And I see them all coming from the Whole, the huge light. It's like they're each little tracks of light circling and circling and circling out from the Whole. They're circling around and coming back in, and splitting off again. And it's all happening at the same time. But they're all starting from the same place and splitting off, and returning. And that's all there is.

D: I'm trying to understand this. When you're experiencing, you're experiencing positive and negative both, aren't you? (Yes) Is there a reason for that?

J: I'm getting that it's just all knowledge and information, and the wisdom to know the difference, because we split from the Light, from the Positive. Wanting to experience something different, and now we have. And now we're all trying to get back to the Whole and to the Light. To make a full circle back again.

D: What happens when you make full circle and you finally return?

J: Then we jump off again.

D: You want to start the whole thing again?

J: In whatever way we choose. It doesn't always have to be the same. And I'm still just seeing everything. It's like little rays of light coming off and making a circle like it's going around a globe, only there's nothing in the center that I'm seeing. But it's making a globe shape, and they're all individually splitting off and going in all these different directions around and around. And then back again. But I don't see the end when every life stream, every expression comes back into the Whole. I'm still just seeing the circle, the circle, the circle. I'm not seeing what happens if and when all the individual sparks decide to stay home.

D: Yes, what if all of a sudden they said, "I don't want to go out anymore"?

J: There are enough wanting to go out that it keeps the cycle going. I don't see where they *all* come back, and don't leave again. I don't see that part. I just see the circle with all of this light circling around and around. And coming back through the Source, and then splitting off again. And not all the same ones, and not all at the same time, and not immediately, but it is a circle. Eventually, each spark leaves again into whatever expression it chooses, or expressions. There may be more than one that it chooses for that time period.

D: How do you feel about that? Is this something you like to do?

J: It almost feels funny. It feels like we keep circling around and around and around, and it's okay. And when we get back to Source, we want to go again, or we do go again. But it's not always human, so we're not always having the experience as humans. There are other expressions, so it doesn't always feel the same. But it almost makes me laugh that we just keep on going and going.

D: What are those other expressions that are not human?

J: I'm seeing life on other planets and other dimensions, and resting periods. Different choices.

D: Just to learn, to observe, mostly?

J: And sometimes just to relax. Sometimes just to have a time to be more integrated, more quiet. It's a different expression in the physical. It feels very active, and so many different choices. But there are other places to go that are more serene, and more relaxing. And we choose to go to those just to get experience.

D: So even you get tired after a while of doing the same thing again and again? (Yes) What are those places like where you just go to rest?

J: I'm seeing one now that is just blue, and it feels peaceful, and quiet. And it feels slow. The picture I'm getting to explain it is like floating in water without having to do anything. It's almost like being in the womb. Of floating and just feeling peaceful.

D: Does anybody tell you to go out again?

J: I'm not getting that anybody is telling me what to do. I don't see any difference in authority or anything like that. It just feels like a place to go to relax. And when it's time, you know it, and you move to the next.

D: In the meantime, you are accumulating information from many lifetimes, many experiences, many expressions?

J: And just relaxing, especially from the physical, 3-D world. It's so hectic physically, mentally, emotionally. It's a very fast-paced roller coaster ride. I'm seeing that when we leave the physical, it's like the edges of our energy field are frayed and uneven. So we can go to this place that I'm seeing to just relax and integrate. It's like we're pulling our energy back into the center again.

D: Recuperating. (Yes) So it's not an easy job to experience the physical, life as a human.

J: No. It's not an easy job, but it's just a choice and it's just an expression. And it's just an experience that we have orchestrated ourselves. And for those that figure that out, it makes it so much easier.

D: But you know how humans are, bringing it down from the broader picture to the mundane. We do get caught up in the emotions, don't we?

J: Yes, we do. We do.

I then thought it was time to call forth the subconscious in order to get answers to Jane's questions. Although, the way it had been answering, I was probably already speaking to that part that has all the answers. But it said I could call in the subconscious if I wanted to. "Why did you pick this experience for Jane to look at today?"

J: She's been curious about having lives in other forms, and so we wanted her to see that. And also to know that her purpose before was to help.

D: You were trying to show her how it all started, where she came from?

J: That it's so much bigger than where she is right now, so much bigger. It's difficult sometimes getting caught up in the day-to-day, and losing sight of the big picture. She came into this world and chose the life that she did so she could experience fully all the different ways a human can feel. And to use that to help other people who may be lost and struggling, and needing to have someone to connect with.

Animal suffering affected Jane deeply. She wanted an explanation for her reaction to this.

J: Yes, she struggles still with the human reaction, and this has been one of the hardest for her. She understands the human choices, no

matter how bad or negative it may look on the surface. But understanding about the animals - that's been more difficult for her. Yet she should know that they too have choices, and have also volunteered to come and live and die. And whatever has happened and will happen to them, they have also made that choice. They are not without choice.

This is also similar to the Japanese First-Timer (Chapter 15), in which she saw herself floating through various landscapes observing.

CHAPTER TWENTY

TEMPLE OF KNOWING

Sandra is a naturopath doctor from California with a successful practice. She studied medicine before deciding to put it to use as a naturopath. She is also accomplished in acupuncture and Chinese medicine.

When she came off the cloud, she found herself at the base of a mountain. “I don’t know if I’ve been walking the whole way, or if I was ... I want to say ‘teleporting’ in some way. It doesn’t really feel like I’m tired from walking, but I have traveled a long distance. I’m at a temple of knowing. Actually, the place is built into the mountain. It is not huge, but it is spacious. It has red columns and gold etchings on the building. I see there are huge gold etched double doors. This place came to me before in meditation, but it’s more vivid now. There are many colors on the outside; mainly golds and very deep blues. I did go inside once. It’s a temple of knowing.”

D: Before you started on this journey, did you know where you were going?

S: I knew I was going someplace. I don’t know if I knew this was the destination. This is the place where I obtain knowledge. I think it called me here. This is far away from where I live.

D: Was this unusual for you to go without knowing where you were going?

S: It’s not unusual for our civilization, for the people who live around me. People know, or have heard, that you are called for your destiny to do things, and you are to follow your calling. And this was my calling, so I came here. I think my family knew I needed to go, so I did. It’s not uncommon.

D: I was wondering if you had a family. What did you mean when you spoke of your civilization?

S: I believe this is Lemuria. It feels like the energy of Lemuria, yes.

D: Where you lived, was that a city?

S: We have communities; they are not really cities. I came from a place where we lived on the plains in small groups of families. I was a woodcutter - someone who cut trees down. Not in the way we do it now, but we culled trees. We choose the appropriate tree that needs to be cut down so it helps the forest grow. Then we use the tree for building our crafts and things like that.

D: Did you think it was unusual to receive a calling to go?

S: Right, because otherwise, you have more ordinary lives. When I was out in the forest one day, it was a knowing that I needed to leave, that I had to go someplace, but I didn't know where.

I was supported, encouraged to go, and this is where I ended up. I didn't know how long it was going to take me to get here. And I'm not quite sure how I got here - almost as if I *found* myself here. Like I was working in the forest and then, like chapters, I would suddenly wake up in certain chapters of my travels. I would wake up in the middle of traveling without knowing quite how I got there. And then I would have chapters of getting to another place, and then this is the end point. I don't really feel like I walked there. I don't feel tired or dusty or anything like that.

D: What are you going to do now that you are there?

S: I'm going inside, and I have a teacher there. There are big gold doors, and a black marble floor. Large crystals in the center; really, really large, ten or twelve feet high - really big crystals. At the end, there's an altar. Well, it's not really an altar, it's a portal. And these crystals are in a ring. And in the center of the ring, there's another

portal where ancient masters can come through. And in the center, knowledge comes from what I thought was the altar. At one end of the building, is where people can come and go. It's a physical portal, a doorway where you can go to different places.

D: But the other one is not a physical doorway?

S: The one in the center is kind of physical. You activate the crystals by toning. You tone and you touch the crystals and they awaken. They activate, and the crystals emit this light. You only have to touch one crystal and the crystals then awaken each other. Like different directions, one activates another one.

D: (From her hand motions.) Shooting across, you mean, rather than going in sequence?

S: Yes, that's right. And then as the energy grows, the center becomes this vortex. And you can stand in the vortex.

D: Do you stand in the middle when you 're emitting the tone?

S: No, you stand off to the side. They're all sorts of different crystals. They're not the same crystal type. There are black ones and clear ones and different colors. They're tall like generator crystals, and each face has different usages. You choose the crystal, and you can touch different facets and activate it. And your thought or intention of what you want to know, activates other crystals in a sequence with the tone that you give it. It causes a vibration.

D: Does it have to be a certain tone?

S: Yes, it's a tone, and actually you don't even have to make the sound. You can think the tone. You can imagine the tone in your head and it can touch the crystal in a certain way.

D: I thought you had to make a physical sound, and this would set up the vibration.

S: You can do that, too. But you can learn also to just do it in your head. Specific tones for specific things. So varying tones, depending on what you need.

D: So whatever you want to accomplish, would be a different tone?

S: Yes! Or combinations of tones.

D: Is this something you knew before you got there?

S: I don't know how I know this. It seems like I've always known how to use these. Then you stand in the center of the vortex to receive the information. The crystals set a resonance that allows the knowledge to be downloaded, received.

D: Is it specific knowledge you ask for?

S: Yes. Or knowledge that needs to be given.

D: How does that enter your body if you're standing in the center?

S: Actually, I think your body disappears. And then, when it reappears, the knowing is there.

D: Where does the body go?

S: It becomes one with the Universe.

D: But it comes back, because it is a physical....

S: Right. It comes back. And then the knowledge is integrated into the cells of the body.

D: Are there other people around?

S: Not right now. And I don't think very many people come here.

D: I was thinking there had to be someone to show you how to use these things.

S: No, I already know how to use them. I think what comes through from the other vortex, the doorway, is a guide, a physical person who seems to be the caretaker of the place, that I can consult with. Or I can leave here through this doorway to other places, and consult other people, or other higher guides or teachers. Actually, the Caretaker's more than a caretaker. I think he maintains the crystals and guards the temple. I think the Caretaker is also - it's not really a Master. It's a person who can give me guidance on what is appropriate to bring to my people. I'm called here to obtain the knowledge that will help my people grow and evolve. I'm supposed to come here occasionally and get the knowledge and then bring it to places so it can be disseminated. I'm supposed to go around and somehow share this knowledge. I have kind of a nomadic life, going from place to place. And I can use smaller crystals to carry the knowledge with me, to help me bring this into the world. Sometimes, it's actual knowledge that I communicate verbally or demonstrate to someone, but also a higher resonance of energy, so that I can help people evolve.

D: Are crystals used in your culture, your civilization?

S: Crystals aren't used so much by regular people. They are used by teachers and healers. Witnesses and Dreamers. You can travel and send information through crystals. You can use crystals for recording information.

D: You called some of the crystals "Witnesses" What do you mean by that?

S: They just sit there. You place the crystals in a place to record happenings. They absorb.

D: What do you mean by the Dreamers? Is that a different kind of crystal?

S: No, the crystals assist Dreamers. A Dreamer is a very evolved being. They're almost no longer human, because their vibration is so high that they are able to appear and disappear. They're very powerful creators of their reality.

D: Does it take a lot of training to get to that point?

S: Years, decades of training. Dreamers are very, very long lived. As are many people, but Dreamers are very long lived, because it can take decades to learn what they're learning. And then when they're much older, they start their work, which is to help the people dream their destinies and imagine new possibilities, and create for themselves. Dreamers can teleport anywhere. That is the first thing they have to learn to do. That's how you become a Dreamer.

D: Is that one of the things you're going to have to learn?

S: No, I'm not going to be a Dreamer this time.

D: Is it difficult to learn to teleport?

S: It's not that hard. It takes concentration in the way of adjusting your resonance, so that you can dissolve your energy field. Then step into another place by thought, and you're there!

D: So this is taking the physical body and moving it?

S: Yes. Feels to be easier than you think.

D: It sounds like it would be difficult.

S: It's difficult for people now.

D: Then they know how to concentrate and they can dissolve the body, if that's the right terminology.

S: Yes, that's basically what they do.

D: And then they reassemble someplace else?

S: Yes. The atoms have a memory so they can just go back, reassemble into the right order.

D: Do they have to concentrate on where they want to go?

S: They just have to think, and have intention.

*D: And then they learn about dreaming, helping the person dream?
(Yes) Do you know how they help them to know their destiny?*

S: I used to know. I don't know right now. - I could probably ask.

D: Is there someone there you can ask?

S: I can ask the Guardian. (Long pause) To be visited by a Dreamer is very special. And they come to help if you're lost, or if you're just awakening to who you're supposed to be. They come to help you, and you ask them for a dream. And some people, if they don't have a dream, or if they are lost, the Dreamer will help dream them a future so they can find the dream.

D: Do you mean a dream like you have at night when you go to sleep, or a dream that is like a goal?

S: It's the same thing actually. Night dreams are outside of time and space, and these dreams can be created into your goal. So dreams are just a matter of stepping out of time and space. Creating something you want, and putting it back into -perhaps a different time and a different space - but something that will come into your future.

D: First, you must have the dream before you can create anything. Is that what you mean?

S: You must be open to the dream. If you can't dream it yourself, the Dreamer can help.

D: Is the person aware of the Dreamer?

S: Everyone knows about Dreamers, and it's a great privilege for someone to have a visit from a Dreamer.

D: Is it a physical person that appears to them? (Yes) So they will see this person.

S: Yes. They can appear at any time. Usually at a time of crossroads for a person. But not everyone at a crossroads will get a Dreamer to come visit. It depends on your destiny in that lifetime.

D: Do you have to ask for the Dreamer to come?

S: Sometimes you can ask. But, most of the time, the Dreamer just shows up. The Dreamer helps create the dream for the person. The person is in charge of creating and manifesting it. But the dream must be there first; the imagination of something there. I think the Dreamer creates it and then the person allows it to be manifest in their life.

D: I was wondering how they get it into their mind.

S: The Dreamers have the ability to dream, to have a dream for the person, and somehow it becomes part of the person's future.

D: So, when the Dreamer appears to the person, they have to go to sleep?

S: No, the person doesn't sleep. The Dreamer sleeps. And the Dreamer creates it in their sleep. The person just allows. You have to be ready for one. - I think I'm here to bring knowledge. I'm not a Dreamer. I wasn't called to be a Dreamer here. I'm bringing knowledge in the form of light. I just obtain the knowledge from the

crystals. And I can get guidance from different people who can come and visit me from the portal.

D: I'm used to thinking of a student attending a school, and a teacher telling him everything.

S: Oh, no. No school here. It's just me.

D: And then you absorb this information and take it back with you?

S: Yes, to different places. Not necessarily back where I came from. Sometimes; it depends on the information, I guess.

D: So you will return to this place again and again to get more information and knowledge?

S: Yes. I think I can get here easily, now. I think I know how to teleport, or maybe I'm learning how. But I can get here easily without having to make so many journeys.

D: What kind of knowledge are you receiving that you have to pass on to people?

S: Knowledge about how they can achieve their destiny. Knowledge about how to live their lives more easily. Knowledge about nature in gardens, in growing, in plants.

I condensed time and moved him forward. "Is this what you do with your life?"

S: Yes, I'm a bringer of light. I bring light here to people, and light in the form of enlightenment.

D: Do the people accept these things?

S: They're very grateful. I have a very rewarding job. They cherish it. Sometimes it's hard if someone is misdirected, but mostly people are

very in touch with their inner knowing. I just hope I help them become more in touch.

I moved him forward to an important day in his life. He was again in the temple. But now he was very, very old. "Grey beard, grey hair, and I'm going into the vortex where people come to visit me. I'm going...."

D: Have you done this before?

S: I don't think so. I thought I could. This vortex is where my teachers come to teach me.

D: So you didn't have to go into that part.

S: No. I always thought I would, but I never have.

D: Is the vortex in the center of those crystals?

S: No, it's off to the side. It's on the other side of the temple.

D: So it's different from the place where you received your information. (Yes) All right. What's happening when you go into the vortex?

S: I dissolve. I'm floating. It's wonderful. I'm going back home. I'm going to the Source.

D: Then the body has died or what?

S: My body just disappeared. When I entered the vortex, it just went back to where it came from. It just broke apart.

D: So this is how you exited the body. (Yes) But you said you're going back to the Source?

S: Yes, and beautiful light. Oh, it's lovely. Beautiful, very bright. Pink, yellow and orange light. It's very protective and peaceful.

D: Why did you want to go back home?

S: I come here to rest.

D: Will you stay there for a while?

S: Well, a while implies time. There's not really time here, so I exist here and recharge. That was a good life. It was fun. It was very fun. It was very rewarding. And it did much good.

D: So you can stay in this place until you're ready to go out again? Is that what you mean?

S: Yes, this is where I get my next assignment. I rest here and I decide where to go. I negotiate what I want to do. Not me, but my *whole* self gets to decide what I need to learn next, and how I can help.

D: What do you mean by your whole self?

S: My last lifetime was a part of my whole self.

D: Just a portion? (Yes) But you need all of it to make the decision?

S: Yes, because I need these different parts. There are other parts that need to be consulted. My whole being has a goal to experience and touch as many as I can. So I rest here until we decide what to do next.

D: There are probably many things you take into consideration? (Yes) Do you like to keep returning to the physical?

S: Yes. Earth is a beautiful place. It's just very, very wonderful. And it needs help. There's so much possibility that hasn't been achieved yet. We make decisions on when to come down.

D: When you were making the decision to come into the body known as Sandra, what was the plan?

S: She's supposed to do something different. Oh! Not different from the civilization now - she's supposed to bring in knowing as well. In the next life, she's to increase awareness and help people see their full potential more than the mundane things that people worry about now. They worry about their house, their car, their job, but there's so much more. There's so much beauty in the world. There's so much beauty in themselves and in other places. There are other beings to know and to contact. There are other parts of themselves that they can integrate. They need to begin to see what is important.

D: How can Sandra work with people to accomplish this?

S: She can best do this through her ability to inspire people to live beyond their mundane lives. People take their lives too seriously. And to help people see that they are much more than they think they are. That's her job. She can inspire people through talking with them, and she will help people learn how to imagine for themselves and to dream bigger dreams for themselves. That they can step out of their pain into more of the joy and fun and happiness.

D: It sounds like she's taking on the role of the Dreamer.

S: She has good capacities to be a Dreamer. She is a Dreamer. She does dreaming now. She's not aware of it, though.

D: Sandra is a healer now, and she wants to know how to expand, extend her healing work to do more.

S: She can, into being the Healer of the consciousness of people. Many people are stuck in this rut. And she has the ability to hold a resonance of joy and beauty. And she can see for other people beyond that which they can see for themselves.

D: Will she be able to bring back this lost knowledge that she had in the past?

S: Yes, she connects with it now. She's just not very good at it. She's intimidated.

D: Can you give her any instructions on how to get the knowledge back so she can use it?

S: She could actually visit this temple in her meditation. Connect and allow the knowledge to come in. And the knowledge can give her the next step. Each next step that she takes will open up more of what she can bring to this world.

D: So the memories will come back of the knowledge and how to use it?

S: Some of it is memory, some of it is new. The world is evolving. There's more information that is coming in.

D: Why did you show her that lifetime?

S: This was a pivotal lifetime for her, and the lifetime she's in now is also a pivotal lifetime. That lifetime was one of grace and courage and being able to follow the unknown. But being resolute in knowing that she has a destination, even though she doesn't know where the path is taking her.

D: So you wanted to show her that she has done it before.

S: Yes, she's done it before, and it was very busy. Sandra actually knows how to return. She was given the information a while ago, but she forgot what it was. She must not be afraid. She must really know that what she can dream, she can have. And that her work is much more important than she thinks, and her impact on the world is much more than she suspects. She's not as weak as she thinks she is. What she will accomplish is a life long goal. She can help people find the motivation beyond the mundane, beyond the day-to-day work: kids, marriage. She can help them find higher motivation. She will have a wide effect, and those people will have effect. Ultimately, she

and others, who have similar work, will be able to affect the world globally.

CHAPTER TWENTY-ONE

PARALLEL WORLDS

Terry had driven to my office in Huntsville in the dead of winter from South Texas pulling a horse trailer. She parked at the nearby Wal-Mart, because that was the only place that had enough room. It was very cold, and I wondered if she had any animals in the trailer. She said she was going to pick up some horses on her way back home. Terry is a professional psychic who lives in an isolated area. She tries to maintain her privacy, but it was becoming increasingly difficult. She has the ability to communicate with animals (even at a distance) and tell the owners what is wrong with them, so the veterinarian can help them. So people come and call constantly for her advice.

As part of my hypnotic induction, I always take the client to their beautiful place before I get them into a past life. It is happening more often that they go immediately to where they are supposed to be, and I don't have to complete the induction process. I have been doing this for so many years that I can tell by their descriptions if I can eliminate the rest of the procedure.

I can also tell whether the scene they are seeing is the beginning of a normal past life regression, or a twist into the paranormal. The results are always the same, the person will get the therapy they need to help with their problems. The road they take to get there may be a little different each time. In these cases, they sometimes give me information that I can use, as well as answers for themselves. I have had people come to me with the sole intention of being mentioned as a case in my books. One person said, "I would be horribly disappointed if you didn't write about me." I try to explain that this is not the way I write my books. I never go looking for information. My main desire is to help the person with their problems. Most of the past lives they go back to are incredibly boring and

mundane, yet they contain the answers they are seeking. If information I can use comes out, it is usually spontaneous and unexpected. You can't go looking for the things I write about. It just happens, and I think this gives it more validity, especially when several people report the same thing. My job is to be the reporter and take the thousands of pages of transcript and weave them together. I am constantly astounded by the things that are being recovered. It is often not evident until I begin putting the pieces together.

During the induction when Terry went to her beautiful place, she was describing a typical beach scene. Then it changed so abruptly, I had to turn on the tape recorder and try to recap what she was saying. There was no reason to complete the induction. At first, she saw herself floating high above the beach observing it. Then suddenly she found herself *under* the water watching the fish go by. There were also dolphins swimming very close to her. This, of course, could have meant many possibilities, but I allowed her to give her own explanation.

"I am just swimming. It's very pretty. Nice and cool. The water's very clear." She said she did not feel she was using any breathing apparatus, so I didn't know if she was human or animal. Then she saw that she was a black-haired native male. He had a knife in his belt that he used to cut open fruit for food. He did not use it to catch the fish, because he considered them his brothers.

"I can stay under the water for quite a while, and then come back up. It doesn't hurt me." He greatly enjoyed being around the fish and the dolphins. "They come when I call them. I like the dolphins. They are so pretty. They show me things. They show me how they see things, hear things. They can hear me calling to them. It vibrates. It's like energy. Vibration. Like when you drop a pebble, the water ripples. It vibrates like that and it ripples. They say they know when I get in the water."

D: So they don't hear the way humans do?

T: No. The dolphins say they're Star people.

D: What does that mean?

T: I don't know. They just show me this picture that the ocean goes on forever. Up. It goes up forever and ever. It's really pretty.

D: I want to understand that. You mean like an ocean on Earth?

T: Yes, it's like the ocean. When I ask them what they mean, they just say they can travel through. They show me this picture, it's a big blue crystal. And they say, see, we can go to the stars and come back. Out and back, out and back.

D: Do you mean it's like space instead of an ocean?

T: Yes, yes. Space is like an ocean. They say it's all the same.

D: When they do that, do they travel in their dolphin bodies?

T: No. It's blue, but it's your essence. It's sparkly. I don't know how to describe it. Like sparkles. It changes. It's not a shape. It just is.

D: I was wondering if they went with their dolphin bodies, or how they travel.

T: They can. They can go with the dolphin to bring messages back.

D: Who are the messages from?

T: First they said God, and then they say Star people.

She was speaking as a simple native who appeared to be naive, was not complicated, and simply believed whatever information he was getting.

T: They're connecting me through this blue tube that looks like a big blue crystal of some kind. It's a tube. It's really pretty in there. It's not water.

D: Where is the tube?

T: I don't know. It just goes up forever.

D: Out of the water?

T: Yes. And I can see myself go up, up this tube. They show me what it looks like there. (Hesitation, as she looked for an explanation.) Light. Lots of light. Things coming and going all the time. Ships.

D: But I thought that the dolphins would be physical creatures like humans. And they wouldn't be able to travel like that.

T: No, they can go wherever they want to. (This was a surprise.) People think they have them trapped. They don't.

D: Do the other fish do the same thing?

T: No, just the dolphins.

His answers were almost childish in their simplicity. He returned to describing the blue tube that came out of the water.

T: It goes from the water all the way up. Up high. Too high to see. Stars, there's stars all around when you get past the Earth. You can look back and see the Earth.

D: Can you see through this tube?

T: Yes, you can see outside of it. They call it a portal.

He was not frightened because he had done this many times, yet this was the first time he consciously remembered doing it.

D: Are they going with you, or are you going by yourself?

T: They let me hang onto their fins.

D: They must like you very much if they're letting you go with them.

T: They just say, "You're one of us."

D: They wouldn't let just anybody go, would they?

T: No. You have to know where this portal is. I know where it goes in the sky, but I don't know where it goes in the Earth. They don't want me to see that.

They did not want the wrong people to know its location, but its entrance was in the water. He then described what he saw as he went up in the sky.

T: We came out of the tube, and we're over the city. They show me what it looks like there. (Hesitation, as she looked for an explanation.) The city's all crystal. It's like having crystals stacked on top of one another. It's a very deep blue. I'm seeing another color, maybe sapphire blue. Light. Lots of light. But there are ships that are coming and going all the time. They look like bullets, almost like the dolphin shape. No nose, no eyes, but they're shaped kind of like that. They're dark grey, and they come and go all the time. (Pause) It's a power point. There's a big, bright light right in the middle of all this. It's really intense white light.

D: You called it a power point. Is that because of its brightness?

T: No. It's a point in the universe that you start from. - There are tables there.

D: Can you ask them what that's used for?

T: Astronomy. (Pause) It's some kind of... astronomy. They plot the stars. The table looks like marble or rock, and there are all kinds of inscriptions on it.

D: Where is the table?

T: In this place where the white light is. It looks like it comes out of the middle of these points of crystal. But I came down into this place where the table is. It's round, and there are inscriptions *all* over it. Line after line of inscriptions. I don't recognize the writing.

D: Is there anybody else in the room?

T: Yes. My grandfather. (That was a surprise.)

D: Ask him what this place is?

T: He's laughing. He says, "It's your home." (Chuckle) He says, "You're a mathematician."

D: You didn't know that, did you?

T: No. I have trouble with math.

D: Yes. You are a native, and you don't use math, do you? (Pause. There was confusion.) Is that what you mean? Or is this something different?

T: (Confused) I see myself back there. My hair is funny, I have big thick bangs. But my grandfather says, "That's not who you are, though."

D: Do you see yourself looking different?

T: Yes, now I'm different. Now I'm a woman, and I have a purple robe with a big white collar. And down the back is ... a long point to the collar with a tassel hanging from it. I have long curly auburn hair that is down past my waist.

D: So you changed when you came out of the tube?

T: Yes. The dolphins left me at the doorway. They said they would be back. And then I saw my grandfather, and now I look different.

D: And he said this was home. (Yes) How does that make you feel?

T: (A sigh of relief.) Comfortable.

D: So it's nothing scary.

T: No. I'm just visiting.

D: Ask him, is this the spirit side?

T: He just said, "But of course."

D: We think of the spirit side as where you go when you die and leave your body.

T: He says, I don't need to worry about that. That I come and go.

D: I wondered if it was similar, or if it was a different place.

T: A different place. (Listening carefully as the grandfather tried to explain.) They're not here. They're below us. They live in another city.

D: The ones who have died and left their bodies?

T: Yes. They live in another place. The vibration is much lower there.

D: Then, where you live, do you have to reincarnate and go into other bodies?

T: I don't *have* to. I can stay or go.

D: In the spirit realm, the lower vibration, do they have to go back and forth?

T: Yes. They don't have a choice. They get lectured to, and then they go back. They listen to talks. There are many teachers that they have to listen to.

D: But you don't have to die to go to this place where you are now?

T: No. I can go back and forth.

D: But the physical body doesn't know this is happening?

T: No. It's still down there with its family.

D: Can you do that? Leave the physical body, and journey to a place like this?

T: Yes. Whenever I want to.

D: But doesn't that affect the physical body when you leave it?

T: No. It's a shell. It just waits until I come back.

D: How does it wait? Is it living?

T: I see that person down there grinding corn right now.

D: He's going along with his regular life. (Yes) And he doesn't even know that a part of him has left. Would that be correct?

T: Yes. I just need an anchor here. It's like, he has to have that portal to come back to.

D: That's because you're not ready to leave the body all together?

T: No, I have work to do there.

D: But does the entire soul or spirit or essence or whatever you are, leave at one time? (Yes) It can do that and leave the body there?

T: Yes. I'm watching it.

D: The body will still function? (Yes) He doesn't even know anything has happened.

T: No. It just goes on about its daily work.

D: That's quite miraculous. I'm trying to understand how that would work.

T: I don't know how that works. I just see that person down there.

D: And why did you come to this place, your home?

T: I have to take information back. That person down there, he's also a religious leader. I hear the word "acolyte". They go to a grotto. It's underground. There's water there. It's not a cave. The ocean rushes in and out. He takes back the information I give him. Numbers. He takes numbers back.

D: What does he do with the numbers?

T: (Pause) They put them in something. I don't know what it is. It's like a safe.

D: Why does he have to take numbers back?

T: These people can't live.

D: It depends on the numbers?

T: Yes. The information comes back. They use it to guide ... they guide ships in. Those tubes. They come in.

D: But the people don't know what these numbers are used for, do they?

T: No. They're not very smart people.

D: So he has to have the numbers, and it's used to guide the ships to this place? (Yes) You said he was like a religious leader. Is that why he can talk to the dolphins?

T: Yes. The people think he's ... he's not a guide. I don't know the word. But he talks to the spirit world. He uses herbs and things to heal them. They think he's a healer. He has visions.

D: And the people there respect him for this. But does he know where this information comes from?

T: He thinks this woman talks to him as an angel. But actually *it's himself*.

D: It's the other part of himself that is giving him the information. (Yes) Then when he dies, will he go directly to the place you are now? He doesn't have to go to the lower vibration?

T: Well, his *physical* body does. But the other part of him will come up the tube.

D: I was thinking he was different from the rest of the people.

T: Yes. He has to live alone out there. He has his family, but his wife is ... she doesn't understand.

D: It usually happens that way. But he doesn't know all of it, does he?

T: No. Too much information for him. He wouldn't be able to handle it. - He doesn't know how to use the physical body to transmit the

information. It's weak. He's sick. He takes on the illness of the people that come to him. I've tried to help him, but he can't

D: It's wonderful to help people, but he shouldn't take that on? (No) But what is he going to do with this information you're sending back to him?

T: It's for later. Next time he'll be able to handle it better.

D: When he comes back into life, you mean? (Yes) When he comes back again, will he know where he has hidden the numbers?

T: (Pause) He sees it, but he doesn't know where it is on the Earth. He knows where he put it, but he can't find it. He looks, he looks.

D: When he comes back into another life, will he return to that same place?

T: He's looking for it. He may find it soon. Now he's dressed in pants and a hat. He's gazing up at this wall, and he knows it's there, but he can't see it. He's going over it with something.

D: How does he know it's there? Does he remember?

T: He's having flashes, dreams. (Pause) He's looking for dolphins. He doesn't understand that's not literal.

D: He probably remembers the dolphins from the other life.

T: Yes. He's a good man though. He wants to help. But it's not the right time yet, because they'll somehow take that away.

D: So neither one of these people really knows what to do with this information. (No) But this part of you remains up there at this crystal city? (Yes) What do you do while you're there?

T: I talk to my grandfather. I'm learning. I'm his student.

D: Are you also watching what's occurring on Earth?

T: Yes. I'm troubled. I want to fix it, but you can't fix it.

D: Why not?

T: There's trouble abroad. I don't know what that means. I see this big white snowy hillside. And there's black coming down over the top of the hillside. I see people dressed in armor. I hear a lot of yelling and horses running.

Obviously she was viewing another lifetime, and I didn't see the point in pursuing that. I was more interested in trying to understand, or at least gain information about this apparent splintering that was going on with Terry's soul.

D: Who or what decides which parts of you would be living on the Earth?

T: My grandfather sends me back and forth.

D: Are these like parts of yourself?

T: Yes. It's like particles. Thousands of particles.

D: I'm trying to understand how you could be there, and in all these other physical bodies at the same time.

T: It's like being sent out and pulled back, sent out and pulled back. In and out, in and out.

D: And when you're in the physical, you're not aware of the other place? (No) But you can still communicate back and forth? Would that make sense?

T: (Pause, and then a smile.) Grandfather says it's like a sparkler. The sparks come from a central point, but they're all part of the sparkler.

D: So when the shell, as you said earlier, is living down there, it has enough of a spark to keep it alive? (Yes) But it doesn't know about the central point, does it?

T: Sometimes, no. - He keeps telling me, "No, no." He turns the light off, because I wanted to go and stop that fighting I was watching. He said, "No, no, not you." He says, after the fighting's over, then they see the city.

D: He won't let you help.

T: I just hear the word "harvest".

D: What does that mean?

T: He just says, "They reap what they sow."

D: That's why you can't interfere?

T: Yes. He says, "You can't help everybody. It's not possible."

But I would like to try. I want to make them stop.

D: Is that the real part of you that is there in the city, and these other ones are just little sparkles? (Yes) That's the real you. Do you know about all the lives you are living?

T: (Sigh) Oh, there are so many. So many.

D: Do you watch them all?

T: It's just like shuffling cards. It goes too quick. There are hundreds of them. I just hear my grandfather say, "It doesn't change who you are. Those were just like shells on a beach."

D: The bodies, you mean?

T: Yes. Or ... cicadas. They're like cicadas. He says, "You know, they're on the tree."

What a wonderful example. I am aware of cicadas, because we have them in our part of America. They are a large bug that is often mistakenly called a locust. We live in the country, away from the city, so their characteristic sounds fill the air during certain seasons. But the most amazing and beautiful thing about them is that, as they grow, they split down their back and crawl out of their shell. They leave the shell attached to trees, and it is an exact replica of their body, eyes and everything, except that it is lifeless, just an empty shell. Very similar to the way snakes shed their skins and crawl out of them.

D: A cicada. A shell. They crawl out of a shell.

T: Yes. They crawl out and they come home.

D: That's what I'm trying to understand. Do these shells have wills of their own? (Yes) They can do things that accumulate karma, and have to pay back karma? (Yes) But the main part that stays up there doesn't accumulate karma?

T: Not anymore. It did at one time, but that's over now. There's a part, a string, a cord that attaches to the heart. I don't know about other people. I just know there's this cord, and it attaches me into my grandfather. And he says, "It's like climbing a ladder, and you climbed past that lower vibration."

They're still climbing. There are many rope ladders. There are other people who are past that too, but the vast majority are still trying to find the ladder."

D: And even though they have a bigger self, they're the ones that are still caught in karma, the lower vibrations? (Yes) When you are able to progress up the rope ladder, does anything have to happen so you are finally out of the karma?

T: It's like death, but there is no death. Some people follow it back. They find the rope, and they hit like a wall or something, and they fall back down. My grandfather says, "You continue looking over that top. You can see me, then."

D: I wondered if you had to do something, or something had to happen when you finally went past that part.

T: Oh, yes, the struggle. You just have to forgive. You have to stop ... just stop. No more anger. No more ... no anger.

D: You mean, finally you understand what's going on?

T: Yes. It's so unimportant, what's here in the Earth. My grandfather says it's what's written on this tablet, this table.

D: All those inscriptions? (Yes) So when you finally reach that point, you understand what's happening. Is that what you mean?

T: If I look back, like over the edge of a wall, I see all these lives. And only a few climb up. They're miserable. Angry. They're so angry.

D: So there comes a time when you 're able to graduate, so to speak, or progress further? (Yes) But if you have done that, why are you still experiencing lives on Earth?

T: My grandfather calls me a "wayshower."

D: I would think if you had reached that point, you would not need to go back.

T: There are people following.

D: So you chose to continue coming back so you could help others? (Yes) That's very important, because otherwise, they don't know what they're supposed to do.

T: No. They're very frustrated. They don't listen sometimes.

They get angry.

In one of my books, I was told there were many people on Earth doing the same thing as Jesus and the other masters. It's just that they do not make themselves noticed.

I have described my *Convoluting Universe* series as books for those who want their minds bent like pretzels. If this story has not succeeded in bending yours a little, then I have not done my job. I think it is a perfect example of how one main soul part can be aware of the others, and it also gives us a glimpse of how they exist at the same time. At one time, I asked the subconscious about simultaneous time. "How is it possible that everything is happening at the same time? We know we start out as a baby, grow into a child, and finally an adult. We see it as linear progression. How can it all be happening at the same time?" It answered, "Because it isn't *happening* at the same time. That denotes a beginning and an end. It is *existing* at the same time." Although I don't know if that makes it any clearer. Maybe the examples in this chapter will help.

An article in the June 18, 2007 *Newsweek*, discussed the dangers of traditional psychotherapy. It is being found that it causes more harm than good to have patients relive over and over again the stressful and often traumatic incidents in their life. Even more danger was found when dealing with dissociative-identity disorder (formerly called multiple-personality disorder). Quote: "Some therapists believe that the best treatment for these fractured souls is to bring out the hidden identities, called 'alters', through hypnosis or helping alters leave messages for one another. ... The 'let's meet the alters!' techniques can actually *create* alters in suggestible patients. 'As more alters come out, it gets harder to get the patient back to having one identity.' The longer someone stays in therapy, the more alters show up. ... So much for 'First, do no harm.'"

When I read this article, I suddenly realized what these doctors are unknowingly dealing with. They are assuming (as most of us do in the normal everyday world) that we are one individual personality. They have no concept of this theory that we are actually pieces, facets, splinters, of a much larger soul which is sending out many pieces to experience as much as possible in a quicker time frame. That all of these pieces of ourselves are existing at the same time and are normally not aware of each other. I have been told that this is the way it should be, because the human mind cannot handle knowing all of these things. In order to function in our everyday, normal world, we must be focused on the present life, on the body we are occupying at the present time. It is all right to know that these other parts exist, but if they were to begin interacting with our present life, it would cause confusion and chaos. I have found that in exceptional cases, the person's life can become so traumatic that another "piece" decides to come in for a limited while to relieve the pressure on the spirit occupying the body. If this were not done, the trauma would be too great for the spirit assigned to the body. I believe this has been the case in books I have read about multiple-personalities, such as *Three Faces of Eve* and *Sybil*. Their lives become so difficult that they look for a way to retreat. Maybe when they came into this life, the veil was thinner, or the glue that holds them in their places was weaker. Either way, I think these "alters" are really some of the other facets (or lives) of the individual leaking through. If this is true, I think it is dangerous and of no use to encourage these parts to remain, and to interact and become acquainted with each other. This can only mess up the natural order of things, and cause confusion. They should be encouraged to return to their normal time frame where they can continue living their own life, separate from the patient's.

In my work over thirty years, I have discovered many flaws in the normal hypnosis methods. I had to discover this by trial and error, and by making mistakes in my early days (based on using the normal methods that most hypnotists are taught). Over the years, as I discovered these things, I was determined to incorporate

safeguards into my technique. I am extremely careful about the welfare of my clients, so I have incorporated steps that are not taught in traditional classes. That is why my technique is unique. One of the main things I do, is to make sure that when I have brought forth an entity from another life, the entity is returned to its own time period. I discovered mental and physical effects that carried over for a few days after the session if this was not done. I never want my clients to experience any discomfort whatsoever, so when I noticed these things, I made it a part of my technique to return the entity to its own time frame. I would always instruct the client before awakening that nothing that occurred during the session would affect them in any way mentally or physically. I close off the doors and put everyone back where they belong. This is a very important step that a caring past life therapist should do. This is why I believe the psychotherapists are making a dangerous mistake, because they do not know about the multi-facets of our soul. They do not know these should be kept separate. It is not their fault. They are not taught to recognize this. The same way that physicians are often not taught that the mind can heal the body. We are all learning, and more astounding information keeps coming.

CHAPTER TWENTY-TWO

THE VOID

Jenny came from Canada to have this session while I was in Ashtabula, Ohio in 2005, giving lectures and workshops. She thought this would be closer than coming to my office in Arkansas, and she was able to attend the lectures, also.

When Jenny came off the cloud, she was confused because there was a sense of nothingness. "There's nothing. There's black, and I don't see any land. I feel that I'm in space. I'm not on any surface. I'm in, I guess, the void. I don't even see stars of any kind. I guess I better mention what's important: when I was on the cloud, I felt I was being accompanied by spacecraft, sort of like an honor guard of some sort. But now I'm in space, and I can't see anything."

D: They were probably going with you to help you find where you're supposed to go. But do you feel comfortable out there?

J: Yes, I don't feel any discomfort. But I don't see any stars. I feel ... not a sense of being lost, but I'm not sure of where I am, or what I'm seeing. - I've asked them for help.

D: That's fine. They've accompanied you this far. They brought you to this place out of nothingness. Let's take you to where you're supposed to go, to what you're supposed to see - the most appropriate place. They're taking you and you can feel yourself moving through the nothingness.

As Jenny moved, she became aware of approaching an image in the darkness. "It's not a gate, but it's like a symbol. I'm going through the symbol of a criss-cross, of an X. I'm moving through the middle of the X."

Others have seen a large X as a gateway or portal, and have been directed to go through it.

“I know they’re there, and I’m going with them, in my form. I’m not in anything. I’m just going by myself. I’m going through. It’s safe. Now I’m feeling more of a rushing taking place. Before, it was like I was stationary and going through, but now it’s more of a rush. More quickly through it. And my body’s not my body. It’s more like it’s being disintegrated. It’s breaking into these sparks of light going through this intersection, as you will. So I don’t have a body anymore. It’s dissipated as I’m going through this.

D: What do you feel you are if you ’re not a body?

J: I guess in my limited mind, I’m energy. That’s what it looks like: sparks, particles. It’s hard to explain. If you looked at the particles from far away, there is some form to it, but you can’t say, “That’s a head and that’s a leg.” From far away it would be some shape, but it’s not a shape that we know as a body.

D: But it is some kind of form made out of these sparkles?

J: Yes, sparkles. And they can come in and out. I can be part of everything when I’m in the blackness. And then I can bring it back together to be a form. If I have a purpose or a task to do, I bring it to more of a form. And if not, then I become a part of everything again. I go back in and out.

D: So if you concentrate on something, then you could gather it together again?

J: Yes. They would come to be more of a form, if we could call it a form.

D: Where are you, or where are you going in this form?

J: It's everything. Where I am is everything. It's familiar. It's not like I can define it as there's a beginning and an end. There's none of that. It's just expansive. And it goes on forever in my mind's eye. And I'm part of that. But there's no, *on* some surface. It's not a structure. It just goes on and on and on, like there's no end to it. And yet I know I have a place in it. That form becomes a form of many.

D: What do you mean?

J: Many forms, let's say, that do the same kind of thing. They can become part of the space, whatever that is, and then become a smaller form. And yet, when we're all together, it makes where we are, our home. Like we are our home in our own form. And when we *all* come together, it makes a larger home. A larger place where we're familiar and comfortable. We know that we belong there.

D: Are there others there with you?

J: Yes, there are many, many others. Let's say there's a whole view of different energy sparks, entities, whatever. And when I go into this place, I know where I belong as part of the Whole, but then we become the Whole. If I move out, there's a space that's there for me specifically. It's not like the others won't encroach on that space and fill it in, like it's an empty spot. It's as if I was a spaceship and was going into a mothership, and there's - I don't know what the wording is - my goodness. There's a space like a docking area for that particular ship, let's say, or you would know where to go and land. There would be that place for that ship. It's something like that, only I'm a spark of light and these are other sparks of light. And they know where I belong and I know where they belong. They each have their own space within this bigger space. They merge, like we merge as one. But it's very hard to explain that I know where my place is within that merging.

I think she was trying to indicate that she still maintained her own identity, her own personality.

J: Let's say I see this whole picture as the expanse of space, and they're all there as sparks. We're one thought, one energy, but we can be many energies when we split off. Like everybody has a purpose. Like there's a global purpose and there's an individual purpose.

D: So you don't merge to the point that you lose your individuality.

J: In some cases when it's required, yes, I could be part of that and I've lost it. And yet we have the ability to individualize that particular consciousness, so that I can be an individual. And yet there are times of rest where you go back in there and it's a loving thing. It's beautiful. It's safe, it's calm, it's like a resting time. But when it's needed, I can come out of there and be individual.

D: Does it have any features or physical characteristics?

J: No, no, it's not. I think we could be anything. But in this place that I am now, I see that it's a dark space. Not fearful of the dark, it's just dark. And the only light is our light. It's like having stars all over in the black sky, and those stars are individuals. Who, when they're at rest, they know they're individuals, but they become one and there's nothing else. There is one loving mass, I guess, but yet you could see the individual stars, if you will, or sparks. It's a comfortable feeling. It's a loving feeling. It feels like home. It's safe. And again, it's like a resting place.

D: You said there were times you had to go back there and rest. What would cause that to happen?

J: Well, it looks like I have work to do. And I could be away for many, many eons, but to us it's not. In that place, it's like a snap of a finger. It depends on where we go. It's very short in comparison to other places where there's a limitation of time. I could be away for a very long time, but when I get there, I realize I haven't been. It feels like I haven't been away that long.

D: When you go out to these other places, does anybody give you instructions, or do you know where to go?

J: In terms that I know to describe it, there's one theme of this place. It's like we all become a central mind, but yet we're individual minds. I don't know how to describe that. But when we're one, there is direction out of our knowing, and the mere existence of who we are. We know it comes out together like a command, but it's not as such. We know as a whole what we must do, and yet we're individuals in that thinking. We contribute. It's not as if we're robotic. I could say every spark is a world unto its own. And yet when we're together, it becomes a massive world that is something larger than the individual. So we know when we're together there's a certain purpose that has to be achieved. It's a safe haven, really a very safe haven. We have to go out of that safe haven sometimes to places that are not very pleasing or very nice or very safe. But we have such love of that force, that we know we must go. And we're willing to go to these unsafe places, because we don't question the asking of whatever has to be done. We just have to trust.

D: If it's so nice there, why would you separate and go somewhere else?

J: Because there's something innate in us that has to help, has to bring that beautiful thought of creation into being. And therefore, we do it willingly with love, even though it has caused problems, because when we're in these other places, we forget who we are. It's important that we forget, because in bringing whatever lesson or light into another existence - if we knew who we are, if we knew we could do certain things, or that it was only a temporary stay - that we're there to do a task and go back, it would give a bias to what is happening. Because there are certain light codes that we give off when we're in these places. So it would taint, it would bias what we're bringing. As an example, in a school you are a teacher. You have a set of subjects or topics or a piece of information to give the students. And maybe there's interaction between the two and then

it's gone. But we have to go through whatever is happening in that place. We have to go through it at the same processes that they are going through. These entities, the beings, whatever. We have to go through it, because we have to be in the same situation as they are. And in progressing through whatever problems or situations or difficulties they're having, we are also enriching the Whole that we go back to, and expanding that with that information. But we're emitting codes while we're interacting and going through this process, even if it's the most difficult situations or learning of exercises. We emit. We leave something there of us. And by working through the same problems, we show a doorway or a path that they could take to betterment, or to higher evolvment or what they need to go through.

D: You said you emit codes?

J: Yes, it's something that's done unconsciously at that time, because again, we have lost memory. And so it's something that comes through to us, and it goes to the land. It goes to wherever we're at, or through the entities that we're in contact with. And it's an unconscious interaction. But we're giving them - you could call it a "structure in codes" - they can use to access it so they can progress. So they can learn, but again most important, it's that we don't remember. Otherwise, we might have an attitude of, "Oh, I know what comes next," so it taints the exercise. So we have to go through that ourselves with these other beings, or whoever they are, so it's not biased. But then we do go back, we always do, whether it takes us years and years and eons. We do go back and that knowledge also enriches, if we could call it "one mind" - it's not really a mind. It enriches that space that I come from, and it keeps expanding with the knowledge. And each individual spark will go somewhere different, and of course, when they come back it just enriches that knowledge, that information, and that understanding, whether it's in motions or different ways of doing things.

D: What you're experiencing in the physical?

J: Yes, yes, because sometimes it is in a physical. We've gone to a physical place, and whatever timeline they're in, we're in that timeline. And so we experience whatever situation of the days, so to speak, wherever we find ourselves. So when we go back, it's still in *us*, and that information expands that space that becomes larger, if you will. And again, it doesn't seem to have limitations, like top or bottom or side view or anything. It's very expansive. I can't see an end to this.

D: With the information it grows.

J: It's expanding also, yes, the forces of the Creator's knowledge of itself. It knows to be omnipresent in all these things. But it also has to reference it; it has to know itself. It's very hard to explain, because it knows itself. But by these sparks individually experiencing what it is in some form or another, it's also putting reference to *its* existence. It knows it to be wonderful, powerful, all of these things, but I guess it's a step down to these other sparks. That when they go out, they're experiencing one form or another of its glorious nature or its abilities. Because we are part of the Creator or God, or whatever you want to call this force.

D: That is this thing you're describing?

J: Yes, when we're all together, we're *it*. Whether we're together or not, we're part of *that*. And when we're not, when we're individuals going down to these places, we have taken these abilities and its knowledge, out of this oneness. We go and do whatever needs to be done. And when we come back, we're part of that Whole again. And it knows when some part of it is out.

D: So it knows and keeps track of each little spark?

J: Yes, because we're part of it. Or like, if that was one universe, and we're individual worlds. You see, when we go out, we're individual universes. We have all that information, and when we come back, we're part of a greater one. It's hard to explain.

D: But when you separate and go out, are you an individual soul at that time? What we call a soul or a spirit?

J: You're more than that. In this thing that I see, you're more than a soul. Maybe a soul is like a lower - I'm not trying to say "lower, upper." It's a different extension of this world. We're almost like a star, like a sun is a star. So it's like everything into one. It's spiritual, it's physical, it's non-dimensional and dimensional. It's everything rolled into one. And as you step down, different tasks are involved. You could be involved in creating something that are systems of physical places. But then you could step down really, really further, and you are an individual spark as a soul. And you go to certain places for a job. At the same time while you're helping others, you're also learning by accumulating information that you've learned there. So you take it back to the systems, to the world. And then again you go back to this place that's like the loading dock. Like you're part of the Whole.

D: Then it unloads all the information.

J: Yes, and then when you go back, the information that's in that individual world spark - whatever - is transmuted automatically to everything else that's there. There's no effort, and when you go to that space, it's sort of defined. It's funny why you're redefining a space in such a concept, but you know where your space is. And once you're there you know, like the ship that goes into that special dock. And there's a period when you disseminate information, let's say, to your boss or to your commander and a downloading. And that's given automatically when you're in that space.

D: But you said earlier that sometimes you go to a physical place, and sometimes you don't. What are the other places you would go?

J: There are other places that are just energy. There's no form involved. There are beings of higher learning, and they don't have a need for physical space, whether it's a planet or a world. Some of it

is just color. Some of it is just sound. Yet there is living consciousness in all of these things.

D: But they all have individual energies that live within a place like that?

J: Yes. They could be individuals. Some of them are similar to what we have as a whole. They become as a group. So they're part of their group, but it's not like an individual, because they don't necessarily have individual characteristics. They're just part of that place that has no form.

D: What would you learn in a place like that?

J: There's always learning to be done in different situations, that would benefit others in the way consciousness works or grows or expands, or doesn't grow and expand. Maybe they are in higher learning, but they're still limited in some form or another, because they don't have everything they need. I don't know if that's understandable. So there are difficult situations where there's help needed in all places everywhere. It's just that it's a different kind of help or a need. Sometimes, it's to expand their knowledge. I don't know if it's to know more about emotions. Just to have a better idea of the whole ball of wax, but everything fits together. It's just been separated for a purpose.

D: But it doesn't sound as complicated as human life, physical life.

J: No, because here you have more things to deal with. It's so diverse. It doesn't mean that the magnitude of the problems that other entities face in their home worlds is less. Maybe their worlds are being destroyed because of physical situations. Physical, not weather patterns, but they might need to find another place to live, or solve their problems in their environment. But here you have more problems; you have the whole ball of wax. So it's harder to be here. And some of us come down from that nice wonderful space and we

lose ourselves. And it takes us awhile to understand what's going on and get back there.

D: What do you mean, you lose yourself?

J: Because there's no memory of who you are, you get caught up in what you're working with. You're here to help someone else, or to help this area. But you become a part of - not the problem - but a part of it too much. You get attached to it, or you're caught up in whatever they're feeling and doing, and you forget where you've come from. You come from a higher place of peace and wonder and abilities. Here, you're limited and you forget. But somehow, in us, there's something that pushes us to strive even when we're so-called "lost". You would say there's something built into you that will tell you. Slowly you start coming out of it and there's more knowledge given to you. And again that's a process that helps you, because you realize the Creator realizes. Sometimes the individuals - when they're individuals - don't realize that all of this can happen. When you come from a wonderful situation, you have no idea what you can get into, because you don't know anything else. So it's like the rich man, if he had lots of money, food and a comfortable home. Sometimes, he can't put himself in the shoes of a person that has nothing. And you have to experience that to understand it fully. To understand who you are. To understand the possibilities that are out there. The richness of all the diversity that makes this Whole of who God or the Creator is, or what that force is, or of the expansion. It's richness in feeling and in understanding of what you really are. Who you really are, or who you really are a part of. That's why you don't remember.

D: Isn't there a danger that you might be totally lost, and not know how to get back?

J: Yes. And I think in this case, that's what happened to me. But again, there's an understanding, there's a hope, there's a spark. There's something in us that tells us, no, you have to keep on going.

You have to strive. There are lights at the end of the tunnel, so to speak, and you will find your way again. But again, in so doing, you help whoever you're in contact with gain their strength, and their way back. But when you get back there, you say, "Oh, my goodness! It took me so long to do whatever I had to do." You think you understand it all, but once you get into these situations or these places, some of it is so dark that you can easily lose yourself. But again, there's something inbred in that individual or spark that will carry you back.

D: I keep wondering, when you start out on these journeys, is there someone or something that tells you where you have to go?

J: Again, it's hard to describe what that is. You know because it comes to you in a thought, like these individual sparks that make up what this one entity knows. It's very hard to explain. It's like a knowing. You know where you have to go.

D: I thought maybe there was someone or something that kept a record, and said this is where you have to go next.

J: No. Everything is known. There's one who knows who's out there, and what they're doing. But it's not like a record keeping of that sort. It's all mental. It's an inbred kind of thing. Now, what has happened in the past when people do get lost helping the beings that live there, others will come and try to help *them*. So in some cases, depending on where you've gone astray -because many have forgotten who they are - there's always a timing involved, and there is help. It will become known to these people when the time is right. That, "Okay, it's time to realize who you are, and you were meant to do a certain thing here and go back."

D: So the ones that come and help are other sparks?

J: Yes, yes, they are.

D: They know you're in trouble, so they'll come and try to help. (Yes, yes.) Well, in my work, I have found a lot about the spirit side where we go after we leave the physical body. Is that a different place?

J: Yes, that's a different place. The way I see it from here, that I understand, is the spirit world is associated with certain ... let's say, the Earth has so many layers of - not layers. - But looking at the planet Earth, it has a spirit world, it has a dimension. Each planet has its own dimensions and this is a place that's associated with that. Where I'm from, there's not a spirit world as such.

D: So the physical beings, when they leave the physical body, go back and forth to their own individual spirit world?

J: Well, they evolve, too. And as they come back and forth, they will evolve to the next level that's associated with that planet. Eventually, they will work themselves until they can go to other worlds and experience other situations there. But I see it as a progression to higher parts of the Earth or dimensions that are associated with that, or spheres of energy around that particular place. Then as they progress at what they're learning, sometimes there are beings that will jump. They will not have to go through different dimensions or layers to go to another place of higher learning. Because what they've experienced in that level - "levels" is a better word - they had it all in that one experience, so therefore, they can go to different parts. It's very strange the way I see it. I see it separate and yet it's a part of everything. It's like this place that I am is *there*. The other systems are in another situation, and yet I know that is a part of everything. Like we all are a part of everything. It just seems like a finer level. And some of us, even though we've experienced situations on Earth or anywhere else, we've always come from this spot.

D: So everything initiates, originates from that spot. -I wanted to make sure that what I've been hearing about the spirit world was also accurate. They exist separately then.

J: Yes, I guess it's different levels of the same thing. But in certain places, they don't exist as what you would term a spirit world.

D: On Earth, we say we accumulate karma when we come here, because of all the things we get involved with. We get stuck, because we have to keep coming back again and again to pay back the karma. Is that accurate?

