

THE CONVOLUTED UNIVERSE

BOOK FIVE



DOLORES CANNON

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Book Five

DOLORES CANNON



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FOREWORD

“For those who are just now joining us, welcome to the adventure and the journey. For those who have been part of the entire journey, welcome back and I hope you find more interesting concepts as we continue the adventure. So read with an open mind and be prepared to have your minds bent some more. After all, pretzels are an interesting shape. They really resemble the symbol for infinity, don’t they?”

Dolores Cannon, 2013

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DEAR READERS...

My mother, Dolores Cannon, passed from this dimension during the final stages of completing this book. All that was needed now was to finalize the editing and chapter placement. I always marveled at how she would take a piece here and a piece there from her various stories and be able to fashion a seamless tale. She was a true master. She was great at fitting the pieces of the cosmic puzzle together.

Julia Cannon

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*We have all the answers. We just need to allow ourselves
the right questions.*

Dolores Cannon, 2001

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Section 1

FINISHING KARMA



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CHAPTER ONE

THE GLASS BOX

WHEN JOHN CAME OFF THE CLOUD HE BEGAN TO DESCRIBE what he was seeing in a very soft voice. He was surrounded by a cloud of yellow-gray bright light. Normally this means he had gone back to the Source, but as he continued it sounded like something more. He saw an opening, but it contained three or four more individual lights that seemed to turn on and off. I asked him about his body and he said it was like a cloud, a vapor, nothing solid. It was still unclear where he was or what the lights were, so I asked if he could go over to some of the individual lights and find out what they were. This has worked in the past as a way to obtain answers. He answered cautiously, "I will have to see what they are."

D: You can do whatever you want to do. Maybe we can find out more about this place. Which one do you want to approach? You said there were several.

J: They come and go... come and go. Right by them is an angel. He's dressed like an angel, in a long robe, with the angel wings. He says he's only here to protect me.

D: Ask him if he is your guardian angel?

John became emotional as he answered "Yes." He couldn't really see its face because it was covered in gold. I assured him that if he was his personal guardian angel, then he was always with him and he would not let anything happen to him.

D: Let's ask him to take you where you're supposed to go. (Pause) What does he say?

J: He said, yes. I am going to follow. There's this big cave with this big light. It's like a meteorite of some sort just fell and there's nothing but light emanating out of it. He just wanted to show me the light in the cave.

D: Ask him why he wanted you to see that.

J: It was the creation of my being.

D:Ask him what he means by that?

J:That you are the light. So I can create the light.

D:Does he mean that was the creation of your being? (Yes) That this is where you came from? (Yes) Ask him to explain. How did you come from the light?

J:There's a glass door, a glass box of sorts. One of them...it broke and came out of it so....

D:A glass box that fell in the cave? (Yes) At first you said it was a meteorite, but this is different? (This was confusing.)

J:It's part of the wreckage. It was the impact.

D:So when something impacted, it threw the glass box into the cave?

J:No. It was the meteorite.

D:So it was already inside the meteorite and it broke open whenever it hit the ground? (Yes) How did the glass box get inside the meteor?

J:It was placed there.

D:I'm just curious. Meteorites just fall from the sky, don't they? (Yes) Like space junk, rocks or....

J:Yes. But this was brought this way.

D:In the meteorite? (Yes) Why was it placed there?

J:To carry the light.

D:They thought it would be protected inside the meteorite? (Yes) Who placed it inside the meteorite?

J:I'm asking the guardian. (Pause) Care Givers. The Care Givers. By a group of people.

D:Where are they located?

J:Far from here. Not on Earth.

D:So they are able to put something inside a glass box and put it into this meteorite, and send it wherever they want to send it? (Yes) That's interesting. Why would they do that in that way?

J:Because of the changes. The changes taking place.
Some of the people are falling into the darkness.

D:I know a lot about the changes that are taking place on Earth. Is this what you mean? (Yes) And this was a safe way to bring the light back to the Earth?

J:One of the ways.

D:And this was the way John was brought to the Earth, through this box? (Yes) Couldn't it have been done in a "spirit" way? I thought that's the way it's usually done.

J:It could have. There are more ways. There's no wrong way. There's many ways. That's just one of the ways.

D:Did this provide more protection?

J:For the Earth?

D:No. I was thinking for his soul or something.

J:His soul is his. It's like it's his.

D:I was thinking it was a way to protect his soul as it came through space to Earth.

J:The soul doesn't need protection.

D:It was just a way for him to get his soul here? (Yes) That's different. I've never heard of that way of delivering a soul.