J: Yes, it is, and that's another thing we've been caught up in. Entities that are coming to help have been caught up in the situation. It's made that way. It's not so simple as, "Okay, I know who I am. I'm here to do something." We get caught up in it, and then we ourselves are - not a prisoner - but we're held in this energy until we work out whatever we've created. We've come down to help a particular place, situation, being, but then we get caught up in the mire. So therefore, we're kind of stuck, if you will, until it has also been worked out; until we found our way out. But it's not a negative thing in one way, because in that finding out, sometimes this is where the richness of information is. Because, if you were to come from that place to this, and you zap in and out. You've done your thing, but you haven't really experienced anything. You haven't felt anything. It's too quick. So in being stuck, there it is a positive note. Whatever you're feeling and going through, you are enriching the Whole in its expansion of its knowledge. Its expansions of feelings, expansion of everything of what it is. So it's not necessarily a negative thing. It's a good thing in some ways, because it all serves. It's all intertwined and it serves purposes. You don't really know what that purpose is when you're down here.

D: Then it seems like you have to work it out first before you're allowed to go back home. (Yes) I have been told that on the spirit side, there are people who help you, advise you.

J: Yes, guides and such. - I know there are certain things I can't know at this time because it would taint. If I have certain questions, for example, and if I know it all (and I don't know it all, because

there's always learning) it would complicate - not complicate it - but it's like there will be an appropriate time when everything will be revealed. There are certain things I have yet to learn to go through. And I have to be patient and really have faith. I think at some point, I lost my faith, because I thought I was left here. And they're not coming to get me.

D: Is that what you felt?

J: At some point, I think I did. And therefore, I have to learn it's not a punishment at all. I have to go on faith for a while.

D: Why did you have the feeling you were left here and forgotten about?

J: I think it's a case of, when you understand where you came from, and the abilities you were able to experience. You knew who you truly are. And you come down and let's say, you worked in a really low vibration, you could either - when you've forgotten - get caught up in that situation, or you have like a superiority. You see, this is why sometimes it's not good to understand. It's very complex. You could feel superior to these other people that you're with, or beings, or whatever situation. And then you lose that spiritual side of who you are. You think you're better than someone else. And therefore, you get deeper into that negativity or that place or situation. But still, you know there's a part of you that is beautiful, that is holy, that is sacred, that is love. It's always there in you. And you are sort of in between, where you know who you really are, and then you forget. You get frustrated and, "Why doesn't someone from where I come from come, and get me out of this situation?" And yet, I've gotten myself into that situation. So there's no judgment. I have to learn. I have to go through different experiences to find my way out. And yet, they're there with you and they will always guide you to people or situations. Or when it's time, and you're ready, to get over that arrogance that you had in that particular situation, because again, you're talking about karma. It is cause and effect. Whatever you

create, you have to live with the consequences. Even higher beings can also lose their way for a time, and they have to go through the same. You know that the process is the same. It's just that the criteria are different.

D: So even they take a chance.

J: Yes, you do, you do. Where you come from, it's so wonderful, and you know you can do all these things. But you don't realize how dense it is in whatever situation or place you're at. So you can, through time, be sort of dragged down in what you create. Of course, you create and manifest all the time.

D: That's why you said it can take eons of time.

J: Yes, it could. But then, when you get back, it's so wonderful to be back there that you thought, "Oh, well, I was only away for a few seconds."

D: Then, there are times when all of the sparks go back to the Source?

J: Yes. There's a time where there's kind of a resting period, where they do. We are all back. And then it's time to go out again.

D: When all of the sparks are back together, what happens to the creations they have created?

J: I think it's all drawn back, the way I see it. At some point, everything has to come back, whether we're the individual spark, and we've created worlds and whatever. They all have to come back for a resting place. They'd all come and be a part of the Whole again, so those creations are brought back, because they're all manifestations, really. But there's a twofold thing here where they all come back for a rest. And that is when the whole of everything comes back for a rest.

D: Then, in that case, everything they created is gone.

J: Yes, the way I understand it. There's not a force to hold it there. All of that is back into its resting place for a time. But in between these great expansions of time, the individual ones can go in and go out and do certain things and come back for a rest. That doesn't mean that all of them are at rest, but there are points of time when they all come back.

D: So at that time when all of the sparks go back into the Whole, everything they have created just disappears.

J: It's like a drawing in. For instance, I would have created so many things. They integrate back into me, and I integrate back into the Whole. And then something else is created. Something fresh. Everything is absorbed back into that one ball of knowledge, of energy, of creation of all that you can think of. It goes back into that, and you feel a part of everything. There's no separation.

D: In that case, it does not really disappear. It's just integrated.

J: It's integrated back, exactly. But all these things I've created as individual manifestations, nothing is really lost because it was a part of me, and I was a part of that.

D: So after you rest for a while, then what happens?

J: Then it's time to start up again. It's another thing. It's a constant. But you see, the knowledge that was acquired during that period of time of creation, of manifestation, is not lost. That's a part of that entity. It's a part of that individual spark, so it's never lost. It's part of you. So you go out now and create some more. And you go through that process again of learning. But yet it's like something new, something fresh, and yet it's something old.

D: But during those times of creation, you not only live on Earth, but on many other places?

J: Yes, many places.

D: And you can live in many different types of bodies too, can't you?

J: Yes. Wherever you go, you're still you. But there's some purpose of it. It is to bring light, to bring knowledge, to bring creation into the mix. You decide, with help, where you need to go.

I then asked this entity to depart and asked the subconscious to come forth to answer Jenny's questions. I always want to know why the subject was shown the particular lifetime.

J: Because all of her questions (and she knows this deep down inside) are not significant. They're not important. She has to realize she's a part of a greater Whole that's much more important, which would satisfy whatever her needs are. She has to remember that she has to go to the top. It's not important that she knows what connections there are with this person or that one. It's important for her to go back to the basics. To focus her attention to the top. No matter what comes into her life, whatever's being shown to her, to look at it with a sense of wonder. Whether she has impediments or challenges, she has to realize that she is part of what you call God, or that force. To have faith that it's going to work out, that whatever her life purpose is, it's going to come to her. People will come in her path that she'll be working with. She has to see the bigger picture, in that all of these things are manifestations. And I'm not going to give her any answers.

D: (I was surprised.) But she has questions.

J: Yes. And I think she's going to understand what she was describing, the process. There are certain pieces of information that will help people to move and progress. She, in herself, has to deal with the fact that she's running with no - not assistance - there's assistance there, but she's going to have to go lightly. I'm using the word "lightly". She has to go on faith. She has to have faith that the entity she was a part of, the world she was part of, was love. There

was knowledge, there was information, there was consciousness. It's so beyond what she understands at this moment.

D: It's beyond what many of us understand.

J: Yes, exactly. Even if we're giving her the information, she has to go, she has to cultivate. And this is one of the abilities she has to cultivate, her inner knowing. That even if she aspires to this connection or that, this is to nurture that without seeing, without touching, because that's going to make her structure strong. See, she's forgotten the structure, she's forgotten who she was. She has glimpses sometimes of who she is, but she has the strength, and that structure is whole, it is strong. It is filled with love, compassion, understanding for others. And this is the wonderment, this is the excitement, this is the experience of it all in not having all the answers, even if they're just little tidbits. There's a wonder in not knowing, but understanding that the help is there for her. And there are people there, whoever they may be. She's got to get away from the naming of things, and just feel and cultivate her own inner guidance, and she will get there. She will get there.

D: Is this why you chose not to show her any past lives?

J: Yes. She has to go back to the basics. Never mind spaceships and other worlds. Atlantis. She was part of that time, but she had to go back to where she came from. To that loving structure that is one, that integrates all things as one thing. And that is love of that entity, or being part of that. That's a safe haven not to forget. Not to be stepping down. Yes, creation, we all create, but it's not to get caught up again in the creation. It is to understand why it was done, where we came from, and not get caught up in the things that we did.

D: I'm getting more and more people now who are being told that past lives are not important. It's what we do from here on.

J: Yes, yes, yes, exactly. We are all God. He wants us to be equals to Him. He wants us to ask Him questions, to be challenged. Not to

be thinking, "Oh, I have to bow down to this." It's the questioning. It's being equal. He is a part of us, and therefore, He wants us to share equally with respect. It is not that we are to go blindly seeing faith, and doing whatever someone's telling you to do. That's not what He wants. And that's fine.

D: So there's no need to dwell on the karma anymore.

J: No. There's no need. And if we have any inkling at all, there are higher beings beside us. Or God is beside us, or they are walking with us. They're going to bring the right people, opportunities, for you to fulfill what you have to fulfill. You could be anything in other lives, but what you truly are is part of this grid, part of this wholeness. It's not important what the body looks like or what pain it has. We can die many, many times. It doesn't matter. What matters is the soul. That higher existence that is eternal. That's the thing you have to nourish.

D: That's what you want people to know.

J: Yes, yes. We have to go back to the basic. But the most important fact is that we are part of something tremendous, loving, that has knowledge of everything. And get away from the creations we've created. We manifest every second of the day. And not to be caught up again and lose our - we call it "divinity" - lose that spark of life that we have, by being caught up in "Who was I, what did I do?" You're also letting go. You're not experiencing the life that you've chosen to experience. We can't know everything. It's like a wonder. The next corner might bring you something tremendous. But if you knew everything, there wouldn't be that joy of discovering it again, but discovering again who we truly are. Aim high to that love. Show that love to everybody you meet. Compassion, understanding will come to you.

From another case:

Teresa wanted to know what happened during an experience she had in February 2005. She was meditating when she suddenly found herself in a dark, formless place of nothingness, which she could only explain as the “void”. It was not frightening, instead, it gave her a great sense of enlightenment. When she returned to a conscious state, she tried to understand it logically, and it made no sense to her. The subconscious was explaining:

T: That was just an experience of being more in touch with some of these more refined levels, or other levels of consciousness. Dropping away the pictures without dropping away this particular body. I allowed her to have that experience. So it's nothing else but to show her that it really is all one consciousness. And that experience of the void that she had is even going to a more elementary level of that consciousness. It is the nothingness out of which everything comes. Everything comes from that. That is infinite, and that is everything, at its most unrefined level. And as she had that experience, it would be natural for her to recognize that none of this is real. To see that, yes, on one level it is real, but from that level of the void, this is just near surface, just near hue, just a tint of color. Very little. That the real reality is the consciousness and is the base of the consciousness, the pure emptiness, the nothingness, from which all consciousness stems.

D: Is that nothingness comparable to the Source, or are those two different things?

T: It would be the Source.

D: Because I've heard the Source described as light.

T: It is the darkness from which the light comes. It is beyond the light.

D: People say when they return to the Source, or when they started at the Source, it is always a bright light.

T: From my vantage point, I can tell you that the light comes from the darkness. Not - again from my vantage point - to confuse darkness with evil or anything negative. It is simply that which contains light. And from my vantage point, that is the Source. There may be something beyond that, but that is what I see from where I am. The nothingness. And from the nothingness comes the light. And from the light comes the differentiation that we call the somethingness.

SECTION SIX

CREATION

CHAPTER TWENTY-THREE

THE PRACTICING PLACE

Wendy had just left the life as a worm (in Chapter two) and I wanted to follow her to see where she would go next.

W: I'm contemplating what to do next. I'm leaning over an imaginary desk, and I'm studying - what should I do, what should I do? Many possibilities.

D: Is there anybody that helps you make decisions?

W: There are many old ones, seemingly old, with long beards. They're contemplating, watching me, just waiting to see what I decide. I seem to be in physical form, young, male. And these old men are standing around just watching me. I'm working over a desk. I'm really young. It looks like maps on the desk.

D: Do you know what the old ones' jobs are?

W: It's like they're contemplating who I am, and what I'm doing. Just studying me. I'm thinking this is funny, because they think I shouldn't have this much knowledge, because I'm so young.

D: Let's move time ahead and find out what you decide to do. You've had a lot of time to think about it, and contemplate. What are you going to do now?

W: I'm leaving these old men behind. I'm going on a long journey to see what this place is about.

D: What place is it?

W: I don't know. It seems to be real, but it's not real. It has trees and woods. You can see it, but you can see through it. It has form. It's

real. It's just not dense. Not more solid.

D: Do you know what this place is?

W: It just floats around. It's just there. It's like you can create. You think it and you can create it. You take a step, and as you take a step you've created by imagining. It's like walking in the air, and there's nothing there until you create it with your mind. This is too weird. Otherwise, if you didn't create with your mind, you would be stepping into nothing. It doesn't make sense. - But oh, it's fun! It's great fun!

D: So you can create anything you want there.

W: You have to use your mind. This is almost like playing. I'm young. It's like I'm learning. I won't have anything to stand on, or be in, or be part of, if I don't create it with my mind.

D: Do you think that's what you're doing now? Learning how to do this?

W: Yes. It's like it's in the mind. You think it, then you bring it down and make it a reality. I don't know how to explain that. It's like it's in that thought form, and the thought form is real, but it's not real, because it's not solid. But first you have to create it in a thought form for it to take form. That's it! To take form! - It's like I can't move until I create in front of me. Otherwise, you're stuck with nothing, until you create it with your thought. It doesn't have substance until you put into it the details, the details, the details - details. It's called "manifestation". Manifest. It's creating. This is *most* exciting. Otherwise, it's a void unless you create and manifest something.

D: This is something that's important for you to learn how to do?

W: Yes. Progression. Progression, otherwise you stagnate. Don't go anywhere. You learn how you create. You learn to create a reality. To experiment, to *be*.

D: So this is the next step, to learn how to do this, before you go anywhere else.

W: Yes. It's thought. And then thought comes into form. Thought - you think it, and then it is. You put the details into it and then it manifests.

D: Is someone helping you learn to do this?

W: It seems as though this realm is where you go to do this. And there are others around. I see points of light. I don't know what that's about. Electricity. Points. But it seems as though there are others. This is where you go to experiment. This is a realm where anybody can go to learn to create. It's a creator school, but I'm young.

D: So you have a lot of learning to do?

W: A lot of experimenting, and it doesn't seem like you exactly have a teacher. What you have is your mind.

D: So no one shows you how to do it.

W: No. You experiment. And if it doesn't turn out right, then you erase it, or undo it. And recreate until you get it like you want it. You can see it before it actually takes form. You can see that it won't be perfect, then you can uncreate it. It never gets to the manifested, thick, dense stage.

D: So it doesn't stay. You have time to undo it.

W: Yes. Time doesn't mean much. You're not aware of time. You just keep creating things. That's weird. That's *weird!*

D: Why is it important to learn how to manifest things?

W: To get you to think before you jump.

D: What do you mean?

W: Don't jump and then think, because you could flub up a lot of things. If you think it through, then it's easier than jumping and having to go back and redo, and redo, and redo. So you just go slower. And think it out, *think it!* Think it more clearly, detail for detail for detail. There are many others here doing the same thing. My goodness sakes! This one person is working with the color purple. Just seems to be waving his hands, and this purple is moving in different forms. Totally fascinating! Energy movement. It is fun! Kind of reminds me of Fourth of July with a wand, and then moving it through the air.

D: So, in that place, you're only limited by your imagination?

W: Right. What you think, you can create. It's a place to practice, and it doesn't become solid form. It's a practicing, creating place, but you need to pay attention more to detail. -Like if you were going to make a tree, you just don't think a tree, and all the parts are there. You have to think how a tree grows. What all the components of a tree are. This gets really, really, really detailed.

D: There's more to it than people think.

W: Way more. Otherwise, there would just be a flat tree, a dead tree. It would look alive, but it wouldn't be. It reminds me of paper dolls. You see the form, flat, but it's not alive.

D: It doesn't have the substance that something alive has. (Right) Is this something you're going to be able to use?

W: I need to remember to be more detailed, be more accurate. Quit jumping, jumping, jumping into things, and then having to step back and redo. Going too fast. Be more detailed. More thorough. Thorough, thorough, detailed, detailed.

D: Is this a place where everyone has to go?

W: No. If you're interested in energy, it's a good place to go if you want to create things. There seems to be an abundance of energy to work with. It's almost like everybody's young. It's childlike, and the curiosity's boundless. I know there are other realities, but you're not aware of them. You're just not interested. You're having so much fun creating. It's like drawing and then erasing if it's not right. And then you can just do it over. And you don't get in trouble there because it's not a solid world. It's great fun.

I wonder if she had the sense of being young because she had just left the life of the worm. That was a very simple, uncomplicated life where manifesting was not an option. Maybe because of her lack of experience, she had to go to the practicing place to learn how to manifest, because if her next step was to go into a physical human body, this talent and ability would be needed.

D: Maybe that's to learn discipline. It would be difficult if it was a solid world.

W: That would be the scary part.

D: On a solid world, if you create it, it's not going to disappear that quickly, is it?

W: No, and it's going to be malformed. And oh, the energy is so dense and heavy. It's not easy to readjust. That's important. It's hard to adjust dense forms.

D: That's why you have to practice first.

W: Practice, practice. Yes. Clearing. Help align ill-formed dense forms. That sounds strange.

D: What do you mean?

W: (Apparently listening to, or reading from, instructions.) "Help realign dense forms that have gotten out of line, that don't function

properly. This can be done” Hmmm. - I see people walking in dense forms, humped over, arms hanging down, dragging their legs, like it’s such a terrible effort to be in a dense, heavy form.

D: You mean a physical body?

W: A physical body, yes. It’s not aligned properly. You want to walk over to these dense forms, grab them around the middle, and lift them into a straight, upright, lighter being. This is just crazy. These bodies that they have taken on are so dense they need realigning. They can’t even produce a child, an offspring that is aligned properly. These bodies won’t form an offspring that is balanced.

D: Where are these bodies?

W: They’re just walking all over this Earth. On *Earth!* What appears to the naked eye is not what actually is. What you see when you’re looking at them are humans. But actually with the inner eye, these forms are bent over dragging. The energy is misaligned. They’re heavy. They lack hope.

D: But they don’t really look like this on the outside.

W: No, they don’t. This is hidden.

D: How did they get out of alignment?

W: Over time. I see them coming back, coming back, coming back. They’ve lost what they knew in the beginning. They’ve come here on Earth so many times, they’ve forgotten to become lighter.

D: Then it doesn’t help to keep coming back?

W: These ones it didn’t, because as every lifetime is piled on top, it gets heavier and heavier and heavier. You feel like you want to throw it off and lift their form. You want to empty the darkness, the heavy sludge. I see sludge. You want to clear that and help them.

This sounded like what Jesus said in *They Walked With Jesus*. When he looked at the crowds of people gathered around him, he saw them as lumps of coal, dark and dense. They were unaware that within themselves were bright diamonds just waiting to be exposed.

W: They're wandering around looking for answers and don't know what to do about it.

D: Is there anybody that can help them?

W: There are lights. Forms that are like lights that are walking upright. And they walk up to them, and the dense ones are drawn to these light forms.

D: Are these forms also in human body?

W: Yes. And they don't always know they're light forms either. (Shocked gasp - she became very emotional.)

D: Why is that bothering you?

W: There are many of them around. They just don't know who they are. They don't know what they're supposed to be doing. They've forgotten, too. And they're just waiting, waiting for a specific time.

D: They get stuck here too, you mean, without realizing why they're here?

W: Yes. They get bogged down too, but they still have that light. And these ones that are like sludge, are drawn to this light. It's like a cleansing. (Gentle sobbing.)

D: Isn't there anyone to tell them to wake up, to let them know?

W: When the time is right.

This may be the explanation for the many, many people who are coming to me. They say they are looking for direction. They know they are here on Earth to do something, but they don't know what it is. It becomes a nagging feeling that won't leave them. During the session, the subconscious always tells them they are here to help. To heal, to give assistance, to get people ready for what is to come. They are never told they are here to play, drink, have sex, make loads of money, get caught up in the ways of the world. They are *a/ways* told that they are here to help the other people. And usually it is to be in ways they would never have thought of with their conscious mind.

W: These people with the light are slowly, slowly realizing It's like they bump into this sludge, or touch it, or contact it, and this stuff starts melting away from these bent-over sludgy, dense forms. But there's no one that can tell them what they're supposed to be doing.

D: Do you know what you're supposed to be doing?

W: Waiting for a specific time, hoping some of those dense ones might bump into me.

D: You can't go looking for them?

W: No. It's sort of a magnet thing, like being drawn to. It works both ways. You have to move around, and they're moving around. And you're just drawn together like magnets.

D: Neither one being aware that's happening. (No) Do you feel anything when this happens?

W: Yes. I can feel their emptying of this heavy, heavy energy. And that gives me great joy. Seems like they've been that way for a long time.

D: Are you back in a physical body as you're doing this?

W: Yes. We with the light, walk upright. This is strange, but the ones with the heavy energy seem to be bent over. This is not in actuality, but that's the feeling. The perception.

D: So you 're back in a physical body, but you 're able to see these things? (Yes) What kind of physical body are you in?

W: A tall, light body.

D: Is that what it looks like to others?

W: Yes, almost like cleanliness to them. They are drawn, they want to be like that, but don't know how to get that way.

D: If someone else were to see you in the physical form, they would see you as a tall, light body? (Yes) Does it have a physical coating over it?

W: Yes, but it's also kind of transparent. It's half skin, and we wear clothes. But the body seems to be a little translucent, or transparent. A glowing, radiating energy of acceptance, of not turning anyone away. These others just wander around.

D: Is this what you do after you've learned to manifest energy? You come back into the physical to use it?

W: It's remembering that I knew how. I'd been there and learned how to create. A remembering that I had been there.

D: Are you able to tell which ones are the light beings? (Yes) And do others in the physical body know?

W: They can definitely see a difference. There is no comparison. How do I explain? It's a knowing. It's an energy that the light beings give off. They actually look like all other humans, but you're seeing with a different perception. It's a knowing. You can feel the energy. The ones that are sludgy can't. They are just drawn like a magnet.

They don't understand it. They want help. They're tired of being bent over and burdened, burdened, burdened, burdened, heavy, heavy, heavy.

D: If they're drawn to the light ones, do things change in their life?

W: Yes. You see them sort of look up and notice that there is something different, that they don't have to live like that. But some of them won't want to change. They think that's all there is. They don't know what to do about it. There are others that are searching, but they are looking down, looking down. They just see Earth things. And then suddenly, they realize maybe there's more than just the Earth things, the material things. And they slightly turn their head upward, and that's like looking elsewhere. Like looking toward the spirit world. When they turn their heads like that, they see that, yes, there is something different. There are others out there. They're like them, but they are *not* like them.

D: And this makes the change to send them on a different path.

W: Yes. And touch, you want to touch these ones. That is so sad! (Emotional.) They've been like this for so long, and every time they come to this Earth, it gets heavier and heavier. I don't understand. Why didn't they become lighter instead of becoming denser and denser and denser? Touch them. Sometimes, it's just a touch.

D: That's all it takes. Something very simple.

W: Yes. Just walk among the people. Just the energy. Just by touching people. Sometimes, it's eye-to-eye contact. Energy is passed. They know on a soul level, but not necessarily on a conscious level, that this is taking place.

I then had her leave that scene and gave instructions for Wendy's subconscious to come forth to answer questions.

D: Wendy was looking for answers. You showed her many things. Why did you show her this part about being a light body helping the denser forms? What were you trying to tell her?

W: That's why she came here. She is supposed to remember where she came from. She was a light form, an energy form.

D: Where did she come from, if you want her to remember?

W: From the energy Source of all energy.

D: Is that where she was experimenting with the energy?

W: It's one of the realms that have been set up for those who like to work, and who like to create with energy. She was sent out from the main energy Source, or Creator, and is allowed to experiment with creation.

D: She's supposed to remember the original Creator Source? (Yes) She was shown that she could manipulate energy. (Yes) Is that what you want her to know?

W: Yes. She is to join with other light beings who are waking up and remembering what they're here for. It's time to start remembering. There's much work going on at night when she's in this sleep state, that she doesn't know about.

Wendy had problems with her health all her life. "This is so she would look inward instead of outward in the material world. If she'd had good health, she would have not paid any attention to the spirit world. She chose a very hard body to manifest through. After she got here, she decided maybe she didn't want to be here. It was going to be harder than she thought. And she sort of drug her feet all these years. She does not feel at home here, but if she goes back now, she will not have finished what she came to do. We are also learning from this body, because it is weak. We take this knowledge and will be using it to develop ways to help mankind. Her body is not the only

body that is in a weakened condition. The whole planet has weakened. She needs adequate rest, adequate food, more meditation. We showed her this manifesting realm, because she needs to pay more attention to detail. Detail in everything that she does from the time she wakes up in the morning till the time she goes to bed at night. Detail, detail, detail. Pay attention to what she puts in her mouth. Where she came from before (the energy side), there wasn't this heavy food. In another realm, she was just energy. And it wasn't the heavy polluted food that you eat nowadays. Be more attuned to liquid form of food, if possible. The lighter foods, the fruits. Not so much heavy dense dead food. More food with energy. Life giving foods. This keeps the body light. Heavy foods keep you heavy, stuck, grounded. Heavy in body, hard to move.

Lighter foods make lightness, airiness. More room in the body for energy to move through. - Everything she does, she needs to pay attention to. And be detailed, be conscious of what she's doing."

D: Isn't that a little frustrating or distracting if you think of every detail?

W: This will help align the body so others can help align theirs.

Asked about the problems with her breathing. "Part of it is the pollution that's in the world today. Part of it is because she polluted her lungs with the stick that she put in her mouth, and lit. (Smoking)"

Heart problems: "This has been so since childhood. It's almost as if she felt she had a broken heart from the time she was little. Feeling alone in a dense, heavy, thick body. Missing the unconditional love. Love on this planet is nothing compared to home."

D: Does the heart need to be corrected?

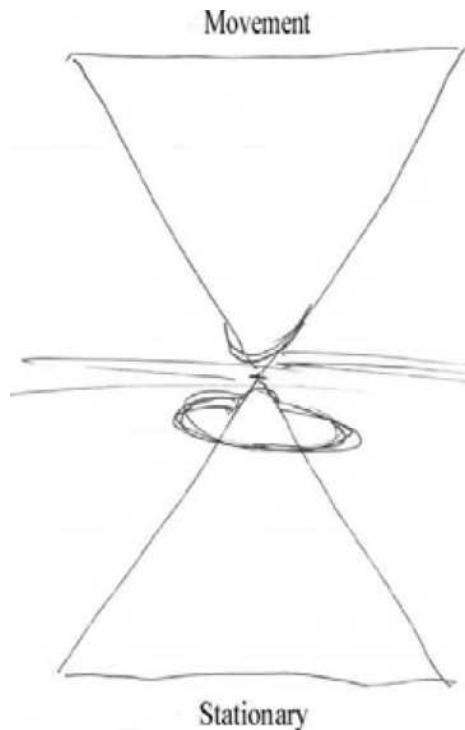
W: She must remember to rest and to visualize, visualize, visualize. Create with the mind and the body will follow. Visualize the organs in the body functioning properly. Visualize, visualize, visualize. Any damage can be healed, but it takes time. That's why visualization is

so important. It will make the body aware that it can heal itself. And pay attention to what is put into the body. Fresh, fresh, fresh, alive food, live food. Life-giving, food giving life.

GENESIS

When Pamela came off the cloud, instead of a past life, she found herself in an ethereal type of environment. Everything was without substance or shape. "I have yet to see anything physical. I see only 10 points of light, and somewhat of a flowing energy, but no sense of form." She began to cry when she saw this formless place of energy, because she said she missed it. She loved to be there playing in the energy. She was then taken completely by surprise when I asked her to look at herself. "Let's see what I can see here. Goodness! Nothing! It's all just swirly light! I see something like molecules around me. I feel I am in this place where everything can be created."

When I asked how she could use that to create, she gave a confusing answer. She seemed to think it was very important, even though I do not understand the process. Maybe one of my readers will understand and identify with it. It could be symbolism, but I don't think so. Everything was formless lines and dots and swirls, until she saw the two pyramids. She knew they represented creation (genesis) at the point where they touched.



P: I saw two points touching, knowing that was critical. I saw a circle of light over that. It's magnificent, although I don't understand it. I'm in the heart of it. I'm in the - structural -that's almost what's happening with these two points touching. They're creating the possibility for this type of life to move and this type of energy. I know it sounds so abstract. One would like to know that I know what it created, but I don't know what it created. Other than the two points touching, create. And I want to say, I was blessed to witness. Or in awe, to witness.

D: Let's see what your part was in this.

P: Just witnessing? Good grief! I don't know. Earlier, I think I played in the energy. Wherever I was, I know that's a place I've been to before. And I occupy my time in a way where I can create any image, shape I want. And it's upon my own volition, my own choice to do it. It keeps me very entertained. Any computer programmer can program something to their heart's desire to make it just what they want. Like that. And this is far more organic and natural and instantaneous than that. So I've been here before. I know I've done

it. That makes me long to be back there to be able to play in that energy. There are no boundaries. There are no limits. It is familiar, and it sometimes beckons me. By being in this space, I am being called to it.

This was very confusing, and I knew I was not going to get too much more information. Also, where could I take it? She could have existed there for eons. So I decided to call forth the subconscious. I usually didn't do it so early in the session, but I thought it would be the only way to get the answers to this strange situation. When the subconscious came forth, I asked it, "This has been confusing. We thought we were going to past lives. Why did you choose to show these things to Pamela?"

P: She knows.

D: Let's tell her, because I don't think she knows consciously.

P: She needed to experience a memory that has been with her all her life. She did not want to depart from that place when she came here.

D: What did she do there?

P: She was a creator.

D: So she was correct when she saw herself as energy, and manipulating energy?

P: She would not use the word "manipulate", but it is appropriate.

She was playing in the energy.

D: What was she creating when she was there?

P: Everything. In an early level. If you could see the very, very, very earliest stage, before it's at an advanced stage, it has to go through

this phase. So she was overseeing the components and energetics at the minute, molecular - that's not the right word. Minute, fractional - I'm not sure what else.

D: But she was there at the beginning?

P: I don't know.

D: But when these ... worlds were created, or humans, or physical things, or what?

P: No. It's in all creation. Whatever this is, is not specific to any one gender, species, planet, solar system. It's in all.

D: It's a basic energy that all is created from?

P: Yes. It's the oneness. It's the essence of all.

D: Like the building blocks?

P: That would be appropriate.

D: The building blocks of everything. And is this basic energy always there?

P: Yes. Basic energy. Light.

D: And you said she oversaw this?

P: At one place, she's watching how it's done. And in another place, she's working with it like a child. Playing with it. This is what she does a lot.

D: In her present life?

P: No. Not in this physical. Not that she's aware of. All the time, and then in between time. Not conscious. When she's between lives, and at night when she's sleeping.

D: Does anyone tell her what to create? (No) So she just creates what she wants to? (Yes) Why did you want her to know about it?

P: To remind her that this is what she does.

D: Do you want her to use this ability in the physical?

P: Not yet. There's a timing to all of this. She'll know. Later.

D: She'll know when she's supposed to use this energy?

P: Exactly. And not a minute before. It's very specific. She'll be given images and understandings at the time when there's a right group of people, and technology to utilize it, and the right laws for it not to be misused.

D: Did she misuse this in another life?

P: She thinks she did, but she really didn't. It was something to do with a planet. I guess it was destroyed.

D: What did that have to do with Pamela?

P: She thinks she was part of the reason it happened.

D: Was she in a physical body at that time?

P: Partly. There are forces that take physicality in need, and situations of emergency. And that's what she did. She wasn't in a body, but she used a body.

D: And something happened, and she thought she was the cause of it?

P: She was a player in the role of that planet. I don't know that the memories are being allowed right now. There's a timing. It is not quite time for her to know these things. She knows she wasn't completely responsible, but she knows she was also part.

D: Why does Pamela have an attraction for crystals?

P: Baseline creation of that in matter is the most familiar to her in all creation. Going back again to the most basic creative energy.

D: When she plays in the energy, does she use it in a positive way?

P: She's not using the type that she was given an image of today. That's more powerful. (Laugh) She uses ... like scrap metal. It's kind of like what spins off from the other stuff. It's the scrap material, so to speak. It's like if you have two grinders playing, you have spin-off. You'd play with the spin-off. Just the little things. What she can accomplish and understand. It's more crystalline than scrap metal, by the way.

D: Why didn't you want to show her past lives today?

P: It wasn't pertinent. Not at this point.

D: I'm getting more and more of that, where people are told it's not important.

P: It's just not important. There are plenty of things to spin off, and intellectually, it's just not where she needs to go. It's been done before. It's rehashing, and senile.

D: You mean to go into the other lives? (Yes) But for some people, that's as far as they've developed, I guess you would say. That's all they can understand at this point.

P: I think present and future are being required. Not the past.

CHAPTER TWENTY-FOUR

BACK TO THE BEGINNING

Gwen was floating, looking for a place to come down, and below she saw a fantastic sight. An entire world composed of crystals. "I'm seeing crystals everywhere. They're sticking straight up in the air. Like a bed of crystals, like little porcupines sticking up. They're all long and slender." Before she had time to explore it further, it disappeared and was replaced by a brilliant blue containing pulsating lights. "There's energy coming off them in whites and yellows, like bursts of energy. They're all over this blue space. It's like the energy is alive. - They're blending together now. They're not individualized, but they've all formed one energy. I'm not seeing things as objects, but mostly as energy fields, as pulsating energy. Now it's changing again. I don't know how to explain this. It's formless, but it's moving. There's an energy source from the lower right that's sending these pulses out and around, and then it comes back down around in. It's formless, but yet every part that comes out has a different shape to it. There's no structure to it. It's the way it looks when the light hits the water, and shimmers across. It has form, but it doesn't have form. It's more fluid. There are colors in it, but they're more iridescent."

D: So you don't feel anything solid?

G: No, I just feel an expansiveness.

D: How do you perceive yourself?

G: As just being a part of it. It's almost as if I were to take the Universe and have the energy flow around, and just be. There are sparks of light forming now within it, but it's more of a fluid, flowing, swirling thing. It's always in movement. It never stands still. It's always in motion.

D: And you're a part of the whole thing. (Yes) Are you aware of any other entities like yourself?

G: I'm not picking up any entity or individual, perse. I'm seeing symbols. I'm seeing triangles that are dimensional. They're just here, and they just are, but they're all around the whole. If you need to have words for it, it's creation in motion. That's what it feels like. And when I say that the sparks appear, and the symbols have disappeared. It's just in constant motion, and then these sparks are forming within it. And now it's becoming larger. It's almost like a mist that swirls around and around.

D: Do you know what the sparks are?

G: I'm hearing they were the sparks of God being sent out.

D: This is part of the creation process? (Yes) That's what you meant by creation in motion, that the sparks become things? (Yes) Is there anyone that directs this?

G: I'm hearing that as you think, your thoughts will create whatever it is that you want to create. The individual does have the power, but I was seeing the source of it, the beginning of it.

D: So you mean there is something bigger that thinks and creates?

G: Right. It's All That Is. Everything is all, and all is everything.

D: And it all began with It, and what It thinks?

G: That was the movement coming out and around. It was fluid, very fluid. It had no form, but it went out and came back to the Source. And then the sparks occurred, but the sparks occurred only when the thought was there. Otherwise, there was only fluid form. I could feel the Source. I couldn't see the Source, but it was over to the right and it flowed out from it. It was always in motion. Then the sparks came out of the mist, and they were starting to take form.

D: Can you see what kind of forms they take?

G: It looked like a galaxy being formed.

D: What part do you have in all of this?

G: I feel like I'm just watching it. I don't know why I'm here. I feel like I'm suspended in this space that's here. I'm aware of everything around. I feel like I still have my individuality, but I'm also part of the whole. I'm not separate from it, but I am. It's very comfortable. It's that brilliant blue that goes on forever and ever.

This could have lasted for a very long time. So I asked her to move. "When do you decide to leave that place?"

G: I hear that I will go when I am called, when there's a need. Otherwise, I stay in energy.

D: What happens at that first time you are called to leave that place, and go somewhere else.

G: It's more of a pulling. I'm pulled some place. I only see something that looks like a rainbow, but it's not really a rainbow. It has the shape and form of a rainbow and the feeling of a rainbow, but it doesn't have the colors of the rainbow. I feel like I'm surrounded by energy. I'm having a really hard time making anything concrete, or dimensional. It feels like where I want to be.

D: Let's find out what it's like whenever you become solid, when you separate from the energy and take a form.

G: I'm taking on a woman's body. She looks young, very slender, olive skin, long dark hair. She has a band around her head with something that sticks out in the front. Not many clothes. A skirt-type dress. My midriff is showing. And a little top. Bare arms. I have jewelry around my neck like shiny little flat circles. It feels like the desert. It feels very Egyptian.

D: Did you just become the woman? (Yes) So you didn't go through the stages of a baby?

G: That's how I saw myself. It feels like I took over the body.

D: But wasn't there another soul or spirit inside that body? (No) Was there a reason you chose that particular body?

G: This body had authority. This body was the combination of spirit and authority to bring forth what needed to be brought forth at the time.

D: Do you know what you're supposed to do in that body?

G: I saw the Sphinx, and I saw the Pyramid, and I saw a Pharaoh.

I felt like I knew the Pharaoh. I feel younger than the Pharaoh. I don't know that I was married to him or anything like that. I could have been his child or a priestess with him.

I moved her forward in time to an important day when something was happening.

G: It's a ceremony of worship and we're offering up prayers. It's important to be in the physical of a woman because of the importance of the woman and her energy. The combination of the feminine and the authority. It was a time when women had power.

D: You said they were worshiping and offering up prayers. Who were they praying to?

G: To God.

D: How do they perceive God?

G: As the source of all.

*D: So they perceive it that way rather than a statue or another entity?
(Yes) Then they were closer to the truth, weren't they?*

G: Yes. It was a time when I could feel my full power and my full spirituality honoring God and being a part of that.

D: Because there were times when they worshiped an idol of some kind that represented an entity.

G: Yes, but this was not one of those times. I am in a temple, and my whole body feels the energy of it right now. I see many steps, and I see a large, round sphere that glows. It is suspended in the temple.

D: Suspended in the air inside the temple?

G: Yes, and we revere it. It's glistening, and it's rotating, and it has many facets to it.

D: Where did it come from? How did it get inside the temple?

G: We created it out of energy, out of the thought, going through the creation that is. Our group created it, not only for the energy that it produces, but for the remembering of what it represents.

D: What does it represent?

G: It represents only one Source. It represents unity. It represents oneness. It also represents both the masculine and the feminine. And that's why it's so important that the woman feels the power as well as the spirituality. That's why this time is so important. And that's why this time today is so important - it's a reclaiming of that power.

D: What do you use that sphere for? Does it have a purpose?

G: It feels like it fills the body. When we talk about it, I can feel it vibrating throughout my whole being. It rejuvenates, it heals, it cleanses, it energizes, it's purity.

D: Is everyone allowed to go to that temple and experience this?

G: No. Just my group.

D: Is there a reason the average person can't go in there and see it?

G: It's felt that they are not ready for it.

D: You think they wouldn't understand it?

G: Not so much understanding, as misusing it. Maybe not so much misuse it, as not know how to use it.

D: How does your group use the energy?

G: There's a melding that goes on. You become one with the energy. We fill ourselves up with the energy. We allow the energy to come into ourselves. It heals us, it sustains us, it gives us wisdom.

They did not need to consume anything to remain alive. The body would not get sick, and was incapable of dying.

D: Are the other people outside the temple a different type of a being than you are?

G: Yes. We are similar, but more delicate featured, lighter of skin than they are. They're human, but they're not as refined.

D: Was your race born there?

G: No. We came here. They were transported there. They had the ability to come through pure energy and take form. The same way I did.

D: What is the purpose of all your group coming there?

G: We are trying to raise the consciousness of humanity. We interact with them. We don't separate ourselves from them. We allow them to

know what we feel they can understand. We try to be gentle with them. They don't really know all that goes on within the temples. They would never understand it. We teach them at the level they feel comfortable with. We try to gently move them on.

I decided to move her once again to another important day, and asked what was happening.

G: Something has caused the sphere to become cloudy. Something caused all of the energy to be depleted. I don't know if there was a corruption that occurred within the group. There was no longer the unity that once was.

D: Has a long time passed since you came? (Yes) How do you feel about that?

G: I'm upset about it, because I feel we have lost something special. There's no longer an honoring. The group is more each one for themselves. I feel that it's out of my control, but I also feel I've taken a vow to always try to help bring about oneness.

D: Have the others in the group taken the same vows?

G: Some have, some haven't. There has to be an honoring of the individual, an honoring of the God within, but also an honoring of all that is, going back to the original Source that

I didn't want to leave.

D: So vows must be kept, but never broken. Is that how you feel?

G: Yes. I saw the destruction of it.

D: Tell me what you mean.

G: I saw the sphere no longer. It just kept getting dimmer and dimmer, and darker and darker, and the separation between man

and woman in the group. And the loss of that oneness. The loss of the respect and love of God.

D: So it was reflecting what was happening within the group. (Yes) What eventually happened to the sphere?

G: It just no longer was. It became nothing. It kept getting darker and darker, and the light went out. It was just gone, just no longer was.

D: Do you think you'll be able to create another one?

G: Yes, we will. The group will try.

D: Because without the sphere, your bodies would die, wouldn't they?

G: In that time and place, we no longer are. We dispersed. We left.

D: Did the physical body die?

G: It was more of a dematerialization.

D: Then by dispersing, you mean your soul, your spirit, left and went somewhere else? (Yes) But you said you would create another sphere.

G: That is to be done in the future. They lost the ability. They lost it all. They lost their oneness. They lost their understanding of God. They allowed their egos to step in. They allowed only the individual and not the whole. I see them going off in all parts of the Universe.

D: What do you think was the importance of that time, before it became corrupted?

G: The importance was being so close to the Source. It felt like when I originally was with the Source. I was allowed to embody, yet remain connected to the Source.

D: Do you know why the group changed?

G: They became wrapped up in their own power, in their own sense of creation. Forgetting that they are all still part of God. They forgot the oneness. I was still caught up in the chaos of it. My heart remained with God and the unity. I held it there.

I then had her leave the scene and drift away from it. And I brought forth Gwen's subconscious to get some answers. "Why did you pick this for her to see today?"

G: She must realize the power that lies within. It is only when all becomes one, will it return to God. And that is why she is working now with the masculine, the feminine, and the child, because we are creating anew. Those three energies are the creation.

D: But instead of going to a normal past life, she went back to the very beginning.

G: Yes, to feel the love and the oneness again of all that is. And to see creation in process. There is no form, no shape, it's all energy in a flow. And to see the flow and how the sparks come about.

D: So her past lives were not important to go to?

G: No. She has had very few past lives.

D: Why was that important for her to see that one particular life?

G: Because at that time, she was in a place where she was a ruler. And she wore the symbol that she received when she visited Egypt, which is the sign of feminine divinity. The symbol is a spiral going up, through the palm, through the heart, up to God. Connecting with God and returning back down in a spiral, connecting into the other palm, across the heart. It is a feminine symbol, but both spirals are the connection of the masculine and feminine coming together as one, through love in the heart.

D: But it didn't seem like the group were real humans, because they were transported there.

G: They were in a physical form, but they were different from the form of the humans. They were very delicate featured in human form. Very refined, whereas the humans of that time were not refined. They were very crude.

D: Did they create those bodies?

G: Yes, they did. They wanted to be in a form that would be understood by the humans without that fear. But they were more energy than the humans were.

D: That was why they created that sphere to give them life. (Yes) But they became corrupted. (Yes) So it showed that even beings that close to God could become corrupted.

G: God is always experiencing. There is no good or evil. There is only the experience. She needs to feel the power build within her, and I know that she does. There will be a time when again, women will be equal to men, because men will realize they need the power of the woman. And the woman needs the power of the man to come together to be one.

Gwen had been experiencing unusual psychic experiences even from early childhood. Many of these were extremely vivid. "Is there a reason she's been so open all her life, as Gwen?"

G: The vow that she took brings her back at this time. She spoke about being pulled. She has been pulled into this lifetime to be of service, to bring about that oneness, to anchor the energy of the feminine. She has done this in other dimensions, on other planets, not only here. That time that she was here in that form was one of the first times she ever experienced the physical. And she saw what occurred from it, and wanted to make it right. The psychic experiences she has had are little markers upon the way to guide

her. She has to feel empowered within to know the power that she contains. If she doesn't experience these things, she doesn't know what could be. She could feel it within, as can anyone who is open to it. But she has experienced them. The experience empowers. - I want to thank you for this opportunity to speak, to be heard. To thank you and Gwen for the work you do. The world needs your light. You each have taken a vow to be here at this time, and the Universe thanks you for all that you have done. Be with God.

CHAPTER TWENTY-FIVE

A DIFFERENT LAW OF CREATION AND PHYSICS

Irene came off the cloud in a scene that I was becoming familiar with. Many of my clients are now going there. "It's light, it's all light. Pure light and bliss, peace."

D: Anything else, or any other feelings?

I: (Smiling) Just being home. It's wonderful.

D: Why do you call it home?

I: Because it is. It's my place of peace. It's wonderful.

D: Are there others with you, or are you by yourself?

I: I feel others, but they don't have any form. I just know them. I feel them. It's good to be here again. I miss here. I miss this place.

D: Why did you leave that place if it was so beautiful?

I: It's my time to help. It is a time when great energies are needed, and great powers and great strength. So then I knew it is my time to come. There are many of us and we have talked of this. It is our time to go.

D: What did you talk about?

I: Universes, multiverses. Much, much work to do. Much balancing, much creation.

D: You felt you couldn't create from the beautiful place, from home?

I: Oh, no. It's not the same. Creation starts from there, but simply to create is not enough. One must also experience, and that is what we have to do. Not only to create, but to then go and to experience to bring that back. It is not bad if you can take others with you. For some of us have chosen to go together, and others, apart. It's a learning. It is like starting in a large group, and as you build your strength, you can learn when it's time for you to branch off, and go into others, and do other creations. There are so many, so many.

D: So in the beginning, it's easier to separate from the home if you have others go with you. (Yes, yes.) Do you know where you have to go?

I: To the red planet first.

D: Why did you choose that planet?

I: The color red needed to be created first. It's the *vibration*, as it were, of a red planet, yes.

D: Was the planet already created, or did you help create it?

I: We took the color red. We created that vibration for the color red. We made that.

D: And red was important to be the first one?

I: Yes, it was for our work. We had to do the red first. Others did the green and some did yellow. Each group created a different color.

D: Were there no colors before that?

I: There were all, all, all the white. All.

D: Oh, the light. (Yes) So you created colors out of the light.

I: Yes, we took them.

D: And each group decided they wanted to concentrate on a different color?

I: Oh, there are so many! It's quite beautiful!

D: Then what did you do once you created the color red?

I: Then we could create other things there; other creations. We could experiment. We could play.

D: I'm trying to understand. Each one did it with their own colors? (Yes) And you could play, you could create anything you want. (Yes) And you're given permission to do these things?

I: It's sort of an agreement thing that we all agreed to do this work, so maybe permission is not the word.

D: But before that there was nothing there?

I: There was all; all in potential, all that is. All always has been, it just was in another form: Light. It's not like there wasn't anything.

D: And light contained everything that could possibly be? Would that be a way to say it?

I: Yes. - I don't like it over here on the red one. I'm leaving that one. It's a little dense. We were only creating with red, see? Red's not as fast a vibration. It was okay. I wanted to see what it would be like.

D: What did you create out of the red?

I: A universe.

D: Oh! A universe would be quite large, wouldn't it?

I: Pffft! Not really. We all created our universes. You like that word here: "universe". Silly word. So we created one, and we could have what we wanted in it. The whole idea was to create all these different

colors, like this universe is. And not just basic colors. It's iridescent and sparkly, with all colors, but yet not colors. It turns one way and it's one color, and it turns another way and it's another color. To create as many as we could out of this light. Oh, there's so, so many! But you know, I sort of get bored, so I don't stay too long in any of them. I like to start doing and then take off and go over to some of the other ones.

D: Does the group go with you?

I: Some did, and some liked that, so they stayed. This is when we started splitting off.

D: What do you put in the universe after you make it?

I: It's up to whoever is doing it. You can do all sorts of things. You can do like they do in this one, with the planets. But they don't have to be round like they are here. They can be anything. They can be all shapes and forms. And then they all have a vibration. So you have the vibration of the color, and the vibration of the shape. And then they all have their sound.

D: Each one has a sound?

I: Oh, yes. Some have more than one. And if they get near one another, they make another sound. That's the fun part.

It sounds like the theory of "music of the spheres".

D: So you never know what it's going to turn out like? It's a surprise.

I: Yes. It's fun. That's the fun part.

D: I thought there were laws of the universes that things had to be shaped a certain way.

I: Maybe in this universe, but not in those.

D: (Laugh) So they can be any shape you want.

I: Of course.

D: Do they make the sound by themselves, or do you create those?

I: Oh, of course, we create them, because we're doing it all. So yes, we do them. But see, when we make the shapes, we're not exactly positive how the sound's going to be. We put in sound. We play with it, tweak it, twidge it. It's because the two sounds come together and make a new sound.

D: It makes music then? (Yes) But you said you didn't like the red one after you created it?

I: Well, I tend to get a little bored. It's not that there was anything wrong with it. I was just done with it. The color of the vibration was kind of dense. We did the sound to help with that. And that helped, it really helped. But you know, just all red? When you've been with it, it was a bit much.

D: So after you make the planets, do you make anything on the planets? Or do you go that far?

I: It depends. In some of them, you create things; in some of them, you don't. It depends. Like with the red one, helped create the red, helped create the shapes, the sounds, the movement patterns of the shapes within the universes. They are all different patterns because the different patterns can make different sounds.

D: You mean the way they move and rotate?

I: Well, they don't exactly all rotate. That's here, this universe. In another one, they would do figure eight-ey things, and spinning. It's not the same. Not the same at all.

D: There's no law of physics? That things have to perform to a certain rule?

I: The red rule, yes. But the red rule isn't the same as the pink rule, or the orange rule, or the green rule, or the ... no. As long as they don't interfere or harm any others, each can have their own rules.

It seems as though the basic laws of free will and noninterference extend even to planets and universes.

D: So the planets can move and rotate any way they want. Is that what you mean?

I: No. The red planets have to follow the red rules, and the orange planets follow the orange rules, and the iridescent planets follow the iridescent rules. And then when they all come anywhere near each other - because you know they all kind of interact - and depending on their vibration, you can have them right overlapping one another. Just as long as they're not going to interfere with each other.

D: So there are some rules of creation anyway. But then, if you get tired of that and want to go somewhere else, does that universe just evaporate and collapse? Or does it remain?

I: Oh, no, it's there, because others stayed with it. Initially, there was a whole group of us that wanted to create, and different groups created different colors. And different groups could choose to stay with that color for a while and continue to develop that. And then experience life, as it were, there. Or they could split off and go other places. For some were meant to be strictly in that red realm and to experience that to its full extent. While others are meant to go around and experience some of each; or just some of some.

D: So as long as some of the group remains, then the universe remains? (Yes) It doesn't just dissipate. I thought maybe you created, and then it would evaporate again.

That was the way it was explained in another chapter, where the beings were allowed to practice creating, and if it didn't turn out the way they wanted, it would dissipate. This was done in a certain place especially reserved for doing this, the practicing, the playing with the energy, until it could be mastered. Then it wouldn't interfere with anything else.

I: Some could if you so choose. But no, for the most part they all stay.

D: But then you can also put life and creatures on these planets if you want to?

I: Those that stayed could do that. Or you could go around and be a creator of the beginnings of all. And some would stay longer and create more, and then leave. Or some got so wrapped up in creation, they just stayed and stayed until they experienced all that they were to experience.

D: You mean, in the beginning, they created everything that was on the worlds?

I: They did it gradually, those that stayed. I didn't stay. I would go on.

D: But they do create everything that's on the planet: the plants, the waters?

I: Right. They would create everything that would make those planets, yes. And in some, everything was red. In the red, always red. The creatures were red. They didn't have plants in the red universes. It wasn't needed.

D: But if they created animals, or creatures, did they decide to experience those creatures? Or did they just take care of the creation of them?

I: They didn't look like you think of creatures.

D: Tell me about it.

I: On the reds, it was more Okay, think of a stingray on Earth. Now make it transparent and elongated. And then put, like, an oval in the middle of it. There were some like that, that could roam the surface.

D: They just used their imagination to create anything they wanted to? (Yes) Then what kept these creatures alive after they were created?

I: In the red, it was simply the atmosphere. They had no ingestion. They didn't take in food and let out waste. They just were. They just existed. They just experienced.

D: So they didn't need a spark of life in them?

I: They were a spark of life. They were independent.

D: I'm trying to understand and compare it with what we know on Earth. We think they have to have a spark of life within them to keep them alive.

I: They are the spark.

D: Does this mean they did eventually die?

I: Yes. They didn't have a way of making more.

D: I see. They couldn't procreate. (No) Then the planet would be dead again, wouldn't it? (Yes) Then what happens after that?

I: I didn't stay there. I don't know. I left about then.

D: Where did you decide to go?

I: I'm roaming.

D: So you're not with that group anymore?

I: Right. I've always been the curious one. I like to see what's going on.

D: Where do you decide to go next?

I: Into a cilium.

I have no idea what that is. The closest the dictionary comes is: cilia in biology.

D: What is that?

I: I'm not quite sure. It looks like a pyramid in a pyramid with one corner of it leaking off and curving down.

D: You didn't have a desire to go into another color?

I: No, I was called to a cilium.

D: Who calls you?

I: A cilium called me. I was needed there.

D: I was wondering if someone tells you what to do.

I: No, you just know. I am becoming more and more convinced that the soul (spirit?) was more of a free agent, if that's the correct term, in the beginning. It did, more or less, what it wanted to do, and went wherever it felt it needed to go without being instructed to do so. It seems as though, after it became entrapped in the cycles of birth and rebirth and karma, that it became contaminated. It could no longer be trusted to make its own decisions. It needed instruction to help it get out of the muck and mire. Then the councils and boards of masters, elders and guides became necessary, so the soul could eventually get back on the track of evolving upward, back to the

Source. It had to get out of its experiencing and the forgetting of where it came from. This seems to be a pattern I am observing.

D: What do you have to do there?

I: I'm going to find out. It's a big, open chamber. They're doing something here. And there's something inside it, and it's like it's been abandoned.

D: This is inside this pyramid structure?

I: Yes. I don't see anyone, but there's light over in this corner. And the walls are like a metal! I feel that if I tapped on them, it would hurt my ears.

D: A loud sound?

I: Yes. I'm looking to see what else is in this room. What this is over here - like a half of a pod with lights all around it, on the edge of it. And oh! There are windows all around here, but I can't see out them. But I have the feeling that someone's watching on the other side of those windows. They're watching what's in that pod. I feel it, I don't see them. And I'm here to stop them from what's going on. This is *not* right. This will *not* continue. This *must* stop. It's against ... it's wrong. It's wrong.

D: Why is it wrong?

I: It's *causing* pain, it's causing great pain. It's messing up this whole planet. What *are* these people doing? Who *are* these? What are they doing? It's terrible! (Deep sigh) (Several very deep breaths, as though blowing.)

D: What are you doing?

I: I must get out of here, and fast. Now it's disintegrating over here. I have to get out.

D: What did you do?

I: I stopped it all.

D: It looked like you were blowing on it.

I: I did.

D: That caused it to disintegrate? (Yes.) You have enough power to do that?

I: Of course.

D: To destroy the entire place? Or the entire planet?

I: The place first.

D: What were they doing that they weren't supposed to do?

I: I don't know who these are. Lost or stray ones? They're fascinated with pain. They will be sealed on this planet. This planet is now sealed.

D: These beings were creating pain for others on that planet?

I: Yes. They are sealed there. The others are gone.

D: The people they were trying to hurt?

I: Yes. I sort of disintegrated them. But it's okay. Not in a bad way disintegrated - returned them to spirit.

D: Because you can't destroy spirit, can you?

I: No. They're going back to be healed and rest. But the others, the ones that were causing the pain are sealed there.

D: They cannot leave that place?

I: No. They are sealed on that planet.

D: They can never die or reincarnate?

I: No. They must experience what they have done. I will come back and check on them from time to time. Once they can realize and undo what they have done, they will be free again. They will be given a chance to grow again.

D: But if the people in your group created all of these planets, why would they create something so negative?

I: Oh, they didn't. That was a long time ago. I did a big jump.

That's why I was called there. It couldn't continue.

D: Couldn't the ones who created those planets and beings come back and do something about it?

I: Something got messed up. They needed a higher power. They just needed it to stop. Over much time, they will progress. We're hoping. As I'm feeling them, that is my plan.

Is this something like what Gary was talking about? (In Chapter 38 "The Final Solution.") He was assigned here on Earth to be the final solution if the world doesn't get its act together. He has a similar power to annihilate or disintegrate, and to perhaps seal the planet. At the present time, he has just been assigned to wait and watch.

I: I could hear the cries of those they were harming. That was what called me there.

D: Then you did the job you felt you needed to do. You released those spirits, those souls. (Yes) What are you going to do now?

I: I shall roam.

D: And as you said, you take big jumps, don't you? (Yes) What do you see now, or what do you feel drawn to?

I: I keep hearing, "Mary Melissa. Mary Melissa. Mary Melissa." A little girl. - She's playing outside. She's playing with fairies. Oh, they're lovely. They're quite busy this day.

They're working among the flowers. They're playing. They're riding butterflies. Why, I don't know. They have their own wings. I think it's just quite for fun. Mary Melissa has a long, blue ribbon in her hair, and long curly brown hair. It must be windy, for her hair is blowing. And now she's down on her tummy watching the ants.

D: What is the purpose of the fairies?

I: Oh, to help with the nature kingdom. Well, not necessarily the nature kingdom, because everything is nature, but as form. They really guard and protect and take care of the flowers and the trees and everything nature-like. But then we get the nature thing mixed up. We think of nature as only nature, like trees and stuff. But it's really pillows and cars and everything that has a form.

D: That would be like saying it's all of life?

I: Everything that has form. That's the nature kingdom.

D: These little beings were created to help and take care of them?

I: And to enjoy them, and to bring joy. For there's so much joy in them. Mary Melissa loves to play with them. They look forward to playing with her all the time. And sometimes she'll lay on her back and they just run around her. Or if she puts her hand out they'll even come and sit on her finger. They love her, and she loves them.

D: Do other people also play with Mary Melissa and the fairies?

I: Oh, no! Her momma does not like any of that nonsense!

D: She doesn't believe in it?

I: Oh, no! Her mamma is not a nice person. So I think Mary Melissa goes out with the fairies just to feel the joy.

D: To get away from her mother?

I: I think so.

D: Why do you think you're drawn to Mary Melissa?

I: I'm not quite sure. I'm looking to see why I am seeing her. - Oh! I'm protecting her from her mother. I sent the fairies to play with her.

D: But it's also getting her in trouble, isn't it?

I: Ah, but without the fairies, Mary Melissa would not be alive. Her life is so bad, I think she would leave. It gives her a safe place, to keep her spirit going until she grows up. I've sent the fairies, and they're teaching her: who she is, and the light that she is. And her angels are gathering. You see, we had to start with the fairies and then work our way to the angels. They're helping her realize she has guardian angels, and she 'll always have them, and guides to help her.

D: It sounds like you're one of these guardians, too, aren't you?

I: For a brief time, I certainly am.

D: All right. Let's move time ahead. Do you stay with Mary Melissa for very long?

I: Just enough to see her grow into adulthood.

D: You protected her all that time. (Yes) Then where do you go?

I: Ondonga? (Phonetic)

I didn't understand. She repeated, "Ondonga. It appears to be someplace like Africa, a jungle. I'm with a little boy. His name is Ondonga."

D: Oh, that's his name. What are you supposed to do there with him?

I: I'll have to see.-Oh, my! (Three sharp breaths, then a sigh.) He's safe. I can go now. That was quick.

D: What did you do?

I: There was a tiger creeping up behind him. Wow, that was a quickie!

D: (Laugh) What did you do to the tiger?

I: I blew him away.

D: Did the boy know he was in danger?

I: No, he was playing. He'll never know. But he's going to grow up to be the medicine man of his tribe. It was important to keep him safe. That was a quick one! (Laugh) He was quite cute.

D: Well, let's move forward in time. When did you get to the point that you wanted to be a person, a human being, instead of watching and guarding people? What happened to cause that?

I: Shift time. I'm here for the shift. I'm here to help with the vibrations of Mother Earth. This is great work that needs to be done, and many of us are called.

D: Had you been in a physical body before being called here?

I: Not seeing one. Strange, should be. Most people are.

D: So you were mostly doing this guardian work?

I: Seems that way.

D: That was a very valuable and important work. (Yes) Then, did someone tell you to come here at the time for the shift?

I: I just knew. - It's very difficult to be in the body. Quite confining. Also very difficult for my mother to birth me. Energies were so strong for her.

Is this what is happening? The normal human spirits that have been on Earth for many, many lifetimes accumulating karma are leaving. And being replaced in one way or another by these more advanced spirits who will be able to handle the stresses of the shift. Even those who were normally doing guardian angel work are being called in, as well as the more advanced spirits. They are willing to leave their "home" in the astral to travel here and assist during this important time. The other humans who are staying are having their bodies adjusted to handle the increase in the vibrational frequency change. Those who cannot adjust, are leaving the planet.

I: I didn't stay in her much when she was carrying me. I came in at birth and sort of knocked her out. The angels came and helped her.

D: Were you able to bring all of your energy into that infant body at that time?

I: No, no, no, no, no. I would have exploded her.

D: So you just brought a part of yourself into it?

I: I can draw more when I need it.

D: So this is the life of the being you're speaking through right now? (Yes) And this would be your first experience in the physical. Is that right?

I: That I can recall, yes. I have been here to help others.

D: Was it difficult growing up? Experiencing?

I: Never fit in. Neeever fit in.

D: Weren't you afraid once you got in here, you might get stuck?

I: Pffft! Not! Nah, can't get stuck. Got too much help, too much power.

D: (Laugh) I was thinking of karma.

I: No, I don't have that.

D: What are you supposed to do about the shift?

I: We have many who are here to help Mother Earth with the changes. To help awaken others by simply being. We do tend to escape from time to time, though.

D: How do you do that?

I: In what you would call "sleep," or "meditation".

D: You're able to get out of the body?

I: Definitely. In fact, one of my problems is doing ... like hiking. It's hard to get all the way in the body enough to keep the feet balanced. That's a challenge.

D: You mean when you are out for a while and come back?

I: I mean, my challenge in being here is to be here. A part of me tends to take off a lot. Actually, I have many parts of me going many places simultaneously, so this is only a very small part of me here.

D: So when Irene is either meditating or sleeping, you leave and go off somewhere else?

I: That, and - although it sounds very strange - I do it even when I'm doing everything else. I have many things I'm doing all at once.

D: So you're able to do that, and the body still functions?

I: For certain. I have other bodies functioning other places, too.

D: Why did you do that?

I: To gain as much as I could.

This is very similar to what was reported in Chapter 21 where the woman remembered living in many bodies at the same time.

D: So all these other bodies are also here to experience the shift?

I: In different time zones, as it were. It's hard to explain. I can be everywhere all the time, and being aware of being here now. I'm not always aware of all the dimensions that I'm in. In a sleep state, I am more; or a meditative state, I am more. But I have the awareness of all of this going on simultaneously. It's like being in Best Buy (or Wal-Mart) and in the middle of all the TV sets. And then all the TVs are stacked a million stories up and a million down, all showing something different. And then you're in all of those screens and all of those places. That's what it's like. That's a pretty good description.

D: So when you decided to enter a physical body, you broke apart. If that's a good way to explain it?

I: No, not breaking apart. Still one, bringing maybe a consciousness into that form. This is very difficult to explain, because in all the other forms, there's that consciousness.

D: So when you decided to be a human being, you decided to be in many different bodies all at the same time.

I: Right. And then also, in all the other forms, all of it at once. You know, the spirit form, the ET form has many of those. Those are fun! And all of those in different dimensions, it's really weird.

D: This happened after you decided not to be a guardian.

I: Yes, although parts of me are doing that now, too. Irene does not understand how all of this can be going on.

D: Yes, it's hard for many of us humans to understand these things.

I: This is quite confusing, but I know it's right.

There is more information about the splintering and shattering of the main soul body, and the fragments that go off to experience their own lives in *Convoluted Universe, Book Two*.

D: So what is Irene supposed to be doing with this?

I: She has great powers. Her mere presence shifts people. If she thinks of them, they shift.

D: What do you mean, they shift?

I: They start to awaken. To remember who they are.

D: Who are they?

I: They are pure light and love.

D: And they've gotten away from that?

I: Oh, they have. It is quite sad. But it is important, very important, for Irene to do her work. That she remains steady, that she does not get lost in the emotions of those who are not awakening as fast as she would wish for them. Of those who don't seem to be awakening at all. And to honor them, and to love them, but to not get wrapped in

that Earth emotion. For she is weakened when she feels sadness for them. There is no sadness, for they are only light and love.

D: Yes, they 're all learning their own lessons.

I: Yes. There's a great need for great light here in the area where she lives. Great, great light here. And many are awaiting her. There is a spark that she can render them that will help them. Oh, it's like they just explode in their light, and then their sparks go off and do the same for others. It's quite beautiful. It's like a fireworks display. It's all beautifully positive, the most vibrant love and light one can imagine.

D: When we began this session today, why did you choose to start her at the very beginning of her existence?

I: It was like a gift, a bliss moment. To give her that bliss moment. That nirvana, that bliss, that home that energizes her. She knows it. It was where she loves to be.

CHAPTER TWENTY-SIX

CREATION OF THE OCEANS

Pierre was a Frenchman who had relocated to America. He had a strong accent that made me have to listen very closely, which also caused a problem during transcription of the tapes. His job was wearing him out and causing him to develop physical problems. It involved constant traveling and he was at the point of burn out. Of course, the logical solution would be to quit and find another job, but there was always the seniority and salary to consider. I have had several clients with this problem. Some hate their jobs with such a passion that they think suicide is the only answer. I always say that no job is worth that, you can always find something else. But many people feel totally trapped in a situation and can see no way out. Some have unconsciously created an illness or a heart attack in order to get out with dignity. "I can't work if I'm sick." "It wasn't my fault. I had a heart attack, so I can't work anymore." It is amazing how the body will cooperate if it thinks that is the desired solution. It does not judge. It just obeys the commands of the owner of the body (conscious or unconscious). This is why we must realize how powerful our thoughts are. In any case, this was one of the main complaints that Pierre spoke about when he came for a session. The information that came forth was totally from a different direction. He said afterwards that this was definitely not what he would have fantasized. He was looking for a past life to explain problems in his life.

When he came off the cloud, there was total confusion as he tried to understand where he was, and the bodily sensations he was feeling. When I asked him to look at himself to see what his body looked like, he said, "I don't feel solid! I cannot see myself. I'm everywhere."

I was thinking he could be an energy form, which has happened many times when the person could not see a body. "Do you have

any kind of feeling of what you are?”

P: It's been everywhere. It's been not physical. It's been everywhere.

I asked him to explain what he meant.

P: It feels like the ocean. Like a wave. No boundaries. Just big, big!
It's a wonderful feeling. I am not restricted.

D: That's why you don't have any kind of form? (Yes) Don't you have any limits?

I was trying to think how to word it. Even if he was an energy body, he would have a shape and limitations. Something to enclose him, even if he did feel very large. But I was wrong. This was something totally different than our concepts of physical shapes.

P: The limit is the top of the ocean. The separation with water and air.

D: Do you feel like you're in the water?

P: I *am* the water. No boundaries.

D: So you don't have a body. You're just part of everything there? (Yes) What do you see as you look around?

P: I see the sky. I see the water. I feel the water. I feel the coolness of the water. There was nothing in the water, no other forms of life. Just the water.

P: Just the beginning. The feeling of the beginning.

D: What do you mean?

P: It's the creation of the water.

D: Before there was anything in it? (Yes) That would have been at the very beginning, wouldn't it?

P: I feel the water. It's not limited. Just the water and the ocean. I am the ocean. I am the ocean.

He said after he awakened, that this was the most wonderful feeling of total freedom. He felt so big, so huge. It was something he could never have imagined.

P: I feel the warm wind. There's no limitation.

D: Do you feel lonely if there are no other life forms?

P: No. I feel quiet. I like it. I am whole. I am complete. It's a wonderful feeling.

I was trying to think where to go with this. If he was part of the ocean at the very beginning of the creation, this could go on for quite a while (eons probably) with little change. Especially if he was enjoying it so much.

D: Were you somewhere else before you came to this place?

P: I come from Light.

D: Were you told to come to the water?

P: No, I volunteered. I see myself coming from a star, from Light.

D: Why did you decide to do it?

P: It has to be done.

D: But you were happy as Light, too, weren't you?

P: We were part of Creation. It had to be done. So we volunteered.

D: I was wondering if someone or something said it was time to do this.

P: There was no time. It had to be done. I see myself as light coming from far, and then I see the ocean. I am the ocean.

D: And when you became the water, did you create the water?

Is that what you mean?

P: The word is not accurate - creation. We are part of Creation. We don't create.

D: So you didn't make the water. You just became it?

P: We are part of it.

D: I am trying to understand if there is a process.

P: We cannot explain.

D: You must be a very powerful spirit, if that's the right word.

P: Powerful is not accurate. We are part of it. It's a natural process.

D: Do you have any plans, or are you just going to stay there as part of the water?

P: We would stay until the process is finished, until it is stable, because there is no land at this point. It's a process. In time there will be land. Now it's just water, and we see the sky.

D: How will the land form?

P: We are not involved in the land formation. We are involved in water formation.

D: Other beings will be involved with the land? (Yes) I was just wondering if the land will come up through the water.

P: I do not know. My job is to stabilize the water, so that life can evolve in it.

D: Are there certain requirements for life to evolve?

P: Salinity. The salinity has to be just right. The light within the water has to be just right. The gas within the water has to be just right. We are part of the water.

D: So certain chemicals, if that would be the right word, have to be present?

P: Yes. Stability. Salinity.

D: And then when this occurs, what type of life forms would be the first to be formed?

P: We see what will be amphibian, frog-like.

D: That's not your job to create the life?

P: No. My job is to create water, to stabilize water. Then I will be done.

D: Then other beings will create the first forms of life?

P: Yes, the Masters.

D: Are the life forms in the water formed first before the land is formed?

P: The life forms are formed before the land in the water. Not too far before. - We are going down now. We are going inside the ocean, deep. We are very deep inside the ocean. It's incredible.

D: Are the chemicals and the elements right now so life can come?

P: Not quite. The ocean is still moving. We are searching the depths of the ocean now.

D: What are you looking for?

P: We are not looking. We are experiencing.

D: When you came to this place, there was nothing at all?

P: We have not full awareness, because we came and we created the ocean. We are part of the ocean. We are the ocean.

D: I was wondering if you were creating the ocean on a planet?

P: No. The ocean was there first, and then came land.

D: So there wasn't even a planet at first?

P: Not quite. Not quite.

D: I guess I'm thinking about a planet and then things forming on it.

P: No. The ocean is here.

D: So the water was just created in space? (I was having difficulty trying to understand this.)

P: We cannot explain, but the water was created first. The water was created from Light. We came from Light. And we created water, and we are part of water. And we are experiencing its depth right now. The water is very deep. It's undivided.

D: In our way of thinking, we think of the planets, and things being formed on them. But this was before their creation. Is this what you mean?

P: That was before the creation in terms of what is known now. This was before we can even talk in terms of time as we know it now.

D: So first comes water.

P: No, first comes Light. And then the water.

D: And then you have to form Light in the water?

P: And let life and Light. In terms of time, they were very close in time. But there was life, and then a little bit later, there was land. And we could experience the Light. We are experiencing the ocean. The ocean is undivided. This is incredible!

D: And then there are other beings that create the land?

P: It is a cooperation.

D: Then you decide which kind of creatures or plants would form in the water?

P: We don't decide. It isn't our destiny to decide. We are not at that level. We created the ocean. Others decide, they are responsible for the general plan. We don't decide.

D: So there are many of you who have different jobs? (Yes) Would you be what I would call a Creator Being?

P: I don't understand that word. There is a Master Creator, but we created the ocean.

D: So there is someone over you. (Yes) The Master that created you, where is that located?

P: We are not created. We are part of Him.

D: I guess I'm putting limits on everything because this is our human way of thinking.

P: Yes, we are not limited. We are experiencing unlimitedness right now.

D: Is this Master Being also part of this Light?

P: He *is* the Light. We came from Him. And from there, we created the ocean.

D: Did you have instructions from Him to do this?

P: No, but we anticipate your question. You are trying to link us to this being. And that problem stems from the limits of this life, of this form. That's what we anticipate in your question.

D: Because I try to put things in forms so I can understand.

P: Yes, we understand. We know what is in the design. What is in the Grand Plan. We know, and we do.

D: I am thinking of a Master and the workers doing the work. It's not like that?

P: No. The word "Master" is used in terms of what you would say "respect". It is cooperation.

D: Is this land going to form a planet?

P: It will be Earth.

D: So this was how the whole planet was formed in the beginning. (Yes) So the water was formed, then life was formed in the water by another group of beings, and then the land was formed.

P: Yes. And then the land was formed, and the land had to be cooled. It was too hot. It had to be cool. Cool. We are stable now.

D: Was there anything else you had to do to the land to make it stable?

P: No. We don't work with the land. We work with the ocean.

D: Do you know what these other beings are doing?

P: I'm not privileged with that information.

D: But they probably have a job very similar to yours?

P: Yes, yes. I am stable now.

D: This is very important for life to exist, isn't it?

P: Yes. We have to stabilize the water. The light within the water, the salinity, the gas within the water so that life can be created in embryonic stage. Thereafter, can masses of land be created.

D: Then when the minerals and chemicals are correct, and the water is stable, what do you do?

P: I depart. I was no longer needed, so I left.

D: Do other beings stay there and continue to work?

P: I sense the presence of others who stay behind.

D: You did a good job. The ocean is very beautiful.

P: Thank you.

D: Where did you go when you departed?

P: I went back to the Light.

D: Which did you like best, being in the water or the Light?

P: The water has a different experience, a different feeling. The Light is oneness.

D: I've heard that before, that it's very beautiful to be all together. (Yes) All right. Even though time does not exist, let's move forward to find out where you go. What is your next assignment, if that's a proper word? Where do you go when you leave the Light again?

He instantly saw himself as a crippled beggar in India. It was a miserable life filled with pain and despair. Apparently, when he decided to enter the physical, he chose the worst of human experience. It was a totally opposite departure from the beautiful peace of being part of the ocean.

D: Why did you decide to go into a physical body?

P: It's to experience, so that the Light can experience physicality.

It was a difficult life, because he had been so accustomed to being free without limitations.

P: There is much limitation. It was difficult to be contained. Much physical pain from that physical body. I received experience.

D: Yes. And when you're in the physical, you don't remember the other, do you?

P: Sometimes we do, sometimes we are aware. And we chose that, not to remember. It was a difficult life.

D: Why did you choose to experience that type of life?

P: It was to experience the extreme, and to learn the strength. I then lived in France as a female. We moved to other places, and chose to come back to experience again.

D: What other places did you go to?

P: Saturn. We moved to Saturn.

D: What was that like?

P: We don't have a word for it.

D: Can you try to explain?

P: We are not allowed to explain. The time is not right for that. It is not useful for this being. But it was quite a different experience from the Light and the water. We are giving what is relevant, which is the difficulties of dealing with limitation. That is the difficulty that this human being has.

D: So from time to time, you would choose to come back into a life, a human body, to experience something different.

P: So that we can learn, and finish things we didn't finish.

D: Why do you feel the need to learn, to experience?

P: So that the wholeness, the Light, can experience. We are an extension of the Light, and the experience is necessary.

D: Can't the Light experience on its own?

P: No. The Light has to be. We see the image. The Light has to be experienced as droplets of light.

D: Droplets of Light. You mean pieces of it came off?

I already knew the answers to some of these questions, but I am always trying to get more verification by asking the same thing to many people. If they all say the same thing, I believe that gives my research validity.

P: Individuality. The Light is whole. The Light has to experience individuality. Therefore, the Light has to materialize as droplets of Light.

D: I see. And you are one of these droplets?

P: We are *all* one of these droplets. We are a spark of Divinity.

We are all drops of the Light in material form.

D: And you are to experience and gain information. (Yes) Then what are you to do with all of this information?

P: We have to integrate it, reintegrate it back.

D: And you take it back to the Light. (Yes)

He verified that this Light was the same thing as some people call the Source, and the Great Central Sun. They are simply different names for the same thing, the one that we call "God".

D: And you have experienced many life forms on Earth? (Yes) And also gone other places? (Yes) Have you experienced other bodies?

P: Yes. I see another body. A very high intelligence - but not human.

D: Did it also feel contained, limited?

P: Yes, but less contained than this being now. Because the veil did not exist as much.

D: In your travels, when you would come to the end of the life, the body would eventually die, wouldn't it?

P: Yes. And then we reintegrate to the Light. We always reintegrate to the Light.

D: And carry the information of the experience? (Yes) Because I have heard you don't really die.

P: That is correct. But the body, the physical container dies.

I then decided to communicate with Pierre's subconscious in order to get answers, but I was probably already speaking to it. "I call it the

‘subconscious’. Is this correct, or do you have another name for what I am speaking to?”

P: Your name is correct.

D: But you’re much more powerful than that, aren’t you?

P: You could say that we are more aware.

D: Why did Pierre choose to come here today? It was not coincidence, that’s for sure.

P: He needs to know why he’s having pains. He needs to know so that he can readjust himself. He needs to know so that he can be aware that he’s more than what he seems to be. Although he says it, he needs to experience it. That’s why he experienced the vastness of the Ocean today. And he adjusted, and he understands that he’s more than his limited self.

Pierre had some questions about physical problems. I suspected they were being caused by the frustration of his job, the feeling of being trapped in a hopeless situation. I was interested to see what the subconscious would say was the cause.

P: The pain in both sides of the lower body is due to the frustration brought upon him by feeling powerlessness, because he cannot physically express himself as he would like to, or as his higher self would like to. So he develops pains. His pain will be relieved. He developed the discomfort so that he could be prompted to act upon it, and experience the largeness of the Ocean. Once that experience occurs, the pain will gradually be removed. But because the pain is in the slightly advanced stage, it will *gradually* diminish. It will be gradual as he understands it. He could have asked for help sooner. He had the opportunity. At this point, his body will not be able to accept an instantaneous relief of this pain. The body has been used to the pain, and the removal of the pain has to be gradual.

I have heard this many times. The discomfort will sometimes increase in order to get the human's attention. If it has been going on for a long time, and has greatly increased, it cannot be eliminated suddenly. Mostly because the body has grown accustomed to it. So in these cases, it has to happen gradually. *But* it does go away.

P: There have been many adjustments made to his body while he is asleep. The only memory he has is in dreams, and they are cloaked in symbolism.

D: What were the adjustments for?

P: The adjustments were required so that a new level of energy can be adjusted to his physical body.

D: That's what I've heard. That there are many of these adjustments going on among many people, because the energy and the vibrations of the world are changing.

P: That is correct.

D: And some of us are experiencing this in different ways. Everyone's bodies are reacting differently.

P: That is correct.

D: And those that can't adjust are the ones that are leaving the planet.

P: That is correct. Or they were designed not to be around.

D: There were certainly many that left the planet right at Christmas time. (The great tsunami that hit Indonesia in 2004.) I know that was all their decision, wasn't it?

P: It was an agreement so we know that we are one.

D: They just wanted to get out of here before the other things happen?

P: We will not say that. We will say that it was an opportunity that they had to serve, to increase the awareness of one world - that we are one. He is unlimited, like the Ocean. He has the ability. He has the power. He can choose.

D: He also wanted to know what his purpose is? Why is he here?

A very common question that is asked by just about every client that I see.

P: His purpose is to bring light. In order to bring light, he has to experience the experience of those that he is supposed to serve. It's this experience that he designed himself to bring light. The difficulty comes in the limitation that he experiences. It goes deep inside of him. He knows there is more than what he can do. But he's not allowed to exercise all of his innate ability. So the difficulty has to be with the limitation that he agreed to put on himself.

D: So he will influence everyone that he has contact with.

P: That is correct. We would suggest patience. May we suggest that he understand that we understand his impatience, because in his mind, he feels that he's not doing a good job. However, from our perspective, we would say that he has put himself in a very difficult situation, given his ability. The restrictions are difficult. It is difficult for him to shake himself. However, we do understand. We would suggest that he keep working. He is doing fine.

When Pierre returned home, he had a chance to listen to the tape about the creation of the ocean. In an email, he gave some interesting observations. He, of course, was having difficulty accepting the reality of the experience (as many of my clients do), and he was wrestling pro and con about whether he could have been making it up. "As I listened to the tape, I experienced the challenges

associated with the use of words and the usage of the tongue to express these words. I sensed that the ocean-energy had to use the conscious mind to express itself in words. So instead of setting it aside, the ocean-energy just 'dissolved' the conscious mind into itself as 'a grain of salt dissolved in the ocean.' However, the grain of salt (or my conscious mind) even as it is dissolved in the ocean water (or the ocean-energy), still maintained its individuality. So the conscious mind expressed in words, as accurate as it could, the information that it received from the ocean-energy. The point here is that there were challenges/difficulties translating the energetic information into human words, and some of the words used were not exactly what the ocean-energy would have wanted to use. But the conscious mind used these words, because it was more or less in charge of the wording aspect of this communication. It would be excellent if we could completely silence the conscious mind, but somehow its presence is still needed for the wording. I sensed that there was another helper/translator that put the energetic information from the ocean-energy in a format that the conscious mind could use to formulate words. It has been made clear to me that it was like the information from the ocean-energy had to go through a 'processing center' before it could be translated into words by the conscious mind.

"I sensed there was very close monitoring and deliberation when you asked the question about being a creator-type energy.

I could not see anyone around me, but I was aware of the monitoring. That information was released only to make sure that the ocean-energy was not confused with the Light/Source itself.

"After our session, I was trying to explain the vastness of the ocean, and I mentioned that in terms of size, I felt like 'a grain of salt dissolved in the ocean'. As I am writing this note to you, I am getting the understanding that the above analogy also explains the challenges associated with the human verbal expression. I also understand that there is a lot of information in the analogy of a grain

of salt dissolved in the ocean. The grain of salt originates from the ocean, and in fact, it is the ocean in a condensed form. So this analogy shows how we are individual (minute), but are also part of the Whole. We originate from the Light/Source, and we are a condensed/physical expression of the Light, and as such, we are truly unlimited.

“In recent memory and what seems to be dreams, I have left my physical body four times, and had been talked into coming back to it. I think I was getting to the point where I saw no reason to live, so I had to be shown a certain aspect of what is being accomplished. The session gave me hope and the desire at the conscious level, *not* to vacate my physical body.”

When I was conducting this session, I had a problem trying to understand it, because it was going against what we would consider to be logical. How could water be created before there was land or a planet? How could water be created out of nothing in space? In the other sessions in this section, the client described how they created galaxies, universes and planets. This was what I would consider to be logical: create something solid first and then put water on it. Yet no matter how illogical it seemed, I thought it sounded familiar. Then I remembered where I had heard it before: from the Bible. The Bible also reports exactly this illogical way that creation occurred, in the first chapter of Genesis. I will put it altogether here instead of breaking it apart into verses the way the Bible does.

In the beginning God created the heaven and the earth. And the earth was without form and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness. And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day. Genesis 1:1-5

In one of the chapters in this section, the client said there was something before the Light (or the Source), and that something was darkness. It has also been said that sound played a part in the creation process, thus: *And God said*. Each time God spoke, something new was created. We now know that we are all part of God, so it was these beginning spirits who were still connected with the Source, who were doing much of the creating. It was all the same, all One. Also note that before anything was created (even the light) that the Spirit of God moved upon the face of the waters.

And God said, Let there be a firmaments in the midst of the waters, and let it divide the waters from the waters. And God made thefirmament, and divided the waters which were under the firmament from the waters which were above thefirmament: and it was so. And God called the firmament Heaven. And the evening and the morning were the second day. And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so. And God called the dry land Earth; and the gathering together of the waters called he Seas: and God saw that it was good.

Here again, it is obvious that the water existed before the creation of land. Pierre said he could only see the water and the sky. God divided the firmaments. Then the creation process

continued: the creation of plants and trees. This goes along with the story in this book, that the alien helpers first introduced plant life to see if it would grow, before animal life. Plants had to be in place as a food source. It is interesting that (according to the Bible) the plant life was created before the Sun and the moon and the stars. Then the first animal life was created in the oceans, then the birds.

And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven. And God created great whales, and every living creature that moveth, which the waters brought

forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good. And God blessed them, saying, Be fruitful, and multiply, and fill the waters in the seas, and let fowl multiply in the earth. Genesis 1:20-22

Then the creation continued by the introduction of animals of many different types, and finally man. All of this is exactly the order reported by the various subjects. The only exception is that these various spirits had a part to play by helping God in the creation. Since we are all God, this should not surprise us. And since we had a role in the creation process of our beautiful Earth, we should honor and respect our home.

THE BORROWER PIERRE CONTINUED

Pierre returned to my office about six months later to have another session. Normally, I do not have to see a client more than once. And I was sure we had covered everything that he wanted to find in the first session. But I agreed, not knowing what else he might want to pursue. On this trip, he brought his wife, and I had a session with her, also.

After the last session, I had no idea what to expect. What could possibly be more dramatic than finding that you helped with the creation of water before the beginning of the Earth? I never have expectations, and allow the client to go wherever they feel the need to go (or wherever their subconscious thinks they should go). Thus, when Pierre entered the scene, it sounded like we were going to explore a normal past life. Yet again, he was going to surprise me before the session was over.

He saw himself by the ocean sitting on a wooden bench with the number eighteen hundred carved into the back of it. He was a simply dressed, young, fair Caucasian (Pierre in reality is black) with dark hair and beard. There were no people or activity. Just a peaceful and

calm feeling as he rested and looked out at the water, watching an old ship passing by. When I asked if he lived around there he answered, “I hear, ‘I come and visit.’ I hear, ‘I don’t live here’, but I hear, ‘I come and sit and visit.’”

Behind him were houses and a small city. “I hear ‘Brittany’.” I asked him to go to the place where he lived so we could see what it looked like. Even though he was enjoying himself sitting quietly, “I like the ocean and sitting there now,” he agreed to go and look at it.

P: I see a cobblestone street, and then I see a small house with two floors on my right as I look. I hear horses hauling carts. I hear the noise of their feet. The house is not very big. It’s a single house in a row of houses. The street is very small. It is not very clean. It’s not the house, it’s the city. It’s not very clean.

I asked him to go inside to see what it looked like.

P: I know that a man is standing behind on the right. It’s almost like a hostel. He checks you when you walk in this house. I hear, “I rent a room in this house. I am a sailor.” I am a boarder. He’s almost like the landlord. Now I see a small room with two beds, one on top of the other. And I see an old type backpack. I hear, “I am a visitor from far away. I am observing. I walk, because I see the backpack. I observe. I come from far. A long ways in this world.” I go from place to place. I hear, “If I’m walking, I am walking. If I’m not walking, I take the old-time boat.” I observe. I record, too. I hear, “I was given a choice.” It is almost as if one is going on a camping trip, and you choose in this lifetime. I hear that I was given a choice, a vacation.

D: So you were not born in this place as a baby and raised. Is that what you mean?

P: I’m sorry. I am confused. I don’t see a baby.

D: The form you are in now is this young man?

P: Yes, yes. I hear, "You came from a star." And I don't know. I just came.

D: But how do you become this body if you weren't born into it?

P: I hear, "It's not my body. I borrow. I cohabituate."

No, it was becoming obvious that this was not a normal past life regression. There was more going on here.

D: You cohabituate the body with another soul? (Yes) Is this allowed?

P: I hear, "I am allowed, yes. Agreement. The other knows."

D: I thought you weren't allowed to enter a body where another soul resided.

P: Yes. It's temporary cohabitation. Vacation. And then you leave. I stay for only a short while.

D: And while you 're there, you use the body to go from place to place?

P: You don't command the body. I hear, "The other has control. You cohabituate." It's almost as if you take a ride. The body is a sailor. He walks too, and I hear, "A vagabond."

D: So the young man is going to these places anyway. And you're just going along to observe what he is seeing? (Yes) And he was just chosen at random?

P: No, I hear, "Agreement."

D: Is he aware that you're there?

P: Not aware in real life. Not in awake stage. But deeper, he's aware, because without that agreement, it wouldn't be allowed. There are laws and regulations about these things. We say it here that it is not

an invasion. It is an agreement. It's *important* to understand that it is not invasion.

D: Why are you observing?

P: I hear, "For this time, it's a vacation." That's all. And an agreement that was made has to be lived. And so he came on vacation in this port, in this area. And we see friends. We see the ocean. We see the bench. The numbers, eighteen hundred, carved.

D: Where you come from, do they have an ocean?

P: I don't think so. I hear, "We have worked hard; therefore, we have been given a vacation for this time. And we are not imposing. We are going along in this vacation."

D: As a reward.

P: In this situation, an agreement is required, because we are not invading.

D: But you choose the world you want to go to?

P: Yes. If there is an agreement possible, because we don't want to start from being a baby, and having to grow up. It is especially for a short period.

D: So you stay for a while, then you go back?

P: I hear, "You go on another assignment. In this specific situation, you can transit, you go back. Since this is a vacation, you don't need recovery time." So it will be as if one would go back and get the assignment, and then move up to the assignment.

D: But you said, where you came from in another place, you did a very good job. That's why they rewarded you? (Yes) What is it like on that place you came from? Is it a physical world?

P: No, it's not a physical world. I see a star! And I don't get a sense of physicality.

D: What kind of form do you have on that other world, the star?

P: I hear, "We are pure energy. We are golden energy."

D: What kind of work were you doing that they rewarded you for?

P: I hear, "Council." I was Counsel.

D: Were there many who were Counselors?

P: I hear, "Nine." I was with these.

D: What kind of job did you have when you were with the council?

P: I hear, "Counsel of Supervisor of a Star System."

D: What does a supervisor of a star system do? It sounds like a very important job.

P: It is a job. A supervisor looks at a group of stars. I hear, "And advises on the way to go to develop."

D: To develop the stars?

P: I will not say that. I will say, counsel on the path that the direction is towards.

D: Is this part of what the council does? Decides what is to be done on different worlds?

P: Yes, one of nine councils. We advise. When we are asked for information, or when we are asked for direction, we will advise. We do not impose.

D: Do you do the development yourself?

P: I will not say that we do the development. We advise. A different group will do the development. However, in some situations, they will ask for our advice, and we will advise.

D: This group that does the actual development, are they physical beings or like you?

P: I will say that they can take the physical form if necessary. However, in our planetary level, a physical form is not required.

D: So these groups can do the development without being physical. (Yes) Do they have to go to these worlds to do the developments?

P: No. I hear, "It is the blueprint for the worlds. The blueprint is worked in, not a physical world. The blueprint is worked in the non-physical world. Refined in the non-physical world. And then it may be launched in the physical world."

D: So, it is developed there, and then they are able to make it become solid and a reality?

P: Yes. When we are asked for advice, we counsel. We are one of nine councils in this system, as they are a solar system.

D: There are probably systems over you too, aren't there? (Yes) And they would advise you if you needed them? (Yes) So do all of you together decide what type of life forms to put on these worlds?

P: I hear, "Advisement comes on the level of planetary system. The life form comes at a much later stage, as our advisement did with planetary system, or issue." You build a universe first before you can populate it with life forms.

D: So you build the entire planetary system?

P: We advise, we counsel.

D: You talked about the universe. Is that what you mean by the planetary system, or are these two different things?

P: These are two different things. Please allow us to correct -we are trying to distinguish the level of - perhaps the complexity between a life form and a planetary or Universal system. Universe might be some planetary system. We counsel at that level. We do not counsel necessarily on the level of life form.

D: I see. So you counsel first on how they create the whole universe.

P: Yes. And within the universe are planetary systems.

D: So the universes are being created constantly? (Yes) That's what I'm trying to understand. I would think there would be only so many, and then there wouldn't be room for any more.

P: We see infinity. And we will try to translate in the sense that, if you were to look, you will be looking forever continuously in the end. That's how the Universe is. So the Universe is infinite. And systems and universes have been created custom all the time.

D: So they don't necessarily overlap or get in the way of each other.

P: They are a different vibration, too, so they can cohabitate within the same geographic area, the same space, but without touching or overlapping. They are vibrating at different frequencies, unless a doorway is opened between them. We are using your terminology. We meant a portal. This is possible to go from one to the other.

D: So people who could find these portals would be able to go from one universe to another?

P: Those who go between universes know the knowledge. They don't need to find it.

D: I've been told about different dimensions. Is this different than different universes?

P: We see that within a dimension, you can have universes. We can not fully explain or express what we see of our understanding. Within a plane are several dimensions, and within a dimension are several universes. We are sorry that we cannot explain clearly. However, the point being made here is that Universes, we hear, "Cohabitate - they can be within the same area."

D: But first, the universes are created and then, the other steps are taken?

P: Yes. First, there are dimensions. And then within dimensions are universes which are created. And within universes are planetary systems which are created. We counsel on the universal and also on the planetary system, since universes are made of planetary systems. We are one of nine councils who counsel in this specific system.

D: That makes it clearer. But he was doing that work and he said he took a vacation, because he did a good job. And just wanted to get away to experience the material world?

P: We would say, yes. We will also say he likes the simplicity in this specific body that he is cohabitating at this point. The young sailor.

D: What does he do with this information if he is an observer?

P: As far as this specific information of this specific situation, we would say again, using one of your analogies, that he is on a vacation. The information we research is not specifically used for a purpose. It is for his own enjoyment, and observation.

D: I've heard there are other beings whose job is to gather information.

P: Yes, the observer. That is different. He is here for his own enjoyment. When he is finished with the vacation, he will go back to the council. He will not stay here long as the body cannot sustain both of them for an extensive time. He will return and stay in the council for another opportunity, or, as you say, job.

D: Is Earth part of the planetary system that his council is over?

P: Yes. As you say, we saw Earth within our light system, but it belongs to this Universe where he counsels. We saw a possibility for him to be in the council, and also for him to be living a life on Earth.

D: Rather than a vacation? (Yes) As a regular physical life.

P: Yes. And in this situation (as Pierre) - we see a *spark*! An infinite small part of him.

D: So his main part stays on the council? (Yes) And a spark is all that's sent out?

P: Yes. We will say a "spark" as an analogy. However, this spark is a complete spark.

D: But the whole essence couldn't come into the body?

P: No, it could not. It would be too powerful. And also, he has other responsibilities in other systems.

D: I've been told that the entire energy of the whole soul could not possibly....

P: Yes. That's precisely what we're trying to convey, is that we see a spark come off a body of energy. And it has the purpose of fulfilling several functions in different systems, as in his system, and as of Earth. The spark will become a human body on Earth.

D: Was this decided for a certain reason?

P: It's part of the experience. It's part of the possibility that exists.

D: I was thinking if he was so evolved, he would not need to have an Earth experience.

P: The Earth experience is unique in its simplicity. And also in the lack - excuse me, we're looking for a word - we will not say, the "darkness", but we say the "not knowing", or ignorance of what's happening.

D: What do you mean?

P: On a certain level, the Earth is simple, but at another level, because of the fact that a soul enters the Earth system and doesn't know, becomes unaware of its source, it makes it difficult. We are having difficulty translating what seems to be a duality and opposition. The idea here is that the ideal simplicity comes from the fact that on Earth, life evolved around sustenance, on one hand. Therefore, it will be considered simple as compared to other systems. But on Earth, life is also very complex because of the nonremembrance.

D: Yes, we come in with all the memories erased.

P: Yes, that is exactly what we are trying to explain.

D: That's what I'm trying to do, get the information back. (Yes) But I thought that once you had evolved to that high state, there wouldn't be a reason to come here. It would be like going back to kindergarten, so to speak.

P: Yes, it's true. But sometimes, it is interesting to come and work in here. The trip back here is to take a refresher course, if we can use that terminology.

D: Well, when this spark came to Earth, what kind of bodies did it come into at first?

P: We express the possibility that the whole self has to be and to function on several levels. We don't necessarily see a body as we see the spark flying across the universes to incarnate on Earth. We see that the spark can choose to incarnate through the birth canal. Or the spark can choose the mode of experience that it chose as it is experiencing the life of the young sailor in Brittany, in France.

D: That was a spark that did that also?

P: Yes. So the possibilities are infinite. This is something that we like to impress strongly, is the fact that there is no limitation.

D: It's all just to learn lessons, or to experience?

P: It's more to experience than to learn lessons, because at a certain level, the lesson had been transcended. There is, in itself, no longer a need for lessons to be learned. However, there is still a need for the experience to be experienced and integrated in the whole.

D: You know you're speaking through a vehicle that is called Pierre. (Yes) When we did this before, he experienced being part of the ocean. (Yes) Was that as one of these sparks?

P: Yes. As the whole - we would prefer not to give out a name to this energy body. So we will say that the whole energy body from which came the spark Pierre, that energy body cannot physically, and perhaps we should say, safely, inhabit a physical body. Therefore, a spark called Pierre came to the ocean and made it.

D: He created the ocean?

P: He was the creator, among some others.

D: So this was in addition to when he was on the council? He decided to come down and also be a creator? Am I understanding that correctly?

P: We see your linear thinking, which could be misleading. As help is relative and everything happened at the same time.

D: Then you mean he can be on the council and be one of the creators at the same time.

P: And at all the levels.

D: So he was with others that helped create the ocean. (Yes) This was before the land, the continents were formed? It sounded like it was in the very beginning.

P: Yes. We are looking at your perspective, as we have a different understanding of time. However, from your perspective, it was seen as if he was here before Earth was created. But he was also in the council and at other levels at the same time. We would like to emphasize that you like to categorize these events, but that you perhaps understand that linear time is experienced only in this sphere.

D: Yes, I have been told time is an illusion. We have created it here. (Yes)

I then wanted to ask this superior part about a strange experience Pierre had after our last session in February. After he left my office, he drove on to Miami, Florida to continue his work (which involved a great deal of driving from state to state). While there, he went to the beach to relax, and as he was standing there facing the ocean, a strange and startling thing occurred. He said the ocean suddenly grew very large. A huge tidal wave arose and surged toward the beach. It was totally enormous. He was not afraid however, which he later thought was irrational. He stood rooted to his spot on the beach watching the wave rush toward the shore. Then as it crashed down in front of him, the water came right up to his feet and stopped. The sea once again became calm, and it was over as quickly as it had begun. It was startling, but also beautiful and breath-taking at the same time. When he was able to look around, he saw that no one

else on the beach seemed to be aware that anything out of the ordinary had happened. It appeared that the event was reserved just for him and no one else. Of course, he wanted to know what that was about, and had included it in his list of questions. The subconscious knew exactly what I was talking about. I did not have to go into details.

P: He created a vision so he could convince his human body of the validity of the experience he had during the session. He anticipated that he would doubt himself, and therefore, he created that experience so he could convince his physical self of the validity of this session he had previously here in this office, a few days earlier.

D: So no one else on the beach that day was aware of what was happening.

P: He was the only person who was a spectator to what we would perhaps call a "vision". But in his reality, he did experience the immensity of the rising of the ocean, and the tide of the ocean at his feet.

Also when Pierre returned home from Miami, he noticed the birds in his backyard were doing strange things. He kept hearing a bird, but he could not locate it. And he kept hearing in his mind, "Remember the beginning." I asked the subconscious if it could explain that.

P: Yes, we will, we could, we can. For the bird aware, aware. He tried to locate the bird. He could not totally locate it, because it was a memory from the beginning that he was experiencing. And the bird was supposed to remind him of that beginning of unlimited possibility that exists for him. That he was truly unlimited, as in the beginning.

D: He was wondering, did the other birds know what had happened to him?

P: The birds go across dimensions, as they can look at time, not as humans do, but they can cut across time and look at the beginning.

D: They are able to do these things?

P: The bird was designed to remind him of the beginning, yes. And they are able to recall in their memory, or to get from the memory bank, experiences from the beginning.

D: We think of birds as being very simple creatures.

P: Animals in general have a perception of reality which is different from human beings. Therefore, the animal can transcend time, and go and feel the memory bank of an event that in linear time would appear to be from the beginning.

D: So they're able to do this, and of course, they can't tell us what they see. (Yes) That is amazing. We always think of animals as being very simple creatures. It sounds like they're much more advanced or enlightened than humans.

P: Animals have more awareness than the human in physical bodies.

D: We are more tied into our version of reality. This limits us greatly. (Yes)

CHAPTER TWENTY-SEVEN

THE FIRST CREATURES COME

Another version of the creation of the ocean came through during a session I conducted while in Kona, Hawaii, while giving lectures and workshops. It is similar, just reported in different wording. Melody is very much at home on the ocean, because she and her husband, Mike, own a charter boat service, and take people out daily to swim with the dolphins and whales. Mike knows how to call them so they come immediately and congregate around his boat the minute he sails out onto the ocean.

After going through two lifetimes, I began communicating with her subconscious. It surprised me when it said, "She was there in the beginning of the planet. When the planet was first seeded. And her job was with the whales and dolphins. To bring them to the planet.

D: What form was she at that time?

M: In the very beginning, she was all light. She helped seed these whales and the dolphins in the ocean. She brought them in golden pods. Each dolphin, each whale, came in a pod. And was placed in the bottom of the ocean until the time was right when they could live.

D: When the time was right, then what happened?

M: The pods opened.

D: Were they brought from somewhere else?

M: Yes. The planet of blue water.

D: And they knew they would be able to live here in the waters?

M: It took a long, long time, and many experiments, but when the time was right, they came. And the pods kept them safe until the environment was right for them.

D: Otherwise, they would die if they came out too soon.

M: Right. They had to adjust to the new environment and adapt, but that was her job.

D: Was this before there were humans on Earth?

M: Oh, yes, yes. From the very beginning. There was mostly water on the planet at that time.

D: Before the land appeared?

M: In the very beginning, it was all water, of course, and then the lands began to appear, yes. And the first lands to appear were wet. Lemuria.

D: That was the first place.

M: Yes. That was one of her first lifetimes on this planet.

D: As a human?

M: Well, she had a light body. Not like a human body, yet. That was much later.

D: Did the people in Lemuria have light bodies?

M: In the beginning, yes.

D: So they weren't solid yet.

M: No, because the planet could not sustain those type of life forms in the early days. It had to be very gradual.

D: That was one of Melody's questions, whether she had any lifetimes in Lemuria.

M: She had many.

D: If that was one of the first places, did they become more solid?

M: Oh, yes, when the planet could sustain life and different forms, but it took time and there was a lot of trial and error along the way.

D: What kind of trial and error?

M: To figure out what kind of life forms could be on this planet.

D: Which would survive? (Yes) Because it has to have a very special environment, doesn't it?

M: Right. Because you had to breathe the air, and it took a long time for the air to be the right combination of chemicals.

D: So it wasn't easy.

M: No, it never is when a new planet is being prepared.

D: But then she decided to stay on Earth and keep living lives after that?

M: Yes, she loved it.

D: So now we know how the energy of Lemuria and the whales and the dolphins are connected with her.

Melody had questions about an unusual experience she had while traveling on a plane from Salt Lake City to Atlanta in 2001. She felt like she was trying to separate from her body. The subconscious gave a surprising answer. "She had the opportunity to return to the Source at that time."

D: Was that something she wanted to do?

M: No, she decided to stay. But at that time, in that incident, she had to choose whether to go back to Source, or remain on the Earth to continue her work. She chose to stay.

D: She said she actually felt like she was separating.

M: She was, in fact. She was no more than a few breaths away from going home.

D: What would people have seen if she had decided to go home?

M: Her body would have just slumped over in the seat.

D: They would have thought it was a heart attack or something?

M: Something of that nature, yes.

D: It can happen that simply, then.

M: That simply. It doesn't have to be a big traumatic thing.

D: But she decided to stay, because she had work to do.

M: She did.

D: But she said, after that, she began to have dizzy spells. It went on for three years.

M: Yes, it happened because of the pressure in the airplane and in her head, and when she was leaving the body, and the pressure going back in.

D: Oh, because it wasn't like being on the surface.

M: Right, right. But actually, when she was out of her body, she did journey to another place in time. She crossed the dimensional lines.

D: When she thought she was in the plane?

M: Right, and she was given some information to bring back that she would work with.

D: Should you tell her what it is?

M: No, it's not appropriate at this time.

D: But she chose to come back. And that caused the dizzy spells for three years?

M: Yes, yes. It was when she came back into her body and the pressure in the airplane; it caused an imbalance.

D: That's not a very good place to go out of the body, is it?

M: Not especially.

D: But the dizzy spells are gone now?

M: Yes, the dolphins and the whales have been working with her to help her come back in balance. They have been working with her, and I think the final piece is now in place.

D: Can we go back and talk some more about the beginning of life? You said she was there with the seeding and it was all water. (Yes) And then you said the land began to appear?

M: Right. Then the water began to recede and there were many changes on the planet, in the climate. What would you like to know?

D: I am just curious about it, because I had a man who also said he was a part of the water in those days, and there wasn't any land. (Yes?) I was wondering, did the land just rise or what?

M: It was a combination of many things. Remember, this happened over a very, very long period of time. It was not an overnight thing.

Millennia, for it to happen.

D: So the planet was all water in those days.

M: It was water once upon a time, and then, just underneath, the land would shift. And the volcanoes underwater would shift, and they would explode. And it caused water to recede and land to rise. Those things happened.

D: Why were the volcanoes doing this underneath the water?

M: It was just the planet itself coming into balance and adjustment. To live in this environment, to contain ... to create an atmosphere. All the chemicals of the air: the oxygen, the hydrogen, the chloride - all the mini components that go into a planet's atmosphere.

D: So this had to happen with land rising.

M: Yes, in order to create the atmosphere for plants to grow. That creates atmosphere; it creates oxygen.

D: And you said she was one of the first ones to bring the golden pods with the dolphins and the whales. (Yes) Were other life forms brought at that time?

M: Not all at the same time. Everything was brought at different times to see what could be sustained here, and what could not.

D: But many of them had to wait until the proper time to awaken, I guess you would say.

M: Yes, until the planet was ready. There's some gradual process, you know. Everything's not... evolution is not what you've been *taught* evolution is. It is the evolvement of an entire planet, and eventually an entire ... *many*, many different species, to see what life could live here and live in harmony.

D: When the land first began to form and rise, what was the first life on the land part that began to evolve? Can you see that?

M: Did you know that in the beginning, the dolphins walked on land, also, as well as the ocean?

D: They did?

M: Yes, they did, which has been proven by your science.

D: And they walked like people?

M: They weren't shaped like people, but they walked the land. They lived on the land. They could go back and forth.

D: Did they crawl on the land?

M: Not exactly. They looked different than they do now, to accommodate that. So they would look almost - I don't want to say half man-half dolphin, because that gives a distorted picture. But you don't really have a good analogy for that. (Laugh) You would think it was quite funny, though. But they had little, short legs and feet (Laugh), and they did walk, sort of in a more upright position. But they could go back and forth in the beginning.

D: This is why they can breathe the air?

M: This *is* why, because they were going to be on the land, as well.

D: So they were one of the first forms?

M: Yes, one of the first air-breathing forms.

D: Then why did they choose to go to the water and stay there?

M: They preferred it, because they had come from a planet of water.

D: Then, what was the first form of life, besides that, that came on the earth part?

M: That just lived on the land?

D: I'm thinking of plants and things, I guess, first.

M: Oh, I thought you meant animal.

D: Well, either way.

M: Of course, the plants were first. The plants had to be seeded because they created the oxygen.

D: So this was also seeded?

M: Oh, everything was.

D: Brought from other places.

M: Absolutely, to see what would live in various places. And when the land began to rise, there was a vast, vast continent of land after a period of time. And so, different things would live in different areas even on the one planet.

D: Then what form of life was the first on the earth part, besides the plants. I'm thinking of an animal in some form.

M: The best description to give you - because, remember it changed many times before something really worked - would be more like a bird.

D: A flying creature?

M: Yes, more like a bird. But the bird also could be on the water, land on the water, because it required both in order to survive in the earliest of days.

D: Also, the scientists talk about the dinosaurs.

M: Yes, they weren't too much farther down before they came. But again, the atmosphere had to be set.

D: Why did they all have to disappear?

M: Because they were ready to move on to their next dimension; they went to another dimension. They didn't just get up one day and they all went, "Oop!"

*D: So it was no longer appropriate for them to be on the Earth.
(Right) They were like an experiment.*

M: You could think that. They were put here for a period of time, and other things happened as a result of their being here. Gasses were formed and all sorts of things. But once that was done, there was no need for them to be here, so they were taken to the next place where they could be of service. Everything has a purpose.

D: Yes, it all does. I've been told in my work that the ETs had a lot to do with the seeding. Is that true?

M: Yes, it is. You know, everybody has a job.

D: (Laugh) Like Melody, she came as a light being.

M: She came as a light being first to this planet, yes.

D: And she brought the pods. Is that the same as the ETs, or is it different?

M: It is different, because they came before from another place and time. There are all different dimensions and galaxies and universes. And there are all kinds of creation going on in all sorts of places. And what works in one, does not necessarily work on another.

D: Then the theory I've been told is correct, that they had to develop man.

M: What you would call "man", yes.

D: (Laugh) Genetically.

M: Yes, but remember. What is man really? Man is essence and light and Source, which is everything.

D: But that is inside. I'm talking about the physical vehicle; the physical casing.

M: Yes, but it had to begin somewhere. And you have to remember, that essence has intelligence and so everything stems from that plan (or plane?).

D: I get little bits and pieces from many different people, and I like it when I can get verification.

M: Of course.

D: And this is the real story of the Earth. And she has been here from the beginning, helping with everything. And now it's time for her to continue her work with those that she brought here in the very beginning.

M: Yes, that's why she loves them so much.

CHAPTER TWENTY-EIGHT

THE DESTRUCTION OF A PLANET

When Sam first entered the scene, he saw himself flying an airplane, looking for an airport in order to land. He spent quite a bit of time flying the plane, looking at the ground. I thought we had perhaps entered a past life when he was a pilot. But occasionally, the subconscious will provide the subject with something familiar that they are comfortable seeing, in order to begin the adventure. That appeared to be the case with Sam. As the story progressed, it became obvious that he was actually piloting a small spacecraft. He landed on a planet where he was supposed to connect with some of his people who were living in a camp. He was bewildered to find the place deserted with no sign of life. The area was desert-like, very arid, barren and hot. He searched for quite a while trying to find where the people might have gone, and finally gave up in desperation. With resignation, he decided the only thing to do was leave.

He sounded very tired, “We were struggling. There aren’t many of us left, just a group. We’ve had troubles. We didn’t know where we were going. We were just looking for anyplace! This was the place to go! Because we were leaving someplace. And here we are, out in the middle of nowhere. I was coming back from somewhere, and they’re gone.” I asked if maybe it would be easier to go back where they came from. “I don’t know if there’s anything left where we came from. I’m getting a picture that we had structures that we lived in, in some kind of settlement. It was permanent, it had goals. This is a *dry* place! This is a dry planet!”

D: Let’s look at the place you came from. You said you lived in structures?

S: Yes. I see this as a cluster of little domes that seem transparent. We could see the sky above us. The top is out of the ground, and we live underneath them. Most of the house where we live is underground, and some are bigger than others. They're cylindrical, and there's more than one level that goes down. That's out of the elements. It's cooler, it's comfortable in the holes. When you get out of the holes, you get out of the settlement, you get out of the structures, this planet is barren. It's a community. An outpost of some kind. Civilization is here. I had a group of people I was with. We worked together.

I asked him to see what kind of work he did there.

S: I fly in a... machine. I come and I go from outpost to outpost, and I bring the things that they need. So I don't live there all the time. I guess I'm working for these people. But where did they go? They weren't at their place. They're gone, and maybe they've left for a reason. I don't know. Was it abandoned? There's nobody here. Where the hell are they? -I gotta get outta here. Something's gone wrong. This isn't right. I came here, but nothing's the way I expected it. There isn't anybody here. They've left, gone off into the darn desert!

Still confused, he went back to his craft. He felt he needed to go and tell someone, a superior, and try to get help. He really enjoyed flying his machine. "Ooo, this is a nice - boy, is this thing zippy! Wow! I like it! It's not the biggest one. It's not a big cargo carrier. It's a small plane. It's round, it's a disk. It's not just for one man, looks like you might put six people in it, and some cargo. It's nice! It's comfortable. It's a neat machine."

D: So you're going back to where you came from. Do you have to go far?

S: I don't know. I go a long way in a big hurry in my machine. I just set the machine to go where it's supposed to go and it goes. You

know what? It goes where I think it's gonna go. You think it and it goes! (Amazed) Zip! You just tell it where to go and it goes. (He seemed to be marveling at the technology.)

After a while, he flew in over three spires that were lined up. The spires were guides to help him come in for a landing. He reported in, but his superiors were as confused as he was. He waited impatiently to find out what to do next. "I don't want to do anything by myself, on my own. It's not my job to decide what to do, I just follow orders. I don't make the orders." He was becoming angry. "So I go where I'm told and do what I'm told and I don't ask too many questions."

The events were moving too slowly. Sam became angrier as he waited to find out what was going on, so I decided to move him. I asked him to move to an important day when something was happening. He took a deep sigh, and then answered very softly and timidly, "Everybody's off the planet. Everybody's gone. All of them! They're all gone."

D: The whole planet?

S: Yeah! They're all gone! While I was away, they all ... were gone! I went somewhere! I was on a job. I was doing something. I got home and nobody was there! They're all gone ... All of them! Everybody.

D: You don't have any idea what happened?

S: Nope. (Pitiful, wistful) The whole place is gone. Everything is gone! (Softly, pained) So that's why I'm moving on. My friends and all my people are gone! This is not good!

He was confused, emotional and on the verge of tears as he tried to understand what had happened. We apparently were not having much luck trying to understand what was going on, so I moved him ahead to another important day hoping to find some answers. He found himself in his ship, all alone, looking down at the Earth from

space. He could see the continents of China and the Far East beneath him.

D: Did someone tell you to go there?

S: Nope. This is mine. I decided to do it for myself. I came down to Earth. It's not where I was from though. I know where I was from. I didn't know what to do. I didn't have a clue. So I thought, Earth is close. Earth is okay.

D: Have you ever been there before?

S: Oh, yeah, I've been to Earth. But usually we stayed away from Earth. It was newer, it was still primitive. There's not much on Earth. I guess there are some people. They're not like us. They're different. They're newer. They're black. (Sam is a black man in his present life.) And they don't live on this part of the Earth either. This part of the Earth doesn't have any people.

It has been said that when the Earth was first seeded or populated, that it occurred on the African continent and then the humans spread out from there. Scientists have been able to trace the earliest origins of man to Africa. They have even isolated it back to a single female. There has been much dispute and arguments about how the human race was able to spread all around the globe. There has also been controversy about how humans appeared in the first place. There have always been more questions than answers, unless you accept the theory that I have been given in my work. That we were seeded by extraterrestrials, and many eons of time passed as the developing species were transported to various areas of the world to see if they could survive. It was a slow and laborious process. Was Sam seeing the Earth at that earliest stage when man had first been created in Africa by interbreeding and the manipulation of genes with the apes? Most of this has been reported in my books, *Keepers of the Garden* and *The Custodians*. The scientific aspects are explored in another

book published by my company, *Mankind, Child of the Stars*, by Max Flindt.

S: I think I'll probably come down here somewhere. But there's nobody here for me. There's none of my own people here. What I'm trying to do is find some of my own people! I haven't been able to do that. There weren't very many like me that flew from place to place. Just a few of us. I'm going to see if one of my other friends landed here. There's a place on Earth. I'm looking down on it. It would be Tibet. The plateau. Our people have come here. We have flown in and out of Tibet. And I'm hoping one of my people is here. Oh! My body is different! It's smaller, and it's lighter. Yeah! I'm not the same. My body's light. That's kind of neat!

D: Were you able to do that, change your body?

S: I didn't have to change it. That was just the way it was. It was lighter. I am not all flesh. I have more energy. I have a form though. I have a nice, shining form, grayish. I don't think I had to create this body. It's different! It's lighter. And I'm looking for somebody like me. Where are we?

D: But you said you fly in and out of Tibet?

S: That's a place where we come in and out. We're not the only ones. Other people from other places come in and out of Tibet, too.

D: That's mountains, isn't it?

S: No, it's not. It's a plateau. It's pretty flat. But it's up. It's a higher elevation.

D: So you're going to land there and see if you can find some of your own kind?

S: Yeah, or anybody else that can help me. Something terrible happened. I do believe the place I'm from has been destroyed. I

really do. I was gone a while, and while I was gone something happened. Everybody is gone. Gone, gone, gone I probably will land. (To himself) Is there anybody here? - Yeah, there are! There are. But they're from somewhere else. They're not from where I was. They're not from that planet. They're from farther away. They're not from the solar system. They're not from the same Sun system as the Earth. They have been here for a while, too.

D: At least they're someone you can relate to.

S: Maybe. They're different. They're not the same as me. Actually, they're higher. Wow! They're light. They're beings of light. They're fairly physical. I'm denser than they are. They're really light.

D: Why do people come in and out of this area on Earth?

S: It's the energy of this high plateau. These people came here, and they're different from the people that are black. They're from a different place. They're working on the Earth. They are helping.

D: Why would these people come to Earth?

S: Well, the Earth is great. Everything is coming to Earth. Beings from everywhere are going to put part of themselves on Earth. All over, every kind of being is going to be on Earth. Everything. (To himself) The Earth is hurt too, isn't it? Yep. The Earth got hurt too. That's bad.

D: Why are they going to do that?

S: They're the ones that are making it happen, or it's their idea. They're in charge of it. They're developing that plan, and they're bringing everything to Earth. They're bringing things from all over. Everything! All kinds of things. And you know how they do that? It's with light. Strands of light. They change strands of light. When they take these little strands of light, anything can happen. They change everything. It can make anything happen with it.

D: Where do the strands of light come from?

S: Oh, my gawd! Their minds? They take it in their mind and then they make stuff form. They put a point of light into something and then it takes shape around it. I knew they were here from a past trip. I didn't know them very well. They have a way to create things. They make things. They take light and they make any form out of it. The light goes in the middle. They can take one cell and change it by changing the light in the middle. They can make anything different just by changing the pieces, the part of the light. It's not what I'm used to doing, but that's how they do it. They make things happen that way. This looks like it's a permanent group here, but they stay away from others. They stay to themselves. In fact, they take charge of everything, but the others don't really know they're here.

D: You said the other ones were coming to leave parts of themselves, too.

S: Yes. They're in charge of who comes in. They let in whatever light they want. The light is in everything. There are animals on Earth, and every one of them has a little piece of light. And if you change that piece of light, it becomes a different looking animal. So they can change any animal they want just by changing what's in the light.

Were they using the light to somehow manipulate or change the DNA?

D: But you said there were black people.

S: Yes, they're not like me. They're heavier, bigger. They're more solid, too.

D: Are those people from Earth?

S: Yes. The group is working with that. They're making them happen. How they do that, I don't know. The bodies came from animals, but the beings themselves are not animals. The body's very animal, so

they're changing them around. They're getting bigger and they're developing more abilities. And they look different, less hair.

D: Do you know if somebody tells this group to do these things?

S: It looks like they decide what they're going to do. They're from someplace else, too. They're on Earth to make this happen.

D: To do the creating. (Yes) And the other ones who come can create, also?

S: I don't think so. They're not that advanced yet.

D: But you said the other groups come and leave parts of themselves.

S: Oh, yes. They'll bring a group of everything, like all the animals. Every group of animals came from a different place. Like reptiles came from one place, and mammals came from another place. And then they take the light and change it. And then the animal changes.

D: So the animals can exist on Earth?

S: Oh, yeah! The animals can exist on Earth. They can make any animal to fit any condition.

D: That's what I meant. That part of the light is in them so they can stay here and survive.

S: Yes. If they change the light, the animal changes. They really know what they're doing! Wow! They change something inside its cells, and then the cells all change. The ones that are in charge are from a different dimension than I am. They're much lighter. And I'm thinking that I am lighter than these creatures that are on Earth. But I'm not as light as these ones that are running the show. They're light. They have enormous energy! They can use energy. They just take it and manipulate it. More than I can. I can't do that. They take

this enormous energy and they manipulate it and make different forms. They make a different animal. They make all sorts of different animals. They can take this stuff out of their cells, and change it from one animal to the other. And zip! In a matter of a little time, they have another animal! They are creators. - They don't really know what to do with me, either. I wasn't supposed to be here. This isn't my home.

D: That's what I was wondering. They can't use you. What are you going to do? Are you going to stay with them or what?

S: I don't know what I'm going to do.

D: But you have to go somewhere.

S: I know ... I'm lost. I don't know where I'm going.

D: All right. Let's leave that scene, and move forward in time to find out what you eventually do.

S: I'm looking at a ... boy, what a mess. What a mess!

D: What are you seeing?

S: I'm seeing everything all wrong. (Pause) It looks like everything is wrecked - everything is gone, wiped out. The air is gone!

D: Where?

S: On my planet! There's hardly any left.

I didn't understand what he was talking about.

S: It's different. It's different! Almost all the air is gone.

D: On a different planet? (Not Earth)

S: Yes. The one I came from. There's hardly enough air to breathe.

D: You went back there?

S: Yes. It's all disrupted. It's all gone. Not all, but almost. There was a big, big problem. Oh, by the way, it burned.....

I don't know how I'm going to live. I have to find some of my other friends. There has to be some of us! Maybe some of us were away. I've got to find them! I don't know where to find them! Maybe if I just wait around here, some others will try to come back and I'll find them. I'm looking down on a planet that's barren, that wasn't barren before! When I left it, it wasn't barren, and then I came back, it is. - The Sun is the same!

This was confusing. It almost sounded like he was repeating the same scene that caused him to leave his planet in the first place, when he went to Earth. But he had not described it as being barren and burnt before. Maybe he had to leave Earth because he didn't fit in there. And he may have thought the only place to go was back to his original planet. This was all unclear. So I decided to move him to the last day of his life in that body, so we could find out what eventually happened to him.

D: What do you see? What happens on the last day?

S: I'm just very tired. I don't know what to do. (Much emotion, on the verge of crying.) Just so sad. I found a few. We're all sad. (Very emotional. His voice was strained.) There wasn't anything we could do. (Crying) I'm mourning. We tried, we all tried. (Emotional) Our lives are over.

D: But you said you're tired now?

S: No point. They're gone. They all died. Everyone that was there, died. Every one.

D: Do you know why?

S: Yeah, I know why. There was an explosion. (Big sigh) The planet blew up.

D: Your home planet?

S: No, my home planet didn't blow up, but it might as well have. Another one blew up. The next one over. The older one.

D: And that affected your home planet?

S: Yes, it did. It wiped it out. We were too close. It blew the air away. The atmosphere. The force just took it right away, and gravity couldn't hold it. It held a little, but not enough for the people. So the people all died. They died right away.

D: That's why you never could find anybody.

S: That's right. Just a few of the travelers were away. We were the only ones that survived. And we had nowhere to go. We didn't know where to survive. We looked at the Earth, but we couldn't have survived there. The Earth is so heavy! Our bodies are light, and the Earth's gravity was way too strong for us. And the conditions on the Earth were different. We couldn't live on Earth in our bodies outside of our ships. *We couldn't!* We were trying to find someplace to go. - I don't know if we want to try one more trip. I don't know if I have enough muster left to do it. If we could get a bunch of people together, we'll go. See if we can find someplace to land. There's nothing in this solar system for us. Not now. We would have to leave the solar system and go into the galaxy and see if there's some other place we could live. But there aren't very many of us left. And we don't know whether we want to do it or not. So, we decide if we leave our bodies, we can join our people.

D: In the spirit form, you mean?

S: That's what we all are anyway. We go back to our light bodies. Our light bodies never end, but we lose our forms. We lose these

little bodies we have. So we stay in our light bodies for a while. Everybody will be together, but I don't know what's going to happen. How could they do that to their home! (Anguished disbelief.)

D: But it was something nobody could control.

S: No, we couldn't. We couldn't. Some of our people thought they'd benefit. Stupid. *Stupid!*

D: You mean they caused the explosion?

S: No, *our* people didn't cause it.

D: But they thought they could benefit.

S: Some of them thought they'd be all right. Thought they'd be better, but they couldn't be.

D: So you decided to just leave the body?

S: We don't have to lose them. We can support ourselves a long time without food, or we can take energy directly. But there's nobody to share with! See, that's what this is about! To share! And after they're gone, there's nobody to share with! It's hard to explain.

D: It's a feeling of being alone.

S: It's awful! It's an awful feeling to be that alone!

D: Well, leave that scene and let's move to when whatever happens has already happened. And you're out of it. Do you go to the spirit side?

S: Yes, the spirit side would be okay. - Oh, the sadness ... My gawd, the sadness! A terrible sorrow!

I felt I was not going to be able to pursue this any further. So I decided it was time to bring forth the subconscious. Maybe I would

be able to get more information and explanations from it. I asked why the subconscious had picked that unusual lifetime for Sam to see.

S: Sam wanted to know what his relationship was with Mars. That was Mars. That was the end of life on Mars.

D: (That was a surprise.) Which was Mars? The one where the air evaporated?

S: Yes. The air was blown away when the other planet blew up. Mar's air was destroyed. Everyone was killed on Mars. Mars was more highly developed, they already had space travel. And the people were little greys. Their bodies were little light-filled greys. Nice pretty little bodies that were almost all energy. They were advanced. They could travel between solar systems.

D: He described it as having dome-type buildings.

S: Yes, it was better to live under the ground. The heat of the planet was more from beneath. The air was cold because we were farther from the Sun. They are 140 million miles from the Sun, so it didn't get hot.

I checked this fact out and found it to be accurate. This was proof again to me that I was communicating with something that had great knowledge. How many average humans would be able to say how far Mars was from the Sun, unless they had made an intense study of the planet and memorized little known facts.

S: They didn't have a warm climate like the Earth. The atmosphere was cold - not comfortable to live in. There were life forms all over, though. It was a lush planet. Life forms survived. There was water on Mars. When the atmosphere went, the water went with it. When the air pressure dropped, the water evaporated right away.

D: Where was the planet that exploded?

S: That was the farther out planet. Ohhh! They blew it up! (Disgust)
The beings that were on it blew it up. They were trying to become more advanced.

D: You think they made a mistake?

S: Yes, they did. They could only go so far the way they were trying, and they tried to go too far.

D: Is there any evidence of that planet?

S: Oh, boy! They blasted it to smithereens! (A dark laugh) Yes, there are comets and meteors and asteroids and stuff that didn't stay in the orbit. They flew out all of a sudden. Most of them did not escape from the solar system. Most of them are still in orbit. They have all sorts of wild orbits. Instead of a major explosion, there was a disintegration. So the explosion caused pieces to fly off. But then the pieces that disintegrated just fell apart and stayed in the same orbit. The ones that blew up with the explosion went in all directions.

D: Where was the orbit?

S: Just farther out from the Sun, the next planet out. They were more advanced than we were. They were trying to do something more advanced. We couldn't stop them.

D: When the planet blew up, it just evaporated the atmosphere?

S: The tremendous force blew the atmosphere of Mars away.

D: Did this affect the atmosphere of Earth?

S: Yes, it did. It affected Earth, but Earth was far enough away. Earth is in distress over this, too. It got hit by a lot of asteroids. It got hit by a bunch of stuff from the explosion. It hit the Earth, but the Earth was farther away on its orbit. It was nearly all the way around the Sun when it happened. And Mars was too close, almost as close as it

could get. Darn, if we'd only been on the other side of the Sun. We wouldn't have been wiped out.

D: Was there life on Earth when this happened?

S: Yes, those beings that were the Creators, were there. They were creating, and there were all sorts of life, but it wasn't life that we were compatible with. That's the trouble, we weren't compatible with that life. We didn't have bodies that could live on Earth. We couldn't live in that environment. We had our own environment. And as you travel around everywhere, there are physical bodies. Not everybody has physical bodies. Physical bodies are dense. And physical bodies are according to conditions. They can be made any way you want. They can be made to fit almost any condition on any planet, but not the great big gas planets like Jupiter. I don't know about anything 3-dimensional on Jupiter. We couldn't go near Jupiter. It's too big, too strong.

D: But the atmosphere on Earth was not affected.

S: Well, it got hit. It got hit, hit, hit, hit, hit. Did it ever! Wow!

D: When it went through these asteroids and meteorites?

S: Yes, it did. It got hit a lot. Jupiter got hit by a bunch, but Jupiter absorbed them. Jupiter also caught many the pieces in its gravitation. So did Saturn. Saturn caught many chunks in its gravity.

D: Is that part of what made the rings?

S: Ahhh ... let me see. (Pause) No. It didn't. Saturn's rings are different. It made many of the moons around Saturn though, that are just chunks of rock, but not the four main moons of Jupiter. Nope, nope, nope - they were not from that. They were from Jupiter. Jupiter is like a small sun. And Jupiter burnt those four planets of its own. - I haven't found out about the rings.

D: Well, the subconscious has the answer.

S: Yes ... it doesn't want me to know. (To himself:) Why are those rings? (Out loud:) Why are those rings? They're smaller particles, they're finer particles. (To self again:) Why are they there?

D: I was thinking it was all part of the same system.

S: Maybe, maybe - I don't know ... maybe finer particles were caught by Saturn. But the bigger chunks ... Saturn and Jupiter have many, many rocks orbiting around them that aren't really moons of theirs. They're just things that they captured in their gravitational field. Uranus caught some - so did Neptune. Pluto *is* a piece. It is *not* a planet. There are other pieces farther out yet.

It was amazing to me as I transcribed this tape and typed this chapter to read this about Pluto. This session with Sam was done in my office in Huntsville in August 2005. A full year before the announcement that stunned the astronomical world in 2006, when they proclaimed that they were no longer considering Pluto to be a planet. That it was instead a huge piece of rock. There had long been an argument between experts about the status of Pluto, ever since its discovery in 1930. It is now said that there are many asteroids in our solar system that are bigger than Pluto. So it was demoted from its former lofty status as a planet.

As soon as a session is completed, I often do not remember anything about it. It would be impossible to retain the detailed memory of all the cases I conduct. It would be overwhelming to carry consciously all the information about my clients' individual problems, let alone the contents of the sessions. I have to clear my mind and remain objective in order to function in the rational world of supposed reality. I think many therapists have this same problem. If they do not, they become an empath and can take the physical and mental problems of those they work with upon themselves. This is not good or healthy for the therapist. So we all have to learn to do the work,

and then release it. If the session contains something I think might be helpful to me in my writing work, then I ask the subject if I can make a copy of their tape before giving it to them. Thus the ones I keep, I know contain something interesting. But they go into a pile to be transcribed at a later date, which can be months or years later. This was why I was stunned to hear this part about Pluto which was verified a year later in 2006. I think this is validation once again that I am truly in communication with something bigger than all of us. The part that has all the answers and powers beyond the comprehension of our mortal minds. This is why I love to work with this part.

D: So this is the reason you chose to show Sam this life?

S: Sam wanted to know about this. That's an awful thing, to go home and not find anything there. To find your home blown up while you've been away.

D: Does this relate to things that have happened to him in this life?

S: Yes, it does. It really does. It really brings it home.

D: What do you want to tell him about it?

S: Martians came to Earth. We were all allowed to come to Earth.

D: In spirit form, you mean?

S: No, we obtained bodies. They took another monkey, or it was bigger than a monkey. It had a different color skin, a yellow skin. If you start back there, they made all of us genetically compatible. Isn't that interesting? They made all of us from different things. They made the black ones out of gorillas and chimpanzees - they played with their cells. Their physical characteristics came a lot from the ape.

Note: Caucasians were said to have been developed from orangutans, the large ones with white skin and red fur. Of course,

there were other manipulations that occurred along the way to produce other variations. An interesting one is discussed in my book *The Legend of Starcrash* about the development of some of the North American Indian races.

S: But ours were from a slightly different monkey. It was medium sized or smaller. And they took the DNA from that and made it slightly built. And did something with our little brown almond eyes. And our little, slighter builds - smaller bodies. And we are the yellow skins. (The little greys from Mars.) That's what they made us. That's what was done, that's where we came in. The Martians found a home on Earth eventually. Not right away. It took them a long time. We were homeless for a *long* time.

D: But you mean these Creator beings were the ones that were making the bodies?

S: They helped. The Earth itself had to agree. The planet itself had to allow it to happen. It had never happened before where one planetary consciousness shared itself with another. Never happened before. *Never!* The Earth decided to share its body with another planetary consciousness. And this other planetary consciousness were those from Mars. After these bodies were created, Martian souls came into them. We all did. We have 3rd dimensional souls, we have 4th dimensional ascendant masters, and 5th dimensional ascendant master. And 6th dimensional I was a 4th dimensional or 5th dimensional ascendant master on Mars. I was an advanced being. Only advanced beings were allowed to travel. Only advanced beings *could* travel.

D: And Sam's spirit decided to enter a human body on Earth.

S: Yes, we've all come back to Earth. We had to come back to Earth and go back to the 3rd dimension in physical bodies to learn more, to advance spiritually back to the 4th and the 5th and the 6th dimensions.

D: When Sam entered the body and stayed on Earth, did he become trapped here because of karma?

S: Ahh! Sam's a funny one. (A deep breath and a pause) Sam doesn't come back very often. Sam comes back around millennia shifts.

In some of my other sessions reported in this book, others have said the same thing. They normally remained with the Source, etc., and only came to Earth during the time of major shifts. These were the times when the most help was needed.

D: Where is he the rest of the time?

S: (He mumbled to himself:) It's a gorgeous place, isn't it? Ah ... look how beautiful it is being in the waterfalls of light. (Clearly) Golden pools of beautiful light everywhere. Showers, fountains of light. Golden light everywhere. Oooo, boy! It's love. It's a golden sea of love.

D: Is this where he goes inbetween incarnations?

S: Yes. Boy, is it nice! It's a sun, it's in a sun. Golden seas of light. It's not necessarily in a planet, it's likely a sun. It might be the Sun. You know what? I cannot be one hundred thousand percent sure of anything I'm saying, but I'll tell you what - I'm letting my first thoughts fly. And it looks like the Sun. Could it be the Sun? Could you spend time on the Sun? The Sun is humongous.

D: Anything is possible.

S: Is it that Sun? Is it another sun? It could be. Gold pools of beautiful light. Oh, showers of light. It's warm!

D: So Sam decides to come back and enter the human body around the millenniums?

S: Ahhh ... missions.

D: Why is he here now?

S: Gotta be able to raise a body. It was done before, but nobody believes it. Everybody can do it. I have to be able to raise a body.

D: What do you mean?

S: There's a transformation. I don't know exactly what it is, I'm still doing it. See, we could get all of our energy from the light. The Universe is full of light, the Universe is all light. And it's only in a three dimensional body that you can't get enough light. When you're in your light body, you can get enough light so you could live. You always live, you live always. Always, always, always. Light bodies can be put to sleep, but they generally always live.

D: So it's difficult to do that in a physical, solid, dense body.

S: Yes. Some places, they do it all the time. Their physical bodies don't end, or they have very long lives. But on Earth, it's because it's so negative, so tired, so heavy. And on Earth, you don't know who you are. You lose your connection when you come to Earth. You don't see your light body when you come to Earth. You don't know that you are a light body. Boy, is it tough to find out too! Wow! On Earth, it's *hard!* And everybody's so lost! - I was supposed to come here. I'm supposed to spiritualize a body. It's been done before. And nobody seems to know it. It can be done. Some have done it, by living in the light. They raised a 3rd dimension body to the 5th dimension. That's what they do.

D: But he has been here now in a physical body living a physical life.

S: Yes, I have. I didn't have a clue about any more than that either, for a long time. I didn't know a thing. I didn't really have a clue. I lost all my memories. *Really* lost all my memories. I can't believe that you get upon this planet, and you lose all your memories of who you are.

D: Well, does the subconscious have any advice for Sam?

S: Stay the course. Stay on the path you're on. Keep trying, keep working on it. Keep making the connection. Open your light bodies, find your light bodies. There's more than *one* light body too - there are more! - We're still working on it. And there are some others working on this too. Our bodies will live a long time. Our bodies will be finer, they'll be taller, they'll be lighter. We'll be able to access more dimensions. Sam is supposed to grow to the next level. Grow and learn. That's what he's doing. Steadily by jerks. Ups and downs. I'm always helping him. He'll have a shot at it. He has a fighting chance. Ahh ... emotions. It's our emotions. Emotions! - He'll know sometimes. He'll have to figure it out. It's still not that easy. Earth is awfully dense. This isn't going to be an easy thing. Also, it's awfully hard to travel between the third dimension Earth and fourth dimensional and fifth dimensional. It's awfully hard to come back from the fifth dimension after you've been away for awhile. This is a purpose. His problem is service to self. He's never really realized the difference between service to self and service of others. You know, service to self, service to family and friends, that's considered service on Earth. And service is a broader term of that. That's hard.

In another session, the first thing a woman client saw was a desolate landscape. The earth was cracked and parched. The trees had no leaves and hardly any limbs, almost as though they had been scorched. Some of them were twisted and bent over. When she was coming down into the scene, she saw a dinosaur, but later she didn't see anything except this desolate parched area. Then she found a little village nestled in between two mountains where there were flowers. That meant things were beginning to grow again. Later when I asked the subconscious about this, it said this was after the time that the dinosaurs had all been destroyed. I asked, "How did this happen?" They said the only thing they could see was a very powerful, great searing, hot wind that just destroyed everything in its

path. It was only over certain areas, because the ones who survived, were living in an area in a higher altitude that was not affected. The rest of the dinosaurs did eventually disappear, because after this happened, they didn't have as many resources. They didn't have as much to eat, and they couldn't adapt to the changes in the climate as well as people and other animals could.

Could the searing wind have been caused by the explosion of the planet? Or have there been more than one event down through the tumultuous history of Earth? In my book *The Legend of Starcrash* it described a totally different climate in the Alaskan/Canadian region before something violent happened that created massive winds, earthquakes, and tilted the axis of the Earth.

This is a comment ... a woman came from France who wanted several sessions. And on the last session, she was talking about speaking to those of the Venusian energy, the beings who had come from Venus. She described that, many, many, many years ago, way back in time, Venus was very much like Earth, and had physical beings on it. It has been called the "Sister Planet of Earth", but the atmosphere and all the people were destroyed, through natural disasters, not through war. And when the natural disasters occurred, it caused the planet to heat up. She wasn't clear whether that was caused by the destruction of the ozone layer. Then the people made a transition into another dimension where they did not need the physical body, and they existed and evolved from that point. Venus is no longer inhabitable, and cannot be inhabited again, because it is too hot. But the people - their souls, I guess we would say - made the transition into the spiritual. Apparently, they also reincarnated.

I was finishing this book when I had another case dealing with the destruction of a planet. I thought it should be included rather than

waiting for the next book.

The first part of the session was confusing, because Adele was not sure what she was seeing. It looked like sunlight filtering through trees with silverish bark. It was very dark and quiet, because the trees began to close in overhead and shut out the sky. Then it appeared as though it had changed into a cave. "I've been here before. It's like dusk after sun's gone down. There's light. You can see. It's all the same light, no matter how deep in there I go. It feels like I could even be underground. I don't know where the light's coming from. It's safe. You can't be hurt there." She then began to cry, "It's home. But ... it's gone! I'm not supposed to be there, I don't think. I know I can't stay there. It makes me sad. I don't think it's there anymore. I think it's underground, so you'd be safe. It's always safer there."

D: But that's a good feeling, isn't it?

A: Not when you can't go home again. It's gone. (Emotional) It hurts. I don't know where I am now. It's not there! (Sobbing) It's gone. All that's left is this unique light.

I asked her to move backwards in time, so we could discover what had happened.

A: It's shapes. Like pyramids on their tops, paths walking through. All the same lights, it's silver, silver.

D: The pyramids are ... the point is down, you mean?

A: Yes. Upside down. It's pretty big on top. It's dark up there. The sides are not smooth. It's like veins and tree leaves, except it's not leaves. I don't know what it is, but it illuminates as you walk. It's like I'm moving through. (Struggling to express herself.) I'm going through, like a tunnel. It's not a *tunnel*, tunnel. It should be round, but it's not. It's shaped with slided sides. They are like ribs or veins or something that ever so often goes down towards the bottom. And

coming out, there's fluorescent. It glows. It doesn't shine. It glows, so you can see. I don't see how far up it goes because the light is so bright, that you can't see anything else. Now it's something like smoke that swirls, swirls.

There was something about it that was upsetting Adele, and she didn't want to see it any more. I asked her to become aware of her body, and it made her even more upset. "I don't know if I have a body. A face? I don't know who I am! I don't have feet. I flow. This is ridiculous. This can't be! I need to have feet. I seem to be floating, but this is ridiculous. I don't know if I really am floating, or if I made this up.

D: Is that an easier way to move?

A: Oh, yes, but I should have a body.

D: What do you feel?

A: Safe. (Chuckled) I don't have to hold this together. It sort of moves and changes, but it's like smoke. It's all in one place, and I can move it in any direction without turning. I feel all of it moves. It seems to move very fast. It feels like an octopus moves, I guess.

D: But it feels good to be unrestricted, doesn't it? (Yes) You can move and float anywhere you want to go.

A: Yes, but it's gone now.

D: This place?

A: Yes, it's gone. We're one with everything; part of one. I've moved somewhere else, but I don't know where I am. There should be color! This is mostly silvery grey, and I seem to move faster.

D: But the place underground - the one you called "home" that you were very happy with - you said it wasn't there anymore?

A: It blew up. I told them it would. (Sigh) They always wanted more. There was never enough.

D: Who are you talking about? Who wanted more?

A: (Emotional) The others above the ground. Why couldn't they just be satisfied? They played with the world. Oh, shit! Stupid!

D: Did you live above the ground?

A: NO! No.

D: You lived under the ground? (Yes) But you knew what was happening there?

A: We always knew ... but nobody believed. They didn't want to. They wanted to be left alone, but we wanted them to leave *it* alone.

D: You said they were playing with the world?

A: They felt they had everything under control, but they didn't. It wasn't power. It was a kind of crystal. It was bad. I mean, it was good, but it was bad because they wanted more and more. Children play, but they're not here now.

D: What were they using the crystal for?

A: (Emotional) It was pulling power from the stars. We told them, no! (She began to sob.)

D: It's not your fault. You didn't know they were going to misuse it, did you?

A: We should have known they were children! (Sobbing) Children have to be taken care of! They don't know what it is. (Long sobbing moan) Nooooo! We should have stayed and watched. I told them! Now it's all gone.

D: Are you a group, or by yourself?

A: We are one. We were ... one. One - one mind of collective. Many, but one. They asked for information. If someone asks a question, you have to answer.

D: But you can't blame yourself if they used it in the wrong way. You were not responsible for their actions.

A: But we're all responsible for each other's actions. We're all part of the fabric. What we do influences others. Every time a child shoots a gun, we're at fault for giving him a gun. They're not at fault for pulling the trigger.

D: Were these physical beings that lived in this place aware of you? Did they know about your group, your collective?

A: They asked questions. I hear *oracle*. We were one, but we weren't one. We were a collective.

D: So the oracle worked with the information, and passed it on?

A: We were the oracle. We, we, we ... always we.

D: And they asked for information, and you gave it to them.

A: We didn't really see the harm of what we told.

D: Maybe it's impossible to know every outcome. Even with the power you had, maybe you couldn't foresee everything that could possibly happen.

A: We walk in different directions. But everything is gone.

Little pieces swirling, moving in all directions. I think it did something to the collective. It ripped the fabric. It's all gone. *D: Was it a planet or what?* (She sighed and moaned.) *Because you said there were pieces that went in different directions.* A: I can't tell you. It just was. I

don't know what it was. I don't know where it is. It's gone. Little stars - all broken apart. I stayed with it for a while. I stayed. I don't know where the rest of us were. It's like ... I'm with the pieces.

D: Where did you go after that?

A: Lost. I'm lost. I feel lost. I can't leave though. I can't leave there for a while.

D: Because you still feel responsible for those pieces?

A: We *were* responsible; all of us. I have to stay for awhile, and think about calling the others. I'm trying to get us all back together again. I don't feel like I'm on the world still. I feel ripped apart.

I could understand why she felt so distraught about what happened to the world she was definitely responsible for, but I wanted to get her away from it. I moved her forward until she made a decision about where she would go next.

A: There is a silver cord. (Chuckle) It has rainbows in it. I don't know where it's going, but I think I'll go there. I followed it. It looks almost like a wormhole. And then it came out, and I'm so tired. Up through the wormhole, and then I lay down to rest. I don't know where ... it's nice. I don't want to go back out. It hurts so bad. I'm in a cocooning state.

D: So you're not that energy with that collective anymore?

A: No, I don't know where they went. I lost them. I am so tired.

This was confusing and unclear, but I thought she might have entered a fetus, and was preparing to be born. I decided to call forth the subconscious to get answers and clarification.

D: This was a little confusing. She was underneath the ground and got very emotional because of something that happened on top of the surface. Why did you pick that for Adele to see today?

A: Information. The information she's afraid to have. The fear that she'll cause another catastrophe. Do no harm. She fears the result to this knowledge. Knowledge is power.

D: That's true. It's all in the way knowledge is used. What was she a part of?

A: It's hard to explain, except that if you take the fingers of a hand. The whole hand is what the fingers are. That was what it was like, except that there were more fingers. They were all, all collected together and working as a unit. Like-mind; one mind. Hearing, processing what they heard.

D: Would it be similar to what you are, the subconscious?

A: It is, except you would have the subconscious as a finger on a multiple hand. More octopus than hand. Where it's a chemical and capable of operating on its own, but also dependent on the body as a whole. This is hard.

D: It's always hard to explain. Do the best you can.

A: It would be like a collection of... whips all hanging, bound together. And the whips think the same thoughts. Processing each one, putting in its part of the weave, and at the end there is this - whether it's a burst energy which is thought - but each one capable of thinking. But no detachment factor. Maybe not part of the collective as much as it needed to be. And that was why they told, they answered questions indiscriminately, because knowledge was just knowledge.

D: They made no judgment. They just told what they knew.

A: They were asked and they told. There is the lack of judgment. They only processed information. And although they knew things would happen, there was no way of knowing what would happen, until they told it and started the process. But the other energies tried to stop them by telling them where their message was headed. And they were laughed at and called, "useless". They were called many things that don't mean anything here. That they weren't needed. That they had done theirs and they could go back to their cave. The people told them that they had gone beyond them, and they didn't need anything they had to offer. The collective warned them that if they continued what they were doing, they would end up destroying everything. And the people told them they were wrong, and told them they didn't want to hear anymore from them. And the collective, having done apparently all it could do, went back and waited. They thought they knew best. - I don't know what the collective is, though. This is very interesting, because they are and they aren't.

D: What do you mean?

A: I don't know how real ... they were energy. The collective was not like the people.

D: And the people decided to take the information and use it in the wrong way.

A: Yes, they were greedy. They wanted more.

D: And Adele was apart of that collective at that time. (Yes) But it wasn't her fault, was it?

A: She felt like it was. She felt that she didn't teach them well enough, and that if she could just have done a little more, things would have been all right. There's a great sadness there.

D: Actually, from your viewpoint, you can see she couldn't have done any more, could she? I mean, it's not really her fault. She's not really responsible.

A: *Fault* is a very subtle word. There's a deeper thing here that we are all responsible, not just for our successes but for our failures. That's part of what we come back to deal with: the fact that fault is like a child that says, "It's not my fault." Adele sees there are layers. That each person contributes positive and negative, though she works very hard to tip-toe away from negatives. And her fault is over-compensating. She has great fear here. She destroyed a world.

D: *She didn't do it, they did it.*

A: Yes, but without the answers to the questions, they wouldn't have gone where they did. And she was foolish to answer questions where she should have used judgment. Now she's worried about judgment. You forget that there is free will, and free will has two sides: the dark and the light; the yin-yang. She once watched a world destroyed - her world. She will need to overcome the pain she experienced. She's really judgmental of herself. She would rather crawl into a hole and be safe. I don't know what she will do, but I know what she should do. Get away from her cave, her safety. I don't know if she will. The fear of doing wrong is overpowering, all encompassing, sometimes forcing her to blank out rather than to even think about it, because of the harm that was done. It was a very horrible thing, because not only did she lose her world, she lost the collective. She lost everything. She was, for the first time in her existence, totally alone. And without the collective, she was vulnerable and really unable to communicate. She was deaf, dumb, and blind. There was no more safety. It wasn't lonely as much as it was being one without the collective. You lose your strength, your power, your motivating force. You just are. And all she could do was hope that the group could regroup, and they did not.

D: *Can I ask you? Maybe I'm not looking at it right. Was this collective like the soul of the planet that was destroyed? The energy of the planet itself?*

A: It called itself the collective. It's hard to identify it away from whatever it was, but I think it was part of the planet. It could operate either/or, but it always went back to the collective.

D: I know the planets themselves are alive, and I thought maybe that was this collective.

A: I think one step up maybe. I mean, they were aware of the others. They were part of, but they were separate and they could talk to the others. And I don't think the planet could talk to the others, but the planet could talk to the collective, and the collective could talk. That feels right.

D: So that's why it would be separate from what you are. This was an isolated collective, if that's another word for it.

A: That makes sense, yes.

Adele had many lifetimes on Earth, but she had been holding onto this tragedy for a long time. It had been influencing her and keeping her from attaining her full potential. I had to work with the subconscious for quite a while in order for her to be able to release this. It was now time for her to go with the work she had come here to do. This had been holding her back too long. It would take much courage for her to make drastic changes in her life.

SECTION SEVEN

THE NEW EARTH

CHAPTER TWENTY-NINE

THE COMING SHIFT

At a lecture in Chicago in 2006, I was discussing the evolution of the New Earth. I was describing the vision that Annie Kirkwood had about the Earth splitting into two Earths, which was described in *Book Two*. How, as the one divided into two separate Earths the people on each would not be aware of what was happening on the other. Those who had raised their frequency and vibration would ascend into the New Earth as it evolved and lifted into a different dimension. Thus becoming invisible to the ones “left behind”. There have been several things about this concept that bothered me. I always like to have the answers; I guess because of my great curiosity. I have felt there are gaps or holes that needed to be filled. Pieces that needed to be explained. Someone in the audience asked the question about how this could happen, and those on one Earth not be aware of what was happening on the other one. Suddenly I had a revelation. A thought came to me that might be the glimmering of an understandable explanation. It is always wise to trust these flashes of intuition and knowledge, because often they are coming from our guides. In this case, it might have been coming from the same source that gives me all of the information through my clients. I suddenly said, “A possible explanation just came to me.”

Earlier in the lecture I had talked briefly about the theory of parallel universes and lives that are created by our thoughts and decisions. In *Book One*, I wrote about a theory I had never heard of, and that gave me a headache trying to understand. In brief it says that: Any time an individual has to make a decision they usually have more than one choice. This is what I call, “Coming to a crossroad.” They have to decide to go one way or another. It could be a decision about a marriage, a divorce, a job, anything. They ponder each choice and put a great deal of energy into deciding which path to take. Then they make a decision. We have all experienced these “crossroads”.

We know that had we chosen to go the other path, our lives would be totally different. We decide to go one direction. But what happens to the energy that we have sent into the other decision that was not chosen? *It also becomes a reality!* Another universe or dimension is instantly created to act out the other decision, and another “you” is also created to be the player in that scenario. This was the *simple* explanation, because it does not only happen when we are faced by major decisions. It can happen each and every time we are faced with choices, no matter how big or small.

Each time we make a decision, another universe or dimension is instantly created so the other choice can also become a reality, and another “you” splits off to play that part. They are all just as *real* as the present life we are focused on. We are not aware of these other parts of us, and it is wise that we are not. Our human minds would never be able to handle it all. I was told that the problem is not with the brain, it is with the mind. There are simply no concepts within our human mind to allow us to comprehend all the complexities of it. That is why we will never be allowed to have all the answers. There is no way we could understand. So they (in their wisdom) choose what small pieces to give us during this time of awakening, so we will have some expanded information. And as our minds expand to encompass new ideas and theories, they will give us some more small morsels. I personally am grateful for the bits and pieces I am being given. It shows that our minds are awakening. This is the only way we are going to be able to handle the concept of our Earth changing frequency and vibration in order to shift into a different dimension. The information I am receiving now I could never have even begun to understand when I started my work thirty years ago. So I know I have grown, and I can see this reflected in the books I have written over these years.

The revelation that came to me during the lecture in Chicago was that perhaps the reason the people on each Earth will not be aware of each other, and what is happening, might be that it will be similar to the concept of the creation of parallel universes and dimensions.

Only on a much grander scale. If we are not aware of these other parts of ourselves acting out the other decisions we have created by the energy we have focused on them, then the people on the two Earths would be unaware of each other. One Earth would be going in the direction of one decision or choice, and the other Earth would be going in another direction. Each acting out an alternate decision. It is up to the people on Earth at the present time to each make their personal decision of which path they want to follow. The energy is present and becoming stronger. It is physically affecting our bodies. Our own frequency and vibration is being altered. But I believe it is still up to us what we decide, which Earth we gravitate toward, because of our free will. The main difference here is that “they” said this has never happened on such a grand scale before. Never in the history of the universe has an entire planet changed its frequency and vibration to shift into another dimension. That is why it is said to be the greatest show in the universe, and everyone from many different galaxies and dimensions are watching to see what is going to happen.

AN EARLIER SHIFT

I have been receiving a great deal of information about the coming shift. Much of this has already been written about in *Book Two* of this series. And yet the information continues to come. This is our destiny, our future. In this session, I was given another missing part of the story. This has happened on Earth before. Groups of people in the past have been able to shift en masse into another dimension. These are usually groups that are surrounded in mystery because they simply disappeared, leaving no clues as to what happened to their civilizations. There has been much speculation, and various theories have been brought forward by the so-called “experts”. But few have considered the fact that they simply walked off this Earth, and entered a different dimension, leaving no trace behind.

The Mayans are a prime example, also some North American Indian tribes. I had been told through my work that these groups had

become very advanced in their development, and had chosen to change vibrations and shift en masse. I was told this was one of the most logical explanations for the Mayan calendar stopping at the year 2012. If they, in their advanced state, had been able to accomplish this, they were able to see that in the future, the entire planet would follow and accomplish the same feat. This would be an even greater event than what they had accomplished. So they marked in on their calendars as the time the entire planet and everything on it changed frequency and moved into the other dimension, taking every living thing with it. I had been told these things, and it sounded reasonable to me. However, I was not expecting to have a regression where someone went back to a lifetime when they actually experienced such an event. This woman was able to report something that we can only speculate about at this time. It was another piece of the puzzle given by a voice from the past. "They" were making sure I was given all the pieces. My job was to organize them and put them together into a coherent story.

After experiencing death from an accident in Roman times, Suzanne looked down and saw the road she had been walking on as a spiral. "It seems to be the road, but it's also symbolic. Almost like these shells that they cut in half. That's a good example of it. It's like, by looking at the spiral, you're getting some insight into the Universe, and deeper understanding of what makes things tick. Seeing your place on the spiral, seeing how the spiral fits into the Universe, fits into time."

I then moved her away from the death scene, and told her to go to something else, either forward or backward, something that was appropriate for her to see. "I came in on a wooden stairway with wooden railings that were descending from the left. Some kind of log structure straight ahead, and there is no one there. Almost as if you were in a fort or something, and you were looking out through the structure. So it's built in the side of a mountain, but they've cleverly dug into the mountain. That's where the main part of the building is. It is built into the stone of the mountain. - This is a Native American

place. And I'm getting that this is on the etheric, or something in the astral somewhere. Or it could be fifth dimensional now, but it's no longer 3-D."

D: Not physical?

S: It seems to be physical, but just not of the Earth plane. It feels like the Earth is vibrating somewhere else. As if there's an overlay of the dimension over the Earth, this would be in the overlay. It might have been at one time 3-D and it increased in vibration. And it's now almost like a parallel in that universe or something related to the Earth, but not the third dimensional Earth.

D: Does this place feel familiar to you?

S: It's home to me.

D: That dimension?

S: Yes, and it's very much like Earth in that there are stones and trees. And this is definitely in the mountains. It's more like our southwest. It's very comfortable here. My interests and my work are with spiritual things, and with healing.

D: How do you perceive your body?

S: I feel like I am a male, and I'm young - not an old person yet, maybe around thirty. Experienced. I'm doing my work, I'm still very fit.

D: How are you dressed?

S: Very simply. Some kind of woven material. It's very functional, sort of like a tunic. Very simple.

D: But you said you don't feel you're on the Earth.

S: No, it's not the Earth, but it's related to the Earth.

D: But you have a physical body? (Yes) Then how are you able to go to this place if it is not of the Earth? You can look at it and understand how it happens.

S: Now it seems that it's all very natural, not unlike the Earth. People were born and raised. But I was trying to see if maybe at one time we were of the Earth, and changed somehow. That may have been how it was.

D: You said it was related to the Earth in some way. What do you mean by that?

S: I think we have consciousness of the Earth, almost like we're in another dimension. So either we can perceive it from where we are, or we were once of the Earth and moved off somehow.

D: So if you moved off the Earth, then you took this physical place with you?

S: It seems like what might have happened was the band of people - I said "band" because it's not like there are many, many people around. And somehow, we've reached a point of changing frequencies, as if we all went on a similar experience. When people do things as a group. But it was like that whole society was able to transcend.

D: Was this an intentional thing? (Yes) Was it something that was talked about?

S: Talked about and worked for. People aspired to this.

D: So not everyone did this, just a certain group of your people?

S: It was all the known people then. We were an Indian tribe, and we knew there were other tribes around, but they weren't part of our world, Earth society. We were just by ourselves. We only cared about what happened to us.

D: How were you able to do this? Were you taught?

S: There were teachers for some generations, the wise people.

And we were taught with meditation. It was all of us. Maybe we're only a few hundred people, but that was our whole world. I think we experienced it before we moved in. We would go and come individually and in groups. The frequency was raised and we experienced that, and shifted back.

D: How did they know this would happen?

S: I was just wondering about that. It's like the people just knew. I don't know if at one time, someone might have told them. - I'm sensing now that maybe we were not from the Earth altogether, but we came to Earth, establishing a colony. But we knew mentally we could transport ourselves and move.

D: Why did you want to do that?

S: I think it was exploration. Just to see if it could be done. We did the 3-D experience, and then shifting, we moved to just another dimension.

D: So there wasn't any reason to leave the Earth, the 3-D experience?

S: No, not imminent danger.

D: I was thinking that if you were happy where you were in the 3-D experience, or Earth, you wouldn't have any need or desire to move, to shift.

S: It makes me smile. It's like a spiritual nature is always to learn. So even if things are good, it's like, "Hmm, what's around the corner, and what's to explore?"

D: In the 3-D world, were you a spiritual group?

S: Very much. We had great respect for the Earth, and the forces within it.

D: But you had no desire to stay there. (No) So it was decided that you would all do this at once? (Yes) You said you did go back and forth.

S: At first, yes. It was like trying to get out at first. And as we became practiced in that, then we could all make a shift. I'm seeing a blue stone, lapis lazuli. It seems connected to where

we come from, and it's symbolic of that. Like turquoise would be to the southwestern Indians, and to the Tibetans. Lapis lazuli is associated with these people somehow. It seems they're from somewhere else in the cosmos.

D: So they weren't originally of the Earth?

S: I think it was done before our time, but not before the grandparents' generation.

D: Did they tell you stories of what happened?

S: They must have, but I don't remember them.

D: Maybe that's what made it easier for you to move to the other dimension?

S: Perhaps. Certainly the knowledge. But I also want to say that people are smarter than they think. Everyone knows how to do this. They may not know they do.

D: And your people took their physical body and surroundings with them. Is that right?

S: I'm not sure about that. I think either they manifested similar surroundings where they went, or they moved into another dimension that already had that there.

D: Do you like it there?

S: It's more the excitement of learning things. The "there" doesn't matter. The excitement is with learning. I'm very active in my thinking.

D: Do you have to eat there? Do you have to consume anything?

S: We do eat, but it seems like the food is lighter, more vibrational. It lasts longer in us, for us. The requirements aren't so great.

D: And you don't want to go back to the Earth?

S: We have moved on. It seems the next step of the evolution of us.

I moved him forward to see if anything happened there that was important. It seemed like such an idyllic place, what could he find that would be significant?

S: I see that we're being asked to come back. And I have tears now. We're being asked to come back to the Earth.

D: The whole group?

S: Some of us. We know some things that would be of help to the people. And we have great compassion for the people.

D: But you don't want to go?

S: Yes and no. It's like taking that first trip for the exploration. Yes, you want to go, but you're torn. It's sad to leave home. We are people who are very loving, very compassionate. And we wish to share this with others.

D: But this place is not like the spirit side, is it?

S: Not totally. It seems to be another physical, but less dense, existence. Not totally spirit, I don't think.

D: It's not like the spirit place where you go when you die and leave the body.

S: I don't know. We seem to be pretty eternal. We've moved off the physical where we might have died, to some place or frequency where it's not necessary to die. I think we actually pulled it off. Kind of a transition of even the molecular structure of our bodies. I think we became spirit somehow.

D: You mean it changed in some way?

S: Yes, it was some transformation when we left. I think we took our bodies with us when we left. I think we took the physical bodies that changed, and we took it with us.

D: You said it changed the molecular structure?

S: Yes, totally. Yes.

D: This was the only way you could make the change?

S: I think we could have died, but we couldn't have done it en masse. I mean, we *could* have died en masse. But this was an experiment of sorts. It was the melding of a group mind from the 3-D. It was the forerunner of where we can go now, I see.

D: So it was a group that experimented at first.

S: Yes. I think there were others trying different ways. This was our way.

D: You weren't dissatisfied with the Earth. You just wanted to try something different, more spiritual.

S: Both are equally spiritual, but it seems like we have less restrictions beyond the 3-D. There are advantages.

D: So someone is telling you, you have to come back?

S: Not have to. It's like there's a call, there's a need. There's an opportunity.

D: How do you know this?

S: It's been talked about. More mental telepathy, but it's communicated, it's known. It's like things have gotten much worse on the Earth since we left, since we moved off. Things have changed.

D: So you have a way of knowing what's happening on the Earth.

S: Yes, very much. That's why I say we're connected. We can know these things. There are like holographic thought processes that happen. Any one of us can tune in, or most everyone can tune in to what they want. And there's some relationship between our people and the people who have remained on Earth. It's like someone has this idea. Someone recognized a need there that all of us have information about. But it's the time now.

D: You have done it so you know how to experience it.

S: Yes. Oh, there's great advantage to having heavy Earth experience.

D: So what do you want to do?

S: Oh, definitely go. I think I can be helpful there, yes.

D: You don't mind leaving that beautiful place?

S: Yes, I do. (Laugh) But you can't be here and there at the same time.

D: How are you going to do this? Do you know?

S: It's coming in as a baby somehow. I can't see whether we're being ensouled, or if it's a merger of consciousness somehow. But it's a real experience. So somewhere, you join with a fetus. It feels like our whole active consciousness goes.

D: So what happens to your body there?

S: I'm not so sure it was a body, now - or just consciousness, vibrational consciousness. Energy.

D: So then your consciousness comes back into a baby?

S: It seems that way, yes.

D: That means starting all over again, doesn't it?

S: Yes. Well, almost.

D: But it's important. Do you think the same thing is going to happen to the Earth again?

S: Same thing being?

D: You said you were here to show them how.

S: Things are in sad shape in some ways here. People have forgotten, or didn't learn, basic stuff. I think it's more that they need to learn about love and forgiveness. It doesn't matter what dimension you're in, the lesson always seems to be the same. That we *are* love, and sourced by the One Creator. People get caught up in survival at so many levels.

D: But when you come back as a baby, are you going to remember what you're supposed to do?

S: It's programmed. It feels like there are programs that will go off. Yes, we forget. There's a cloud that way. But there are somehow programs that can be activated. It seems like it's a time release thing. Some of it is triggered by associations with people or events. Earthquakes, volcanic eruptions, severe storms. I feel that all through my body. There's some call that happens.

D: So when Earth events happen, it triggers things?

S: That's one of the things, yes. I feel that all through my body with great energy.

D: So when these Earthly things happen, they trigger the program that is in the humans? (Yes) The ones who have come in for this mission?

S: Yes, who have that program. Participating in ceremonies from antiquity are also big triggers.

I decided it was time to call in the subconscious to answer the questions and explain things more fully. Although this other part of Suzanne was doing a good job, it also suggested calling forth the subconscious, "Although it's probably all one anyway." I asked it why it picked that lifetime for her to see.

S: She needs to understand that she is an explorer first, and will always go into new situations. And that this time on Earth is a time for exploration. It's not a done deal.

D: Where she was, it appeared to be a different dimension.

S: That is correct.

D: She had the feeling this group came from somewhere off of the planet. Do you know anything about that?

S: Yes, they came from the Source.

D: Directly? (Yes.) As a group?

S: It's not really a group. It's a mind trying to have experiences, so it's splintered. It's the same soul. Suzanne understands that souls splinter, go off. These are probabilities that have their own life. That is that. And it's okay. The joke is, we are all one.

D: Why did they want to live on Earth?

S: Earth is pretty special. There is much that can be learned.

D: But then they decided to shift frequencies.

S: By coming and taking on the physical and being forerunners. It's very important to create a mold, to create a track. People can entrain to what has happened. The first ones, it's more difficult, then it becomes easier. You have a term for that: the hundredth monkey, or whatever. You make it easier for others if you've made the path. And time is all one. So it's always been known there would be a time for the need for ascension of sorts, of shift, of transformation, of transcendence.

D: Did something happen that they wanted to leave and try this experiment?

S: They were exploring how to change dimensions and forms.

They were exploring how to be genuinely 3-D, physical, and then to take that body and make a shift.

D: And take the body with you.

S: In this case, to take the body with you and that was what was done.

D: That was why it was an experiment.

S: Yes, and that template is here. That knowledge is available.

D: Was it easier for them because they came directly from the Source?

S: Yes, they had greater skills, I suppose, and in Earth terms that happened very quickly. But it took some doing.

D: They weren't here long enough to be contaminated. Would that be correct?

S: I don't know contamination.

D: You know how Earth does contaminate people. They get stuck.

S: The Earth is pure goodness.

D: So it was easier for them, I guess, because they had not interacted with other humans that much?

S: Just with themselves, which was really one mind. So it was, yes, taking the luster off our great accomplishment. (Laugh)

D: She said it was an Indian group?

S: It was like an Indian group, it was of that time. It was ancient time.

D: We have stories of Indian tribes that just disappeared. People have always wondered what happened. Was that one of the examples? (Yes) So they took their bodies with them into another dimension where they created what they wanted it to look like? Or was it a dimension where these things existed?

S: In the experience of going, first becoming 3-D, and then never losing connection to Source. So knowing the other was possible, and shifting back and forth, back and forth, back and forth, making a path. They experimented, because they allowed themselves to be really dense. But they had the advantage of knowing always Source in spirit, always. So then it became an experiment of trying to change

the 3-D. How to raise the frequency, how to shift dimensions, how to do this with the physical, how to take the physical. So in all of these comings and goings, sometimes there were already things in place in the other dimension. And in some ways, sometimes they made things when they went to the other dimension.

D: They made it resemble where they came from. (Yes) But then she said they were called to come back?

S: Yes. It was part of the plan. First you explore, you make a path that others will follow. Some others will follow, many others will follow. It will be useful, but somebody has to come back and again show the way. Do it, take the path that they once built, unbeknownst to them. She has returned to help others so they can make this transition.

D: But Suzanne didn't realize this consciously.

S: Not coming in, no. But always she knew Source.

She was told she was to travel to the Southwestern part of the United States. "In the canyons, in the rocks, where it's dry, where it's high. Then her mission will be clearer. There is memory in the stone, and in the bone. There is memory." This was the area where the tribe lived before it made the shift.

Suzanne had been doing extensive traveling to all parts of the world. I wanted to know the spiritual significance of that. "She was leaving a vibrational trail when she went that spiraled up. This is the significance of the spiral that spirals up. (See the part about the spiral at the beginning of this chapter.) And as she walked, she left the imprint, so it encodes for people who walk that way, who come in contact with her. It activates and teaches how they too can ascend up the spiral way. She doesn't have to tell people. It is transferred energetically. She influences hundreds, hundreds, hundreds, hundreds of people just by being there. Every continent she went to, she left her imprint. - We want her to follow the spiral way. She

knows this, and every cell in her body, and it will be made clear to her. It's an energy spiral."

I wonder if this applies to me also? When I first began my work, I was told that I would travel extensively all over the world, even though at that time I had only traveled to some conferences in the United States. I was told that everywhere I went, some of my energy would remain. That this would not deplete my own energy, it would just remain in the area, and would affect many people. They said that all I had to do was think about the place I had visited and my energy would immediately return there. Their prediction certainly came true, because I have now lectured on almost every continent in the world, and my books are now translated into twenty languages. So the energy is certainly capable of spreading and influencing. And we are totally unaware of what is happening when we are in these places.

CHAPTER THIRTY

HELP IN THE TIME OF CHAOS (OR THE OLD EARTH)

At the beginning of the session, Anne saw scenes of the interior of a spaceship traveling to other planets, and disjointed scenes which she did not feel confident talking about. She said she could answer any question about things that she knew, but she wasn't sure of questions about things she did not know. This indicated to me that the conscious mind did not want to relinquish control. Then unexpectedly: "It doesn't seem relevant to me to go to these places, or see these things. I feel like something or someone wants to talk or say something if you ask questions."

I am used to this happening. Sometimes "they" get impatient and want to have the client go to something they need to see and are avoiding. Or sometimes there is something else *they* want to speak about. "It's this person, they want to talk to you. There are things to be said to you through me." I assured her it was all right, that I was used to this.

D: Anything they want to tell me, I'll be very happy to listen to. Do you want to tell Anne about herself, or do you want to tell me about something else?

A: Other things. She has that ability, but only certain locations or occasions are allowed.

D: I can understand that, because it wouldn't be safe in many places, would it?

A: But it is safe right now. We protect her.

I assured it that I understood the need for protection. "That's why she's not allowed to talk about these things to everyone, is she?"

A: No, she's not.

D: Can you tell her some of the things she's looking for?

A: It's more like a trigger, that some things need to be asked in the right way.

They have told me this many times. In order to obtain the answers the questions have to be asked in a certain way.

D: All right. She says she has the feeling that she's not from Earth. She doesn't feel comfortable here, like she doesn't belong. Can you tell her anything about that?

A: She knows she's not from here. - The questions that need to be asked have more to do with other matters that are not so personal to her, matters of importance at this time. It's important that you ask questions about other things. Her desire is to be of service, and she needs corroboration.

D: But she does have many personal questions, too. That's why we were going to start with those.

A: Part of the growth is to connect with the appropriate people to continue the work. And it becomes evident to her as time goes by. It's not so important to ask about herself. - She feels that she's not fulfilling her purpose. That is her major, biggest frustration - that she is not doing what she came to do.

D: Yes, she said she feels a great deal of loneliness and she keeps wanting to leave.

A: She wants to finish. She has many abilities and talents, and she feels that she should be using them in a certain way, or another way. And she cannot do this by herself.

D: What is it you want her to do?

A: One of them is communicating with you. Your questions should be geared toward a different area that has to do with understanding.

This can be frustrating, and it happens quite often. They want me to talk about something specific, but they will not tell me what it is. They want me to come up with questions about a subject that I do not have information about. It always helps when they bring up a topic. Then I am never at a loss for questions.

A: There are certain triggers that occur when she meets certain people and associates with others, that work like an unlocking, or opening up. And only when those triggers are set off, do some things become clear to her. It's like she lives a secret life. And she knows this, not because she has secrets, but because there are many things that she doesn't share. She had to do things by herself for many, many years. But she has understandings that most people don't, and she's unable to relate. She knows that's part of the challenge of this lifetime - to come like this and be alone in some ways, and internally have to keep to herself. It's like being able to see ahead of time and not being able to say that. It's very frustrating. Like an understanding of cause and effect from a very young age, and trying to relate to people on their level when she knows better. She knows it's a constant struggle to pretend she doesn't see when she does see. There are relationships, lessons to be learned in the process. But it's also to help, to bring awareness.

Since that was one of her questions, I asked about relationships. Whether she would find someone. Again, "they" did not want to discuss something so mundane. "There are more important matters to discuss than relationships. She feels that she's not accomplishing much, and she begins to wonder if she needs to focus on other things. But it's an impatience that makes her worry about these matters. Once the important matters come to the forefront, these other matters take care of themselves."

D: That's true. But what are the more important matters, so I'll know what questions to ask? I can probably find some questions if I have an idea which way you want to go.

A: The matters have to deal with the changes that are occurring at this time. And her role in the process, which requires courage, since it is a role of support and being there when the time is needed for her presence and others' presence. People who are here for that reason.

Anne had said she wanted to go home, and experience what home was like, so at this point, they gave her a glimpse of it and she became emotional. "Tell me what you're showing her. What does it look like?"

A: (Very softly) Energy. (She was openly weeping now.) It's like they're charging me with energy or something. (Whispering) I can feel it all over (Crying) It's like love.

I let her cry for a while, then I tried to calm her down so the other entity would be able to return and answer the questions and give information unemotionally. After a while, it succeeded, but "they" still were reluctant to release information without having the proper questions. "We love her very much."

D: I know it took a lot of courage to leave that beautiful place and volunteer to come here at this time. You said she volunteered to come to be here during the changes. Are these the changes I've been told about? (Yes) Do you want to talk about that part?

A: Many changes. What are the things you have been working on? You may have some questions.

D: That we're moving to new frequencies and vibrations?

A: That is correct. Do you have questions?

D: I've been told a great deal of information, that everything is speeding up, and the vibrations and frequencies of our whole dimension are changing. Is that correct?

A: Turbulence, much turbulence coming very soon. And there is the need to be very grounded. Much turmoil. There will be need for your stability and all of those who are here, because people will be lost and confused and in much pain. Do you understand?

D: By turbulence, do you mean more of the violent Earth changes that have been happening?

A: Situations caused by humans, and situations caused by the Earth changes. And the coming through of new energies and beings that humans are not accustomed to seeing. This will cause a great deal of chaos, that only those who are understanding what is transpiring, will keep calm and be a reassurance to those in confusion. Remember and just be prepared for that, because it's very easy to theorize until the situation is in the physical. Then the physical body needs to be prepared to handle the shifts of energy, and the shock that comes with the process of change. One thing is to feel you can understand what is happening. Another is to be in the midst of chaos and keep yourself calm when it's happening.

D: That's difficult for humans, isn't it?

A: It is difficult. And that is a crucial and practical area to focus on at this time, because it is in the physical that you are helping. There are other levels that are helping, but you are in the physical as she is, and other beings are. So in the physical, they could transmit that calm that will be necessary during times of chaos.

D: But will they listen to us?

A: It is not up to you to decide. It is up to you to make sure you have the tranquility and grounded energy for those who want to listen to you. That alone requires much work in the physical to keep those

energies in place, because that's what you came to do. Anne is very trained, because her life experiences have required her to maintain a level of calm in the midst of madness.

Anne had lived a childhood with abusive and unstable parents, and then a chaotic marriage.

A: That has been a good training ground for her, so that when the time comes, it is not so difficult for her to maintain that calm in the physical. Do you understand?

D: Yes, I do. I've been told that these changes are going to cause a separation into two Earths. The old Earth and the new Earth, as the vibrations and the frequencies increase. Is that correct?

A: That is correct. There is a different world, if you will, which some souls will remain or choose to live in after the changes.

D: You mean to remain with the old Earth?

A: Yes, with the world that keeps that level of vibration they wish to stay in, and that will be where they remain, or move into. But the new energies will only be livable for those who have worked their own energy up to that vibration.

D: But the turbulence you spoke of, will that be on the old Earth?

A: It is now as we go through these changes. This is the time of transformation in the next few years, and the outcome has been prophesied by many. I don't have much to add to that, other than, those who are here now need to remember the important role they are playing in the physical before the changes happen, or before the *final* changes happen. In the midst of the process, there's a need for those who are here to give the assistance. To line up, if you will, as if it were in the military. It's time for them to show up and be aware that they are being called to be very present and ready. And maintain their ground, because there might be situations in which a soul might

be in a crucial point where they could go either/or, vibrational wise. And you may be able to make a difference at that time.

D: What do you mean by either/or?

A: Their spiritual growth may be in a grey area where they may qualify to step up to a higher vibration, if only they have the courage to jump. Or else they may choose not to, and that is their choice. But your role, if you keep your energy, may be crucial for someone in that situation, because you may be the hand that extends for them to jump.

D: Make the jump into the higher vibration. (Yes) But the higher vibration, the new Earth, will not experience this turbulence? (No) It seems as though right now, we are in this part that is experiencing the turbulence.

A: It is just the beginning. It has begun, but the chaos has not begun. The chaos, the madness of people running around in confusion, because all of their illusions have been shattered. That will be the time of the test of the strength that needs to come forth for those of you who are here to help in the process. There will be a time when people are running in the streets confused and in fear, not unlike the hurricane in Louisiana.

D: That's what I was thinking of, the tsunami and the hurricanes.

A: But that multiplied worldwide in most cities is a very different scenario.

D: Are there going to be similar disasters in many cities?

A: Some caused by natural, some caused by those in power who are making every effort to keep things the way they are. They are aware of the changes. They refuse to accept. It's like a child who doesn't want to hear the truth. And they refuse to admit they are no longer in charge. So they continue to cling to these ways and may cause more

confusion. They feel they may be able to slow down the process and maintain a low vibration by keeping fear on the surface.

D: They're trying to instill fear in people.

A: Fear has always been in people, because that's how most, if not all, the societies of this world have functioned for many years. Fear is the way they have maintained power, and almost everyone in this world is in fear. There are different levels of fear, but these changes and the technology that has allowed everyone to communicate freely, have caused a great deal of concern for those in power, because now the fear is vanishing. Many things that are occurring, even the catastrophes, act as a catalyst to bring fear out so it is dealt with. And so it is a cleansing in a way. But those in power don't want this process to occur, and they prefer to keep a level of fear under the water, if you will. And like a desperate child, they try every tactic they can think of at this time to not let that fear dissipate, because that is what is happening. The fear is dissipating despite what the surface seems to show.

D: People are beginning to think for themselves.

A: They are. They are confronting their own demons, if you will, because life is taking them places where they have to see things that other times they haven't had to deal with. Therefore, their fears, although they are very present, are at least coming to the surface, whereas before, they were not. Therefore, it is a cleansing that, as it continues, will only liberate more and more, which is a process that those in power are very aware of. They want to slow it down, thinking there might be a way to prevent it. So they will push and push to every extreme they can until things get very difficult. And many people will not be prepared for that edge they are pushing for.

D: Is the war one of the things?

A: The war, absolutely the wars, also their diseases that they scare people with.

D: These diseases are not really there, are they?

A: They can be if people choose to allow those energies to enter into their body. But for the most part, they are only in the energetic fields. And like anything else that is talked about, or thought about, it can become reality in the physical.

D: Yes, if enough people accept it as their reality.

A: But the diseases are extremely blown out of proportion, and they are not epidemics as they are portrayed to be. The media and the movies are showing you their desperation as they insist in presenting to the masses information that is completely negative and fear-based. Subject matter such as murder, death and betrayal, attacks and such that keep the consciousness focused on these matters, as opposed to portraying in the media images of hope and inspiration. But nevertheless, there are enough of those positive messages being broadcast at this time, that like a domino effect, they are no longer stoppable.

D: Another fear the government is trying to promote is terrorism.

A: Yes. It is just another tool, like the diseases, to find excuses to give people a reason to be afraid and not unify, but to trust that the government will solve their problems. They are imaginary problems, and in the subconscious, many people are becoming aware of this. They are no longer believing, although many are in the masses. But on their subconscious level, they are beginning to awaken, and the power knows this. That is the reason they are resorting to ridiculous stories that only those who wish to believe, believe in them, because anybody with a logical and reasonable mind could not believe them.

D: Yes, anybody who thinks for themselves.

A: So they are presenting the masses the opportunity to choose, because they are pushing for an edge. And in that way, they are serving a purpose by pushing the edge, so that everybody makes a

choice, because this is a time of choice. This is no longer a time of middle ground and neutrality.

D: You said earlier that we would be here whenever the chaos breaks out. Would this be caused by many of these disasters?

A: Disasters and the breakdown of the structures of government. And the breakdown of the safety net that most people feel they are part of. Such as their Social Security, and their paychecks, and their jobs, and their religious beliefs. Especially if and when ships and/or other things like that begin to become part of the consciousness that many are not prepared for. Therefore, they may run around in shock and confusion, unsure as to what's real and what's not. - The structure of government is breaking, and will break even more to a point of chaos. Like a domino effect, like a crumbling.

D: If the ships arrive, what would be their purpose for coming?

A: They are always here. It is only a time for them to become visible as the permissions open up, because it is a time of, not only free will as there is now, but also a time for others to claim their place in the new world. Not just the humans, but others who also belong here, but are in a different vibration. So partly, it is not that they choose to become visible, it is partly that the energies make them visible.

D: I am aware they've been here. I've been working with them. I know they're positive. I've had no problems with them.

A: But by them becoming visible and part of the consciousness of the people, and the governments crumbling, and chaos, and natural disasters, you can see how the majority of people would be completely shocked. And their religions and their idea of a structured life would be brought down. So now, they would have nothing to cling to. This causes a great deal of fear for those who have not stepped out of their own house. That fear could lead to madness or schizophrenia or other types of reactions. And it is at that time, and

that kind of reaction, that will leave people most vulnerable, where you can be of most service.

D: Then others like myself and Anne are some of the ones who are here to help?

A: The ones who are prepared to see these changes and not crumble in fear will be the pillars on which others will lean when nothing makes sense to them. It doesn't mean you will provide the truth to them, it just means you are not falling down like they are.

D: Because, I was thinking, what can we do when everyone is in chaos?

A: When you are not losing your mind and you are calm, it doesn't matter what you do. People will see that in you and seek that in you, because they don't know what to make out of what they're seeing. And *you* may not know what to make out of what you're seeing, but you have been prepared. Therefore, you will know and have some sense of trust that things will be okay. You are not crazy.

D: Where the others won't have any preparation at all.

A: Exactly.

D: You know that I've had many, many people coming to me for the last two years who are either healers or they 're being told by you, the subconscious part, that they are to be healers. We keep wondering why the world would need so many healers?

A: Do you know the population of the planet?

D: Yes, it's quite large.

A: That might be one reason why. Also, it is a time that's very precious for many souls, because of the learning lessons available, as it is an unusual time that this planet has not experienced.

Therefore, it is an opportunity to experience a very one of a kind soul journey. And it's an opportunity to step up in the soul level, experience-wise, because of the challenges it presents. Therefore, many advanced souls are interested in the opportunity for themselves.

D: I was thinking if structures do break down, the medical profession would definitely be one of them. Maybe that would be one reason to have healers that can use energy and natural healing.

A: There is a time coming when the energy will be high enough that disease will not be as you know it today. And though the help of those healers is definitely needed, there will be a time when those diseases are not going to be anymore. Therefore, the healing is only temporary. The healers will heal when there is a need. If there are no hospitals because everybody has left the city, for example, or maybe it's drowned (is she referring to the city inundated?), then there are healers available to help. But that is not the only reason they are here. They are here for their own learning purpose, as their own soul is interested in experiencing this shift.

D: That's why we all chose to be here at this time?

A: A big reason.

D: I've also been told that our DNA is being altered so we can adjust to these changes. Is that true?

A: There are many groups that are participating in the acceleration of energies, and they have their own technology. From our perspective, we would say that through the infusion of higher vibrations on the planet, it reflects back on the people. So it is not their DNA that's being adjusted, at least from our perspective. It is the higher vibrations that are naturally affecting their DNA, which is dormant in some areas. And therefore, it is being activated.

D: I've heard this is the reason for many physical symptoms people are experiencing at this time.

A: Areas of blockage in the body, whether they are karmic issues, or their own diseases caused by their lack of selfdiscipline with their eating habits, or other things, independently of the cause of the disease. But they're basically areas of blockages that are being brought to the surface with these new energies, whereas before, they might have been laying dormant. It is being brought to the surface much like the karmic issues that are being brought to the surface. These energies are forcing these areas to deal with the dark negativity so the energy can flow freely, that those blockages need to be cleared up. In order for that to happen, the issues that are causing these diseases need to be attended to, which requires a level of participation from the people who are suffering. And that is their choice whether they attend to these things or not.

D: What I have heard, is that many of these physical symptoms people are experiencing are being caused by the change in the vibration as the human body adjusts to it.

A: That is correct.

D: If the chaos belongs to the old world, will this be happening at the same time the two worlds are separated? I don't know if I'm wording it right. The new Earth is supposed to be going into a new vibration and a new dimension. And it was described as separating, becoming two worlds. Does that make any sense?

A: There are many theories. Depending on the perspective, it is a matter of energetic vibration. And one vibration is visible, and some vibrations are not visible to each other. Therefore, if one vibration - the lower, or slower vibration - remains, it's not that it becomes a separate world, it is simply no longer visible. It's the new world that is basically a split-off because of the higher vibration.

D: But in the new world, things are different than the old world. Isn't that true? (Yes) They won't be experiencing the chaos?

A: No, the chaos is mostly a breaking down of the belief systems. The chaos is caused by the belief systems being challenged and brought down to a place of a complete blank slate, or clean slate. And that is the chaos for many. Those who go on to the new world are comfortable with new belief systems, and therefore, will no longer struggle the way those struggle now. It's not that it's a transformation where all of a sudden people become something they are not. It is just the changes. It's either people can move on from there, from them, or not.

D: That's what I've been trying to understand. I've been told the new world would be beautiful, we wouldn't have these problems. And they said don't look back. You don't want to see what's happening to the old world.

A: It is basically a deterrent to look back. It's not that you cannot look back, it's just that you cannot change other people's choices. And therefore, if you're looking back and it is causing you grief, it is only slowing you down.

D: But you said we're supposed to be involved with these people.

A: We are here during the time of changes. We are here to keep our energy grounded. It is not so much to be with those with a higher vibration, because they can fend for themselves. And it is not for those who are in deep negativity that we must be next to either. It is for those who are in the midst of confusion, but are perhaps ready to make a jump, that we are most helpful to.

D: Does that mean we have to stay with the old world as workers?

A: You will only stay until it's time for you to go. And during the time that you stay, you can do your service. When it's time for you to go, you will know, and then you will no longer be available to those. It is

not a matter of, “How long should I stay?” That is a question that is answered eventually. It’s a matter of knowing what to do while *you* are here.

D: I have thought we would be separate from those experiencing the chaos. We would be in a different beautiful world.

A: For a while, through the process of transformation, not necessarily separate. It’s not like one day to the other there is a new world that you are part of, and the old world goes away. There is a process. Eventually, things will change. But in the small process, whether it lasts one month or five years, it is a process that you are still part of, as you are now. You are of it, now. So long as you are here, it is your job to keep the grounded energy for those who are in confusion. Once the actual shift happens, even if you wanted to be here, you couldn’t.

D: Those who have raised their vibrations will go on.

A: That’s correct.

This answered a question I was asked while giving a lecture at the Ashram in the Bahamas. A young woman said that she would like to stay with the Old Earth to help those who would be left behind. I told her that was noble, but I didn’t think it could happen. Now, here was the answer. It has to do with vibrations, and once your vibrations have reached the correct frequency you just automatically go to the next level. As they said, “Even if you wanted to stay, you couldn’t.” Your intent doesn’t matter. This is bigger than we are.

D: And so we’re trying to help those who are still trying to decide and make up their minds? (Yes) That’s why I was trying to get clarification. I’ve heard it from many people, but sometimes it’s a little confusing.

A: It is confusing from the vantage point of a human.

D: Then you do see more turbulence happening.

A: Yes, absolutely. This is the beginning, as those in power are not near done with their strategies. They will cause many more events. And there will be other events, natural causes. So the chaos is much larger than we envision in isolated cases. But of course, all of those things could change, as there is no set future.

D: I've been told that age is not important anymore.

A: Age is an illusion. It will be more apparent as we move along in the process of evolution.

D: I've also heard that whenever the transition happens, we would be allowed to take our physical bodies with us if we want to. Is that correct?

A: That is true, but it will only be for a short time. There will be another transition very shortly thereafter.

D: What will happen at that time?

A: Mankind will become pure energy.

D: The ones that make the ascension.

A: That is correct.

D: I've also heard not everyone will make the transition.

A: Everyone will be given the opportunity. Whether they can hold that vibration or not is up to them individually. There will be no judgment made on them. They will simply be able to hold the energy, or not. But none will be destroyed as the comments have been heard. They will be placed in an appropriate space for the vibration they are emitting.

D: And that's what they mean when they say they will be left behind.

A: In God's plan all will return to God.

D: Just at different intervals.

During another session, I was speaking to the subconscious.

D: You keep saying things are changing.

S: They're accelerating changes, and your scientists don't have a handle on it. This global warming, it's devastating to the ecology. It's happening so much faster than the scientists are saying.

D: They don't really believe it?

S: They believe it, but they think the danger is decades away. It's not; it's here! The danger is at our doorstep. There will be some safe places in the U.S.

D: What's causing the global warming?

S: You know, accelerants. I mean the aerosols, gas, everything that pollutes the environment - environmental pollution. It's what man is doing. That's why our summers are so hot. And there will be more storms. Many, many, many more. Unbelievable. You aren't going to believe what's coming. The coasts are going to be in for a fun time. The increasing storms and tsunamis are going to accelerate it. The timetable is changing.

D: Originally there was a different timetable?

S: Yes. It's moving forward. It's sooner than it was meant to be. Unfortunately, because of what mankind is doing.

LEVELS AND DIMENSIONS AND KARMA

Janet had come to her session with her list of questions. We were expecting to go into a past life to find the answers. But instead she went to an ethereally beautiful place that did not sound Earthly.

J: I'm seeing some double-handled doors, and I'm opening these doors. I'm walking in, and there's a stairway going up, and it's a huge structure. Inside, there's this enormous, domed area. There's a lot of light there now. You don't see it until you start coming up. And there's a place with light in the very center. There are seats - like it's a place to access information or talk to somebody. But when you come in, there's nobody else there. It's not packed full of people. It's like everybody has their own entrance if they want it. And now there's a man there. He's appearing to me like a very down-to-earth wizard. Practical. His white hair is combed back. He has a staff, and he's smiling. He says, "I came to you in one of my more fun costumes. This is just something for you to look at. So, what is it you want to know?"

D: Janet has many questions. Is it okay if we ask them?

J: Absolutely. Now is the time.

D: You know that I bring many people, don't you? (Oh, yes!) We're always looking for information. Usually when we use this method, the person goes to past lives.

J: Oh, yes, but she doesn't need to dwell on that stuff anymore.

D: So she came here instead. Where are we? Where is here?

J: We're in a dome that holds records and meeting places. It's a very sacred place for people to meet and have a safe place to talk. It's an inter-dimensional temple. It's actually a good meeting place where the dimensions can come together, so people from the physical plane can meet those from the spiritual dimensions. Spiritual, of course, has connotations to it, but those of us who are not in physical body.

D: But it is like an in-between place.

J: Yes, we would call it inter-dimensional. It means many dimensions can touch and meet here. So it's a good place to meet and have a cup of tea.

D: Just as long as it's a place where we can get information. (Yes) Well, Janet right now seems to be at a very definite crossroads in her life.

J: She's been at many crossroads in her life. She's seen many places like this. She'll make the right decision.

D: But now she needs some help.

J: She'd like some more information. Those on the physical plane always do.

I began to ask some of her questions that pertained to her marriage and her husband, but the entity did not want to cover that yet. "We'd like to talk about the other things first. She had some other questions. Would you ask them first, please. They'll help bring in what she wants to know."

D: These are all important because she has to make a decision. But, one of the things she wanted to know, if you can tell her about her general history, or the story of her soul.

J: She has been and comes from many places, and this is one reason her work is important. She's able to access information from many places, and those parts of her soul that have lived in those places at those dimensions and those vibrations. She is to bring that in to serve more people of varied crystalline structures, as we would say. They have multiple dimensional lives that affect these crystalline structures. She's able to work in all these other dimensions at the same time. And this enables her work to cross through the worlds much faster and easier. So she has to bring those other parts of

herself together and keep bringing them in, in order to make that work. She has to be able to access those places.

D: That's what I've been told. We are not just this one individual. We are actually - splinters is one word - or facets? Would those be appropriate words?

J: Yes, you are many experiences. She's becoming more aware of these other places. And this is a process many humans can go through. They come to a place where they're able to have this process happen for them. But it's not until they're ready, and they can handle all those multiple vibrations with their physical body. This is why meditation is important, because it raises a vibration to handle stronger energies, and more multi-layered energies that are made of varied vibrations, and they can work with them. It's like working on the other planes in multi-dimensions all at the same time. And the sacred geometry work is bringing in these soul parts by the millions. And that is what's happening with her. It will make her - powerful is such an overused word - but it makes her more powerful, in the sense that she can travel to and be in, consciously, more dimensions at the same time. Gradually, we will have her becoming more aware of these. She's being given what she can handle at the time. She has been given a couple of new tools that will help her become more aware and less fearful of those other dimensions and what is found there, because more and more of her work is going to be in realms that not many people access.

D: Can you give us an idea what kind of realms those are?

J: They are truly realms that are hard to look at and hard to see, because they are difficult for the human emotions to bear. People have a perception and a judgment about what they see and become fearful of it. Humans don't carry on very well with something different, when it's not something they've been around. If they can hardly handle people of other races and religions, how are they going to handle someone with snouts and teeth and multiple arms

and multiple heads. And all those mythical creatures that they write about, that we read about? There is a reason they've been written about. They have been seen by someone, usually at some level, in what they recall as dream time or memory time. They have accessed them at some point.

D: Are these physical creatures?

J: If you're asking if they truly exist, the answer is yes. They actually can affect the physical dimensions, but they're not seen by very many people. And sometimes there are protectors in various dimensions, that many people are not aware of, protecting the planet and its people from some of those dimensions that are inappropriate for the group soul, or humanity's soul at that time. But there is a group of people who have the soul abilities to help with this work. And it has become necessary to help humanity make the shift that it needs to make. The world is in great need at this time. There are not enough Servers who can do this work. It's not everyone's soul path to do this work at this time, but it's necessary because it's opening the planet up, freeing it so that other energies can come in. For the Earth herself, her next goal, is the next step in their spiritual path. And it has become so bad here on the planet that there is great distress over what humanity is going through, and what the Earth herself has gone through. And so there needs to be some shifts made. And that shift would involve taking away some of the interference on the other planes, and truly do protection work. This actually should be quite reassuring for those who hear this. That, isn't it wonderful that we don't all do the same thing?

D: Everybody's doing something different, but they're not aware of it consciously.

J: And all are needed. And in dreamtimes, sometimes as the stream of consciousness develops from meditation work, they become more and more conscious of the work. And these people, including this one, know when they wake up they have been clearing the other

planes. And they are coming back in their body, and they need to continue clearing, for their safety and the safety of their family and of their city. It will help ease the burden on humanity and Earth. And all those other lightworkers who are doing other things. It's a multi-faceted thing. More and more people are finding out that it's part of their work and necessary to help. It's not for everyone, because it simply would not serve them. You wouldn't give algebra to someone who hasn't learned basic math. It simply wouldn't work, because it's not where they're at. The power has to come from within, and that is where spiritual growth and work at being a serious spiritual student or disciple comes from. It makes all the difference.

D: They have to prepare their mind and their body?

J: Exactly. That's what we're trying to get across, yes. So much of the work is done softly and quietly and silently on the other realms. And they understand this because we've also done it for them - we've protected them. They've had to earn it to a certain extent. But we also are watching for those workers who can come onboard. There's always more work to do than it seems we have time to do it. You are well aware of that, I'm sure.

D: You said this had to be cleared in preparation for the changes that were happening to the Earth?

J: It will help the Earth, yes. It will help humanity so that it's truly the humans reaping their own karma. And so there's been work with the Galactic Council and those other realms and other beings and other life forms. Part of it is, you can't tell some people that they're not the only life form in existence. They don't understand that. So what normally happens is someone's spiritual growth comes to a place where they can handle it. Until then, they're like the baby that's protected. They don't need to know everything. And it's not theirs to do, so they'll be alright.

D: That's what I was told in the beginning of my work - not all of my questions would be answered because some of the information was as poison rather than medicine.

J: Yes, they can get it too soon.

D: And they wouldn't understand it. They couldn't handle it.

J: Yes, that's correct. There has to be enough individuals on a planet at a particular time in the humans' growth for certain things to be facilitated. That is their work as a soul, and then it's their work to pass it on because they have benefitted humanity on a level humanity will never know. And so everyone takes their turn. There's no master that hasn't gone through a similar process of helping the group that they started with. Humanity is in a place where they need many Servers. This is what the work is about. But not everyone serves in the same capacity, or is even aware of it. There are many people who are not aware of all the lives they have touched by their good work, by their good words, their good will, and actions. *All* people's actions are very important. And again we come back to the importance of the individual doing meditation and strengthening their body as much as possible - eating good foods and feeding their minds, and being with people of good heart and good vibration. And shielding - wouldn't need to shield if it were a rosy world! -Janet's karma is to overcome the trauma of what people did to her in other lives, face it again and come out the other side better to survive it. Many times, that's what karma is. If you'll notice, there's a pattern. It's not always one doing to the other and then the return. It is facing up to the same tyrant and saying, "This time you will not crush me." And it's not about a power struggle. It's about the growth within the person overcoming the fear, which is tremendous because the death was sometimes horrendous. And then there are multiple emotions about authority and power and who's in charge, and abuse and corruption. All those are rolled into one, and it's overcoming that. And of course, the body and the emotions and the mind can only handle so much at a time, or it's damaging. So the person has to

face all those again, and come through it and be different than just oppressed again or harmed again in the same way. This is why many people may have 20 or 30 lifetimes, and they have the same issue over and over and over again. It's because it's the same fear-based issue, or it's the same lack of trust that's been created, and they have to work at overcoming that because it was such a traumatic thing.

D: And it must be worked out before they can progress further.

J: Because that's where their abilities are, yes. And so they are suppressing a part of themselves. We murder people with our words. We can harm people on so many levels. There's a violence when you condemn somebody or make fun of somebody. That's a form of violence. The Master has to keep growing. But they have to be in a body that can handle these energies, and you have to build that body. And that's why we're trying to get the message out to people who want to be healed. You have to help build the vehicle that allows it to be healed. That's meditation work, and taking care of yourself, and watching your environment. And how you speak and how you act and how you talk and who you're around - all those things have an effect. But your work is to watch the body, and meditate and take care of the body. It's all levels, levels and levels and levels and levels. We have levels of fear. So you're working through all these levels of emotional issues and struggling through them. And as a spiritual student, you invite those. She has done things that have intentionally brought on many of the things she's dealing with because she wanted to clear them. She is really pushing for soul growth this lifetime.

D: I know we bring things into our life that we fear so we can confront them.

J: Exactly. But then we're not happy when we do it. (Laugh) We want to blame somebody else. And so her soul path is, once she gets started, like with meditation, you can't stop. And if you stop, you get

stuck because you want to keep growing and keep growing and clear these issues.

A random question:

Q: When the predicted earth changes come about on our planet, how will that affect the parallel or interpenetrating universes?

S: There will be those experiences on this *particular* level which will be experienced on this plane. However, the experience as a whole will be shared on a much deeper level. On a race level as well as on a deeper level, the universal level. Such that even now, experiences on other planets and in other areas of your universe are being shared by a deeper aspect of yourself. A farther-up-the-ladder level of yourself. When -and this is again on an individual level - each of you experience that transition, which each must eventually experience, then you will see that there are others on other planes who have experienced similar transitions. And will be able to offer encouragement and energy. Such that you will be assisted in whatever endeavors you need.

CHAPTER THIRTY-ONE

THOSE LEFT BEHIND

In Chapter 28 *The Destruction of a Planet*, I covered the story of an individual who was new to Earth, who said he was only sent to Earth during crucial times. This was another such individual.

D: Why did Jean decide to come back now? You said she'd been here in other pivotal points in Earth's history.

J: This is the big one. (Laughs) This is the great one. This is happening now. And many are remembering who they really are, and are being contacted. The new children are being brought in, and she loves the children. So she's helping others to balance the energies. It's being a bridge. Bridging the energies now. You are a bridge. Of course, you are. So there are those of you that came in to help bridge the information, to be the ambassadors.

D: To help these people wake up to who they are?

J: Absolutely. And to be okay. To accept any of them who have experiences that they filed away. It's a big time on your planet, because this is the big one. This is where you, as a planet, awaken out of the dream of thinking you're alone. That you're all that is. Your Earth is evolving. You are all evolving. All eyes are on Earth right now, anyway. This is the big one. Many fought to be here. Even children that come in, even for hours. You'll all carry that, the badge of having been here.

D: Even for a few hours?

J: Absolutely. To have been on this planet at a time of this kind of evolution. No planet has ever quite evolved this way before, this uniquely. If you were going to have the option to carry the

identification of having been on a planet that will be known through the multiverse, even if you can be here for a few hours, that you could say, "I was on Earth at the time of evolution." Why not?

D: Is this what I call the new Earth? (Yes) That there will be an old and a new, and then a separation. (Yes.) And that some won't make the evolution? (Yes. Yes.) I'm still trying to understand that.

J: It is difficult for many humans to understand this concept.

D: I'm still trying to clarify this to myself, so I can explain it to other people.

J: All right. We will give you this piece. For those that choose to stay in karma, they have to live that out somewhere. So, do they stay with the old Earth? Do they get taken to some foreign planet? No, they stay where they created.

D: I see. And those are the ones that will not go on in the evolution?

J: Not at this time. No. Eventually. Not at this time. But that will be difficult.

D: Then the old Earth will continue to exist?

J: Yes. This one.

D: Will the people in the old Earth be aware that anything has happened when the evolution occurs?

J: All right. We will take you back to the time of Atlantis. In your history, Atlantis had several destructions, and people perceived that others died.

D: You mean there was more than one destruction?

This goes along with the information I have received about multiple advanced civilizations being destroyed in various cataclysmic ways. I

was never sure if it was referring to different civilizations that had reached a height of development, or if the Atlantis demise occurred in stages.

J: Yes. There is an Atlantis that went on, and exists in time and space. Therefore, from that perspective, that Atlantis exists now in another dimension. So there will be those on the old Earth that will experience it, because they buy into the fear of the death and destruction and devastation of Earth, and they will be there. In their mind, they may perceive that all of you are dead or gone, or whatever. And likewise, you may perceive them as gone, but either way, there will be two experiences. So think of this as already there. The orchestration to create this experience is so much bigger than any human can perceive at this time. This is a big orchestration, not just occurring on your Earth, but with the help of so many. So many. And no other planets have done this before.

D: I've been told that the whole universe is watching.

J: More than just the universe. There are those even from *other* universes that are watching.

D: Because they said this had never happened before, where an entire planet moves into another dimension.

J: Never. Ever.

D: There have been groups. I've heard the Mayans did it. (Yes) But it was small groups. This is the first time that an entire planet makes it. That's why I've been told it's important.

J: That's right. Also look at the fact that, as a consciousness, you see yourselves as separate. Consciousness on this planet was created in a unique way to be able to experience itself as separate. Most races do not see that. Regardless of where they are, they don't experience themselves as separate from their Source. Your planet has.

D: So the ones who are part of the Federation, and work on the ships, know their Source, and know where they come from?

J: Of course. And they love you humans. You don't even know what you've done. They recognize there are primitive behaviors on the planet, but to reach the level that you have, based on the restrictions that you've had to work within. It's amazing. Your capacity to love is deep. Your capacity of fear is deep. That's the power of control that gets everybody in trouble. Fostered by the fear.

D: I know Earth was created with free will. But it was also created with the idea of not knowing it was part of the Source?

J: Yes. It was an interesting construct of consciousness, in that it experienced itself as separate. Where else could there be more growth than in a situation where you actually saw yourself as separate from your Source?

D: But you said the other races know they are all part of the Source.

J: Yes, they do. So can there be more soul growth on Earth? Yes.

D: If we thought we were alone, and then had to discover this all by ourselves.

J: Yes. They have to discover the truth of who they are on their own. Yes.

D: With nothing else to help them. I can see what you mean.

J: You have density here. You have the beauty. You have the senses. You have much going on here, but you also have not understanding. Look where you are.

D: I've had many people have sessions where they go back to the Source. They see how beautiful it is, and they don't want to leave it again.

J: When you connect with the Source, it is the most beautiful experience. So your question is what? Are the sessions happening for them to connect with that Source?

D: Yes. Why is it happening? So they will know what it's like, or to remind them or....?

J: For those that need to have that experience, yes. For some, it would be too great, and they wouldn't be able to go on. They would just as soon leave. It's different for each one of you. Every person is different in terms of what they can and cannot experience. And what it will trigger within their subconscious, because each one of you is a unique and individual fingerprint on the planet. There are no two of you really alike. Think what a genius is the mastery of that.

Think of the beauty and the wonder of that. And there are many of you, other lifetimes now, working on the other side, and they are all participating in this as well. You are never alone, any of you.

D: We have to rediscover where we came from, and why we're here. But there was one question people have asked me, and I think you have answered part of it. That if some are taken, and some are left behind, wouldn't those that go on to the new world notice the other members in their family were gone? These are some things I'm still trying to clarify, in our way of thinking. I have to be able to explain it to people.

J: We understand. We understand. We understand. We will give you this explanation. We hope this helps. People are going to start falling out of people's lives. They're going to start noticing them falling away. Quite rapidly, now. In other words, people, family members, whoever they have been close to, just falling away, disappearing. It will all happen overnight. So by the time the shift happens, some of those people will already have fallen out of their life, will separate. Will just disappear. Not be around. So and so moved over here, left town, did this. Do you understand?

D: Yes, but we could go to the police and try to find the person, or...

J: It won't happen that way. It will be them moving away, something happened, distancing, distancing, distancing. By the time it actually occurs, the distance will be there. Haven't you had people fall out of your life lately?

D: Yes. Of course, we could always contact them if we needed to.

J: But you won't. That's our point. You won't contact them. It will just be a natural falling away. The frequencies and vibrations will no longer match, and therefore, they will fall out of your mind. The need to contact them won't be there.

D: And this means they are either staying with the old Earth, or they're going on to the new one?

J: In some cases, there have been those that have left early, and are working on the other side of the veil. You're aware of that. But some of those that disappear, after a period of time, you think, "I wonder what happened to this person?" But you don't have the urge to contact them like you would normally. You don't have that driving urge, "Oh, I'm concerned, I must call. I must reach out." It's not the same. You find that your need to connect with them just isn't there. It just falls away. You forget.

D: I've been told that at first, those who enter the new world will have physical bodies. So we won't know when we have actually made the shift, the separation. Is that correct?

J: That may be too simplistic of a description. For those of you that came in to bridge this ... we'll explain it this way. As you do your work, you facilitate. You help people to awaken, to open up to more of who they are. To raise their vibration, their frequency, to be able to resonate at the higher cycles per second so they can make the shift. Does that make sense to you?

D: Yes. That's what I'm trying to help people to do.

J: Exactly, what you're helping people to do. Yes. It will happen. It's not going to happen in the way that people think, where there'll be a cataclysm or this or that or the other thing. No. It will just be like you wake up one morning, and you think everything's normal, and you're going on, and you will *be there*. You will notice a difference in resonance, but you will already be there, because your resonance is increasing every day already, as it is. And so, all of a sudden, one day, you will reach the prerequisite cycles per second to take you from here to there. Let's explain it this way. If somebody came back right now from the eighteen hundreds to see you, you would glow to them. You've already reached those cycles per second that would glow to a human form of, say, the eighteen hundreds. So in essence, your cycles per second are raising.

Comment: Could this be one reason why when John and the others went to visit Nostradamus (*Conversations With Nostradamus*), he saw them as glowing energy spirits of the future? Was this because they were actually vibrating at a faster frequency that made them glow? That is something to think about.

J: That's the reason you're a bridge to help others to raise their cycles per second so they can make the shift. And the faster you raise more people, they activate other people with their frequencies and vibrations. So what you are doing is activating more and more people on the planet, which activates others, which raises the frequency of the planet. Do you understand? It's all cyclic. Everything affects everything else. You have people that come to Earth and don't have to do anything, they are just strictly activators. Their energy fields activate everybody else's. [See examples in this book.] You have those that are working very hard and diligently, that are like broadcasters. They broadcast out over the planet, like a microwave signal.

D: This makes sense to me. This is why I've been told age won't make any difference.

J: That's exactly right.

D: We'll be functioning at a different level, different vibrations. J: Different vibration, different cycles per second.

D: This is the way some of the other races (ETs, aliens) function, don't they?

J: Yes. They age at a totally different rate. The goal for humans is a longer life expectancy. Much longer. And also, creating the bridge of understanding. And if you begin with health, you are able to reach people in a non-invasive, nonthreatening way.

D: In this new world, where age won't matter, will the body eventually die? The way we consider it on Earth now, in our reality.

J: There will be some of you that will have the option not to die at all. Just to make your transition, just to cross over. But not everybody's going to be at exactly the same frequency at the same time. Remember that.

D: Yes. I was thinking maybe the body would get to the point that it could just maintain itself until the soul was ready to leave.

J: That's exactly right. Not for everyone, though. If you have many people making this transition, and let's say that the frequency has to be approximately 44,000 cycles per second in order to make that frequency shift. Not everyone is going to be at that frequency shift at the same time. You're going to have different variables in the frequency shift. There will still be those of you that are on that front line, on that cutting edge, even on the other side. Even in the new world. You understand? Because there always will be. Because there always are on every level. Every race always has those that

are out there on the cutting edge. A little further out, going a little further, because that's evolution.

D: I was thinking that was the way it would be. We'd have a lot more time to do our work, and to help reach people.

J: Of course.

D: We wouldn't have to worry about the limitations of the body.

J: Oh, the limitations of the body. No. Well, look at your whole. You are already changing. You are going through cellular changes. They are making adjustments on you.

D: I've been told they were doing it on me.

J: Yes, they are. (Laugh) And because you're a spokesperson, again, a bridge, who is more important to look good than you?

D: I guess. Well, if I hear it from enough people, maybe I'm going to believe it, anyway.

J: You need to believe it.

D: I've also been told that not everyone will make this shift into the new world.

J: This is correct. When the Earth is going to make a shift, there's the idea that many souls are allowed in for experience because, as you say, you experience many things in your growth as a soul. And so, there have been many, let's say, beginners coming into the planet. Sometimes being in a class with advanced students can be helpful. As you know, the old country schoolhouses? (Yes) So you might have levels of students all in the same room, and they all benefit from that. But there finally comes a time when the students need to move on. And that means that those who are left behind will have to find their own planet. They will be put in other schools, other places.

D: I always thought it sounded cruel to leave them behind.

J: Oh, no. They won't be left behind. They will be taken to a place where they can grow.

D: That's the way I've understood it, too. It would be like a separation.

J: It's more natural. It's like when you leave your body, you go to another dimension and you grow in that dimension, and you may or may *not* come in as another body here. You may go somewhere else. And if the whole Universe is a body, there are many, many galaxies and planets where they can go.

CHAPTER THIRTY-TWO

PHYSICAL EFFECTS AS THE BODY CHANGES

I have received much information about the physical symptoms that people are experiencing as their bodies adjust to these frequency and vibrational changes. Many of these include: tiredness, depression, irregular heart rhythms, high blood pressure, muscle aches and pains in the joints. These people have gone to their doctors, only to be told there is nothing wrong with them. The doctors cannot find any cause for the complaints. However, their solution is to put the person on medication anyway, which does no good, because they are not aware of the cause.

I have had a few clients that have experienced more radical symptoms that confounded their doctors. One was Denise, a registered nurse in a large hospital, who came to see me in August of 2005. She had complaints of having seizures and numbness in some parts of her body, but the doctors said it was not a stroke. She also passed out one day at work. When they performed the MRIs, the X-rays, they saw what looked like Christmas tree lights, all over the brain. They called these “nodules”. When they took chest X-rays, they found the same thing, nodules throughout the lungs. She also had abnormal enzyme activity in her liver. The doctor couldn’t figure out what was going on. In subsequent MRIs and X-rays of the brain, the lights had moved to different areas, appearing more or less as a band, instead of being all over the entire brain. They had a difficult time finding any diagnosis that would fit, but finally came up with an idea of what the *disease* was: sarcoidosis. But one of the doctors said, “I don’t think it could possibly be that. On the one hand, it is so very, very, very, very rare. And on the other hand, she couldn’t possibly have gotten this where she lives in the desert, where the air is very dry.” This disease was supposed to occur where there was dampness and molds. But they were unable to diagnose it any further than that. So they put her on steroids which caused diabetes.

When we did the session, the subconscious said there was no disease. No harm had been done to the body. They were rewiring the brain so it could handle the changes of what is to come. And the same with the lungs and the other parts of the body. It was an adjustment of the energy in the body so it can handle the raising of the higher frequencies and vibrations. I asked, "Then why did it appear like little dots and lights all over her brain?" And they just said, "Connect the dots!" The seizures and numbness were because a lot had to be done quickly. Normally, they don't want to overload the body, so these changes, these adjustments, are happening very gradually. But in some cases - I guess because time is speeding up, and the changes are becoming eminent - they have to adjust the body faster. So it was too much, and this created the seizures and the numbness. The time she fainted was an overload on the system. But they said she doesn't have to worry, it won't happen again. There isn't anything wrong with the brain. And now, if she has another MRI, it won't show anything, because that phase has ended. The next phase is the adjustment of the chemistry of the body, which will not produce these kind of effects.

When the doctor told her she had this strange disease, he said she had less than six months to live. And she kept saying, "I don't think so." When she went back for her checkup, the doctor just kept staring at her, and saying, "I just don't understand why you look so well." She was picking up, without him saying it, that he meant, "Because you're supposed to be dying!" Denise is a nurse in intensive care. And she said, "I see people who are dying all the time. I knew I wasn't dying. So I didn't know what they were talking about."

The subconscious saw her doing wonderful things during the shift, and in the next ten, twenty years she's going to have a big part to play in all of this. I wanted to know more about the steroids. I knew they could be dangerous, especially if they caused the diabetes. They said the diabetes would be phased away. It was only a test to teach her about body lessons. She wouldn't need it now. They said

not to worry about the steroids. Even though it was a powerful medicine, they could neutralize it so that it would not affect the body in a negative way. It is flushed out of the system as a harmless byproduct. They have the ability to do this. To neutralize any medication that is not needed and flush it out of the system.

MORE FROM OTHER CLIENTS

I was speaking to Patsy's subconscious, and told it she had complained of allergies to dust and pollens. It answered, "These are physical reactions to being on this planet. I'm feeling that she can live with that. It's also a reminder of who she is. That she's in an element that's not home." She also had sensations in her colon area, and an unexplained rash that she wanted to find out about. "I keep getting 'manufacturing', and I can't explain it any other way. But something is being manufactured in there. It's almost like a necessary element that's being made that's having the reaction in the colon and on the skin. The mucous is a byproduct of the changes that are being made in the body, which is a reaction on the skin. It has to do with what is occurring on the Earth at this time. She has known for a long time that her body is being changed. It just doesn't happen in a way that you can understand when you're in a physical body, but there are many changes going on. Doctors cannot help on this level. They don't understand the changes that are taking place."

D: And when we're in a conscious state, we can't understand it either.

P: The conscious state is very confusing.

Patsy also always had very low blood pressure. "That's normal for her. She doesn't need to be like the rest of the people. And for her to operate with that in the body she's in, is all that's required of her. That's one reason we influence her not to go to the doctors, because

they try and find something wrong. She doesn't need to be part of that."

D: They want everybody to be the same.

P: Yes, they do. That way they're easier to control and medicate. There are many that aren't the same. There is no harm to come to her body.

D: I get many people who are in fear if they don't understand something.

P: They're learning. Fear is destructive, very destructive.

Carol had gone through a past life which is not relevant to this book. The subconscious was talking about healing her body. Carol's doctors wanted to operate on her, because she had a growth in her body, a pelvic mass that was pressing on her spine. I asked the subconscious to do a body scan and tell me what it could see. "Chaos, confusion." I asked what was causing that. "Anger ... resentment ... fear. Fear. She takes in other people's fears and transmutes them. This is something she learned to do very young, to take in people's fears, people's negativity so she didn't get hurt by it. She learned to take it in her body and transmute it. In some situations, it is necessary. The growth, the mass inside the body is there for her to heal. She has the knowledge and the understanding and the power and the resources to do so, and she can do it. There's a remembering."

D: The doctors want to go in there and cut it out.

C: She could do that and continue the cycle on and on, but it's simply a stumbling block. It is more important that this be healed from the inside out. She must not rely on outside sources.

D: That's the way we've been brought up to believe, that we have to let the doctors do it.

C: And beliefs are changing, and part of her role is in changing beliefs.

D: So she will be able to reduce this mass by herself?

C: We will help her. She needs to know the process so she can teach others. And she needs to know the process consciously.

For this reason, the subconscious did not want to do the spontaneous healing that I had seen it do many times before. It was to be Carol's responsibility. "The steps of manifestation. The steps involved require trust and surrender, becoming one, all the way back to the beginning to Source."

D: That doesn't sound easy.

C: She knows how to do that. There are additional steps in alchemy which she can pull from, from other lifetimes. But it's about changing solids into liquids into gases, into solids, into particles, into space, into energy forms. And then bringing those forms through into physical manifestation. So it's about dematerializing and re-materializing. It may not be automatic, because she's somewhat resistant. She could use voice and music and sound to access the state that is required *D: And by doing this on herself, she'll be able to teach others?*

C: Yes. She will understand exactly how it works, consciously.

While the subconscious said Carol had to take care of dissolving the mass, the growth, it said it could help with another problem she had. There was an opening from the intestine into the vagina. "I'm melting down the cells, the tissue, and taking them into a liquid state ... and reforming so there is a clear wall. A clear boundary in the vaginal tract, free of inflammation and free of infection. And then sealing the intestines so there is no more leakage into the abdominal cavity. (Pause) I'm vacuuming out all of the debris. The doctors will

absolutely not do any surgery. It's time to stop all of the cycling, the postponing."

D: Should she go back to the doctor?

C: It won't make any difference one way or another. Because we're actually preventing the doctor from moving forward, because it is not in her highest good to do so. Working with the cells is what we do. We have now surrounded the mass, the growth, in its own membrane. It can be lifted out. It can be melted and dissipated.

D: Is that how you want her to visualize it?

C: There are some choices. It can be simply lifted out. It can be melted and vaporized, disappeared. Those would be the two easiest ways that she would know how to do. She can do this in meditation, or when she's in quiet. She will actively do the process on her own physical body. In other words, she will need to place herself on her healing table, and simply do a selfhealing. It will be relatively quick.

D: Then if she did go back to the doctor, he wouldn't see anything there?

C: That is correct. It is time to stop the pain and suffering, and to move on. She will also need to work on the blood and the changes in the blood, and the changes of consistency in blood. There's an intuition; there's a wisdom of the blood cells and the bone marrow, and the formation and deformation of cells and material. It is pulling through the memories of previous lives and applying the steps that she's needed in this lifetime. *D: And you want her to work on these things in her own blood system?*

C: Yes. The changes are being created. And she needs to understand how those changes are being created, because the physical body is going to change. And so she needs to understand that process so the physical body doesn't die and give out, because

of the changes and the transitions that are down the road in the future within ten years.

D: You said the body is changing?

C: Yes. The physical body is changing in vibration.

D: How is this affecting the blood?

C: The blood is changing inconsistency. And sometimes there's a "glumping," and sometimes there's a thinning. And so as the changes occur in the vibration of the whole body, the cells will be functioning differently. So some of the old functions are being cast away, and some cells are taking on new functions. I'm not sure what the wordage is, but there's

D: Having to learn something new? (Yes) It's something these other cells haven't done before.

C: Correct.

D: And this is what you meant, she has to learn how to adjust it; otherwise, the body can't handle it?

C: Correct.

D: Is this happening to other people around the world right now? (Yes) I've heard of many different symptoms. (Yes) So each person is having to learn to adjust?

C: Every single person won't, but people who will be instrumental in helping others, in teaching others, and in guiding groups. It's about bringing through frequencies that can make massive changes very quickly in the physical body.

D: Changes that would normally have taken many generations. Is that what you mean?

C: Yes. It's about compressing time. There is no space and there is no time, but in the Earth plane there *is* time and space. So for spontaneous healings to occur in the Earth plane, there has to be a compression of time that occurs as the cells get new instructions, and let go of the old instructions.

D: Oh! And this is difficult in some people's bodies. I guess this would create physical symptoms the doctors wouldn't understand. Is that true?

C: That is correct. They do not have the technology to understand it. There are some who have advanced minds that can deal with that. But the medical field in general is very archaic in terms of what it needs to know, or what it needs to have available. And that is really not workable. That will fall away. The mind is being utilized for change, but also people have to be able to change their minds to let go of their distorted beliefs and come into truth.

D: We have to get away from the brainwashing we've had all our lives, that tell us we must depend on outside sources. We don't really need to do that.

C: That is correct.

D: When you first looked in her body, you said there was chaos, confusion and anger. Can she release all of that now that she realizes it's not necessary?

C: Yes, most of that has dissipated with the repair work we have done with the strengthening of the boundaries, the vaginal repair, the colon, the whole intestinal, the inside, the vacuuming out of all of the debris. And what earthlings may call, "fallout".

D: Carol has had a lifetime of being the victim, and being betrayed. (Yes) Why did she have a life like that? What was the purpose?

C: It is necessary for her to understand victimization because there will be masses of people who will be victimized rather quickly, and in large groups. And so all of it will be important to be able to work with them simultaneously. There will be an instant knowing so many steps can be bypassed, by knowing the ins and outs, if you will, of victimization, so it won't be necessary to deal with victimizations. It will be necessary to spontaneously fix what needs to be fixed to shift - it's about the shift.....

D: She'll be instrumental in working with some of these people. (Yes) Because she can identify with them and understand.

C: Yes. And she will be working with healers.

CHAPTER THIRTY-THREE

THE LIBRARY

After many frustrating attempts to get Nancy to see something, I regressed her back through the present lifetime. She still had difficulty letting go and to stop analyzing. Finally, we made the breakthrough after almost an hour. (I had turned the tape over. I am persistent. I do not give up easily.) I had her go back to before she was born into this life as a baby. She saw herself as an older man in a white robe. “I think I’m on the other side as an elder. I’m old with a beard. Wearing a white robe with some kind of tassel tie; sandals and a staff. I am in a library with a table. I can’t see the books, but I think this is a library.” I asked her to see what she did there. “My impression is I’m consulting. I would think it’s on the other side. And that I’m part of the council that guides and consults people when they’re going to incarnate for their lessons.”

D: Sounds like an important job. (Yes) Do you have to help them decide what they’re going to do?

N: No, help them to decide how best to facilitate the lesson they want to achieve.

D: Do you feel you’ve been a counselor for very long?

N: There’s no sense of time, but my appearance looks old.

She could not see the other people, but she had the impression that they were coming to her. I wondered how she advised them.

N: It’s a wealth of information, whatever that means. Whether I have a wealth of information, or that room affords it. That’s the only thing that popped into my head, “wealth of information.”

D: Do you have the records of things you have done in other lifetimes?

N: I think everything is just known. I think you can look at the records if you want, but you don't have to.

D: Have you lived many other lifetimes before becoming a counselor?

N: I think so.

D: Is there a way we can find out about one that is important? One that has bearing on the life you're going to go into as Nancy?

N: I'd rather ask someone.

D: Is there someone around you could ask?

N: I don't know, but I just hear, "yes".

D: All right. Then ask, "Is there an important past life that Nancy needs to see that will help her in her present life?"

N: Yes and no. The plus sides are important for karmic lessons. However, we're moving it to the non-karmic necessity. So that's why he gave a yes or no answer.

D: Then she doesn't need to see her past lives?

N: Not necessarily. They don't matter.

D: What about karma?

N: Karma is virtually cancelled as we move to the new Universe.

D: Then that means she doesn't have karma to worry about?

N: No, I do have karma, but it's not going to be important. He just says it's not necessary to fulfill the mission of this life or to move into the next life.

D: That's why Nancy was not allowed to see any of her other lives?

N: It's not that I wasn't allowed. It's just that it wasn't necessary. It would cause confusion. The human mind would get hung up on what it was seeing. But it couldn't release or relinquish the judgment in what you wanted me to see, or what you normally would show.

D: Many people relate to things that happened in other lives so they can move forward.

N: But because we're in this pinnacle of - going to go this way - all this doesn't matter anymore. Because there will no longer be reincarnating into the Earth the way that we know it. To look at other lives would only be more confusing, because ideas and tools that were necessary and helpful in the old world are not going to be needed in the new world.

D: I still get many people whose problems come from other lifetimes.

N: But all that is discharged. Your work is important because there are some energy tools that need to be released in this lifetime. Energy tools of more or less health issues. It's things of the now that are not related to moving forward, because the moment you move forward, that will all be discharged and relinquished. We never know when the new Earth will appear, but it is coming. It's going to be here. It's just a question of when the vibration and energy will reach the level to almost ... *pop* and create the second world. So you help people with their physical ailments, so they don't have to be uncomfortable till whenever this is going to occur. It's important, because we don't know when it's going to occur -more sooner than not. So if these people come to you, then I guess they have a discomfort that there's no reason for anyone to have.

Nancy wanted to know her purpose (just as everyone else who comes to see me). The subconscious answered, “This isn’t the answer she wants, but her purpose is not revealed as yet, because the new Universe has not been created. Everything is still in planning, moving, facilitation stages, and it can still all change. We can see a plan, a big picture, but it still can change.”

D: Can’t you give her any idea of what she’s supposed to do, because she wants to help plan.

N: Almost instantaneously, the thought will come.

D: Is there anything you want her to work on to get ready?

N: None of it’s necessary at this point. She’s going to go to the new Earth, and will immediately know — because the new energy and vibration will be higher — what it is she will be doing. The effort is needed here, but it’s already crossed the marker where you’re either going or you’re not going.

D: I’ve heard it’s already been decided, because the vibrations can’t change that quickly.

N: No. So once you’ve crossed the marker and you’re going, then it’s almost like a respite period. And when you get there, it will just be so different that all the things we think we need to do now, and were appropriate in the not so distant past, in the new world will not be needed.

D: She said she wants to make a difference in other people’s lives, and to help the world.

N: Which would have been necessary if the Earth had stayed in the same vibrational dimension that it is now, but it’s almost like you’re waiting for it to happen. It’s going to happen, but you won’t know what it will look like until it happens, because it’s a group

participation and a joint effect. And all we can say is, it *is* going to happen.

D: I've heard that some people won't even realize that anything has happened.

N: I think that thought is even changing, and most definitely the ones that move forward will know what's happening. The ones that are left behind, it's still not determined -devastation's not an appropriate word to use, but I can't think of another one - who will really realize it or not realize it. It's still changing.

D: But she's wanting to do something to help now. She has studied healing and Reiki, and studied working with angels.

N: But everyone will have the same gifts and tools and the new energy.

D: Everyone will be doing the same thing?

N: Well, not the same things, but it just will not be necessary. The reason why we do all these things is to bring the energy up to that level. But when you're immediately all on that level, there's no need for healing, because we'll all be healed. You can still continue working with people and helping them until the transition. But when everyone transitions, it's almost like you're all at the same rate. You're all on the same page and your veil is lifted, so it's the big "ah-hah!" moment.

D: There are still people out there that need her, aren't there?

N: Right. There are people that, minute to minute, you're pulling over to the new world. They're almost in a holding pattern, but they're pulled over and they're waiting. They'll be waiting there to move forward.

D: So she will never know among those she comes in contact with.

N: No, nor will they. She should always focus her energy on a sanction of all the energies of everyone on Earth to move forward. And as each person increases their vibration, it's a chain reaction, and it resonates and bounces off the next person to the next, to the next. Until it's an entire huge crescendo that becomes the vibration of Earth in total. If everyone stopped doing what they're doing, it would just become a dim hum. But because we all go and move forward and we're all working at our own pace, it just raises it higher and higher until it's just going to disperse into the cosmos. So you can't really say not to do any work. Just keep doing what you're doing, but the focus is changed. To be bored is great, because it will just instantaneously create all knowledge, all the things we strive for here. But, "Give me Reiki, so I feel better" or "Take away this," it won't be necessary. Everyone will have the tools. And once you have the tools, you don't have the aches or the pains. It's almost like a "human clause" that will no longer be in effect. It's always good in human form to, as you say, have goals and dreams and aspirations. It's very difficult to put into words, because we think it's coming more quickly than you think, and you are spending a waste of time. But that doesn't sound right either, a waste of time. But I think the best thing that anyone could do is have a good intent. Always express your willingness to help, and never turn anyone away that comes to you. Any lessons she needs to be learning now, have to do with the karmic wheel, and it's going to be dispensed soon. Once your vibration gets to a certain level, you're beyond the, "Have to pay karma back." That's why it's not important to pursue questions about past lives. That's her human mind, and all the human minds having a curiosity about things. It's almost child-like. "Why? Why? Why? How come?" So you could just feel guaranteed, or rest assured that if you have awakened, you will move into the new Earth.

Later in the session, Nancy's body was being worked on to remove the desire to smoke and then with compulsive eating so she could lose weight. She could feel them scanning and readjusting, especially in the right side of her brain. Then she felt vibrations throughout her body. "They're just scanning and removing impulses."

D: Trust them. They know what they're doing. They 're removing the impulse to overeat.

N: Yes, and things that have become habitual. The body's designed to basically handle anything, but the problem is with portion control and quantity. The body is a miracle and the body can dispose of or handle anything in small doses. The favorable food would be anything with less additives, less preservatives. Less is best. Even smaller portion sizes, but just to rid the body of chemical additives, preservatives. So the trend is to go to healthier, leaner, less toxic things for the body. The body will last longer when it doesn't have to work as hard. We have given her the impulses to take and readjust, readjust and program. She will love this. The taste buds are already changing. It's beginning to happen.

They have repeated this through most of my sessions with clients, especially when they wanted information about their diets. We are to move away from heavy foods, because in order to ascend, the body must become lighter. They said the best food is "live" food, which means fresh fruits and vegetables. Some meat is all right, but not the heavy red meat, especially not beef and pork, because of the additives and hormones. They said it deposits chemicals and artificial components in our organs that will remain there for as long as six months. It is extremely difficult to filter and remove them from the body. If we can get organic food, that is the best. They always emphasize smaller portions and several small meals during the day (they called it "grazing"), instead of huge meals. The value of water is beyond comprehension. It is extremely important. Of course, all of this is merely common sense, but when it is repeated constantly through my clients, I think that means they are emphasizing the importance of diet at this time. Eventually, we will move into an all liquid diet.

Then, after we move to the New Earth, there is the possibility of not eating at all. At that point, we will be living off pure energy and light. The same as many of the ETs I have spoken to.

SECTION EIGHT

UNUSUAL ENERGIES

CHAPTER THIRTY-FOUR

A TOTALLY NEW ALTERNATIVE TO A WALK-IN

I was already working on this book and I thought I had enough information to put it together. Yet I should never underestimate “them”. During the last few years, information has been pouring from people during my sessions, and I have been given more unusual theories. I thought I had everything they wanted me to write about. But every time I think that, they surprise me with something totally new and unexpected. I know I have to stop somewhere; otherwise, my books will become *too* big. Of course, each time I have written a book, I ended up removing information and holding it for the next one. In this case, I thought I had received enough for this book. Yet, in January 2007, I had a client come, and during the session we were given another new concept that I knew had to be included. A totally new concept of a walk-in, one that will impact our lives on Earth, and influence our lives in the New Earth. There are numerous strange things going on that we are totally unaware of with our conscious mind. And it is probably just as well. It would be too confusing if we knew all the things happening behind the scenes.

When Christine began the session, it sounded like a perfectly normal past-life regression. There was no hint of what was to come. She found herself as a robed man standing in the middle of a wooded area. It took her a few seconds to decide what sex she was. It was only after studying her body. “I feel male. I have very muscular legs. They don’t feel like female legs. My calf muscles are very taut. I’m probably old. I’m in my late forties, early fifties. That’s considered very old.” He was fascinated by watching groups of small animals and birds moving about. Also the earthy smells of dead leaves gave him a very good, comfortable feeling. He went to a nearby brook to get a drink, and watched some small fish in the water. It was a truly serene and peaceful setting. He felt tired as though he had come a great distance, so he made a bed from piles of leaves.

The only things he was carrying with him was a pouch containing dried meat, his tools that he used as a stone carver, and a sword that was used for self-defense and also for hunting. So far it sounded like the beginning of a normal, past-life regression, but that was soon to change. He was not from this place in the woods, yet he could not identify a home either. "Many different lands I've traveled. I have been traveling for many years. I do not have a particular destination. Just exploring the different lands. I'm supposed to be helping. I'm supposed to be learning about the different people. There is a group of us. They're waiting for me. They're in a very cold area. Geographically, I more or less know how to get there, but I don't know the name of the land. I've been going according to the constellation I used in this life, so I know which direction to go."

D: The place you started from, what was that like?

C: I have been gone for many, many years. Millennia, actually. I came from a distance, not of this planet. I've just been traveling, and I've taken on this body in order to be able to be sustained in this environment. I had to inhabit a human form in order to breathe and be able to live and be sustained in this atmosphere. There are more, there are many of us.

D: So where you came from, you didn't have a body like this?

C: No. There is no need for it.

D: What kind of a body do you have there?

C: It's light. I don't actually have a body, or we don't. We're energy. We travel as energy. That's how we're able to travel as quickly as we can.

D: Did someone tell you to come and take on the body?

C: Yes. We were instructed to take on different bodies, depending on what planet we were on.

D: So each place you go to, you take on a different body?

C: Yes. We cannot take a former body with us. We have to take on different bodies depending on what system we're in.

D: So the body you have chosen now, you didn't go into it as a baby and grow with it?

C: No. This person had just died, so we were able to just enter the body and bring it back, to regenerate it for our own purpose.

D: So it hadn't been dead long enough?

C: No. Only a few minutes.

D: The original soul had already left? (Yes.) If you waited too long it wouldn't work?

C: Right. It was only a matter of a few minutes.

D: So if you had waited too long, it would have been much more complicated?

C: Oh, definitely. They're more liberal when it comes to things like this, especially for our purpose.

D: Who do you mean by "they"? The ones who are in charge of these things?

C: Yes. Provided that we occupy the body very quickly. We're only allowed a few minutes in order to do that. And they guide us to where they need us to go in order to inhabit a body.

D: That way you're not taking a body away from a soul that's already living in it.

C: Right. That isn't allowed.

D: So you never know what kind of a body it will be. Is that true?

C: Right. We don't know from one moment to the next. That's why when you asked me if I was male or female, I felt male, but then I had to remember what male was. I just know from my studies that the legs were definitely not a human female form.

D: Is it hard to adjust to a human body?

C: Yes, a little bit. It just takes time, because we're not used to using limbs and appendages. It's just the motor skills.

D: So you were told to come and learn? (Yes) What are you trying to learn?

C: We're supposed to be learning about this planet so we can teach them how to survive what's coming.

D: Don't they already have skills and know how to do things?

C: They have skills, but they don't have ability as far as all the virtues that they need to be able to use.

D: What kind of virtues?

C: Empathy. Tolerance. What it was in its purest form, compassion. They have the ability to learn how to use it to its fullest potential, but they haven't done it yet. We're here to teach them how to do that.

D: Those sound like rather complicated emotions. Do you think they will listen to you?

C: Yes. There are special techniques we use. We have to keep some certain applications ready, that we can use in order to adopt these emotions and use them. Actually, to help protect them.

D: Do you think it will be hard to do?

C: I think it would be challenging, yes.

D: Have you ever done this in a human body before?

C: No, this is going to be the first. Actually, this one is probably going to be simpler. This is more primitive. Very primitive to get used to.

D: The other bodies, other places you went, did they also have problems you were helping with?

C: Oh, yes. Far different problems. Actually, their issues, their problems, were much more complex than the people of Earth are contending with.

D: How are they complex?

C: Different star systems had occupied other planets, and there were galactic wars going on. Our job was more difficult, because there were renegades. There were people after us, and we had to dodge these different societies and try to avoid them during our journeys. They would have annihilated us if they had caught up with us.

D: So you were told to come to Earth after you completed those assignments?

C: Yes. We were successful.

D: And you think this body will be different.

C: Oh, I think so. More primitive, and just more fragile. Many of the other bodies we inhabited had armor already built into them, and obviously the human body does not.

D: The armor was built into the structure?

C: Yes, with practical appendages. Just at a moment's notice they could be used, because they were already built into the body. This body is different, more fragile. It could be harmed easier. And we

need to become more adept as part of the motor skills of this human body, because we're more accustomed to working faster. This to us is extremely slow. Part of the process is to have us cohabitate amongst the humans.

D: When you do this, do you forget why you came?

C: Sometimes, some of us do. Not always.

D: I was thinking it might contaminate it, or take the memory away, when you're living in a human body.

C: I do not know if living in this human body will do that, erase memories of why we came. I guess that's a chance that we take. It might happen, or it might not.

D: I wondered if they warned you, when you came in.

C: No, they didn't.

D: When you complete this life, are you going to stay on Earth and do more, or do you know?

C: I haven't been given my orders yet.

D: I think it's admirable to take on a challenge like that, because it is a challenge, isn't it? (Oh, yes.)

I decided to move him forward in that life and see what he was doing. He found himself in a community, a "colony" of round huts. They were big enough to accommodate five or six humans, or a small family. This was where he was teaching. "Some of the people are like myself, and then some are actual pupils."

D: Are these others like you who have entered a human body?

C: Yes. They are robed like I am. The pupils are very young. I would say they're anywhere from ten to fourteen, fifteen years human age.

It's too late to teach the older, the adults. We need the fresh, young minds. The older ones are reticent.

D: Does it bother them that you're teaching the younger ones?

C: No, these are actually the relatives and parents of the younger, so they have given us permission to do this, to go forward with the project.

D: That's very good then. You won't have opposition.

C: Right. But there are so few of them who are allowing us to do this. We have to do it in secret. We do it in a very isolated area. We cannot approach the cities. We have to stay away from metropolises and from cities. They are not aware of our presence, yet.

D: Do you think something would happen if they became aware? C: Oh, yes. They would annihilate us. They would take us as captives. They would not tolerate us. If we weren't annihilated, they would experiment on us, and we cannot afford to have that happen right now. They won't understand our physiology. They will know that we're not of this, that we are not human. Not so much that they would find anything, as what they do discover they will not understand, because it's so far advanced. I don't know that they would find, at this time in their time, any practical use for us.

D: So whenever you entered the physical body, you had to make changes so you could exist?

C: Oh, yes. Many. In order to adapt, yes. - We are actually planning on taking some of the pupils with us, and then bringing them back. They need to come with us.

D: Where would you take them?

C: We're taking them back to our colonies on our planet.

This sounded very much like the story of the Australian aborigine in *Book Two*. The glowing beings came and took the children to their planet to teach them many things that they were to pass on to the adults to make their lives better.

C: That was already pre-arranged. They have to go back with us to our colonies in order to be properly tutored. That is safer and easier. It's only within a matter of human days, because of the method of operation we use for travel. It will seem like only a matter of a couple of weeks that they'll be gone. When actually, they will have been given many, many lessons in a short period of time that they can bring back with them to Earth on our return trip. We've already brought some of the adults to our planet and shown them what life is like. That was prior to coming back to get the children to teach them. They seemed to be amicable and totally cooperative with us, because they know their children are going to help them if they are properly trained.

D: When you take them back to your planet, what happens to your physical body?

C: Oh, we automatically become the energy that we were. They won't recognize us in human form, but they will also have to become energy in order to survive on our planet.

D: What happens to their physical bodies when they go with you?

C: They're just dematerialized temporarily. When we bring them back, we rematerialize them into the original human form.

D: Of course, that brings up the question: Why couldn't you have materialized a body for yourself?

C: That would have been a good thing to do, but that wasn't how we were instructed. We were supposed to take on bodies that recently passed.

D: But these children, their bodies can dematerialize.

C: Yes. And more so, that is part of their training, being able to do that. Because in immediate future days on the planet Earth, they're going to have to be able to know how to do that, and teach others how to do that.

D: I thought the part that dematerializes would just evaporate and disperse.

C: No, not fully.

D: You're able to keep it together so it can reactivate. (Oh, yes.) So you take them to your planet. What is your planet like?

C: Most of our civilization is underground. It's subterranean, we don't have much above ground. We don't visit the top very much, because the atmosphere was contaminated a long time ago. We are actually looking for other places to recolonize.

D: What happened to the atmosphere?

C: We were attacked by different rebels and they contaminated our atmosphere, and made it uninhabitable. So we can't breathe that environment anymore. We have homes of sorts underground. It's similar to Earth, but we live in pods. We have families that are not considered to be "nuclear families". We have many ancestors, because we live longer than humans. We live the equivalent of a thousand years of human life.

D: Is this place a long way from Earth?

C: Oh, yes. We're about thirty-seven light years away.

D: And you're able to transverse that distance quickly? (Yes) And these children are able to do the same thing.

C: Right. It will look like they've only been gone for two, two-and-a-half human weeks.

D: And you will be teaching these children underground.

C: Yes. They'll be perfectly safe.

D: Then when you eventually take them back to their home, will you stay and continue to teach?

C: Yes, for follow-up. We'll be staying there for a short time. But we are hoping with the technology we bring to them, that they'll be able to pass it forward safely. They will be in human form when they do that; whereas, we cannot stay in human form for very long. We have to go back. Well, actually we have to go *forward* and visit other galaxies. And not only that, but if they saw us as the beings we were -because eventually we become our original embodiment - the world governments would apprehend us. And we can't afford to have that happen.

D: What kind of technology are you sharing with these people?

C: Basically, how to be able to interstellar travel. They need to recolonize. Earth is not going to be here much longer. They're going to have to go to other galaxies and recolonize. So we had to show them how to interstellar travel, in order to do that. And we can even go so far as to give them actual, possible places where they could recolonize. We could show them. That's part of what we need to do to help them repopulate.

D: So you stayed there with this group for quite a while. (Yes) Then you move on and go to another assignment?

C: We go to other assignments.

I asked if he was aware of the body that I was speaking to, the female body called “Christine”. He said that he was. She was one of his assignments.

D: Did you enter her body as a baby, or what?

C: No, Christine had a near-death experience.

This was a surprise. Christine had not mentioned it.

D: When was that?

C: Back in 1991, she had a cardiac arrhythmia and she died, and she was gone for a few minutes. She wasn’t clinically dead yet, so we inhabited her being back in 1991.

D: But consciously, now as Christine, she doesn’t seem to remember going through a death experience?

C: No. She agreed to allow this to happen. She had agreed to allow us to do this as a walk-in.

*D: So the original Christine’s soul went on to the other side. (Yes)
But she still carries the memories of that original soul? (Yes)
Because she said she does have memories of past lives as a human. As a Druid, and as a monk, and playing the flute.*

C: Yes, those are her memories. We have retained some of that. Those are not *my* memories, they are hers. Some of the memories are still intact that she has carried.

This might explain why Christine did not go to one of the past lives she said she remembered. They were a part of the old Christine, and the new Christine had no need to access them. Or maybe, she would not even be able to. Whatever the case, they were irrelevant.

C: Most of that was actually a smoke screen for our coming forward today. We wanted her to feel confident enough by having little snippets of this information in her mind. And that would help her feel confident as far as approaching you. Otherwise, if we had told her about all of this, if we had come to her about this before her even meeting with you ... it would have been too overwhelming.

D: Was she wanting to leave this life when she had the death experience?

C: Yes. Her birth mother passed away in 1989, and she wanted to be with her.

D: You mean she was lonely, and missed her?

C: Yes, but there were no suicidal attempts. This was the easiest transition, this was the easiest way. She had gone through some major, major lifestyle changes following her mother's passing.

D: So the original soul is with the mother over there.

C: Oh, yes, they are very, very happy.

D: But Christine doesn't know any of this consciously, does she?

C: No. She was not meant to.

D: Is it all right if she knows it now?

C: Yes. We have been instructed to let her know. That it's now time for her to know about these things. She didn't know this was going to happen when she came. Eventually, she was going to be brought here, and this was all going to come out. But she had no idea.

The main thing I was concerned about was how all of this was going to affect Christine when she awakened. They assured me that this

would help explain many things to her, and it would help alleviate many of her irrational fears.

D: So you're living her life just like a normal life, so she doesn't know the difference.

C: Right. But eventually she will. Eventually, she's going to have to go back with us and learn some of the technology. Upon her return, she'll be joining with more like us, to help the human family get through the future days. She is going to have an important role in the New Earth.

D: Can you give her more details about what she's supposed to be doing?

C: Helping make the transition into the next dimension. There are some who will resist because of fear and misunderstanding and just apprehension. And we are not going to use any violence, or try to force humans to do anything, because of free will. Free will is respected universally. We'll have no control or regulation over that. We have to try to persuade individuals, because it is for their own good in order to evolve. And that's part of the process involved with Christine. She's going to have to train individuals how to do that in order to make the transition easier. It will be essential.

D: Why do we have to go into another world?

C: Because it's time in the grand scheme of things. Because this is all a test. This was an experiment. And eventually, it will get everyone back to the light, to the original Source.

D: So the world won't progress the way it's going now?

C: No. No. Eventually, it's all going to go into the successive dimension.

D: I have been hearing a lot about this from the people I work with. - But you said she will have to go to your planet?

C: Yes. Temporarily. To learn.

D: Won't her husband notice if she's gone?

C: She is going to be astrally traveling. And this is going to happen now, that we are going to make her aware of what's going on. She will be doing this in astral fashion, and learning that way. And when the time is appropriate, she will be able to start doing this amongst the rest of us. While she is off doing these classes and learning, the body can be relaxing and rejuvenating itself.

D: I thought maybe you were going to have her dematerialize like the others did.

C: No. Obviously she has to stay in this body throughout the whole process. Her husband does not know. And not only that, but for her family and relatives, and her clients in her work. Dematerialization would not be advantageous.

D: Good, then it will not disrupt her life. But I do know that we go out of our body every night, and we do astrally travel even though we are not aware of it.

C: All of the information will be disseminated in the astral state. It's going to be an extensive training class, but it will become inherent in her character. We are a very, very, very compassionate civilization. And we are light years ahead as far as technology. And not only that, but as far as being able to use and positively apply all of the universal virtues.

They talked about Christine's body and proceeded to repair some things they found (one was an underactive thyroid condition). "We infiltrated her body back in 1991, and we put her through a metabolic change a couple of years later. This was required so that we could

exist in the body. This caused a major weight fluctuation. And it stayed that way since 1993. She has been to many doctors, and nobody has been able to figure out what's happened to her metabolism. As a result of what we did to her system back in 1993, she has been afflicted with pneumonia, six different episodes. Her smoking is also exacerbating the condition. We need to get her to stop smoking. We need to have her respiratory system in much better shape. The body will be recuperative and regenerative." They then gave instructions about how they were going to proceed with that. Because of her resistance, they would have to do it slowly, especially removing the desire to smoke. One suggestion was to keep her so busy she wouldn't have time to think about it.

C: From 1985 to 1991 she had an eating disorder. She was anorexic. We didn't come in until she gained 65 pounds in five months, and had cardiac arrhythmia and died. She was rushed to the hospital, and she was dead for a while. And that's when we came in. We basically brought her back with the understanding that only her body would be brought back. The soul, Christine, is no longer in this body. We are what you call a "walk-in". Our intent is pure and benevolent.

D: Yes, I am familiar with those. And it usually happens at a traumatic time. - But the main thing is that we don't want it to upset her to discover these things.

C: Right. We didn't tell you about the near death experience until now, because we wanted you to know who we are. When you were talking with Christine earlier today, that's why she did not bring up the near death experience. - She needs to understand that we are going to be visiting her in the astral. And we will be dealing with her training, her lessons, her course work, and her fellowship. She won't have any conscious memory of these trips. Eventually, it's all going to come into fruition, and she will be able to convene with the rest of us in the very near future.

The thing that was different and unusual about this session was not the fact that it was a walk-in. I have encountered many of them during my career. It was the *type* of walk-in that made this case unique. Normally, a walk-in occurs when the person decides they do not want to be in the life anymore, for whatever reason. They want to leave, but suicide is not an option. Why destroy a perfectly good vehicle when another soul would be more than happy to use it. So they make an agreement with another soul (usually one that they know and have association with) that they will leave, and the incoming soul will take over the body at that exact moment. None of this is done with the conscious involvement or motivation. The consciousness of the person usually has no inkling that anything has occurred, except that things seem to change in their life. The incoming soul makes an agreement that it will take on and complete any agreements the person has made with others. Any karma that must be repaid, and any contracts made before coming into this life. The walk-in must honor these commitments and complete them before it can go on with its own reasons for coming in. This is a normal walk-in.

What makes Christine's case different is that the incoming soul did not know her from any prior incarnations. It had no connections with her. It, in fact, had had very few lives on Earth in a human body. It was being sent by a higher power. It was still with agreement with Christine's soul. It must always be understood that these cases are definitely not possession, invasion or taking over the body. It is always done with permission. Apparently, Christine was unhappy about the loss and closeness of her mother, and wanted to go and be with her. With this type of attitude, she would be ineffective in the part she had to play in the coming Earth changes. It would be better to go on. Does this mean the original spirit has to return to another planet later to continue repaying karma?

In another chapter, it was said that they have to come in and make changes in order for the people to be able to shift into the new dimension with the development of the New Earth. But because of

the predominant law (or prime directive) of noninterference, they are not allowed to do so from the outside. Therefore, a dramatic and drastic idea was formed. They would not try to change the Earth from the outside. They would be allowed to do so from the *inside*. As this book shows, many souls are coming for the first time directly from the Source. Others, like Christine, are being replaced by spirits whose job is to go throughout the universe and help planets in trouble. These spirits are also new to Earth, and thus are not bogged down by karma. Some, come into the baby's body when it is stillborn. Their energy is so different that alterations must be done so the baby can survive. In Christine's case, it seems that they can no longer start out as babies, because of the time involved waiting for the child to grow up. An ingenious idea, to come as a walk-in and continue life as an adult. In this way, every available vehicle is used. It allows more volunteers to enter at this important time, without having to grow from a baby.

All of these things were surprises to me as I discovered them through my hundreds of clients. I wonder if there are other ways they are finding to infiltrate the human race, that I have not discovered yet? How wonderful that the Source has found a way to help us, in spite of ourselves.

Annette was meeting with the council on the spirit side. She had never lived on Earth in a physical body. She had been quite content to remain on that side where she was a counselor and teacher. The reasons were now being discussed about why she should come. "They're talking about the shift and balancing of energy."

D: What shift are they talking about?

A: The rising of the vibration of this system. There is an imbalance, and some energy has to be placed in a certain point to realign. So we decide that a part of us has to come down to enable the energy

to be concentrated in certain areas. Wherever that person is. Me, this one. (She seemed hesitant.) It's necessary. It's the council who has determined that we have to send parts of ourselves down into the physical to act as a connection, so that energy can be funneled through. (Big sigh) And this one has the capacity to access a lot of energy, and after, circle the world, so when there is a need, it can balance.

D: The kind of energy that would circle the world? (Yes) That is a lot of energy. Is it the kind of energy the average soul or spirit couldn't handle? (Yes) So, it has to be a certain type? And the average human wouldn't be able to do this?

A: I don't think so, no.

D: That's why it had to be your type of being?

A: Yes, that's right. Because we are energy and ... oh, God, I just can't describe it at all!

D: Just do the best you can.

A: Each of us has, like an umbilical cord or something that is connected to a part of the energy that we have sent down here. And that umbilical cord can access the energy that we are up here. So this energy that this one has can, through the cord, disperse the energy from us here and can balance the planet.

D: But it takes more than just one person, doesn't it?

A: Well, the council has umbilical cords for their own.

D: So these are all over the place.

A: Right, right. It is necessary. It's going everywhere. Actually, it's like a grid. Like on a map, like a lattice or longitude/latitude.

D: Like a latticework, and it's plugged into this universal source of energy?

A: Right, right.

D: You said this is very important at this time. What would happen if these parts didn't come down and try to balance? What would be the alternative?

A: No, it's just too risky. The Earth would have to go through a period of stagnation again, and it's just not worth it.

D: Did this happen before?

A: It's happened many times. Single things affect. It would have a ripple effect. If we allow the Earth to again destroy itself, or become non-inhabitable, it changes the magnetism and that will have a ripple effect to all past ... I mean, to us it is all at the same time. It changes all that is and all that was at this time - at this point. No, it can't happen again.

So Annette was sent down to become a physical human being for the first time in her existence. "So when you sent this piece of yourself down, does it enter into Annette as a baby?"

A: No, no, not as a baby. A baby is too small. It's later. It's a gradual thing. If you saw a fiber optic, a cord or a wire? So you have small wires, inside small wires, inside small wires. So it's kind of like that. It's a small connection, and then more is added on. Gradually, over time-over time-over time.

D: As the body grows?

A: Right, right, exactly. And changes, because everything is timing. There are preparations that have to be made. We knew that this one would have the treatments - the DNA work - done at certain times. And so that has allowed more space in the cells for more energy.

D: But there is a soul that enters that baby's body.

A: Oh, yes. That's right.

D: Is that the same soul that is in Annette now?

A: Yes! But it's not ... it's just less. It's a percentage. I mean, fundamental properties are the same. It's like a tiny wee cell. And that cell, even though it is tiny, has information in it. It's the same idea. It's just a matter of whether you have many or a few. The blueprint is the same.

D: Could we say, as the body matures it can hold more information, more energy?

A: Right. More energy. That's the main things.

D: More energy can go into the cells as the body grows. (Yes) Isn't this different than the way a normal body would behave?

A: Right, right. It's different.

D: The average human doesn't go through these things?

A: No, they don't.

D: They aren't - I guess you would say - "updated or upgraded"?

A: No, that's right. That's right. There are ... I'm not sure of the number, but each council member has a part that is here.

D: And they are sending pieces of themselves, because this is something that has to happen right now.

A: Yes. Her body is getting stronger. At first, she had immunity issues - the asthma and eczema - because the body was rejecting what we were trying to do. But now it's getting better. The body has memory, and it's a problem. It was uncomfortable with the energies that were

being integrated at the time. Sometimes the time isn't appropriate, and so, there is not a good compatibility between the energy and the body. Especially when it is young and developing. It's complicated because there are many facets to the human. We are doing our best to make it smooth. Again, things are happening at the same time. It's very hard to explain. If something happens at another time ... it's very, very complicated. Never mind; I can't explain it.

I encouraged her to try.

A: Okay. Because time is all the same - it's like a banana peel that's being unpeeled and laid flat. Oh! An apple peel is better! If you peel an apple it's a spiral. So it seems to have a beginning and an end, but it doesn't. DNA is a good analogy, because it is a spiral also. Let's say on the left helix, something happened when she was five, and it exacerbated the physical. Then the energy connection will make it appear here ... at thirty.

D: Like it's on the same wavelength, and that triggers the same kind of reaction.

A: Right. What she does *now* will affect what's perceived as a child. If she makes herself better now, then the child will be better.

D: That's the part I have always found hard to understand. We always think that the child has grown into an adult, but you mean it's still existing there.

A: That's right. So the decisions she makes now are good for her as that child. It's like a line. Hmm, not really. It's very hard to find an analogy that is useful.

I feel that what she was trying to explain has to do with the theory of simultaneous time. According to this concept, everything (past, present, future) is all existing at the same time, because time is only an illusion. Thus, it can all be accessed. This is what I have succeeded in doing, accessing all of these different various parts. By

using this method of hypnosis, we are going to what I call “a past life”, by changing our vibration and frequency to match the vibration and frequency of the time period we wish to see. Very much like tuning the radio channels, or changing the TV stations.

A similar example discovered through another client. Virginia saw herself immediately in a beautiful forest setting. Yet it had many unusual attributes that set it apart from the normal. There were crystals of all sizes and colors growing out of the ground. In the middle of a circle surrounded by crystals there was a seat. She saw herself as a young male dressed in a loose shift tied at the waist. He came regularly to this place, and considered it to be his own special place. He would sit in the middle of the crystals and enjoy the energy moving through his body. He said this was the way he stayed healthy. “It’s maintenance. It’s very peaceful and very energized; very calming. You can feel the frequency. You can feel the energy from the crystals going through you and around you. The different colors of the crystals are used for different purposes. Yellow is your health, your body. White is your mind. The green is for cleansing. And the purple is a protective energy that goes with you.”

This place was up in the mountains, but the village where he lived was down by a river. The village was composed of several families, and their houses were made from weaving branches together. “We like to live more in the wind and feel nature. We don’t want to block it all off. Just protection when we need it. Nature talks to you. You have to listen. You can’t listen if the wall is solid.” They were considered one big family, and everyone had their job, their part to play. His part was to heal by carrying some of the energy with him. “I go there to gather the energy that I use for people; like I collect it and take it with me.

I send it to their bodies, where they need it. It goes in and moves things ... adjusts things.” He also had a natural knowledge of herbs.

No one had taught him how to do these things. "It just comes in my head, like a voice or a picture. I found my special place with the crystals in the woods when I was small, very young. It was like someone left it there. No one else goes there." It seemed like the ideal, perfect life, until I asked him to move to an important day. He suddenly announced, "Our village is destroyed. The water came ... the river. Too much water. Washed ... washed things away. The houses and the people. And the rocks and the trees ... everything down the mountain. The sky became very dark. It was just time." He had gone to the day of his death, because he was washed away in the flood.

D: Did it bother you?

V: Just moved on. Change. Everyone changes.

D: Eventually, you mean? (Yes) To end one existence and go to another? (Yes) Where are you going now?

V: I'm just floating. It feels like I'm resting. It's very light and airy. I'm just waiting. I'm not sure why I'm waiting.

I condensed time and moved him ahead, so we could find out where he went.

V: I'm in spirit. It's not time to go back yet. It's a different place. Everyone there is spirit. There are no physical bodies like we had before. We're planning where to go in a group.

D: Why do you want to go as a group?

V: We need to go and help someone.

D: It's better as a group than individuals? (Yes) Have you known these people before?

V: Yes, I don't know their names, but I recognize them. They're healers. They guard. We all do. We go to places and help the people that are there. And then we come back and ... to share in another mission.

D: Does anyone tell you what you have to do?

V: No, we volunteer. Sometimes the places we go are more difficult than others. The places, the bodies that we have to work in.

D: Why are they more difficult?

V: Cut off from the collective. Have to remember our own mission with very little to work with. Few people of our mind. We just have to remember.

D: It's harder to remember, isn't it, when you get into the physical?

V: Yes, the door closes behind us. The veil that lets us through is thick again. We only have what we bring with us.

D: So you decide to go as a group?

V: Yes, many places need help. We go to the critical ones first.

D: Which are the critical ones?

V: The ones in danger of perishing altogether. There has to be some of the people in each place who can maintain, that can help who's there. We have to train and make sure they are aware. If they're opened up to the energy that they can hear and feel.

D: Because these people don't understand?

V: No, they're very cut off. They're disconnected.

D: Why are they in danger.

V: In-fighting. Lose their way. They have no oversight. They've forgotten where they came from and what they were supposed to be doing. If we can teach just one person, then they can go on from there without losing the way of the whole people. More is better, but one is better than nothing. We have to do it without getting caught up in the daily problems and fighting.

D: Is it easy to get caught up? (Yes) Are you willing to take that chance?

V: Yes, everyone is. It's for the greater good.

D: Where do you decide to go?

V: We've been coming to Earth. There are different places, different areas. Sometimes we work from above - energy only. We float, directing energy as a group. Other times we come in form, in the physical. It's more difficult. It is easier from above, but not as effective. It takes longer. It works faster if you come into the physical.

D: Why is that?

V: Closer. You can direct the energy from a closer point. The distance works, but it is more intense when you are closer to what you're working with.

D: Does anyone tell you which way to do it?

V: No, it's our choice. If it's a group move, or we can individually decide for ourselves. We usually consult each other within the group.

D: Have you been to Earth many times?

V: Unfortunately, yes. It gets worse. We work and work and the energies ... some are so heavy and so negative. It takes much energy and much time. But if it happens - if the meltdown occurs, it will be far-reaching to many galaxies. It cannot be allowed. The

energy work offsets the chaos, the vibrations that are so erratic. Working to calm and hold things together.

D: But you're not allowed to interfere, are you?

V: No, not directly.

D: It would be easier if you could.

V: Yes, but it's just not allowed.

D: So how are you going to make a difference?

V: One person at a time. It's their choice to help or not to help. Be a light, be a healing force. Train each person that's willing. Hopefully, train more of the light over shadow. Brighten the darkness; calm the negative energies.

D: So that's why you decide to come to Earth, even though it's not pleasant.

V: Yes, it's necessary. So many galaxies, so many places of experience are at risk. The universe watches; sends the energy to heal.

D: Have you gone to other galaxies and experienced them? (Yes) Is that different than Earth?

V: Yes, in some ways. The inhabitants are different; different energies; higher mind.

D: Do you also take on forms when you go to those places?

V: Sometimes. Sometimes just energy. Different atmosphere creates the form.

D: So you never know what it's going to be until you get there?

V: Unless you're been there before.

D: But it sounds like it's always an adventure.

V: Yes, much traveling goes on -many ways to travel. Some are very slow: canoe and paddle. Some ships - different power source. Some are faster than others, but the energy beams are the fastest. The beams of energy go from far reaches of the galaxy - jump in and go for a ride. It's very quickly.

D: So right now, you 're deciding what your next adventure will be, the next assignment.

V: Mission, yes.

D: And you decided you want to come to Earth?

V: Not really, but it's necessary.

*D: So you don't really want to do it, but you feel you need to? (Yes)
Okay, are you aware that you're speaking through a physical body?
(Yes) When did you decide to enter this body?*

V: When I came here.

D: Is this one of the missions - the assignments?

V: Yes, you have to come to a physical body to work in the physical.

D: And you decided to be this body we call Virginia? (Yes) When did you enter the body?

V: As a child.

D: Did you come in as a baby?

V: No, it was already here.

D: When did you enter it?

V: When the baby wanted to leave. It changed its mind at that moment.

D: Is that allowed? (Yes) And the baby wanted to go. Tell me about it. What happened?

V: I came in. Disorienting ... why was I here? What was going on? Who were the players?

D: What about the soul that was in the original baby?

V: The baby was fine. The baby went back. It did not want to be here.

D: Does that happen often?

V: Sometimes. Usually, the physical body dies. We needed an avenue to come. Three or four years is a long time when you are trying to work. Saving three or four years is a saving of time when you have things to do - when you have work to do.

D: That was at the time the other soul wanted to leave? (Yes) And you were allowed to enter then.

V: Yes. It has to be approved. We don't just get to make up our own mind. The council decides if it's appropriate.

D: Because it's not possession. (No) It's always done with permission.

V: Agreement, yes.

D: Consent and agreement. And this does happen sometimes.

V: Yes, more than you would think.

D: So you don't have to be the little baby learning how to walk and talk.

V: A waste of time.

D: But when you enter the body, you don't remember your assignment, is that right?

V: That is true; most annoying.

D: (Laugh) I always thought it would be easier if you could remember. (Yes) Why aren't you allowed to remember?

V: It would be detrimental to many people here if they knew. To start from the goals, the purpose, the learning meant to happen here.

D: You don't think it would be easier to think, "Oh, I've got an assignment. I know why I'm here and I can do that."

V: Just don't want everyone else here to know we have assignments, or where we came from, how we got here. Not everyone is as open as you are. The plan is very large. When you're here, you're a grain of sand on a beach the size of the Earth. That's how much perspective of the universe you have. Yet each grain of sand is meant to have influence. Not everyone remembers.

D: Do you think it's time now for people to start waking up and remembering?

V: Yes, it's necessary. It's the only way the Earth will exist and continue - is for more people to remember. There are many coming back to help the memory awaken.

D: Many of these who are coming have not lived many lives on Earth, have they?

V: That is true. It's a difficult place. You have a mission, no remembrance, nothing is familiar. Very few may recognize each other at some level, but don't really know. It takes much effort to awaken, to open the memory cells. It's not always meant to be.

D: I know many of your kind become so discouraged they want to get out; they want to leave, because it's difficult.

V: That too, is annoying. To get back to this side and think, "Aw! Why didn't I do it while I was there? We have to start over!" You've always affected someone in some way. So something has been accomplished, but not as much as could have been. - So much wasted time. Childhood - larger bodies are better.

I knew I did not have to call forth the subconscious. I knew from the way it had been answering the questions that I was already communicating with it. It said it was all right for Virginia to know these things, to have this information now. "She wants to know. She's annoyed, too. Much ability - many, many lifetimes of helping - great healing abilities. She should be healing - one person at a time. The Earth has to be healed. The energy has to be brought in. People have to be awakened." I then asked about the past life she had seen.

D: It sounded like a strange place where all the crystals were growing out of the ground.

V: The crystals were from a ship. The ship had been left here.

D: So it was a long time ago? (Yes) Are they still in existence?

V: Yes, they have multiplied. The place is still there. I feel it's covered. The river, the floods, the landslides. Still there, but not visible. The crystals have very powerful energy.

This session was done as a demonstration for one of my classes, and Virginia was chosen at random. I never know what will happen

during a class, but I am surprised when such advanced information is allowed to come forth. I hope it benefitted the students who were gathered around the bed observing. This was another case of a spirit entering a body that had just been vacated by a departing spirit. If possible, they do not want to waste a perfectly good vehicle. And it does save valuable time if the soul enters after the body has already gone through its early growing and adjusting stages.

NOTES MADE WHILE AT THE ASHRAM IN THE BAHAMAS

In April 2007, I was invited to speak at the Sivananda Ashram on Paradise Island in the Bahamas. I have spoken there at the Yoga Teachers' Training Retreat many times, and I truly enjoy being in the company of these gentle people. On this trip, I took the rough draft of this book with me to work on, because I knew I would have time in seclusion, completely cut off from TV, computers and telephones. I had most of the material put together for the book, but I also had many unanswered questions. I sat on the little porch of my small cabin, under a coconut palm, staring out at the peaceful and mesmerizing waves caressing the beach. I was pondering the subject I would be talking about at the temple that night, when words began flooding my brain. Anyone who is a writer will know what I mean. I grabbed a notebook and tried to

As I have been writing this book and putting the hundreds of pieces together that I have gained through many, many sessions, I was beginning to get a glimpse of the underlying message that "they" wanted to impart. It was too big to come through any one person. In order to get the story, theory, concept, whatever you want to call it, through to me in its entirety, it had to be given piece by piece through many people. I was the one who had to put the puzzle pieces together. Individually, they are interesting, but together it forms an amazing picture. There definitely is a plan to save mankind, and it is bigger in scope that anyone can imagine.

After the development of the A-Bomb and nuclear power in the late 40s and early 50s, a call went out throughout the universe. This was evident from the influx of UFO sightings at that time. They have said the development and the explosion got their attention, and they had to come and see what this primitive planet was up to. They knew we wouldn't be able to handle it. And with our violent tendencies, we could very well end up destroying our planet. This could not be allowed to happen. It would cause a ripple effect that would be felt throughout the universe, and would disrupt other planets and dimensions. But how to stop it and control it without going against the prime directive of noninterference?

The planet was becoming more and more negative, caused by people living here for hundreds of lifetimes, piling more and more karma on top of themselves. They were not working it out and were stuck. If they couldn't solve their *own* problems, they certainly couldn't work out and stop the violence and wars and ecological problems of our planet. As long as we were going along our own way and not harming anyone but ourselves, they had no reason to interfere. We had free will and they could only watch helplessly as we sank deeper into negativity. It was our choice. The invention of atomic power pushed the panic button and something would have to be done. But that something could not go against the prime directive of non-interference. Even if it was for our own good, they could not just come in and stop it.

The decision was made. If they couldn't help from the outside, they could help from the *inside*. The call went out for volunteers who would be willing to come and live in a physical body as a human, because these had not lived on Earth before, they had not accumulated karma. They had a pure and powerful positive energy that came directly from God, from the Source. They would have to be very careful not to get caught up in the world and create karma. Many are shielded to protect them from this very real danger. They wanted to do their job of introducing and spreading positive energy to counteract and dispel the negative. Then they could return to their

“home”. I have already reported elsewhere in this book about the three waves of volunteers that I have discovered in my thirty years of working on this.

Time is of the essence as we approach the coming of the New Earth. Now, there is no longer time to wait for the volunteer to grow from a baby to an adult. Thus, I found they are entering the bodies of living adults, mostly at the time when they have Near Death Experiences. This is not possession, but is done with the full consent and knowledge of the exiting soul. It is a different version of the traditional walk-in experience. Very clever. “They” are determined to save us and our beautiful planet in spite of ourselves. An excellent way to get around the prime directive. They are not interfering if they have the cooperation of all souls involved.

The Earth is a living being that is crying out to be saved. It is trying to rid itself of the invaders by cleansing itself: floods, tsunamis, earthquakes, volcanic eruptions. They all are cries for help. It is as though the Earth is ridding itself of its own karma, before it reincarnates into another existence. A pristine, beautiful, perfect new environment where it can start anew, and taking along with it those who are capable of adjusting to the new vibrations and frequencies to create a new world. The old world is headed for destruction. However, it cannot be total physical destruction of the planet itself, because that would cause disruption in the vibratory fields of other planetary bodies and dimensions in the universe. So the Earth has chosen to split off into two worlds, leaving those who want to continue to live in fear and violence to continue on the “old” Earth. And creating a “new” home environment for those who want to progress and evolve. The two types can no longer live side by side on the same planet. Things have changed too much. So the vibration and frequency has to be changed.

Everything is energy. Everything is vibrating at different frequencies. Even rocks, furniture, etc. are vibrating, only at a much lower, denser frequency. As long as everything and everyone on the Earth is

vibrating at the same low, slow frequency things will stay the same. The frequency has to be raised so the Earth can split off and enter a new dimension. It is the same thing that happens to our own Earth bodies. As we learn the lessons of the physical plane we can “graduate” to another higher dimension on the spirit side, and not have to return to the Earth school. We can progress, because we will have outgrown this earthly school. Thus the Earth itself is getting ready to “graduate”, to leave the familiar, the status quo, and progress into something much higher.

Yet the new Earth without human beings and life in its many diverse forms would be as an empty house. Just four walls without a soul inside. There had to be a way for the humans to also evolve so they can go with the Earth. The humans would have to also raise their vibrations. This was easier said than done, considering how many eons mankind had been trapped here. Then I understood. The karma they had before coming into this world will be left with the “old” Earth. That is where karma will continue to exist. It has no part in the New Earth.

These volunteers have come from a place that has never known violence, hatred and fear. They are bringing that vibration of positivity to the Earth at this time. It is like the “hundredth monkey syndrome”. If we can get enough humans carrying the positive vibration, it will overshadow and diminish the negative vibration. It will wipe it out or lessen its effect by sheer numbers alone. In one session I asked about the current disasters where thousands of people are dying and leaving the planet en masse. I was told they had finished their work here, and had volunteered to leave in order to make room for the new ones coming in. Then I understood. They are making room for more of these volunteers with the positive energy to come in. We can conquer by sheer numbers alone. When the critical mass has been reached, and enough people have succeeded in raising their vibrations and frequencies, then the new Earth will be born. This is the plan that will save the world. The people themselves, of course, have no conscious memory of their reasons

for coming at this time. And that is the way it should be. They will play their role well. Those that are still steeped in negativity will remain with the old Earth with what they have created. By the time they realize something is occurring, it will be too late. They cannot change their frequency and vibration quickly enough to follow. It has to be a gradual thing, otherwise it would be too traumatic for the physical body to handle. Thus the separation occurs, the two Earths separate and life goes its separate ways: positive and negative.

I have discovered many of these volunteers live quiet unassuming lives. They do not create attention. They influence in quiet subtle ways. During the session many of them are told they are here just to “be”. They influence others only by their presence, and the aura they exude. It links with others through no effort on their part, and many are helped by being in their presence, or by their physical touch. It is very simple and yet very profound. There will not be any heroic dramatic efforts to save our world. It will happen by the simple presence and touch of loving, unselfish individuals.

CHAPTER THIRTY-FIVE

ANSWERING THE CALL

When Anna entered the scene, the first thing she saw was people working, building a very tall golden tower. She said it was being built for the gods. She described it, "It is similar to a pyramid, but it's narrower, higher. Slabs of gold, similar to tiles are being put on the outside." The squares of gold were about 10-12" by 10-12", and were very ornate, covered with designs. The people were golden-skinned, either Egyptian or Babylonian, wearing little white tunics. They had scaffolding that allowed them to attach the square, gold plates.

D: You said it is being built for the gods? (Yes) What do you think that means?

A: It's the ones that have come from elsewhere. They've been told about these beings, and they haven't always seen them, but they have been told they have to build this tower.

D: What's the purpose of the tower?

A: Some kind of communication that the gods want. They want a tower.

D: Do you know who told them they had to build this for the gods?

A: It feels like the priests or someone has had direct contact. Somebody got the plans or the design, and they're making these people follow instructions.

I asked her to describe herself. She was a young male wearing golden sandals, a short white robe and a golden belt. Her hair was dark with silver stripes. Then she was startled to discover that she had huge golden wings that were attached to her back. "They are

mine, but it doesn't make sense. They are large, and beautiful!" She then noticed she had a golden necklace around her neck that had a dark blue jewel in it. "Oh! There are jewels on the gold belt also. They look like jewels, but they're really buttons or gadgets, like dials or controls. I am also wearing some kind of headpiece. It's not just an ornament. It's some kind of transmitter. It has a purpose. I am standing high on a building on a ledge that is opposite the one they're putting the gold plates on. There is nothing around me to obstruct the view. I'm watching what they're doing, and reporting the progress. I'm making sure it's exact, because every piece of gold, every square, has to be placed exactly in the right position and the right order. This is important, because this is some kind of generator. It has to do with how the energy flows from the ground up the building and out the top. There's a spire that is going to be at the top, and the energy moves in a circle spiral up the building. And each gold plate will be activated or illuminated. It does something to help the energy flow; to move it, to amplify it. It has to be exact."

D: You mentioned that someone else was telling these people what to do.

A: The others are here for a while; they're not permanent. Some of them will stay longer. To teach; to help spread knowledge; to bring some technology that would help these people. They have been asking for help. It's simple technology, but it will help change their lives.

D: And you are communicating, reporting the progress? (Yes) Then why do they need this larger communication device?

A: For when we leave. There'll be some that will stay. They'll be able to use their thoughts and transmit them or send them to keep the communication going.

D: So the information, the progress report, you are sending is not going back home?

A: It's going up somewhere. It's not to those that are on the planet. It's going up out of my head somewhere above.

D: So this is not your home.

A: It's a project that I'm on, but it's not my home.

D: Are you one of the ones that are going to stay?

A: No. I'm just watching. I have to watch and report how the progress is going. How the others are doing their jobs.

D: When it's completed, what are you going to do then?

A: (Chuckle) I get to leave. We've done this before.

D: On this place?

A: No, in other places. We come as a group. And there are those that are very tall in stature that communicate with the inhabitants. They mingle and share, and teach and guide, because they are skilled at that. They teach whatever is needed. Different worlds have different criteria. Some worlds are ready for more complexity, for more technology, for more balance.

D: What do the more advanced people think when you come?

A: They are grateful, because they have been taught about us. There are different levels of teaching. The advanced ones are taught of other worlds, of the sciences, of the spirit of immortality, of languages, of mind. And they are the ones that are gifted with tools to help the more common inhabitants. These people that come are seen as gods.

D: Do the ones that are more advanced see you also as gods?

A: No. We make contact with the advanced spirits and they know of our coming. They are prepared. We give them time to prepare, but

the only way they can communicate with the others is to call the visitors "Gods", because that is their way.

D: So, everywhere you go on every world, do you have to build a communication device like this?

A: They're a little different. Some worlds, the energies are clearer. There are like existing vortexes that can be utilized. It's different everywhere.

D: Then some people, it's their job to stay and help the planet, or the people of the planet?

A: They're meant to stay for a while and sometimes there is seeding that is deliberately done, so that the original ones can live.

D: To carry on the work. Do these people that stay know how to utilize the communication device?

A: The ones that are interbred - the half-breeds - will know at a certain age. The program is triggered and they know what to do.

D: I thought maybe it was automatic, and the device was constantly picking up information.

A: It constantly picks up information, but there is additional amplification that these other beings input into it. But it only lasts for as long as the energy remains pure.

D: What happens if the energy does not remain pure?

A: The signal is weakened and it distorts through space time. There are some places where they maintain it longer, so what is taught has a chance to permeate without distortion. Other places, the distortion

happens quickly, which is why some others have to stay longer. They only leave when they feel they have established something.

D: Do you transmit back knowledge about how the groups or the people are progressing and utilizing the information?

A: Yes, it's like a report to see how quickly they are evolving; how they utilize what they are given; whether they hold it sacred or precious or whether they distort it. It's like an experiment; like a study, research, for these worlds' life forms.

D: Then whenever the instructors leave, what eventually happens to the communication device?

A: It functions for a period of time because it uses the energy of the planet. It is the distortions of the people that change the energy of the planet in that area, that distorts the signal. This is why these places are programmed within the minds of the people to be sacred. As long as that sacredness is held, the signals will transmit. But when the people become polluted or distorted, and begin to taint the energy of what is sacred, it starts a distortion over time of the energy in the transmission.

And when the transmission becomes so weak, others must come and do it all over again in a different place.

D: Does the original device remain, or does something happen to it?

A: It remains, but the disappearance of the vitality of energy changes the appearance of the structure over time. It becomes a dead structure. The gold begins to dissolve. Its energy fades somehow, and what is left is stone. It's like a skeleton. It's like the skin dissolves and fades away, and what's left is a monument.

D: So if someone were to see it later they would have no idea what its use was.

A: No, and they would not know what it looked like in its original state.

This makes me wonder about the pyramids and other ancient monuments. It has been said that the Great Pyramid at one time had a capstone of gold. When the energy changed, did they convert into merely stone monuments, masking their true purpose?

D: So, you are not from that place. Where are you from?

A: (She was smiling.) I'm from the stars; from a golden world. (Whispering) The golden world. It's a world of many suns. There are five suns in our world.

D: Does that create a problem with radiation?

A: No, because we change our form. We don't have to be physical. The suns are like a plasma and their radiation is knowledge. They are there not to radiate *heat*. They give off light, but their light is given because of knowledge. Knowledge is their light. It's a very bright world.

D: So you don't need a physical body in that world.

A: You don't need one, but you can wear whatever kind of body you want, if you want one.

D: What do you look like in your normal state?

A: (Sigh) It's an energy field that looks a little bit like a jellyfish. Instead of tentacles, they're sparkling electric fields that we give off as we communicate. Some of us keep those forms, but we can change. We can morph into anything by a thought. We can be anything, so it's playful. We can try any forms on and experiment with forms, because the knowledge from the suns gives us the means to do that. There are no limitations there. It's always

changing. It's a world of movement and wonder and communication of extraordinary nature.

D: What is the topography like in a place like that?

A: It's undulating. There are things that look like mountains, peaks, but they move like frequency waves. They come and they go, and they rise and they fall.

D: Are there any trees or vegetation?

A: Not unless we create needing that for beauty. It's ever-changing pictures, and it's not a humanoid world.

D: Then when you leave to go on a mission, are you told by someone what you're supposed to do?

A: Yes, we have instructions. We volunteer for these projects and bring knowledge from the suns to these other worlds.

D: How do you travel when you go to the other worlds?

A: Thought.

D: You don't need a craft or any kind of ship?

A: Not unless the energy of the world we go to has distorted frequencies that would corrupt our thoughts. Then we create vessels or ships to keep our thoughts clear, and the ships deflect the distortions. It's like a shield that allows us to stay in integrity with why we're there.

D: Otherwise, it would be difficult?

A: It would be very challenging. Some atmospheres are very thick with convoluted thought of the civilization that we enter. Some atmospheres are clearer depending on the evolution of the world that we enter.

D: Are you warned about these things before you go somewhere?

A: Most of the time, but if it is a world that has not been fully researched, sometimes we are caught by surprise.

D: So when you went to this one world, you created a physical body. Why did you have to do that?

A: So we could be like them. They would not see us or hear us if we were plasma, and they would be in fear. They would not understand. And so, we morph as necessary into similar life forms in order to communicate and be accepted as much as possible without compromising ourselves.

D: But you formed a body that had wings.

A: I like my wings. There are few of us who had the wings. They are there also, for deflection and transmission. Deflection of frequencies coming from the people and the planet. They also are able to receive and translate the thoughts of those that look towards us. They are almost like a satellite dish. It's almost like an organic computer than can take in information and read it.

D: So this is why you chose a body like that. It has a practical part even though it's beautiful.

A: Yes. I do not have to interact too much with others, so I can keep that form. They think that I'm, perhaps, more like a bird, when they see me from a distance. Some have seen me closer, but those that are far below just think I am a giant bird of some kind. It keeps me safe and allows me to do what I need to do without interruption.

D: So you're going to stay until it's completed, and then you have to return or go somewhere else?

A: I stay until the building is done, and the technology is passed on or brought down to a satisfactory level. And then I leave before some

of the others. I am finished there.

I then moved her ahead until the job was finished and she would have to go somewhere else. "Do you change form, or do you keep this form?"

A: I drop the form. I do not need it. It's like a costume.

D: Do you need a craft?

A: In this world there is a craft, because of the atmospheric frequencies. So I simply dissolve the form and transmit myself to the craft.

D: Are you the only one that's leaving, or are there others?

A: There are others.

D: So you're going to go somewhere else. Do you have instructions?

A: I do not know until I am back on the craft and others report in.

D: They report back to the planet with the five suns?

A: Others do that. We do not have to report to them. There are others above us that do that reporting. Then decisions come.

D: Do you know where you're going next?

A: Hmm. I'm hearing I have to go to Earth.

D: Do you know where Earth is?

A: The other side of the universe. It's far from here.

D: Have you been there before?

A: A long time ago. I went there to teach, to educate, to restore. I was one of those that had to stay for a while. I have been to Earth close to its beginning of life forms, when many forms were in experiment there. And we designed the nature there and seeded its vegetation ... in some of the early ones that were there.

D: To see what would grow; what would develop?

A: And to take some of the barren areas and carpet them with green to create places that were habitable for life forms. Many of the places where there were to be oceans were hot, and not appropriate for water. And these areas had to be cold and changed in order for the atmosphere to condense to create the pools that would give life to other forms.

D: So you must have water also.

A: Yes, the clouds. The seeding of the clouds was put into place before we got there. It was a project of many different beings coming together to create the world that would be called the Earth. There are different cultures, and different worlds that have expertise and experience in areas that we do not. And we come together as a united effort to create these new worlds.

D: Who instructs you? Tells you what to do?

A: There is a council. I would call it a council, but it is higher than a council. There's a community of many different worlds that are able to scan life in universes. And know when and where to create worlds with life that will have future impact upon the particular part of space that they are in. And this council, this group of worlds, is able to see into the future potentials. They are able to see a matrix through time to know potential outcomes.

D: But it doesn't always work out the way they hope, does it?

A: No, it does not.

D: This must take an incredible amount of time to develop a world to the point that it can have life on it.

A: In the universe that the Earth is in, time is different from other worlds in other universes. The laws of that universe have an interesting time that is longer than it is to us. To us, it is fast, but to the world that is developing it's called "millions of years". Years or a time frame that's constructed by the laws of that universe.

D: According to human thinking, it would take an incredible amount of time. But your people and the others are able to come and go at different phases of development?

A: It's not in our time frame. We can come and go. It's a little bit like walking into a room and having a different atmosphere of time in that room. Almost like a holodeck that is capable of extending time into eons of progression, but it is only a short break in our time.

D: So things have naturally changed every time you return. (Yes) So, you said you are being told to go to Earth again. What phase in its development is it now when you return? Can you see what's happening there?

A: Much distress. The atmosphere is very polluted. There is much pain. The atmosphere is screaming. The souls are screaming for help.

D: Is this why they asked you to come?

A: There are many coming at this time.

D: Then things did not progress the way you had hoped they would?

A: No, there was interference. Others who came interfered with the experiment in the development of the planet. Those that wanted to use resources and inhabitants for something other than divine

pleasure of evolution. They are the dark ones that do not honor natural evolution.

D: Couldn't the council do something to stop them?

A: There is free will. The council can only seek to educate these others on the benefits of allowing the plan to occur. They cannot enforce, because the universe has the freedom of all to be. It is a difference of opinion of what evolution looks like.

D: So what are you supposed to do?

A: Many are coming from many different worlds. The atmosphere must be healed. The cries must be heard. The planet is weeping; she is in pain. There is much to be corrected.

D: Do you know how you are going to help this time?

A: I must pretend to be one of them. There is a need for more of us to intersperse ourselves amongst the inhabitants to do what we must do. We must take on the bodies and be less separated from them this time.

D: So you won't appear different?

A: So that we will have more power to help. Being different does not accomplish anything when there is that much pain. There is too much fear.

D: You have to appear like one of the people.

A: It's more expeditious to do it that way.

D: Well, let's move ahead and see what you do. How do you become one of them?

A: (Pause) I do not like it. It is a constricting body and a very heavy energy. It is not fluid. The bodies are filled with genetic fear and

doubt, with uncertainty, with hesitation. And to bring energy in and have to meander through the programs and the genetics is challenging. There is too much distortion.

D: When did you enter this body? Was it a baby?

A: There was an attempt as a baby, but it was not successful. I am the wrong frequency for the body. I have to change my frequency.

D: Were you assigned to a certain baby when it was being born? I was wondering how you decided which body.

A: There is a scanning of the genetic history of the DNA of the potentials - of the parents - and if it seems as if there is a potential of past contact through that genetic strain, then the frequency of that still co-exists within the parents.

D: So it's easier to do it as a baby?

A: Sometimes it is easier to do it as a baby, but it depends upon the emotional state of the mother whether or not she blocks that gene from being activated.

D: But in this case, you couldn't enter as a baby?

A: It was unsuccessful. The frequency was too heavy. I could not activate the right frequency within the body, and it was aborted.

D: When were you successful in entering the body?

A: Later. There was an agreement made with another soul; another aspect of soul.

D: Was that also as a baby?

A: It's as if there was a partial incarnation into the body - not fully - to develop the body to help it grow, but to not be fully present within it. It was ripening the body for the right time. There was not a necessity

to be fully present because the frequency that was in the body was to be shifted out of it.

D: Does that mean your frequency was too strong? (Yes) Would it have harmed the body if it were to come in sooner?

A: It may have short circuited some of the necessary functions in the body. The electrical circuits - the electrical charges within the body - could be burned out or distorted, creating dysfunction. The human frame, the human system is very delicate, and there can be great damage done if too much frequency floods the body without preparation.

D: Too much energy. (Yes) So, you said it was only done partially?

A: Enough to maintain what is called an existence, but not completely in the body and not completely participating.

D: So, when did you enter fully, or as fully as you can?

A: The beginning of that was the experience upon the cruise.

During the interview before the session, Anna mentioned a strange experience that occurred while she was at sea during a cruise. She said she went out on the balcony of her stateroom, and felt as though she left her body. Afterwards, she felt like she became a different person. She wondered whether a walk-in had occurred that night.

D: So we are speaking about the body of Anna that you are speaking through right now. (Yes) Why was that particular time chosen?

A: She was away from all influences that would have prevented or identified her with her past. She was in a plasmic field that one calls "the oceans", and it was easy to make the transference.

D: She said she had a strange feeling that something happened at that time.

A: There have been some memories given to her, to help her understand the change that happened.

D: But it is not what we consider to be a walk-in?

A: It is not.

D: I don't know if you have a name for this, but it is like you've always been there, but not all the way. Is that correct?

A: That is correct. It's a transference of consciousness. A transference of identity that has been moved into the body. And again, because of the fragility of the body mind, as it must function within the planetary field, it has had to be done very gently and gradually. The times that it was done too suddenly, there was a threat of overload; of despair of two realities overlapping. The mind begins to see flashes and visions of other realities that are carried from the five suns, particularly in this body.

D: She said she has flashes of memories, and she didn't understand where they were coming from.

A: Very clearly. And they have had to be gently downloaded until this time to begin to understand that she has access to that other world and the knowledge.

D: Is it alright if she has the knowledge now? (Yes) That's why she was allowed to come here? (Yes) She said she had the feeling that something else was inside her looking out of her eyes. Is that you?

A: Yes, it is the consciousness from the golden world - from the world of five suns.

D: And she also has the feeling she's reporting back in some way.

A: She is.

D: Because it's always been your function to report back. (Yes) But much of this has been very confusing to her.

A: We understand that, but we have not been able to have her know, because she has had to deal with human elements; karmic elements of the body that had to be cleared up.

D: She feels there's something she needs to be doing.

A: It is important that she knows that she has access to this knowledge; this is the first thing. The second is for her to not be distressed when I take over her eye vision to report. There are certain times when she gets the message to open up the channel. There are times when she is distracted and I must step in, and then she is aware of a third party.

D: Now that she understands, it will be easier to handle, won't it? The hard part is not knowing.

A: It will be very easy for her. In fact, she enjoys reporting; she enjoys participating. It is in that reporting that she will then get the information necessary as to what actions to take and where to go and who to interact with.

D: Is there any certain work you want her to do?

A: She must be with people. It is her time to walk out there and to spread what she knows. To speak and be heard.

D: Will people listen to her?

A: They will listen as long as she comes from her heart. We will not give her information that is so foreign that it will put her in danger. She is here to help the inhabitants who are listening to understand that it is time for a change. That the ethers that hold the distortions

do not have to be the ethers they feed off. There is a parallel ether that is available. There is a parallel atmosphere of consciousness that is available. And there is a choice of which atmosphere to feed off, because each atmosphere has a matrix of thought that is vital to the longevity of the race. One atmosphere is detrimental to evolution. The other atmosphere involves greatness. Interdimensional-intergalactic quantum knowledge that is starting to permeate into this world. Her journey has always been to be a traveler, and she is no different here, even though she is in body. One thing she has had to understand is the potency of the ether *offear*, because one cannot combat the ether of fear if one does not know its many faces.

D: Anna said she even felt suicidal at times. She wanted to get out of here.

A: When she hooks into the wrong ether - to the dark ether; to the fear ether - then it shuts down her circuits of communication. And we very often have to step in to be able to rebalance her, but there have been times it has been a challenge even getting in.

D: Because she says she feels this is not home. She doesn't want to be here. And I've heard that many times.

A: There is a resistance to this frequency. She understands more now, that it is not the natural frequency that she resonates at. But it is a short-term mission - short-term from our end -even though it is long-term from her perspective of time in this reality. Here the time perspective is sluggish. It is slow and it is very heavy.

D: This is one of the reasons she felt empty, as though she didn't belong here.

A: Belonging is an interesting concept. There is, in a sense, no such thing as *belonging*. When one is unified, then the word "belonging", the concept of belonging is a misnomer, because one is all. All the knowledge; all the experience. One is connected. One only needs to

belong when they feel alien and foreign. When she moves into the knowingness of her connection, then *belonging* is unnecessary.

Anna had never married, and felt that she never should. I asked for an explanation.

A: She is fearful of getting more caught up in emotional entrapment. It is important for her to understand that the fear is not the ether that she needs to feed off. When she thinks of what is called "marriage", there are two, if you could call it, "timelines" - two choices - and both have very different realities. She is looking at the wrong ether. If the choice is from the more dense ether, then marriage holds death for her. Marriage holds entrapment for her. There is a fear in that reality of a permeation, of entrapment, of giving her power away to a modality - to a matrix - that has been set in motion in this human race for a long time. And she would be buying into all the weight and the heaviness of that particular ether. The other ether is one of lightness of companionship. Of understanding that this entity is like her; is one of us; is family from another realm - another plane. That the love they share is of spirit, and it is *that* that she must feed off and that which has longevity. It has joy; and it has her walking her purpose here. It is a friendship of timelessness with this entity to assist her and help her. And in that, there is no fear. There is much joy; there is much service; and there is much camaraderie. She needs a playmate. It has been a long, heavy journey for her.

D: You've been talking about the two levels of ether. Is this the equivalent of what I have been getting about the Old Earth and the New Earth? (Yes) That the Old Earth is the one with the figment of fear and all the disasters.

A: The Old Earth is going. It is almost like a black hole. It is collapsing in on itself. It is dismal. It is corrupted. It is the Old Earth. It is very pain-filled: the skies, the ethers, the atmosphere cries in the Old Earth. There is much pain. Some of the New Earth is modeled on the golden planet with the five suns. But there are many worlds

that are contributing knowledge, images, resources to the New Earth. It is a haven. It is a jewel. It is easy for Anna to access that frequency, because she has been receiving images of it. She knows it is real. She has not understood that it is a quantum heartbeat from where she is. - It is good that she knows that I am here. It is good that she knows and remembers the golden planet with the five suns. That she understands that this is a progression. That she has come here at this time for a specific purpose and that it is vitally important for her to hold the New Earth - the other ether, the light ether - in her mind. And allow the images from that to start permeating and dissolving the old images.

CHAPTER THIRTY-SIX

TRAVELER OF WORLDS

When Jeannie came off the cloud, she went into a scene of destruction and chaos. “I see a sun, but it’s bright orange. It’s clouded over with something bad. There’s something boiling up from the earth. Something covering the sun. It’s really bad. It’s so scary. I think it’s going to kill people. It makes my heart race. A lot of confusion, and people dying, and the earth breaking and ... and fear, power. All of these things caused a terrible cataclysmic ... it changed life for me as I knew it.”

D: So something very negative happened to the place where you live?

J: Yes. (Pause) I am so sad. People abusing power. You can’t take power and abuse it. It’s only on loan to you. You just use it.

D: What happened to create this?

J: They learned how to control, we all learned how to control. We communicated in our minds, and we learned how to build and raise heavy stuff. And before long, people began to abuse *people* with their powers, because some were stronger than others.

D: You mean they began to use their mind powers in a negative way?

J: Yes. It was awful.

D: What eventually caused this catastrophe?

J: I’m not clear, because it had to do with the abuse of power, and it trickled into the soil, or the earth. And it trickled into the interior and it just built up and broke apart.

D: Was it something you were involved with?

J: No, no! I was involved in the research and the scientific understanding of what we had discovered with our minds and teaching the people. I would never abuse it. It's only a gift.

D: Could you do anything about it?

J: No, there were too many of them. I just had to stand back and watch it happen. They couldn't control it. Then they all became really afraid and scared, and screamed. And came to me and asked me, "Stop it! Stop it! Can you help?!"

D: Was there anything you could do at that point?

J: No, it was way too late. I saw it coming and I tried to teach them better, but they wouldn't listen. They felt bigger and stronger and more powerful. I just have deep sorrow in my heart. (Pause) It shouldn't have happened. - This is confusing, because I was there when the chaotic part began. But somehow now, I'm looking down at it, like I'm floating above it.

D: Where were you when it began to happen?

J: I got in something and flew away. We could see this was going to occur over time, and that they were going in the wrong direction. We went to that place to teach them how to use their awareness for good, but they became so power hungry that they destroyed themselves. And so we built a craft in secret, in case of emergency to leave with, because we had to save the ones that were not abusing the power.

D: How is the craft powered?

J: Oh, with our minds. - That wasn't my home. I was sent there to teach. I don't know how I got there. I just know how I left. Ohhh!

Ohhh! I projected myself! When I came, I projected myself there! But because I had to go so far, then I built my craft to leave.

D: Weren't you able to project yourself back again?

J: No, because I was going to go even further out. This is what I do. I have knowledge that helps people live their lives better.

D: But in this case, they wouldn't listen?

J: No, it was a failed mission. I had to build the craft because I could project myself, but the others couldn't. These were some that were very kind, and some that were not abusing their new-found powers.

D: Do you have a physical body in that place?

J: Yes, but it's ... it's different. It's long and narrow. It's a body, but it's *not* a body. It's more like an electromagnetic field.

D: Different from the other people there?

J: Yes. I have to be different because I couldn't have projected myself there.

D: Do they perceive you as different or strange?

J: No, I make myself look like them. I know all about that. I've done that a lot. You can't make people listen to you and get help if they're afraid of you. I tried to help, but they wouldn't listen. It made me feel so sad.

D: But you got everyone you could on board the craft to go to safety somewhere?

J: Just to go on to our next mission: to teach new people. I am taking these others with me because they were good of heart.

D: Then what happened? You said you were up above watching everything down below.

J: It was so bad. There was red dust all over, and the sun was covered. It was even floating way up where we were.

D: What else did you see down there?

J: It looked like it was coming from the edges into the center, and just going down in a hole. It was rolling like a donut in from the outside to the inside. The planet folded up in itself.

D: That's kind of strange, isn't it?

J: No, when it's a failed mission like that, it implodes.

D: What happens then?

J: I have a whole plan over time, and what I'm supposed to be teaching these different creatures. Some are creatures. And so, because I'm an electromagnetic field, I just change and look like they look. I don't know where I learned that. I've always done that. It's kind of tricky though. I try not to let other people see because they think I'm pretty weird.

D: This would scare them if they knew?

J: Yes, because only certain people can do that. I think they came from where I came from. Maybe we all learned that in our youth. I don't know. I just know it's fearful to teach somebody if you are different, so you have to be able to look like them.

D: That would make sense. But when you're back where you came from, what does your normal body look like?

J: It's red, and ... oh, boy! It even looks strange to me! I'm really bright red! And I'm really big. It's not an insect. It'd be like a regular

body, but it has ... protrusions ... wow! That person could be a grasshopper! It's hard to explain. But it's kind of unusual looking - certainly the color is.

D: On your home planet, do you need to change your form?

J: Oh, we can be anything we want. We go around playing jokes on each other. We all can do it.

D: And then you were told to go and help other people?

J: I was given the mission to reach out to all the universes. And told that I would be gone a long, long time because I was to help these people become better.

D: That sounds like a big mission.

J: Yes, I was pretty surprised. So I go from place to place, and when I get to the new place, I change my form to blend in. But each place is different.

D: Well, this time when you're in your craft and you 're going off, where do you go?

J: I go to a planet with all yellow looking people. This is a place I haven't been before. So now I'm buttercup yellow.

D: (Laugh) What about the other people that you brought with you?

J: They're a little upset, because I've already shown them how to do this, and they can't quite do it yet. So they're hanging back. And I said, "I'll go out first and wait for you, and you can do it." And I showed them how to do it. - Oh, and they're coming out, but they did something wrong. And they're all little short, yellow - they're way too short! Oh, I don't know what they did! I'm going to have to take them back up there! They shrunk themselves so tiny! Oh, that's so funny! I didn't even know you could shrink yourself that tiny!

D: (Laugh) Do the buttercup yellow people look like humanoids?

J: They have large eyes and smooth heads and extra long arms. I've seen these kinds of people before, but not yellow. - So I told them to get back up the steps and let's do it again. I'm going to have to stay with them until they get the right size. We're supposed to look *like* them, not *different* from them.

D: So is that what you did?

J: They all come out the right size.

D: Are you planning on staying there for awhile?

J: I'm tired. I'm tired of training all these people, because something's wrong with the training. Something's not right. I don't understand why. Some understand, and some take it to a new level of power. It's beginning to feel like the red planet.

D: The one that exploded?

J: Yes. I'm going to get my people, and we're going to leave now. We're not going to have another failed mission. We'll find a place where we're welcomed and where they're smart enough to "get it". I don't want it to happen again, because that's not what it's about. And that's not what I was told to teach people. It's not right to abuse power. It's a gift.

D: So you're going to gather them all together and take them somewhere else?

J: I already got them, the door is closed, we're ready to go. They're all standing around looking confused. I don't care. I'm not going to have a repeat.

D: So you're not going to try and help these yellow people?

J: No, they can just do what they want to. I'm not standing around and watching it happen again. We have to get it better. We have to get it straighter. We have to do it different.

D: So now you're going somewhere else?

J: Yes. But the ship's acting up. Gosh! It's vibrating way too much.

D: Is this after you've taken off?

J: Yes. I'm a little worried. It shouldn't be vibrating like this. I don't know if we got dirt or dust or something somewhere it shouldn't be or ... I don't know. I hope nobody did anything to it. I could project myself out, but I can't take the people on the ship with me.

D: Do you think somebody might have done something to it?

J: Well, they were pretty angry about me walking away. I told them, "You listen and do it my way or you cannot do it at all."

D: Let's move time ahead and find out what happens. Did the ship continue to vibrate, or what happens?

J: (Softly) I'm out in the dark. It's just dark.

D: What happened to the ship?

J: I don't know. I'm by myself. I'm not in a ship. I'm here by myself.

D: You can know what happened. You can find out. Was something wrong with the ship?

J: Yes, yes. It broke apart, and I had to project myself out before it disintegrated. The others didn't know how to do that. They had to stay with the ship. Now I'm by myself. And I don't think I can go back, either, because it's another failed mission.

D: Is that what you consider it to be?

J: Yes. If you can't save people, it's a failure.

D: What are you going to do now?

J: I think I'll just stay out here. It's pretty quiet. Maybe I'll rest. I'm very tired.

D: You don't have anyone that tells you to do something?

J: No. When I left my home, I knew that when the decision was made, I was on my own. Somehow, when I left in the beginning, I knew it would be a long time before I had any support, because it was my mission.

D: So, right now you want to rest. Can you do it out there?

J: Yes. I just float. It's warm. It's just a new universe. No responsibilities. - Resting even makes me feel dizzy. It's been a long time since I've rested.

D: Well, let's move ahead and find out what happens to you.

J: I stay out there many years, because I needed the rest and I needed to replenish myself. Then I decided it was time to teach again. That maybe I have a new perspective on how to accomplish raising vibrational minds.

D: Where are you going to do this?

J: I have to make a direction and project myself there. I have great power that way. I wanted to go some place where there is a cave. And in that cave there's information for me that's been placed there. There's a message that was placed there before I started my projects.

D: Who placed it there?

J: A great intelligence. - Okay, I'm there. It's so easy to move, if everybody knew how to do this, it would be easier. I see the cave. It's someplace where there's very little water, and it's gray. There's not much life form there.

D: So you can't help the people there, can you?

J: No. I'm coming to the cave for my information.

D: Do you know where to look in the cave?

J: Yes. It will be in the ceiling. It's dark, and I have to feel. (Pause) Oh! It's on the side, it's not on the ceiling. I have to fix some light on the floor. And now I can see ... It's symbols. Dots, dashes; stuff that I'm familiar with that's very easy to read. But I'm surprised at what it says. It says it's the tree of life.

D: What does that mean?

J: It's somehow related to the way you should live. But it's not the way I have lived for many times. It seems to be somewhat different. It's like it's a new way of doing it. Maybe it's the key to why the others collapsed. Maybe. I have to look at it more.

D: But it's symbols that you can understand?

J: Yes, but I've never seen it said this way. And some of them go up onto the ceiling. This is a concept ... this is a new way! I wonder why we are doing it a new way? Because the new way is going to be confusing. I have to learn a new way. And I'm not sure. Somehow, I know I have this superior intelligence. And I have nobody to talk to about this to be sure that this new way is the right way. Oh, I think I'm going to get tired again.

D: Why do you think that?

J: I just wonder how long it will take us all to learn a new way, only to find out that it's still not the accurate way. I've been doing this for many thousands of years. I feel it sucking me down. I feel like I'm just falling through something.

D: Did you understand about the new way?

J: Yes, but it's very different.

D: Is it positive?

J: It is if you have enough intelligent people around you.

D: One person can't do it then, it has to be many?

J: I think it should be. After all, if we're about saving and teaching, it should be sent to many people. I am tired. It exhausts me to continue to strive to make everything better, only to have people misunderstand and abuse it. I feel like I'm falling down and laying down to rest again. It was a new way and I was excited to read, but I'm not sure that we got it right, yet. Now instead of teaching the people, we're changing their structures.

D: What do you mean?

J: We're going into their bodies, into their cells, and rechanging them all, and rewiring them all. This is like doing it all over again. I'm not sure it's forward thinking. (Sigh) Ahh, it just makes me so tired. It's probably a better way, but I don't know if it's a fair way. Do we have the right to go in and change the core being, in order to teach them what we were trying to teach them in the beginning, when they abused the power? I mean, we either are about teaching, or we're about changing the structure of the being. Why didn't we change the structure to begin with, and then when we taught them, they would not abuse it? It's backwards.

D: Maybe you had to go the first way to see what was going to happen. Maybe that's why this is a new way of looking at it. But you're not the one that makes the rules, are you?

J: No, I'm not. I'm only the one out there doing it.

D: Where are you supposed to change the structure? Did you project yourself to another place?

J: I don't know. It's even different projecting myself this time. It's wavy. I see waves of energy moving, like I'm moving through it. I never saw that before. It feels like I've even changed. It's thicker. It's like I'm walking; I'm going through the air but I'm moving. I'm seeing all the energy around me displaced as I move.

D: Let's move time ahead again. Where do you go this time?

J: Oh, my God! They sent me - oh, my gosh! Oh! I am in the slowest energy possible. I didn't know I was going to end up there. These people need a lot of awareness. It's slow because they don't know very much. Man! I can't believe this is where I've ended up.

D: How are you going to teach these people?

J: I don't know. I have to bring myself to such a level to even be able to communicate with them. I don't know if I can get there. It's not up, it's down! I have to be able to talk at their level, because if I don't, they can't hear me.

D: Are you going to have to create another body, or how are you going to do it?

J: I have created another body, but this body is slow moving.

D: What does the body look like that you have created?

J: It looks just like the one I have now.

D: You mean the person called Jeannie?

J: That would be her! She's really irritated about it, too, I've got to tell you.

D: But weren't you born as a baby?

J: I don't think so. I think I just became her.

D: Didn't her body start out as a baby?

J: I don't understand the baby part. I just became this woman like I became everybody else, everywhere else.

D: In our beliefs, we start out as a baby, a fetus growing inside the mother, and the soul enters when the baby is born.

J: That's not right. No, no, no, no, no! The soul is an electromagnetic field, and the soul moves into the body it wants.

D: Yes, but doesn't this happen when it's born, when the baby first comes out of the mother?

J: Well, maybe. I haven't seen that happen. I just know that I took this woman form this time. Which is slow and ... oh, boy!

D: Was there another electromagnetic field in the body when you took over, or came in, or do you know?

J: I did it like I do them all.

D: I thought there was already a spark of life, a life force, in there.

J: I was the life force!

D: And you just decided to be this female.

J: Yes. She doesn't have a clue. Personally, I'm not very pleased about being there either. This is a *hard* place to teach anybody. They move slow, they talk slow, they doubt every word they hear.

D: So, how are you supposed to teach them so you can change things?

J: By example, but my gosh! I don't know why I came on this mission. I don't have a clue. I don't like this one much.

D: It's an important one, because these people do need help, don't they?

J: Oh, yes! It's very confusing. It's all energy, but it moves ever so slowly.

D: But this woman, the one we call Jeannie, went through a childhood and getting married and having children. Were you there at those times?

J: No, I skipped that part. (Laugh) That's way slower than I want to be. She does good work with people and she learns fast. But we need to speed this whole thing up. You know, we don't have a whole lot of time. And we need to touch many more people than we're touching.

D: One on one is slow, isn't it?

J: Yes, it is. I keep telling her she should be out there talking to large groups of people. She can do this, but because of the energy being slow, she doesn't believe she has that much to tell anybody, anyway. And I keep telling her, "Just do it!" -We have to move on. I've given her all this capability. She has many things she can do. It's not that she questions it. She does everything I tell her to do, but there's something confusing about this slow energy.

Jeannie does Reiki and energy healing on people. I asked this entity if it could explain some strange things that had been happening to Jeannie when she was doing her healing work. While she was working on people, orbs, balls of light of different sizes, appeared in the room.

J: They're just more electromagnetic fields. We're all electromagnetic fields. I mean, we can be just pieces of energy or we can be in the bodies, or we can look like grasshoppers. It's all energy, and these are energies that are there to facilitate speeding up this healing process that she insists on doing. Her work is very good.

D: So these are other energies that come to help?

J: Yes. Mostly they're hers, but she thinks it's the client's. And I let her think that because she's pretty headstrong.

D: They're her little energies that have split off, you mean?

(Yes) How can she use that extra energy?

J: She should be able to learn how to bring it all in and reunite it. A long time ago when I used to project myself into these places, I had all my energy. I was all one. And somehow I could do that, but she doesn't know how to do that. How to organize it and put it together. She needs to be able to bring it in right here. (The solar plexus area.) When she sees the orbs, she needs to gather that energy and suck it in. That's the way she'd have to do it. I could just do it. She has to do it the slow way.

Jeannie had been seeing glowing six-sided geometric figures that she had been able to photograph. She wanted to know about them.

J: They are to expand her mind. First of all, she knows there's something in the middle of those, but those are just messages. She should recognize them. It's like the ones in the cave. If she would recognize those, it would be more about that tree of life thing;

concepts. If she understood, she could transport herself anywhere she wants to be and we wouldn't have to be doing this slow energy. I don't know how she stands it.

D: As humans, that's the only thing we know. That's the problem. You said you wanted her to understand these sixsided figures.

J: It's part of the healing process. It's advanced theory on healing. If she reads the symbols, she will know how to enhance people's healing. But it will allow her to move. If she wants to, she can leave.

D: But if she learns how to go from place to place that quickly, it would be a little surprising to people.

J: Oh, yes. As usual, they wouldn't like it if it's different. I work with her every night and try to teach her, because she listens when she is resting. She's being given instructions not only to guide her in her work, but instructions on how to transport like I used to do. Because there will be a time when this information will be in danger again. So we want her to be able to change and get back out. She needs to be able to leave if she has to. She has valuable information. When she sees these symbols, the information will go to another part of her mind and be absorbed. And at the right time, she will automatically do it without thinking. She ought to be practicing more about leaving and coming back, and leaving and coming back. She knows she can do this. She's taken it right to the edge. She doesn't realize she can pop right back. She knows she can go the other way. And I keep telling her, "You can come back the same - if you can go in, you can go out!" She consciously now sees the opening to the next dimension. And I say, "Jeannie, step across it. You can turn around and step right back through it." She has to trust that she can step back into it. She knows she can go across, but I have not been able to instill in her that she *can* step back, and return.

D: She does this at night when she's sleeping?

J: Yes. She's frustrated, because she's beginning to feel the way I felt with all those failures of people's abuse of power. She's holding back, and I don't know why, because it's all there. We have given her everything. She's very, very powerful. But she's worried about people noticing her being different. We have to move things forward again. The energy has been stagnant too long. It all has to do with raising the vibrations and frequencies. And the more we come collectively together, the higher vibrational rates affect and project out through the atmosphere. I raised them two months ago and she almost shook off the massage table, and made me laugh.

I won't raise them as fast as I did then, because she really did shake and started to fall off the table when I had to push her back on.

D: (Laugh) Does she have to be asleep or meditating to do this?

J: No, she has the ability to just sit down and do it. She's been around forever and ever and ever, and should not have even come to this slow moving energy. - Humans will realize that they, in fact, are part of the God force. Once they become the light that they are in their consciousness, humans can disassemble their molecules. There is very little reason to reassemble the molecules into gross, dense physical form. Once disassembled, to reassemble means that you have to go *back* in some way. Carrying around a heavy body in space just wouldn't really work.

We didn't need to see past lives, because they would have been associated with the original Jeannie, not the entity that was in the body now. These would have occurred before the entity I was speaking to came in. Another part of her could have had the other lives. "Yes, we're all living our lives concurrently right now."

JOURNEY TO EARTH

Another example of an unusual energy came through during one of my hypnosis classes in 2007. I always wonder what some of the students think when this type of information comes through. When

they are gathered around the bed observing my demonstration, they are expecting a normal past life. At least they are being shown that this type of therapy is never dull, and the unexpected becomes the norm.

Francis found herself sitting on the sandy shore of an ocean. It was night and a quarter moon glittered as it reflected in the water. She knew there were trees around, but it was too dark to see them. She saw that she was a young female wearing a gauzy yellow dress. Her red hair was hanging loose with flowers in it. She was wearing a necklace with a green stone. When I asked whether she was young or old, she gave a strange answer. "It's different. It's in a younger body, yet there is a lot of age that I feel. I don't look old, but I don't really feel young. I look like I'm about twenty or twenty-four, but I'm a lot older. I'm about a hundred years old, older than that even." She was part of a group who lived in dwellings spread out among the trees. Some of the group were very tall. She said she was very small. This was her favorite spot to come and sit by the ocean at night.

She suddenly announced, "I just saw something. It's sparkly. I'm walking down to the water, and I see my reflection. There's something sparkling behind me." She laughed, "They're wings!" I didn't know what type of being I was speaking to, so I continued to ask questions. She said there were others who were small like she was, but only some had glittery things on their back. Their dwellings were all different sizes, and made from things found in nature: rocks, trees, grass. I asked if she had a family. "Yes, they're all my family, because we're all the same in a way. We're all family, but I live alone." I wondered if they had husbands and wives. "No. It's hard to explain. Yes, there are parents. It's more of a community type of living. You do have parents and family, but they're all together. They're all part of each other. My group is sort of a sisterhood, a group of women. We use guidance energy. It's a way of life - listening to the trees and stones."

D: Does this group you're with live by themselves, isolated?

F: It doesn't feel isolated.

D: I was wondering if you have contact with any other groups.

F: Oh, yes. Everyone is different. There are different ... *tribe* is the wrong word.

D: I guess group is better.

F: Yes, but they're both not right.

D: What does the group do?

F: They're caretakers. The word *guardians* comes to mind.

D: The caretakers of what?

F: Everything. All that's around them: the people and the beings and the energies that exist there.

D: It sounds like a big job!

F: Not so, there are very many people that are a part of this.

D: Well, it sounds like a good life. Do you like it there?

F: Yes, I do. I like it. I love it there! It's my home. - But I feel some sadness. I'm contemplating. I've been asked if I'd be willing to leave. There's a man and a woman. They asked me if I would be willing to leave. There's information -there's knowledge that needs to be gathered. I seem to enjoy gathering information. That's why they asked me.

D: You can't do it where you are?

F: I can continue to gather information there, and continue what I do. There's more information that they want that the collective ... people there would benefit from.

D: Where do they want you to go?

F: I'm not sure yet. They first want me to be really clear on the choice.

D: How do you feel about it? You said you were contemplating.

F: It's why I went to the ocean. The choice, I feel, is being made within. There's a part of me, I feel, that knows that's what I'm to do. A part of me knows that it's away from home. That it's on a different planet even. It's not anywhere near. That's what saddens me. If I choose to leave, it will be for a long time.

D: Do they think it's important that you do this?

F: Oh, yes, they would not have asked me to leave.

D: Why do they think it's important to go and gather more information?

F: For growth, for connection. It's reaching out and knowing more.

I moved her ahead in time to see what her decision would be.

F: I decided to go.

D: Even though it's going to be hard. (Yes) How are you going to do this? Have they told you?

F: I'm trying to find the right words. There's a very advanced way of doing something like this. It's not a death as much as a separation from the body, that I will be needing. There will be someone who has spent his lifetime reading the stars and gathering information.

There's a woman there who understands the separation. Separating the soul from the body I'm in now.

D: What happens to the body if you're going to separate from it?

F: There's another... (She searched for the words.) It's a part of me, I believe. It feels like there is something going to enter the body as I leave it, that is also connected to me. Almost like it will continue on there with a new understanding.

D: So it will continue living even though you separate from it. (Yes) What happens when you separate from it?

F: This is all done outdoors. It's like a room with no roof; it's open to the sky. The man there that understands the stars is going to guide me through a tunnel, some kind of passageway. Where I will be told and informed of where I'll be going and what I'll be doing.

D: That way you're not alone when you make this journey. What does the tunnel look like?

F: It's like an expansion of time ... expanding our awareness of time, and allowing the soul to move through it. The man has done this himself. He learned the technique many years ago, before I was ever asked to do this. There's been quite a bit of planning. I'm the first to go.

D: So you're like a pioneer. (Yes) What happens as he takes you?

F: The two of us are lying down together on a stone. I can smell some of the flowers and plants and stones all around us.

They're all giving off an essence to assist in the separation of the body. I feel myself lifting out. He has my ... it sounds funny to say *hand* when you're not in a body, but there's a connection there as we're touching each other. I enter the time space he has created,

and there's just a really quick *whoosh* of time and many bright colors like a circular tunnel, in a way. And then it stops.

D: Where does it come out?

F: In a big beautiful room. I can see a building of marble and stones and crystals. We're standing outside the door looking in. They're expecting us. They're going to tell me where they would like me to go. First, they thank me for coming. They understand how difficult it was for me to leave.

D: Do they give you a choice, or do they tell you what you have to do?

F: There is choice, but there's no choice in where I'm going. They're sending me to Earth. They're sending me far; very far out.

D: Have they shown you what it will be like?

F: I don't get to see everything that it will be like. Some points are shown to me, yes. They say if they tell me too much, it would make it difficult for me. It would impair me to gather the information. There's a very grand sense of love that I feel towards them, and that they feel to me.

D: So you trust whatever their decision is.

F: Yes, I do. There is an agreement. There is a contract, if you will, that there will always be guidance and support there. But that there will be much hardship and difficulties before I return.

D: What do you think about that?

F: (Emotional) I have mixed emotions. (She began to cry.) I miss my home already. It's a very, very strong sense of service that I feel. I know that where I'm going is in so much need. My being there will have very much value.

D: Do they agree that it's to get information?

F: To them there is more purpose than that. Harmony; balance; again: connection; bringing - I would say, my awareness; my essence - to where I'm going.

D: Let's condense time and see where you go.

F: Earth is the destination. There's another stop. It's like a collection; there are others gathering. There are more people coming. The man is saying good-bye. He gives me a gift before he leaves. (She became emotional.) It's a light. A small round light. And he says to me, "This light will always show you the way back."

D: So you will never be lost. You will always have a way to go home. That's beautiful. - Do you go to Earth?

F: No, not yet. There's a waiting period there. There's a gathering. There are more people - we all go together. - I can see the Earth now. There are dimensional levels that I am having an awareness of. The level that I sense that I am on -the number that comes to mind - is seven. There is a planning of how to accomplish what we gather to accomplish. How will we do this? We've all been chosen based on where we're from, being very gifted in some sense. Collectively, it's a very balanced energy.

D: So everything is very planned out. Where do you have to go? What do you see?

F: I'm going to be born. The place I'm going to is very, very different than what I'm used to. It's very difficult to explain. There's a very different energy. It's heavier. I feel heavier. There *is* a birth process in the place where I am from, but it's not like this one. (Becoming emotional.) It's not like this one. I am born to a couple. They have waited very, very, very long for a child.

D: Did you enter the body after it was born, or before it was born?

F: I'm seeing, before you asked me what happened when I was born, I could see me in their space - not in the body - I am observing them. I am learning about them, and why they were chosen for me to come through. The birth process would have been too shocking to me without this preparation.

So she was now here on Earth and ready to do her job. The description of her parents did not sound like her present life as Francis. I didn't see any point in taking her through the life. So I called forth the subconscious to explain this. "Why did you pick this one? It was a little unusual."

F: She needed to remember where she's from and who she is. That's her home. She's ready to remember. It's time. She's waited a long time. She's ready to bring it to a close. She's ready to go back. This is her last life here.

D: The birth we saw was not this body as Francis, was it?

F: No, no. That was the first life she entered on this Earth. She has since experienced hundreds of lives here.

D: But you think it's time now to wind it up?

F: Yes. There is a culmination that she's understanding. Bringing together everything she's experienced, so she can understand this life. Why she came here, and what she came to do.

Francis had experienced a difficult life in her present one, but the subconscious said it was easier compared to some of the other ones she had. There had been many problems with relationships.

D: At the present time she's in kind of a love/hate relationship.

F: Interesting that she should say that, because that is the most paramount paradox about relationship experiences. She just recently realized that love and hate are the same vibration.

D: They are?

F: Yes. Certainly not in the same energy, but the vibration that is felt - the intensity - is very much the same. That is why it is so easy to love someone so deeply. It's the hurt and the pain that transfers that energy into the hate, the resentment, the different energies that are fear-based.

D: They are both very strong emotions.

F: The heart is the emotion center. Just as the brain is the thought center of the body, the heart is the emotion center of the body - for the person's life. The emotions are all run through the heart, just like the thoughts are run through the brain.

The rest of the session centered around Francis' personal questions. It seemed that I had found another type of unusual energy that had been sent to Earth. This one was not new to Earth, she had experienced many lifetimes and gone through much difficulty. She apparently did not come directly from the Source like many of the others. She had come from a place of beauty and peace, where they lived extremely long lives. Was she a nature spirit? One of the little people? It is hard to say, because she was a normal lifeform on the planet where she lived. Yet she was asked to come (with many others) to help Earth. Her energy was needed, and she agreed and made the journey. Apparently she would not be staying and going on to the New Earth, because her tour of duty was over. This was her last life on Earth. She had accomplished what she came to do, and it was time to allow her to return home to her beautiful place. She said she was sad in the beginning, because they told her if she agreed to come, it would be a very long time before she could return.

So it appears that I am discovering a kaleidoscope of souls and energies who have come to experience life on this difficult and challenging planet. In the beginning of my work it all seemed so simple. Now I am finding there is no limit to the variety of spirits that

can inhabit the human body. They have come from so many strange and unusual places, yet they seem to have one goal in common. To help the people of Earth. To keep our planet from self-destructing. They come with love and caring. We have to all get back to that simple goal that we had when we first ventured here. Before our memories were erased.

CHAPTER THIRTY-SEVEN

THE HEALING ENERGY SPEAKS

It is strange how we become so engrossed in our own reality and our own little world that we cannot conceive of the possibility of other worlds and other realities that defy the imagination. They are so far removed from our belief systems that we have to develop a whole new mind set just to be able to comprehend them. And yet, no matter how inconceivable they are, I have been told that we can never have all the answers. Some information would be as poison rather than medicine. Our minds would be totally overwhelmed and be unable to function, because there is nothing in our minds to base some of these concepts on. I was told it is not a problem with our brains, but our minds. Thus, no matter how strange and unbelievable these sessions are, I must still remember they are only the surface of what the person is trying to relate, because the words to describe the event do not exist in our vocabulary and our reality. So realize that the person is doing the best they can to report something that is totally alien to their mind. This is the reason I often ask for analogies. And then I am told that even those are woefully incompetent to convey the true meaning of the memory or experience. So while you read this book, please suspend reality. Do not expect it all to make sense or to be rationally explained. Enter the world where our dreams are real, and our reality is but a dream. That is probably the only way we can even begin to grasp what they are trying to relate. So for a while, suspend reality and rationality as we journey into the world of the unknown and unexplainable.

When Patricia entered the scene, it was eerily beautiful. She saw a white iridescent landscape that shimmered like mercury. There were colors moving in and out: pinkish, bluish and greenish tints. The sky was also shimmery blue and white, and the surface and sky melded together. When I asked her to see her body, she was surprised that she looked like a snowball. “A *big* sparkly snow white snowball. It

fluctuates. It moves. It's not solid. The size and shape of it changes. Basically, it's ball shaped, but it's not a ball. It moves like a sea, or a moving in water. Light, but shimmery silver. Gossamer. It's beautiful." She then became emotional, "It makes me want to cry. It's home! (A deep sigh) It's good to be there." I am hearing this so often now, it is the norm rather than the unexpected.

D: Have you been gone a long time?

P: (Still emotional) An awful long time.

D: Why did you leave if it was such a good place?

P: I had to go somewhere else.

I was still trying to determine where and what she was. There were no buildings, no structures, because they were unnecessary. She did not need to consume anything. "Whatever you need, it's as though it's absorbed into you with no effort. It's part of the atmosphere, I would say. There's no need or want, or struggle. It's happy there." She was now aware that there were others there like herself. "It's a form, but it moves in and out. Beautiful, shimmery. It's almost like it changes shape ... with breath. With respiration. A pulsing movement. It's very easy. There's no struggle."

D: Is the place or the body physical?

P: As in a human form? No. Yes, there's substance to them, but they're not solid. I think of solid as more dense. There is much movement, like molecules floating free form. They flow easily to what they actually would like to be.

D: But it's different than a spirit? That's what I am trying to distinguish.

P: Yes, I would say so. It is a basic round shape, but it undulates. It moves. And we can merge, to communicate. Just for the experience.

Going in and then coming out. It is how we communicate. It's just a different way. It's kind of like clay. You have free will to do whatever you want to do, however you want to do it. And everybody just experiences it.

D: Is there anything you're required to do there?

P: I see it more as a resting place. A place where you come to restore yourself, before you have to go out again. You don't *have* to do anything. Just be.

D: Have you been in a physical existence before you came here?

P: Before I came here, I was somewhere else helping. I assume whatever shape I need to be wherever I want. But this feels so good. It's so free.

D: When you're in a physical shape, that's different, isn't it?

P: Yes, it's very restrictive. It's very limiting. It's work to stay in a form, a shape. Where I am now, you're just free to be "however". This is what I know. I know this experience. And then to take on a form, say, a *body* form. That's so restrictive. There's not as much freedom of movement. There's just not much freedom. This is *home*.

D: So when you're there, you don't have to do anything.

P: We do things. It's just, there's no *have* to. And everybody works together as a body. But really more energy than a body. It's a very agreeable place.

D: What do you do when you're there?

P: Explore. Create.

D: Where do you explore?

P: Where we are. We can go out, like on little side trips, but we come back. This is “home”. Not Earth. Just to explore.

D: Where do you go on the side trips?

P: Other bodies of light. All around. Where there is light. Explore the universe, wherever. No restrictions.

D: You said you also create?

P: Yes. We can make our home look however we want it to. And we do that based on our experiences, when we’ve left to do our job, to help. And we can do it just for fun. There’s music.

D: You mean you create an environment?

P: Yes. And we can do whatever color, out of whatever material. But mostly we like to just be. There is music and lots of color. It’s soft, pastel, shimmery color. Nothing’s garish there.

D: Where does the music come from?

P: The movement of our body. Sort of, as you would think, an accordion pushing in and out. It’s kind of like bellows or something. And it creates sound. I hear bells too.

D: It sounds like a beautiful place. I can see why you really like to be there. - And you said, sometimes you have to go out again somewhere?

P: It’s our joy to do that, but it’s our job, too. We don’t choose to stay there forever, because there are things we can do to help.

D: Is there anyone that tells you what you have to do, and where you have to go?

P: Not really. When we join and kind of blend together, it becomes, I guess, a group decision. The energies join together and you come

out with a direction. Where to go. What to do.

D: Then you all work together?

P: Not necessarily, no. But the All helps the one determine what would be best for all.

D: Then eventually, you do have to go someplace and help?

P: There's no *have* to. You don't have to go. But we feel a responsibility, because we go places and raise energy in places that need it.

D: Places where the energy is too low, or....

P: And dense, yes. Earth would be a place.

D: Have you been there before?

P: Many times. The energy is very dense. But we go and we create pockets of energy. And just by being there, it raises the frequency.

D: Do you have to be in a physical body when you're there?

P: No, we can do it either way. If it serves the purpose, we can become a form; a human form, animal form. We can also exist there as the air.

D: So if you feel the need to go and just raise the energy of a certain area?

P: We go, yes.

D: You said, pockets of energy? (Yes.) How do you do that?

P: Just the same bellows thing I was telling you about. Going in and coming out, in this energy shape. It's kind of a rhythmic pulsation. And it lifts the vibration.

D: Do you become part of that energy when you 're working with it?

P: I *am* the energy.

D: When you go into this denser energy?

P: I remain the energy. I can remain as I am at home, if I choose. If that serves the purpose better. Or I can go into a form of a body, an animal, a tree. Whatever would serve the purpose of raising the energy and trying to dissipate the density.

D: Is it easier to do it in a form?

P: It's more difficult. There's the restriction of the form. Because the energy's increased and produced by this in and out pulsation, without restrictions or limitations *of* the form. Then you do it on a much lower scale.

D: Then why would you choose to enter a form?

P: That's a good question, because it is more difficult. But maybe it's easier to go into a certain area in a form shape. People don't really recognize us, *per se*, as a form, as a shape. But *some* recognize the energy. So it's easier to take a form when you're going into dense space, dense people. It's easier for them to receive the energy, but it's so sticky and thick and dense. But not being in a body, just being the shape, this energy, it goes in and stirs it up and gets movement. That's very, very important. But it's much easier for people to accept the energy when we take a shape.

D: And you can communicate much easier with the physical too.

P: It's easier for them. It's more difficult for me.

D: Do you have to enter the form as a baby?

P: No. I can go into any existing form and use it.

D: Is that allowed?

P: You ask permission.

D: That's what I was thinking. There may already be a spirit within the....

P: This is not a spirit. This is energy.

D: It's different than a spirit?

P: It's different. But you do ask permission, because the energy changes things.

D: So it's not like an invasion.

P: Oh, absolutely not! No.

D: Do you have to ask the occupying spirit for permission?

P: Yes, in essence it's a matter of making the spirit aware that we are coming in. We are not detrimental. We're not harmful. It's as though the spirit and the energy have an understanding. They're aware of each other. And it's all right. It's like when you're given permission to come into someone's home. They'd say, "Come on in and get a drink of water if you want it. It's okay. It's fine." It's kind of an agreement. But you show courtesy by knocking on the door and saying, "Hey, I'm here."

D: So you wouldn't remain in the body.

P: No, no. It's a temporary thing. It's a means of bringing the energy, to help the person or the situation. Whatever it might be.

D: Does the physical person have to ask for this to happen?

P: No. But I would imagine if they create the situation and the environment there, it would be helpful for us to come in. But it

doesn't have to be a conscious choice.

D: Do they feel anything when you do this?

P: I think they do, yes. It feels like a lightness of spirit. It's a very uplifting experience. And it's as though it provides this person with the energy to do something or to be something, and try to accomplish something.

D: They need a little extra boost. (Yes) So they are aware that something is going on, even if they're not sure exactly what. Well, do you ever feel the need to become a physical body?

P: No, no, I don't. We come and go. We don't become a permanent part of the body. We're here to assist as is needed.

D: Have you ever had an existence like a spirit would have? I'm just trying to distinguish the difference.

P: Well, I am a spirit body, a light spirit. You mean, have I gone some place and lived as a spirit in a body or something?

D: Yes, in a physical body. (Long pause, as though she was thinking.) Or is this the form you have always had, just as an energy?

P: Yes, I think that's true, because the other doesn't sound familiar.

Just what was I speaking to? If it was not the spirit that occupied Patricia's body, then what was it?

D: So all of your existence has been helping. (Yes) You go to bodies that need that, and uplift them.

P: Yes. They can be in the animal and plant kingdom as well. Or it can be a whole area, or a whole space. A whole section that would include people, animals, and plants.

D: Oh, so you could expand?

P: Absolutely, yes. We have no restrictions.

D: So you don't want to be restricted by staying in a body all the time. (No) Just in and out. That's interesting, because I wasn't aware that your type existed. I guess I always think of spirits.

P: Right, we exist, but that isn't our job to assist the spirit. The spirit does its thing. We do ours. (Laugh) We're very aware of the spirit. Very aware.

D: But the spirit, more or less, gets trapped and has to stay with the body? If that's the right term.

P: Yes, like an assignment.

D: They have an assignment to stay with that body the whole term of its life?

P: Yes, I believe that's the agreement.

D: And you can come and go.

P: Yes. And it's possible the spirit knows to ask for us, if it thinks the person, the physical body would need it.

D: People can be very complicated.

P: Yes, they make it so.

D: So the spirit knows more about what the body needs. (Yes) And I guess you don't have to be involved in that part.

P: I don't have to stick around. (Laugh) I'm a happy repairman.

She said she not only worked with the individual who needed a little boost of energy, but also with large areas. I assumed that many of

these areas, especially on Earth, would have very heavy negative energy.

P: We goto many areas like that. It's very difficult, but we do. Part of it is extremely dense and chaotic energy.

D: It doesn 't bother you. You won't get caught up in that.

P: No, it doesn't impact me. I know full well why I am there. It is more of a challenge in those areas, just due to the chaos energy, and the density. The low vibration. So that makes it more of a challenge. But it certainly can be done.

D: You can't get caught up and get lost in that kind of energy?

P: I haven't. I don't believe that. I don't think it is possible, because we would need to be available for other ... duties, so to speak. We could not be absorbed into that. That's not part of how we operate, no. Many of us are called there.

D: Are you aware that you're speaking through a physical body to me at this time? (Pause) Or are you aware of that?

P: I believe I am, now.

D: You weren't before.

P: I didn't think of it.

D: Because that's how we're communicating.

P: I see. Okay. That's good. I thought we were just talking. (Chuckle)

D: But now you can be aware that I'm speaking to someone that's in a physical body, and you're communicating through them. (Yes) That's all right, isn't it? (Yes) Well, I have a great curiosity. I like to ask questions.

P: We're curious too.

D: Why have you chosen to speak through this person right now? Do you know?

P: (Long pause) This person, at some level, is aware of this. This person utilizes this energy.

D: What does she utilize the energy for?

P: With her work in energy healing. It's pulled in, yes, to work.

D: Does she have to have the right kind of motives?

P: Oh, yes, yes. It has to be of the highest intentions, because we could be used in other ways.

D: So if someone wanted to use this energy in a negative way?

P: We would not be available. I am not used that way.

D: But can people use negative energy?

P: Oh, yes, they can use negative energy. But we're *not* negative energy. We would not be *used*.

D: They would use some other type? (Yes) So it could be done.

P: Oh, yes, it *is* done, but that would not be desirable. Negative energy is very powerful. They are not of the light. We, I would say, are disruptive. We disrupt the negative pattern when we go in. We can go in for that negative, as you say, or chaotic energy, and straighten, move it and change it.

D: Anyway, the reason why you're speaking through this body, is so she'll be aware that this is the energy she uses in her healing?

P: Yes, it would be good for her to know. And that we can be counted on. And we're very willing.

D: So if someone wants to do energy work to heal someone, and they have the highest purpose.....

P: (Interrupted) We would be there. We are available, yes. Intent is everything.

D: These people know there's an energy, but it seems like you have a personality.

P: They may be aware of energy, but they don't know how to direct it. Or utilize it to their advantage. But we're *here*.

D: Do you have any advice on how someone can utilize it?

P: The person would seek to be open to this, with high intention. And asking for energy from the very highest source. There are all kinds of energy. It's all available.

D: Are you of the highest source?

P: Yes. I don't know that we have a name.

D: But they just ask for the energy of the highest source.

P: Yes, and we would answer to that. Then they can direct it to wherever it is needed. We're available. Many people are waking up to that fact. To access this, yes.

D: Are you also the type that can be called on to create positive things?

P: What we do is create a frequency. We create possibilities. I don't know that we create shape or form with this. So much as we ... facilitate. Is that the word? We facilitate the *energy* for the use.

D: I've always told people they can create their reality. They can create anything they want in their life, because the mind is that powerful. (Yes) And your energy is available if they want to use it in the correct way.

P: That's exactly right. Their intentions have to be 100% good, honorable.

D: If they're not, you won't work with them?

P: Absolutely not. We would not be *used* for other than good. That does not mean we would not *be* there in a space that was not good. Because our purpose would be to transmute, so to speak, the chaotic, the negative, into a positive, smooth, high frequency.

D: Oh, that's wonderful. I like to help people help themselves, but I always think I'm working with something else.

P: You're working with us.

D: Is it more or less because you're drawn to this when people are in this state?

P: (Interrupted) That is part of it. And the intention of the individual to utilize this energy.

I then turned to asking some of the questions Patricia wanted to know about her life, especially her purpose. What happened next was an unusual phenomenon in itself, and proved to me that this part (or energy) was totally separate from the physical body it was speaking through. As it began to talk about her purpose, it paused and then said, "There are tears in the human." Patricia had become emotional, and was crying. And the energy was observing this objectively. I tried to explain to it that she was feeling emotions, and that was good. As Patricia continued to cry softly, it said, "It's overwhelming. Feeling! The feelings!" The emotions were disturbing the energy. It was obvious that it was not used to experiencing

anything like this. I tried to remove it from the emotions by telling it that it could allow the *body* to experience this while it talked to me. It would be able to remove itself and communicate while the body did its own thing. I reminded it that it could be in and out and wouldn't have to remain after we finished. There were several deep sighs and then as quickly as snapping your fingers, it was back in control. The emotions were turned off. It had removed itself from them. It was amazing to witness how it experienced something that was totally unfamiliar to it, and then took control of the situation again. It then explained to Patricia what her purpose was to be.

P: The body is going to use this energy with her presence, in any situation. The energy will have a smoothing feeling, impact, on any person or space this body is. This body is finding somewhat of a challenge holding this energy, because it is a very strong energy. She will use it as an active intent of healing with others or places. It may take some adjustment. I think it has put a strain on the physical body by holding and fearing it.

I suggested then that it might be better if she didn't use it for a while.

P: That would be wise. We say they will grow into it, but we will grow into them, so to say. (Laugh) So just by being around someone that is ill, her presence will raise the frequency. It will assist the person in raising theirs, just by being there. Like a little bit of lemon dropped in water changes that water, because that's all it takes. Absolutely. For now it would be better for her physical body to be brought into balance and healing, because the better that is, the more energy she will be able to accommodate. And she *will* accommodate this energy. It's not that it *might* happen. It's *going* to happen. Her body just needs to catch up. This body didn't realize, or didn't know, how to utilize this healing energy for her own healing. For everyone else, yes. But this body must learn to accommodate this, because this is what this body has asked to do. It's a very *big* energy.

I then asked the energy to heal Patricia's body of the physical discomforts she had complained about before the session. "See, this is the part I want you to understand. This energy doesn't necessarily *do* it. It provides the energy. It facilitates the frequency for the healing. Anything can be done. Anything can be repaired. Our job is to provide the energy for ... something else to use it." She seemed confused. She said she thought something else had to be called in to use it. I knew what she was speaking of, the subconscious, that I work with regularly to do the healing. She agreed excitedly, "Yes! That's it! Yes, yes! We provide the raw material for this fixer energy. Yes, yes. The subconscious can do it." It agreed that it would be a good idea to call forth the subconscious to do the actual healing, but emphasized that it was always there and available for use at any time by any one (if they had the right intention). I gave instructions and Patricia gave a big sigh when the strong energy left. Then I called forth the subconscious, and I watched as the one replaced the other. The shift was very noticeable. I then asked the subconscious to explain what had happened when that energy spoke through her.

P: It's in her. It's of her. She needs to have the awareness.

This entity was more sure of itself and spoke with more authority, even though the other energy had great power. "She had to be aware of the immensity of it. The availability of it."

D: I think it was interesting that the energy didn't understand the emotions.

P: No, it didn't. (Chuckle)

D: It was good for it to experience that.

P: I think so.

Then, with the other energy assisting, the subconscious (the fixer energy) went about repairing Patricia's knees. The doctors wanted to operate and do a knee replacement, but the subconscious insisted

(as it always does) that there should be no invasion of the body. “The bones are being moved. Their proximity is being adjusted. There is much wear in the bones. The cartilage has to be recreated. And we need to reform and reshape the joints. I am thinking it will take a couple of days. It will be completed over ... say, a month or so, but the majority of the healing will be done in a couple of days. There will be a noticeable difference. The cartilage will be rebuilt. There will be a cushion, and she will be able to walk without discomfort. Health again.” It also said that when she went back to the doctor, the difference should be seen on X-ray. It then went to work on Patricia’s back, because the problem with the knees had thrown her back out of alignment. I saw her body jump, and heard the bones crack as the energy flowed through. It was obvious something was being done, as the body had been moving and jerking during this entire procedure. “Now it needs work to make it hold there. In some spaces, it may be a little tender, but not to worry.”

D: It’s all done with that energy. (Yes) I appreciate you allowing me to meet that energy. It’s a beautiful personality.

P: It was for your edification, too.

I thought “edification” was an interesting word to use here.

I think of that applying to building something, a structure or whatever. But when I looked it up in the dictionary, it said it also meant: moral or spiritual instruction or improvement. It wanted me to know the power of the energy I had been unknowingly using in my work.

Before I awakened Patricia, the subconscious had a parting message for her, “Continue to believe, and to *know* that healing happens. Be it of the spirit, the mind, the body, whatever. It is possible, and it *does* happen, but you must trust and believe. The body was created to heal itself. It knows how to take care of itself.”

The more I do this work, the stranger it becomes. I am used to working with the individual spirits of humans that reincarnate and

occupy various bodies for the purpose of learning lessons, having experiences, and repaying karma. I have become completely comfortable communicating with the wonderful and powerful subconscious, which holds the answers to everything.

I have become somewhat used to the idea that this body that I am in at this moment that is typing this book, is not the only *me*. That I am a very small part of a larger soul that has chosen to splinter or fracture in order to experience as much as possible. And that these other parts of myself will never be aware of each other, because it would be too overwhelming and defeat the purpose of the *game*. Just knowing that they exist is mind-boggling enough. I have only partially digested the information that these splinters or facets can exchange places in times of need, similar to walk-ins, yet different, because they are part of the same soul. I have been exposed to so many different ways of thinking, that I thought there could be nothing left to be learned.

Now I am getting information about different forms besides the spirits that occupy our bodies. Yet, in all actuality they are spirits, just in a different form. I have communicated with those fulfilling the duties of a guardian angel (or guide), and creator beings. Some that I am encountering more and more are those that have never lived on Earth before. They have come directly from the Source to help Earth at this time. A more familiar form are those who have only known alien bodies, and are coming to the Earth for the first time. Then I encountered the “hitch-hiker” energy (or spirit) that comes from an extremely high level of development. It only comes to Earth when it is rewarded by having a vacation, and is allowed to hitch-hike or use the human vehicle to observe and absorb emotions and reactions for a limited time.

Now in this chapter, I am exposed to yet another type. An energy that has no desire to occupy a human body, but is there to be used by the occupying spirit for healing or whatever use is needed. There

will be more unusual energies introduced in the last chapters of this book.

The amazing thing is that they have a definite personality. They can communicate with me, yet they are totally separate from the person that I was speaking to before the session. And the person is totally unaware that this spirit or energy is occupying the same space they are. This all definitely challenges our concept of reality, and just what our lives are all about. The more I explore this work, the more I am convinced that what we perceive as our human life and existence is merely a facade. A veil that hides a much deeper and more complex world that exists along side of us, and yet is totally invisible to us. I wonder how much more is hidden behind the facade, and how much will be allowed to be revealed?

CHAPTER THIRTY-EIGHT

THE FINAL SOLUTION

George was a member of one of my hypnosis classes in 2005. The class was over and we had this session in his room before he left to catch his flight home. George is very astute psychically and had been aware of entities and various energies in the room during the class. He said this happens to him regularly, and he has had to be careful what he talks about, and who he shares it with. He has put his abilities to work as a therapist. It helps to add insight as he works with clients.

George came off the cloud seeing only the color blue, and knowing he was not in a physical place. "It is not a place, it is an essence and a calmness. And it is where it started. It is part of everything, and we are part of it. We are but one facet of it. It is knowing. It is all. At any point in time, all will come from this. It is just *it*. There is only a feeling of calmness. There is no up, down. There is no sense of time, distance. It is just what it is. Some remember this."

D: You said this is where you came from?

G: This time, yes.

D: But you also said it's where everyone has come from?

G: All must go through this, yes.

D: This is where you started?

G: It is not a place to start. It is something you must go through. One must endure this to go forward. (He was becoming emotional.)

D: So you started somewhere else before you came to the blue essence? (Yes) Why is it emotional?

G: It did not have to come to this, for me to come down here again. It should not have been a necessity for me to come back and do this again. Why can they not learn?

D: You were happier there, you mean?

G: That is not the point. The point is that this could have been avoided by all. It should have not been allowed for me to have to come again. I just don't understand what needs to be done.

This sounded similar to Ingrid's account in *Convoluting Universe - Book Two*, where she came back and was upset about it. She also didn't like what the humans had done to the world, and was emotional about being sent back.

D: Had you already gone through many physical lives?

G: This one thinks he has, but no. There are not many, just the ones that have to be done.

D: So you thought you had finished everything?

G: It should have been, yes.

D: Did you have any karma that needed to be repaid?

G: It was not a necessity. I'm only allowed to come back when the need is great. I should not have to do this again.

D: You sound angry about it.

G: Why could they not understand? We taught them, we showed them, we told them the consequences.

D: Who did you tell? Who are you talking about?

G: We were talking about those who were there on this plane, who were taught only if they would show those who move forward, to

keep them in balance. To show what needed to be done.

D: The people who were alive on the planet at the time you were here before?

G: That is correct.

D: And you thought they understood?

G: They did. It seems to be a miscalculation on our part of what will transpire in the human race. We will not allow that miscalculation to arise again.

D: What was the miscalculation?

G: That there would be too much fear amongst them.

D: You thought they would be different?

G: Correct. That was the plan.

D: You thought you had accomplished what you started out to do.

G: That is correct. But we continue to monitor what happens here, and others. We thought the last time when it was corrected, that would be the last time. We told them, we gave them, we showed them what would happen again if it was not averted.

D: You know how humans are, they forget.

G: This is true, but we had safeguards in place. We had those others who were here to ensure that this would not happen again. But they did not listen.

D: The safeguards, the other spirits that were here, you mean?

G: By your perception of it, yes. There were energies in place. Knowledge that was given at appropriate times to people. They were

to share this. But others became involved, and should not have.

D: What others? Do you mean humans?

G: This is not correct. No, other influences began to come about - greed, fear, power. This should not be allowed on a grand scale. It will happen, we understand that, we have addressed this, but the magnitude of it was not allowed for.

D: You didn't think it would become so widespread?

G: That is correct.

D: When you came the other time and instructed the people, were you living in a physical body?

G: You would call it physical, but no. It was physical when you looked at that, but that was all.

D: Can you tell me something about the time period?

G: The last time is what you would call "Atlantis". I was here at the end, yes. They abused their power, their knowledge. They misunderstood what it was there for. All they had to do was continue on the path that we set them on. We were sent back to correct this miscalculation.

D: At that time, were you living among the people? (No) So you weren't a physical body in that way?

G: It was when viewed upon, yes.

D: Were you watching what was happening?

G: Others were watching. They realized what was going to happen if it continued on this path, and we were called in. That was our function. We are the ones that correct. We all replace, we all have what you would term a "job". We are the ones that correct.

D: Are you like spirits?

G: Similar to that, yes.

D: Does this mean you have not had physical lives before in a physical body?

G: No. This one thinks he has, but no.

D: So you were called in with the others to help at that time, because things were going wrong?

G: That is correct. The greed and power was coming to a point where it could no longer be allowed. If it was allowed to go forward, then the consequences would have affected too many other entities and planets that we are all connected with. And therefore, that was not allowed at that time - it had to be changed and corrected.

D: What were they doing that was so negative?

I knew the answers to these questions, because I had already written about Atlantis (*Convoluting Universe - Book One*). But I am always trying to either verify what I have found, or add more information.

G: They were abusing the energy, abusing their knowledge, instead of helping nurture and continue to understand and grow. They were manipulating what they had. They tried to change it - which it will change, because it's a function of it - but that had not been allowed for. And then they were going to go down that one line that will exponentiate into other avenues which they were not ready to attain at that time. That type of knowledge was not ready for them at that time and therefore, the correction had to be brought forward. They were using this to destroy others, to regain power over others. Your legends say so, and if you look hard enough you will find that.

D: I've heard that they abused the power of their minds.

G: To a degree. Their minds were very advanced, we helped with this, the power of their minds, so that they could understand the energies they were working with. To advance, not only themselves, but the planet in general, which would in turn be a domino effect to the other planets and other communities and entities.

D: Were they using physical things also to create energy?

G: Your assumptions are correct at this time. There are crystals that are available and can be manipulated with the right energy to drive frequency. You have already tapped upon this in your writings while working with others. But there also are some crystals that have not yet been discovered that are what you would call a “catalyst”. They are the center, they are the holders. Certain individuals or energies can attain this and use this in the power that you would think would be known. No, it was actually the opposite. Things can happen and manipulate from this point and go forward.

D: Are these large crystals?

G: Some can be very large, some are not.

D: You said they've not been rediscovered yet. Is this because when the changes took place, they were buried again?

G: They were hidden, yes. They were already using these crystals and looking for the others. They cannot find the others. It is not allowed at this time, no. It would have allowed them to reach a new level of understanding that, with the way they were moving forward, would have had a negative impact upon others on that plane of existence. They felt they knew everything, they could control it.

D: I've also heard they were trying to change nature.

G: They were, yes. They were changing DNA of the trees to bear more fruit, which is understandable in that case, to feed the population. But also, they did this without understanding the

consequences of it. When they changed the DNA of these protectors, the structures were uncommon next to the other structures within and around them. And then with their vast knowledge and the power of their mind, it was clear they could also change the DNA of the humans. This they also became adept at. Some of your ancient legends will also show this. You have not found any evidence yet of this, but you will discover it soon. The ancient legends of what you would call a “minotaur”; there were those and also others. They served no useful purpose whatsoever, but yet they still did this. They called this the “New Science.” But one must understand that was *not* science, that was just the abuse of what they had. They already knew what would happen, but yet they wanted to bring it into fruition. They wanted to bring it into this plane, but in this instance, it should not have been there.

There is much more information about this in the chapters on Atlantis in *Convolutd Universe - Books One and Two*.

D: They were curious and wanted to see what they could do.

G: That is correct.

D: Isn't this something our scientists are bringing back now?

G: That is correct. That is why I am here and the others are here also.

D: Your people have told me this before. We need to know this information, because history is repeating itself.

G: This is true. It's already begun to happen again. They seem to be following down the same paths, yes.

D: They are trying to change the DNA of plants again. They said it is to make more and better food for the population.

G: They understand, but they are once again crossing that. They have surpassed what they have already done and their manipulations are going down to what you would call a cellular level. But also these changes, you must understand, go past the cellular level. They go past into the energy level, too. And they begin to manipulate that again. They have already done this.

D: We do know they're cloning animals and messing with the DNA of animals.

G: It's been going on for what you would term fifteen, thirty years, yes.

D: I've been told they're also doing this with humans, but it's not common knowledge yet.

G: That is correct. If they do not understand and realign their thinking, we are working with this with others. But as you would understand, there is much persuasion from the others to continue on that path.

D: It's all in the name of science, isn't it?

G: That is the term that is used, yes. Or now, as they are saying, it is the name of what you would call "defense" - military, the betterment of others.

D: Why would the military benefit from something like that?

G: They see it as a weapon.

D: The manipulation of DNA?

G: That is correct. What you would call "bio-terrorism". Also, creating a person who can withstand the battles of war.

He seemed to be having trouble finding the correct words. The words seemed foreign and strange to him.

D: The words will come easier, because I know it's difficult using our words. But you mean their bodies would be manipulated?

G: The bodies are being changed to be able to go against a bioterrorism attack and succeed and survive. But they don't understand that the body itself will become a weapon against them. That which they form to repel, will evolve and come back to them again on a different level, and the consequences will be great.

D: Do you mean the body is able to develop something to counteract this?

G: They are working on this in their labs to inject it into a human body so that it will be repellent to bio-terrorism, different ones. And they inject substances into it, change the DNA structure of it so that it will be adaptable to it. But that will only begin to break down after a short term, and they will no longer have a defense against what they have created themselves.

D: This is one of the reasons you're here, because they are going to harm the people?

G: I am here to stop this. We are here to make the corrections, yes.

D: Well, let's go back a little bit. You said you were there at Atlantis when everything was happening. What happened?

G: They were told to quit. If not (Pause)

D: If not, what?

G: (Pause) If they would not quit, then we were to control it. We come in and use our full power, and we make the correction. They would no longer exist.

D: Is that what happened at the time of Atlantis?

G: That is correct.

D: What kind of correction did you make?

G: (Coldly) We eliminated the population. We hid the civilization underneath the water so it could not be found again.

D: I like to clarify these things. Is it all right if I keep asking questions?

G: At this time, yes.

D: Because these are things I am working with.

G: We understand this.

D: I have heard the scientists were misusing the crystal power and that's what caused the destruction.

G: We did allow some of the population to survive, so that the legend could be spread. So that others would hear of what had happened. And we had hoped that because of this, they would understand the value, and also understand that they cannot misuse it. That we will be watching and we will take the appropriate action necessary, to save not only this one, but the others.

D: What others?

G: Other planets. It would be a chain reaction. This you already know.

D: So at that time, you did this even though it was something you didn't want to do. Just destroy everything and start over.

G: That is correct. But it was a necessity.

This has been reported in some of my other books, that they are normally not allowed to interfere in the affairs of other cultures. They can only watch and observe. The only exception (and I have been told this many times) would be if we reached the point where we could possibly destroy our planet (either through the misuse of atomic power or, etc.). This could not be allowed, because it would cause a ripple effect out into the galaxy and many other civilizations would be adversely effected. They also said it would affect other dimensions where other cultures exist. It would be as the declaration of an unwanted and unjustified war that would have far reaching effects. This could not be allowed. They said in such a circumstance, they would be justified in stepping in and keeping this from happening. However, I had never heard anyone speak of the drastic measures that George was describing. This sounded unnerving, cold and calculating without any feelings for the human race. But did they consider that the human race at that point had moved beyond the need for humane feelings. This would indeed have to be carried out by a totally different type of entity.

D: I have had stories of people who did survive.

G: That is correct. They were allowed to. Some were given notice so that some of the knowledge could be used to restart.

These stories have been reported in *Convolutd Universe - Book Two* and some of my other books.

D: But the majority of Atlantis is under the water?

G: That is correct, and they are searching for it at this time.

D: I've also been told parts are under mounds of dirt.

G: Parts, yes.

D: But this was something you didn't really want to do?

G: It is our function.

D: Did someone or something tell you to do this?

G: The collective understands what needs to be done.

D: Even though it would appear to be negative, to destroy a whole civilization?

G: That is true. We have done this many times.

D: On Earth, or in other places?

G: Where we are needed.

D: I've heard that many times on Earth other civilizations, besides Atlantis, went down.

G: Correct.

D: But you have also been sent to other worlds?

G: Yes. This is our function. That is who we are.

D: Does this mean that you have never lived in a physical body until now?

G: There have been times when we had to take on the bodies of the civilization, so we could impress upon them the value of what needed to be accomplished, yes.

D: But you're angry because you had to come back. You thought you had fixed it the other time.

G: That is correct. It should not be a necessity at this time, but it is.

D: There have been many, many, many generations since that time.

G: That is correct.

D: And it seems as though the people are back in power again, making the same mistakes.

G: They are. The other ones that have come in at this point in time have had influence that we had not allowed for. The collective has said it was a necessity.

D: Are the other ones those energies that are causing the negative influence? (Yes) Are they also in physical body?

G: They are not in the physical body as you would think. They appear physical, yes. They have a different agenda. We are as diverse as you would say the humans are.

D: Isn't there a control, like the collective, that would not allow this negativity to come?

G: There is a collective. It is allowed, yes.

D: Is this what is causing the wars and everything in our present time?

G: That is correct at this time.

D: But you said there are many others like yourself that have come back to correct this?

G: (Cautiously) Why are you looking for this information?

When suspicion arises, I always have to answer carefully or the flow of information would be cut off.

D: Because I'm like a reporter. I'm an accumulator of information. I write about it, you know that, but it's to let people know what's happening. Is that acceptable to you? (Yes) I'm trying to help in my own way so people will know what's happening.

G: We understand.

D: I have spoken to many other people in this state who say they have been sent to make changes.

G: There are different levels of change that you speak of. We are the *final* level. The others are here to help facilitate the change. If the change does take place, then we are not needed. If it does not take place, then we will correct.

D: The same way as before?

G: We *will* correct.

D: Would it be the same way, with the water?

G: It would be a correction.

D: Do you mean it would be something different?

G: We are not allowed to tell you at this time, no.

D: That's all right. I take as much information as I'm allowed to receive. I spoke to a man in England who said there were seven people who were sent. I was wondering if you were one of those, or if you're doing something different. (See the chapter in Convoluted Universe - Book Two "The First of the Seven"). They told me not to reveal the identities, and not to put them in touch with each other. That they had to do their work separately.

G: I am not of that group. They are the ones who are here to facilitate the change. If they fail, we are the group that will correct. We are the ***final*** group.

D: I think this is very valuable information, because the world seems to be stumbling along making the same mistakes all over again.

G: That is correct.

D: Is it all right for me to know these things.

G: At this time, yes.

D: And I will not reveal the identity of the body you are speaking through.

G: That will not be allowed, no. It is not his time yet to be fully known. He will be.

D: That was one thing he wanted to ask about. He feels he has power, and he wants to know why he can't use it.

G: We all have power, that is true. We would be called the *final* solution. The ones of your group have what you consider much power, yes. He *is* the power.

D: I have worked with many others who were healers and practiced different energy work in a physical body in other lifetimes. They are now bringing this knowledge back.

G: He has looked into many different areas and is very familiar with all of them. He will feel an affinity with them. He will understand them, and it will come and seem natural to him.

D: He felt that he had a power from somewhere, and he wanted to know if he could get that back. But there's also the fear of allowing this power to come through.

G: That's understood.

D: Because he is human.

G: In your perception, yes.

D: Are you going to allow him to experience these things?

G: This will be allowed now, yes.

D: If he allowed this power to come through to help people, would he be able to control it?

G: He can control it, yes.

D: Of course, if there was too much power, it would frighten people.

G: This is true. The power that is attainable is great, yes. We have been working with him and we will open up the pathways for it to come through again. It will no longer be gradual. It is time for him to go, to move forward with this. He'll be allowed to experience the major energy shifts that are coming. He will be allowed to access the universe to use the energy.

D: But he also has to live a human life.

G: This is true.

I am always well aware that I perceive the person I am working with to be a normal human being. And I am very careful not to disrupt their life, no matter how strange the information.

D: He has to live in the physical world. And he has to have a job, and the things that a human needs. We don't want to interfere with any of that, do we?

G: That is irrelevant.

D: But it's what humans have to do.

G: We understand, but it's still irrelevant.

D: My job is always to protect. So what you are going to let him do will not interfere with his human life, will it?

G: The question is understood.

D: He said he was trying to get more information from the spirits. It's actually coming from you, isn't it?

G: That is correct.

D: And he wanted to know what was holding him back from attaining these things.

G: He still retains the fear and the anger from the last time. And why they have not understood and moved forward. That is why he has these doubts that come forward sometimes. And he realizes that he may say that humans are stupid, and do not understand. This is the reason and where it comes from.

D: He said there was anger.

G: Oh, yes. That time has come and passed now.

D: So this is what was holding him back.

G: He was never held back.

D: Well, he felt he was. (Laugh)

G: It's understandable.

D: He also felt he had the ability to move objects.

G: He has the ability to do much. Moving objects is what you would term as "child's play", yes.

D: Will he be able to bring that ability back?

G: Oh, that's fine. We've been showing this to him off and on. It is natural for him, yes. This and the other abilities will start coming back immediately, yes.

Another ability that George thought he had was the ability to locate objects. He wanted to help people locate buried things. This was something George wanted to do very badly, yet he felt he wasn't able to do it. He also was interested in healing other people.

G: He can do anything. He still associates that with the last time. It's there again, and it's just one small part of what the ability is, yes. There again we would term it as a child's toy, yes.

D: So he will be able to have these abilities back?

G: He's already had them. We will unshield it, yes.

D: So all of these abilities that he's been afraid of will begin to resurface?

G: That is true. We will begin to unshield those now. The shield has been up for a while to protect this, because he was not quite ready, in the human sense, to understand or grasp the enormity of it. So he had to be protected until now. He has been doing these things and others. He will be known for some of these things, yes.

D: But here again, we don't want to disrupt his life.

G: That's irrelevant. You don't understand the concept of his purpose here. His purpose here is to create things, and make them grow a certain way they have to by the collective. Just because he attains a human body is irrelevant to this matter. But yes, we understand the question. We understand what you are trying to do for the human body. We understand that point. We will make adjustments for this now, yes.

D: Because he does have to live in this world. And if he appeared to be too unusual, he could be put away somewhere. Then he wouldn't be able to accomplish anything, would he?

G: He will not allow humans to fully perceive what he can do. He will enjoy working with the child's toys part, yes, and that will satisfy the humans. It will keep them from understanding what he can do. But we also understand he's being looked for now, him and the others, yes.

D: I was wondering if the government would try to find them.

G: They are aware that we are here, yes, but they do not know where. The Others are trying to help them find us, yes.

D: So if some of these abilities are revealed, he's not going to be in any danger?

G: They cannot harm him, no. Soon they will realize that he is here, yes. They know he is here. Let me clarify this: they know he is on this planet, yes. They know that he is beginning to adapt and use the abilities now. Yes, they are aware of that. Soon they will also be aware of actually who he is. But by that time, they will not be able to do anything to him, for him, or against him.

D: So you think these are government people?

G: Them and others, yes. The other ones who are working with them, yes.

D: I have had other clients that we were told to protect.

G: He needs no protection now, no.

D: Because I wouldn't want to do anything that could hurt him.

G: We understand. That is correct.

D: So if he becomes more noticeable, then they will identify him.

G: Oh, that is true, yes. And we wish this to happen, yes. When they identify the group, they will know how many of the group is here. And

therefore, our goal is, if they will adjust just by knowing the group is here, then we have achieved our goal, yes.

D: They don't know how many are involved. They can't possibly find them all.

G: Yes, they will. They have the understanding, we will allow them to know where we are, yes, that is correct. This group only, though. We must clarify that - it is this group only.

D: What is the difference between this group and the others?

G: If you were in a battle and you were an infantry soldier, and a tank was coming towards you. You identify where the tank is, of course, but would you stand in front of the tank?

D: No. (Pause) So what's the correlation?

G: The group is like a tank. Each one is like a tank. They can identify them, true. And that is our goal (as are many), to have them identify them. They have to. But once they identify them, at that point, they cannot do anything to them. Now of course, they will try. But they will learn how insufficient that is.

D: So the other groups are doing other work?

G: Correct. Each group has its own job to do.

D: Nobody could hurt this person, could they?

G: The physical part, the human part, at this point and time in his life, perception is yes. But what needs to be understood is -to see why all this was arranged - from this point on, that which is the human part will still be there, yes. We will not allow it to be moved away. But the essence of who he is, the essence of what his ability and, what you would say is, his "job", must be accomplished. So therefore, that part

of him has already begun to come through lately and will continue on now with accelerated pace, yes.

D: So things will be changed in his life now.

G: Of course.

D: Okay, but we always want it for the positive. I know you 're frowning, but I always work with the positive.

G: And in this one's frame of understanding, he tries to always be the positive. And he does want the human population to be positive and correct itself. By doing that, he will not have to follow through on his job. He knows what can be accomplished. He knows that if it comes to him and the others of his group to come forward and fully announce themselves to this world again, what you term as a "cataclysm" would be great, yes.

D: I was told that everything would have to start all over again, and that would take too long.

G: This is true. But he and others are here in place, just in case.

D: Does he know any of these others? Or is he supposed to?

G: He has not met any yet. But there are many, yes.

D: When George was a child he had many problems with his kidneys, and was put on a lot of medication.

I have had other cases where people were actively involved with working with energy, both in this life and especially in past lives. They also had problems with their organs, and unexplained fevers during childhood that mystified their doctors, who used many medications to no avail. During the sessions, it came to light that their physical bodies had difficulties incorporating the higher vibrating energy that had been carried over from their past lives. George had

been told he did not have any past lives, yet the explanation was similar.

G: He cannot filter into this lifetime very easily. The energy was too great for the body that was chosen for him. The people, the individuals, recognized that something was different and he was examined. But the main reason was that the energy was too much for the body at that time and it had to adapt to it. It affected, not only his kidneys, but many parts of who the body is, yes.

D: But the kidneys are all right now, aren't they?

G: Yes. We are working with him, helping him to adjust, helping to clear his mind, his essence. So that it can be adjusted to the new energy, so he will realize and understand who and what he really is. We did not understand that it was causing this much problem with the ability of the healing body to maintain itself. We will correct that.

They went through George's body and adjusted many organs and parts as they went. They talked about some loose connections which were preventing the energy from flowing correctly and smoothly. They even found problems that George was unaware of. The healing and adjustments would continue over the next two weeks. Sometimes, it is not advisable for the healing to take place instantly because it would be too traumatic for the body.

George had also discussed having problems sleeping at night. He woke up every two hours. "That is the energy flow. The information that had been given to him at that point in time comes in flows. And the pause between the flows wakes him up, yes. He must receive the energy, but we will adjust the time framing of it, yes." I asked if he would become successful at healing or doing energy work to where he could stop his regular job. "His goal is not to be successful at this. His goal is to facilitate a change. But in your terms, he will become successful at this in making changes, yes."

D: He has an irrational fear of dusk, right before it begins to get dark. Can you explain that?

G: When do you think Atlantis was taken care of? That was when they corrected the last one. The correction was started at dusk, yes.

D: That was when they began the correction that ended in the cataclysm?

G: Yes. He realizes his power and what he must accomplish. The fear was irrational. We will adjust that now. You are a facilitator that was gained to allow him to access this at this time. He has always had the feeling that in the human context he could not accept. And by being here with you at this time, he was able to access the information. Therefore, we can now remove the shields that he had put up until the appropriate time. So now they will be removed and he will be able to understand and move forward, yes. That is the connection.

D: Everything has to happen in the correct time. - Let's hope you don't have to do the final solution again.

G: We will do our job, yes.

D: We hope it doesn't come to that this time around. Maybe the human race will begin to get the message.

G: (Darkly) They didn't last time.

It seems as though the *plan*, the *goal*, had taken into account every possibility. They are trying to change conditions on Earth by introducing new, pure spirits in many ingenious ways. But just in case they are unsuccessful, the *final* solution was also placed here. They have said that the increased new energy that is entering, seemed to be having an effect. But, just in case, they are prepared to use drastic measures again. Let us hope those of George's energy and assignment will not be needed!

CHAPTER THIRTY-NINE

THE ABSORPTION

I had intended to end this book with the Chapter *The Final Solution*. I could think of nothing more powerful than the discovery of that unusual energy that dwelt in the body of a normal man. An unnamed energy that had the power to destroy the world. From the icy way it spoke about its job, I do not have the slightest doubt that it meant what it said. It fully intends to carry out its mission of total destruction, if we don't straighten out the mess we have made of our world. From other sessions in this book, I found others who possess the same power, and some of these have already used that power in other lifetimes. I do not think from the description that they would be called upon to do it again. I believe that assignment would only be allotted to a few. It is quite understandable that they would have to come into this life with total amnesia of the assignment. How else would they be able to carry it out when the time came? How else could they shut off all emotion and only do what they were programmed to do? When I discussed this with my daughter, Julia, she did not think it would be for the best to end the book on such a negative note. I thought it might be a wakeup call if people realized the path we are headed down and if they were aware of the terrible consequences that have already been agreed upon. Now upon reflection, I had to agree that she was right. However, I did not know that "they" were also planning the end of this book, and they did not want it to end on that negative note either.

I really thought this book was finished, and I was doing the final editing, when I had this surprising session while I was in Montreal in May, 2007 speaking at the IIHS Conference. I was working with Toni, an English teacher. She is a calm, gentle person whose exterior gave no indication of the power and great knowledge dwelling just beneath the surface. As it began, I thought it would be another normal past life session. However, "they" literally screamed

at me as they presented yet another concept. I then knew I had no choice but to include it in this book.

As the session began, this was another example of someone not allowing me to complete the induction. Toni's subconscious was so anxious to get started that it propelled her into it when I asked her to go to her beautiful place. She immediately began describing what sounded like the Source. So many of my clients are going there now, instead of going to regular past lives, that I am no longer surprised. I always let the subject pick their own special place, and she could think of no better place than to return to the Source. She became emotional immediately. She described it as, "The heart of the Sun. The heart of God." When I asked for a description, she seemed to be experiencing total bliss. "To tell you what I see would mean that I would need to use an image of looking through something. But when there is nothing to look through, but only That Which Is, it is more difficult to explain. If you could imagine your body sinking or immersing itself into a body - a greater body - of water. That is so *soothing* and so *calming* to the senses and so *reflective of light*, that you see or feel or (she searched for the words) can think of - no, not 'think' - can experience nothing else. Then perhaps you have come only a fraction of the way. It is All That Is." She became emotional as she continued, "If I can say that, if I had a body, it would be the body of God. Can you understand? It is difficult to explain or imagine. When you can align your beingness with a much *vaster* beingness than that which is known on this plane."

Her voice grew louder and thundered with authority. It was reverberating so much I didn't know if the microphone clipped on her would be able to handle it. It was a total reversal in personality from the quiet, calm, almost shy Toni. I was curious where this was leading, but I knew she was never in any danger.

It was as though something or someone had been pent up for centuries, and was finally able to find release. I allowed it to express itself. It began an exultation to what it perceived as God. It was

completely consumed by feeling a strong emotion. The words blended into tones that took on a musical quality that fluctuated. The sounds were drawn out, and the microphone was being affected by the energy she released. She raised her arms and reached out in utter adoration for something unseen to me. Then she let out several tones that echoed around the room, and with a sudden deep breath, Toni returned, "I am sorry ... I have returned. I have difficulty expressing." The effect of this could only be experienced by hearing it. It was so moving, I could really feel that I was in the presence of God.

D: It's a great wonder, isn't it? This is what it feels like to be there?

T: There is no "there". There is only the beingness. I tell you, it is every place, and yet any place you imagine is not that place. (Deep sigh) It is beyond words.

D: Are others with you there?

T: At this point, you are not identifying with others. It is a return, and yet to say that you return, have you ever left? Here is the great paradox.

D: So you can be in both places?

T: You have your point of expression. Your point of expression is given to you so that you may become expressive of other possibilities that can be created. Possibilities that, in a sense, are part of a large dream state. If you can imagine that God dreams, then you will begin to see that all creation is a beautiful dream of God. Can you understand what I am saying?

This was an incredible experience to be in the presence of an entity of such immense power. The written word can barely describe the emotion and intensity that the words conveyed.

D: I have heard other people talk about the dreamer dreaming the dream. But they never explained who the dreamer was.

T: Ah-ha! Here, now, you will see the microcosm and the macrocosm. For you see, there is but God, and yet God, if I may say so, dreams. And the dreams of God, you see ... we are allowed to become an investment of that dream. Can you understand this?

D: Yes, I do, even though it is difficult for our human minds.

T: Now, I will attempt. As the dream unfolds - for you see, there are no limits - as the dream unfolds, we are allowed to identify with but a spark of that greater spark, that greater light. And in turn, that spark can dream. Oh, it is infinite. It is infinite. And each dream is part of the greater dream. And it is a *VAST*, *VAST* experience, and a play. A playing out of untold of dreams. You *must not* believe that the dream is that which holds your reality. No, you see, you are but a part of the dream.

D: We all are?

T: (She fumbled with the words.) Mmm, you see ... those who cannot accept this understanding will *never* accept that they are *all* of this. And yet, I tell you, there is nothing but God. These experiences that you claim to have, *are* the dream of God. You *are* God expression - whole - and yet, you are believing the dream.

D: But we are told we can control our lives, our dream, and create what we want, if we believe in it.

T: In turn, yes, of course. You *are* in the dream. You are the extension of the *dream*.

D: Does this mean, God begins the dream and we carry it on, or what?

T: There, you see now. It manifests, and manifests, and manifests. God dreams, the dreamer dreams, the dream dreams. And at the point where the dreaming has reached the “twilight”, I might say, then you fall back out, and you are absorbed back into the dreamer.

D: So whenever our dreams reach the ultimate, we can't dream any further, you mean?

T: It is not that you *can't* dream any further, but that you *don't want to dream any further*.

D: So as long as we can create and we can dream our individual dreams, our lives remain. Is that a way of saying it, or am I understanding it?

T: (A deep breath. Then she searched for the words.) There are many strands. There are many “paths” that can be taken. Now, when you say, “we”, you are alluding to this plane?

D: Yes, the human plane, because that is all we know at this point.

T: Thank you. The human - may I say “experiment”? And I *do not* mean disrespect.

D: I understand.

T: The human experiment is to see to which point the dreamer will dream. And to which point the dreamer will *allow* himself or herself to dream. You are part of creation. You are given the gifts of creation.

D: So there are no limits unless we place them. Is that what you mean?

T: Truly. Truly.

D: And as long as we continue to dream and create, then our physical lives continue?

T: You see, when I say “dream”, I do not mean that you are asleep. I mean that you are using your creative mind. And you are envisioning that which will be. I do not allude to a sleep state. Oh, no, you are *very* conscious. Oh, yes!

D: We think we are.

T: Oh, yes! Oh, yes! Oh, yes!

D: But I know many people create very negative things.

T: It is given to them to dream as they will. There are *no* limits, even if your limit is your own. You see, if you choose to be limited, that too is your choice. Again, negativity is but a phase. There can only be God. And yet when you close a certain avenue to the greater understanding, then you begin to limit that which you would accept. Then you accept that there *can* be a limit. Again, it is but a choice that is made and that is *allowed* to happen, because creation will create. That is a gift of God.

D: You said the dreamer dreams the big dream. (Yes) What is the big dream that God is dreaming?

T: What will the dreamer dream? (Big sigh and a pause.) I will try to explain in another way. One moment, please.

D: I know the words are difficult. But we can't imagine his dream, because it is so huge?

T: Vast. Vast. (Pause) When you repose and you allow yourself to expand, your limited consciousness moves into your more-expanded consciousness. There is a greater movement that is given at that place and a greater freedom to experience *anything* that one would embrace as an experience. In this way, God - who *cannot* change - God, who is God, allows a portion a greater freedom. And in that allowing, in fact denies the perfectness ... not denies, but allows that play. Because how can you change that which is perfect? It is

impossible. It is always as is! And yet it is a play. Almost a play, to allow ... where will this creation go? Where will this free spirit carry? This is what I mean.

D: I've been told that we were sent out as sparks in the very beginning of the creation. And that we are like cells in the body of God. And that our job is to obtain information to bring back. Is that correct?

T: God is all-knowing. The information that is brought back is for the spark's benefit. That portion acknowledges to *itself* that which it already knows, because it is a part of the All. That is coming back to that portion.

D: That is what I was told, that God wanted knowledge. He wanted more information to be added to what he already had.

T: I tell you, God is *whole*. God is whole.

This was beginning to disturb me. I have become accustomed to having my belief systems challenged, and even totally reversed during the course of my work. Usually it happened to introduce a new concept, or a new way of thinking. I could not understand where this was going, because it seemed contradictory to what I have been told through countless subjects. But I have learned that the subconscious always has a purpose and a motive when it allows new information to come through. I know I do not have all the answers, so I have learned to be patient and to allow it to talk. I knew I would have time to sort it all later, if my questions were not explained satisfactorily. Yet at this point, I had no idea where this was going.

D: Then what is the individual spark's purpose when it goes out?

T: Love. To move through love in all manifestations. To move through love.

D: Is it correct, though, that in the very beginning, God, more or less, exploded out. And that was when all of the sparks went out to experience? Is that a good analogy?

T: For me to tell you this, I can only say, I understand that the dreamer dreams; that the dreamer dreams.

D: In our analogy of dreams, as long as he is dreaming, then we are all existing in the dream.

T: Yes, yes, yes. Truly, truly, truly. But you are *not* the dream. There is only God. God is *whole*. God is whole. (Pause) The information you have received - you must go beyond this knowledge. The sparking entity - you are limiting yourself. God is *whole*, and has no need of knowledge. You have to go a transcending way. Beyond this. There can be no *change* to God. You cannot *add* to God. God is *whole, whole, whole*. *D: But we still consider ourselves to be individuals.*

T: This is the dream.

D: And you did say that when we complete this dream, this life we are living - because that's all we know at this time - then our dream is over, and we go back and are absorbed.

T: You are dissolved; absolutely. Now imagine ... hmm, an analogy: you have a glass of warm liquid. And to that liquid you add a powder, and that powder is dissolved, and becomes part of that liquid. At one point you could ... (searching for words) you could manipulate that powder. But once it has been dissolved and absorbed ... it is the powder's place to allow the dissolution back to that state, that is the All.

D: Well, I think this is something that frightens people, because we like to believe we still maintain our personalities, our individuality. We work very hard to create that individuality, and it sounds as though we would lose it if we were absorbed.

T: You are *not* the dream. You *are* the liquid form that allows the powder form. If you have the fear of losing that individuality, you are not ready to experience *anything* but that. I would say to you, continue to dream, and be at peace.

D: Well, I get mail from many people. And this is one of the things they say: "I don't want to be absorbed. I want to maintain my identity."

T: *Truly*, no one will force anything upon you. You are safe in your individuality, and *God* is with you, I tell you. You are safe in your individuality. No one is trying to change you; no one is trying to take anything away from you; no one is trying to add to you. But I tell you, from a state that accepts that God cannot be added to, subtracted from ... God is whole. And this knowledge that you seek, when the time comes, will be accepted with no fear.

D: I write books, you know. And I have to explain this in ways that people can understand.

T: (Deep sigh) I tell you, if you would express to the ones who hold this fear, that there is nothing to fear. They are safe within their own creation. That is what I can say to you.

D: Because I try to present it in a way... many of them are taking their baby steps, just beginning to explore. And that's why my books have gone slowly, and I've been allowed to expand slowly. So that it wouldn't frighten people.

T: Truly, truly, truly, truly. You have entered the *dream*, you see.

D: So they can take their first steps and they will not be overwhelmed.

T: Yes, truly, truly. There are many who have entered the dream. Many, many. Yes, yes, like in a tapestry; pin pricks. If you were to imagine pricks in a tapestry, and *through* those pin pricks: *lights*,

light. A different vision to come in, and slowly, yes, slowly, like a light coming through a pin point. Yes, this is a great task.

D: That's a good analogy. That's what I need, pictures that people can understand. Then there's one other question, I think, that would disturb people. God is the dreamer. He is dreaming the dream of which we are all a part. And we remain as long as he is dreaming. What happens when God wakes up? Or does he? (Chuckle) What do you think?

T: (Pause) This knowledge is not given to me to know.

D: Maybe that is something we cannot understand, anyway. Is that what you mean?

T: I can only share with you that which is given to me to know. I will attempt to share with you. The Source that I am able to speak of with you, is unchanging. It is *whole*. I must emphasize this. It *is* whole. It is all-beingness. It is as is. The part that is given to dream is allowed to express variations. In no way do those variations impact that which *cannot* be impacted and cannot change. If you can accept that the God that you understand - I do not wish to give you too much here - perhaps it is not given for *all* to accept. But to *you* I shall give you this information. The God that is given to dream, the God that is known to dream, to produce sparks, to expand and to have the return ... it is but *one* plane. There is *beyond* that plane. I tell you there is beyond that. This I give to you. Beyond this I am not at liberty. I have not been given this permission to speak.

D: I believe someone else mentioned this briefly at one time. That there were things beyond God.

T: It is not given to me to speak of these things.

D: Because we don't want to overwhelm the human mind.

T: Please, I tell you, if they have not accepted that the powder can dissolve, they have not reached that stage to accept the beyond.
(Loud laugh)

D: (Chuckle) It has taken me many years to get to this point.

T: Bless you. (She kept laughing.)

D: And I know in the beginning, I would never have understood this much and been able to expand. So I am constantly being given more. And that's the problem with the human mind, trying to understand all these things.

T: Ah, the value that is given to the human mind. (Loud laugh) Ah! So it is! So it is, and so it is. (Laugh)

D: This is what I do. I present and if people can understand it, then it's for them to understand or not.

T: So it is. So it is. So it is. This is *no* rush. There is no rush.

D: But every little piece of information we can get adds to our own knowledge and our growth, doesn't it?

T: As is given, yes.

D: But I always ask the same question. If, when you are there, it is so beautiful, it is so wonderful - I've been told it's beyond belief, and they don't want to leave. Why does the spark, our individual soul, decide to leave, when it's so beautiful? (She had been making sounds of delight while I was asking this.)

T: The spark, I shall say ... the spark believes that ... (Sigh) the spark does not understand. (Sigh) Please, one moment. (Pause as though listening or consulting.) One moment, please. I am receiving. (A long pause, then a deep sigh.) I am another to speak.

At first, I didn't understand what was happening. Yet this has happened in the past, especially during the sessions included in *The Custodians*. One entity would be speaking, and then another would come in, and the shift would always be quite noticeable. This had not happened for a long time, so I was caught off guard. When she continued, the voice was different, speaking slowly and deliberately as though using this form of communication was difficult and unaccustomed. Was it a different entity that had been called in to answer the question?

T: We who have come from a plane of consciousness that... the sparks that you refer to, exist in a perfection that includes an acceptance that they can accumulate information, light, knowledge and carry it back to be absorbed by a greater awareness. Which is in turn absorbed by a greater, and so on, and so on, until it is absorbed in the Godhead. Our plane of consciousness is now allowed to give to you the information that Godhead does ... an auxiliary to God. The Godhead is, and the portion that you speak of is greater still. Greater still. And the experience of this sparking and returning is but one portion of a dream. It is greatly difficult to express more to you without the knowledge that even the extension and the return have not been accepted yet. To say more and expect you to understand this, is a great feat. (Big sigh)

D: You mean there will be much more that will be given to me as time goes on?

The voice returned to the one of authority that had been speaking before. As though another entity that had a piece of knowledge had been called in to deliver that morsel to me. Then it departed. Its job was finished. Upon reflection, as I typed this transcript, I can see I have been truly given only the bare crumbs throughout all my years of work. Now, they were preparing to give me a bigger piece of the loaf. But from my naive answers, they were concluding that I was not yet ready for more, and closed off the eating of the rest of the meal. I had the impression that they thought I was ready, but were now

going to wait until I digested this piece before divulging more. Yet they indicated loud and clear that when I have digested it, *there was more!*

T: Ah! But again, the pinpoints that are given. This is but a stream of light that has begun to enter. So you have taken the baby steps with these people, and these beings who accept this rotation. And it is given that some have embraced, “Ah! I am returning to a greater place, a greater knowingness, a greater beingness.” And *yet, and yet*, even this (her voice dropped to a whisper) is a dream. Imagine. Imagine that.

D: Do you think it is time now that we should know this information?

T: Yes. It is given to you, because those that are truly ready to be seeded with this information, and to *hold* this knowledge ... there is nothing to be done. I assure you, there is nothing to be done at your level. And yet to just allow the trickle to be *implanted*. Implanted. I tell you, years, years, in that which you’ve perceived to be a future, another world shall manifest itself. And yet I tell you, *even then*, even then that is a *dream*. And you will move beyond that dream. I tell you so. Verily, verily, it is so.

D: I have been told that now it is time to have this knowledge so we can move away from the negativity of Earth.

T: I tell you there is no negativity. And yet, truly, people continue to embrace this notion. *There is only God. There is only God. There is only God.* And yet I will succumb to your vernacular of this plane. I will not embrace it, but I will understand that you accept it.

D: This is the only thing that we can understand at our point.

T: I accept this. I accept this.

D: And you know our world at this time is going through some very bad experiences.

T: I accept. And now, truly, may I speak of this?

Another shift occurred, and a different entity began to speak. This one sounded more feminine and not as powerful as the one that had been dominating the session.

T: I will now address this, if I may. I say to all beings of the Earth plane - I say this from my God Source - if you do not absorb that which *you* accept to be negative into *your thought form*, it *cannot* manifest in this place that you have been given to change. You are God. You are God! And yet, you will not *manifest* that part of your created self. It is given to you to *manifest*, to *manifest* your God beingness. (Almost shouting) Open your God self, I say to you! Open your God self, and allow the light to enter.

The strength of the words were affecting the microphone. It could not handle the volume.

D: Is this part of what we are being told, that we are creating a new world, a new Earth that we will move into?

T: From within, will come such light. It will *manifest* from the very core of your being. *The world which you envision is already inside of you.* Can I explain this to you? You are not *moving* to another planet. You are breaking out of your shell. This planet - this shell - is bringing forth that light. It possesses the core of essence. It is given to you to enter into your light fully, fully, and to *draw it out*. And to say, "I AM LIGHT. I AM LIGHT. HEAR ME, GOD. I AM LIGHT." And truly, then, this world shall be not as you *permit* it. I say, YOU PERMIT IT TO BE! *Nothing in God's beingness can exist without the permission of God.* I SAY TO YOU, YOU ARE GODS! YOU ARE THE LIGHT! I see your future. I say, *come forth in your light*. RETURN to yourselves. Oh, humanity, return to yourselves! And in turn, know that beyond that vision, there is a *greater* awareness. And yet can you take the step even to that place? We await *you*!

This entire tirade of powerful emotion had erupted suddenly and was overwhelming. All I could do was listen and wait for it to die down. In my mind's eye, it reminded me almost of the old time preacher with Bible in hand screaming at the congregation at a revival service. But instead of preaching hellfire and damnation for the sinners and urging them to present themselves for salvation, this entity was trying to offer us salvation of a different kind. It was almost desperately trying to get us to open our eyes and acknowledge what we really are. All of this affected the microphone and was obvious on playback for transcription, but it did not seem to affect Toni at all. After the session, she had little memory of what had occurred. I wonder what she thought when she heard the power of these words? It was difficult to convey on paper the power of this entity. I have tried the best I can to transfer it to writing.

Even though Toni did not remember what occurred during the session, the next day she said she had seen a vision that clarified some of it. She wasn't sure how it related, but I think it applied to this part. She saw three levels. The first level was where all the human creating was taking place. The second level was where the humans had to experience their creations. The third level was moving into the new Earth. And then moving beyond that, where the physical body gradually turned into pure light encased in a shell or form. Then the ultimate came when the light could no longer be contained, and broke through, like the shattering of an eggshell. After that, it spread, as light, into everything (eternity).

D: We are being told we are moving into a new reality. Where things will be changed and it will be truly Heaven on Earth. Is that what you mean?

T: (The tirade had passed. She had calmed down.) It is already within you. You see, you are *seeded* with light. You embody ... you are the seeding! You are the seeding! You are God! (Big sigh of resignation.) Oh, I tell you, I tell you.

D: But we limit ourselves.

T: Ah! Is it possible for a creation to encase itself? To *imagine* that it has encased itself? Truly, we ask you. "Come forth. Break out of that shell. IT IS possible! IT IS possible. It is time! It is time! And yet, time? We must enter into the vernacular, you see. It has never been without this expression, and yet you have managed to create a place where you can limit and embrace a limitation of spirit.

D: That's what I've been told. There is no time. It is an illusion we have created.

T: Ah-ha! And how else could you see yourselves as being less than everything?

D: And they say that everything we experience is only lessons that we're learning from.

T: Lessons that you believe you must experience. I tell you, God is whole, and requires no additions. I apologize. I speak beyond, perhaps, what many are ready to accept or hear. And yet, I tell you that there is beyond that vision. The place -again I enter into your vernacular. I apologize. (Confusion as she attempted to find the words.) The All that cannot - *needs not*, needs not be altered - it *cannot* be altered. It is perfection.

D: But it still wants to create.

T: Here, here is the dream.

D: Because even though he is perfection and has it all, he still wants to experience.

T: That portion that you speak of is but a portion that is allowed to dream. You see, the supreme that you are imagining - you are imagining the greatest expansion of God - is yet in a limited place.

There is *beyond* that. There is *beyond* that. It is not given at this time but to know that there is beyond that.

D: So there are no limits. There is more than we can possibly understand.

T: You are given to understand, perhaps not in this incarnation or this manifestation. (Big sigh) It is given to all to know.

D: I was told one time that it was not the human brain, it was the mind that has no concepts to embrace many of these things. And that was the problem. That's our limitations.

T: It is the energy of this place. You see, because you have created a physical vehicle, there is only so much that this physical vehicle can absorb of energy. And so there have been limits that have been placed around the human mind so that the information - the overwhelming information And I will speak of this one, too (Toni), because she has more greatly allowed herself to accept that there is but the All. And so, you see, she is able to move into it more easily. And yet, the human mind ... we have these limitations that we allow ourselves as a safety measure, because you do not want to *frazzle*, *frazzle*, the human vehicle, because it has a purpose within that which is manifested here. You must maintain and experience if that is given to you to experience. And so, when you are ready not to have a limited form in which you can accept that you can embrace your experiences, then you shall no longer have the need for the human form.

D: Yes. And we have created this very dense planet that we live on.

T: It only reflects the denseness that you accept. It does not need to be like this. It can be whatever you make of it. This planet is not given a punishment of denseness. No, no, you are given to create as God creates. And this is not denied you. Blessed are you to be in the creation. You are the blessing of the blessing.

D: But you can see why the human mind has these perceptions.

T: Truly, we understand that from which you work. But we say to you, you can manifest a different variation of this dream.

D: And that's where we really have to change our minds to embrace it.

T: Not to change your mind, no, no, but to embrace. To embrace and to *know* that the light - that new Earth, that new world that you speak of - exists within you *now*; it is *there* now. You just must allow it to come forth. To move into that higher place, that higher place that is *you*. That is *you*.

D: Is it alright if I present this information, and just allow anyone who can understand it to accept it?

T: We say to you, yes, it is given at this time that that which has come forth may be placed into the literature. And yes, those that are given the task to come across this information and in reading it to recall; recall that they have chosen that they shall carry this energy, this information. And they, in turn, we ask them, please, please, do not try to do anything, but do, *do allow* this to move in the energy field. Allow it to move in the energy field. And from there it will be taken to its proper place. You have but to allow the possibility. That, "Ah, I see, this I can manifest." And that, that shall be enough.

I thought it was time to get some answers for Toni. To return to the mundane, because she is living in this world, even if it is an illusion. "You know you're speaking through a human body?"

T: Yes, it is given to her to give this information.

Of course, the main question is always about the subject's purpose. Toni was aware that she had psychic abilities, but she didn't know what to do with them. One thing that she can do is feel energy in everything.

T: It is so. She has been given a mission, and yet she says, "Ah, my God, can I perform this mission? I am but so small." (Loud laugh) You see, she has bridged that place from which you say humanity is, to that place which she knows exists. And she chooses - I say to you, she *chooses* - to live in that in-between place. And it has been *allowed* to her to enter into this embodiment and she does not like the human form. But (loud laugh) we say to her, "We have not kept you in the human form for long, for we allow you to leave the human form and to reintegrate into the All." And for this reason, she *embraces* the dream state. She *knows* that in the dream state, she is allowed to return to the All. And I say to you, she *swims* in that place, which is the *Sea of God*, the *Sea of Love*, the *Sea of Light*. And yet she says, "My God, my God, I can even more fully move into you." And we say, "Your place is here, to be into that in-between place so that this knowledge can come from here to here, if such a 'here and here' exists. And so we say, "No. Be, be, be at peace, dear one. Be at peace."

Toni said that she always feels the everyday world where she lives and works is the illusion, and the dream world is the only reality. She always goes to bed early at a certain time, and she can hardly wait to go to sleep so she can journey.

T: It is not the real one, you see. For her it is the *more* real world than this place. And yet even *that* place is not the realest of worlds. Can we use, even, a superlative? Ay, the human language. It is allowed nightly for her to leave the body. You cannot keep her in the form. (Laugh) This session alone has allowed a *great* cleansing to take place. You see, the energy that she has felt building up inside her - *building* up inside her. She has been patient. She says, "In your time, my God, in your time. I will know when you allow it to happen, that it shall be time." And so it has been. We have asked her to wait until this time. She has waited forty-three years for this moment. I say to you, well done!

She was given many instructions about what to do with the energy and how to apply it for healing and many other uses. I do not want to put those parts here, because they contained personal information. At times, she was talking so fast it was hard to transcribe. This entity throughout had a strange accent and much emphasis on words that caused difficulty in trying to put it on paper. The voice also sounded old, ancient, yet very full of wisdom.

T: The consciousness is changing, growing. If I may use this -if you can take a fabric that is woven, and you *stretch* that fabric. Do you not create holes in that fabric? This is what is happening to the *mind* consciousness of humanity. It is stretching. It is stretching - from where? From within! The mind consciousness is stretching from within, and here comes the information. The awareness that exists has never stopped existing, but has been held at bay by the weave. And yet now it is allowed to trickle forth. We work with your time, you see.

D: I wondered why we didn't go to one of her past lives.

T: It is not important. Truly, if past lives were who you are, you would never release yourself from this *wheel*.

D: The wheel of karma.

T: The wheel. You just ride it and ride it. We say to you, if that is your choice, God is with you, and continue. And yet we say to you, you are free to be released from this envisionment of all that is your reality. It has been a journey. And if this information is in your vision to so include it in your writings, may it be so with our blessings.

D: First I have to ponder it. Then I can present it, even though I don't understand it. Someone else may.

T: That is all that can be expected.

During this session with Toni, I was confronted with a question that I have struggled with for a long time and one that my readers have asked me about. It was what she said about us being completely absorbed back into the Source when we return for the final time. This has always bothered me, because I did not like the idea of losing my personality, my individuality, my identity. After all, we work all our lives to create that very thing that makes us unique and different from everyone else. It takes a long time to create the person we have become, and I liked to think that personality remained and was not lost. When I asked this question during the session, the higher part that I was communicating with said that as long as I held to the belief that I was a distinct and separate individual, I would not be ready for the rest of the information they wanted to share with me. I would be stuck in my present mindset and be incapable of learning more. Of course, this has happened numerous times in my thirty years of exploring the unknown. Every time I thought I had it all figured out, that I knew how the whole crazy system worked, they would shake my foundations by presenting a new theory, a new concept, a new way of thinking. So I suppose I should not have been so surprised that they thought it was now time to move forward another baby step. Who knows what else is waiting out there that they want me to know and write about? But first I must attempt to understand this new concept.

The morning after I returned from Canada, where the session was done, I awoke with some of the pieces coming into my mind. Of course, we know who put them there during the sleep state. (Surprise! Surprise!) I will now try to write it down before it once again disappears into the ethers. We *do* have an individuality! We *do* have a distinct and unique personality! But we also had these in all of our other lifetimes. When I remember some of the past lives that I have experienced, I can relive those emotions, those attachments, those goals, those failures, just as if they occurred yesterday. They are very real, and they are associated with the personality I had during those other lives. I can still feel the frustration of the Catholic

monk that I was during the Middle Ages when I was smuggling forbidden books into my cell to be read in secret by candlelight.

I identify completely with the horror and desperation that I felt as a keeper of the records at the Alexandrian Library, when all that knowledge was destroyed and burned. Yes, all of these people lived and were very real. Then what happened to them? After their death and their trip to the spirit side to receive another assignment, all memory was lost (or absorbed?) upon their reentry into a new Earth life. True, we can access those memories through past life regression, but for most of us, those lives no longer exist on the conscious level. So what am I fearing? Why does the idea of being absorbed into a greater intelligence upset me? We have done this countless times before this life. We lived, we loved, we hated, we experienced. It was real. It did happen. And then the lesson or experience was completed and we moved on in our education. I suppose when we think of it like that, it has happened before and we survived intact. So if it happens again, we will move on in our development. No knowledge is ever lost. Our life, our accomplishments become part of the greater whole. That is the purpose for us having the experiences in the first place, so that the Source can grow.

We see ourselves as a complete entity, and our world, our life, is all that we know. But I have already been told that we are but a very small facet or splinter of a much greater soul, and that soul is the totality of who we are. That soul is the original spark that split off from the Source in the beginning. Even as a tiny spark, it still contained enough energy to create worlds on its own. Its power is so tremendous that it could never fully enter into a body or a room. The body or the location would be totally annihilated because it could not possibly contain it. So it had to split or divide again, just as the original Source did. Our complete soul has been compared to a jewel with many facets, with each facet representing a separate lifetime. They are separate (in our eyes), yet they are One. Our main soul then has to splinter (for want of a better word), and these pieces

enter the various physical bodies that we are experiencing simultaneously. So upon our death, we return again to the original soul and are absorbed. Then eventually, all of our lifetimes (which are now encased into the Oversoul) are absorbed again into the Source, the One, the Beginning and End, the All That Is.

So if this has happened to us countless times already, that we have lived a human life and had the memories erased or absorbed upon our death, then there is nothing to fear. The main purpose for reviving them would be for the recognition and completion of karma. Our present personality and the records of its accomplishments and deeds (positive or negative) will be filed away in the Library on the spirit side, awaiting review by those interested in research. It is not totally lost. It is just not remembered as the soul journeys onward. Progression is the key. To stand still is to become stagnant. There must always be movement. With movement comes creation of new wonderments. We are only limited by our imagination. Thus creation proceeds into infinity.

I returned to Montreal a few months after this session to give one of my hypnosis classes. I met with Toni again, and this time she told me that more information had been revealed to her about this greater God hypothesis we had encountered. She drew it for me in the form of a diagram to help clarify it. She saw three levels: the first (or lowest) represented duality, separate realities. This was where the individuals existed. The second level or aspect was the one I have been encountering in my work, and written about in this book: God/the "Father". The Source with awareness of experience, the part that needs to learn. It takes on parameters. It needs information and experiences in order to create new things. Then the third level or ultimate Source, which we had not encountered before. The part that was so huge, so vast that it had no need for experience. This was the part that she described as Whole, that needed no addition or subtraction. It encompassed everything.

And yet, there was the hint that even that part was not the ultimate. That there is more beyond that. What that is, I do not know. And it is not given for me to know at this point. They stopped the information, because they said I had to first digest and understand what I had been given. If I was having problems accepting that much, then they would have to wait until I was ready. They said they would never push. They would never force. Yet when I was ready, more would be given. I have no idea what “more” there can be. It is beyond my comprehension at this point, just as the material in this last chapter was beyond my wildest expectations before the session. How can you anticipate something that you do not even know exists? But they are dangling the carrot, they are teasing and intriguing me. They say there is “more”, and I will just have to wait and see what that “more” might be. It will come when I am ready, so I know there will be more books.

So this is a good place to end this phase of the adventure. It is time to close the book, give the mind a rest, and return to our real(?) world. There are the many, mundane things that need attending to. So again, treat this book as “mind candy”. Something to make you think, and to open doors to the unfathomable. So now, get up from your chair, and go and continue the dream.

Author Page

Dolores Cannon, a regressive hypnotherapist and psychic researcher who records "Lost" knowledge, was born in 1931 in St. Louis, Missouri. She was educated and lived in St. Louis until her marriage in 1951 to a career Navy man. She spent the next 20 years traveling all over the world as a typical Navy wife, and raising her family. In 1970 her husband was discharged as a disabled veteran, and they retired to the hills of Arkansas. She then started her writing career and began selling her articles to various magazines and newspapers. She has been involved with hypnosis since 1968, and exclusively with past-life therapy and regression work since 1979. She has studied the various hypnosis methods and thus developed her own unique technique which enabled her to gain the most efficient release of information from her clients. Dolores is now teaching her unique technique of hypnosis all over the world.



In 1986 she expanded her investigations into the UFO field. She has done on-site studies of suspected UFO landings, and has investigated the Crop Circles in England. The majority of her work in this field has been the accumulation of evidence from suspected abductees through hypnosis.

Dolores is an international speaker who has lectured on all the continents of the world. Her thirteen books are translated into twenty languages. She has spoken to radio and television audiences worldwide. And articles about/by Dolores have appeared in several U.S. and international magazines and newspapers. Dolores was the first American and the first foreigner to receive the "Orpheus Award" in Bulgaria, for the highest advancement in the research of psychic phenomenon. She has received Outstanding Contribution and Lifetime Achievement awards from several hypnosis organizations.

Dolores has a very large family who keep her solidly balanced between the "real" world of her family and the "unseen" world of her work.

If you wish to correspond with Dolores about her work, private sessions or her training classes, please submit to the following address. (Please enclose a self addressed stamped envelope for her reply.)

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