J:Yes. It is done many different ways.

D:So the meteorite hit the ground inside that cave and burst open, and the glass box was inside, and it broke open? (Yes) What came out then?

J:A gaseous state.

D:And that was John's soul? (Yes) Did he know about all these arrangements before? (No) Did anybody tell him what was going to happen?

J:No. It was already planned.

D:Didn't John have anything to say about it?

J:No, it was already prearranged.

D: Well, what's going to happen after the gaseous state comes out of the glass box. It's important for John to know what happens next.

J: He forgets just like everybody else.

D: But he's in a gaseous form. He's not in the physical body, is he?

J: Eventually he does.

D: Then how did he get into a physical body?

J: Just like everybody else. They choose and they start coming out with a human body.

D: What did he choose?

J: To be born.

D: Did he choose his parents and everything? (Yes) So this gaseous form entered a baby's body. Is that what you mean? (Yes) Why did he pick those certain parents?

J: Their unity.

D: Did he have any other lives with these people before? (No) So there were no past life connections then? (No) He just thought they would be good parents? (Yes) Before this happened, had John ever had any lives on Earth? (No) This was the first time? (Yes) Is that why he feels so alone here? (Yes) He feels like he doesn't want to be here and I hear this many, many times from people when it's their first time. Did he have lives in other places? (Yes) Can you tell him about any of them? Anything that's important for him to know about?

J: Must have him get rid of the doubts. He did technical work somewhere else.

D: Another world or what? (Yes) What kind of technical work?

J: Scaffolding illusions. (Hard to understand.) Putting chips together.

D: Where was he doing that kind of work?

J: Somewhere in the sky or another world somewhere.

D: Was this a ship or a planet?

J:Ship.

D:Were there others there, too?

J:Oh, yes. John's got a thing to do.

D:What did he look like in that lifetime? What kind of a body did he have?

J:About the same.

D:Mostly humanoid, you mean? (Yes) Did he have a family or did he just live on the ship?

J:I think he worked on the ship alone.

D:Well, if he liked that kind of work, why did he want to leave and come to Earth?

J:Changes. Sometimes there are changes that he sees and is called upon to fight and help with the changes.

D:Do these have to do with the planet Earth?

J:Yes. We're here to help where there are changes to be made.

D:How did he know there were changes happening?

J:There's another entity that comes by and tells us we should go.

D:But still it's your choice, isn't it?

J:Always.

D:And you chose this unique way of bringing the light to the Earth? (Yes) What happened to his body on the ship?

J:It's just like a suit.

D:His body is a vehicle?

J:Yes. That's a lot easier...just a suit.

D:What happened to that vehicle then? I mean...did he have to die?

J:No...just continue.

D:Continue doing his work on the ship? (Yes) Is that person on the ship aware that this other part of him...?

J:Yes. We just continue work.

D:It's like a piece that breaks off? Does that make sense?

J:No. Nothing breaks.

D:But he continues to work on a ship and do his job there? (Yes) Then, how does this other part - it doesn't rip off - how does it leave? I'm always trying to understand more.

J:It's complicated.

D:I know it is! (Laugh) But how does that part come off of the soul that is there working on the ship?

J:The people on the ship just continue like a machine.

D:And how does this piece that came down to Earth separate from the original one left on the ship?

J:There's no separation. It never separates.

D:I have thought it's like a piece of itself that was sent to Earth.

J:In a whole, there are no pieces.

D:I've been told that we're like facets of a diamond or shards or pieces, all living different lives at the same time. Is it like that? (Yes) So it's not separate. It's all one.

J:As we all are one.

D:So it doesn't come off of that one that is on the ship?

J:No. It just happens when we send the thought out.

D:So when the being on the ship is told what was happening, all it had to do was send out a thought? (Yes) Then that thought became the one inside the glass box? (Yes) And that created John's individual soul? (Yes) It does sound complicated. And that's why the being on the ship is really not even aware of what John is doing?

J:It has more knowledge.

D:Because John doesn't have the knowledge of what's going on?

J:Not that he knows of.

D:Because once you come to this planet you forget? (Yes) I always thought it would be easier if you could remember. (Laugh)

J:And make it simple....

D:So he chose the parents that he was born to? (Yes) What about, he married and had children? Does he have any past lives connection with them? (No) Then he actually has no connections with people on Earth? (No) The ship, is that close to Earth or far away?

J:It's not of this Earth...another universe.

D:So they're just told there's some trouble in another universe? (Yes) Then when that piece of soul comes into another universe's environment, doesn't it get trapped into karma?

J:No karma.

D:So these types of beings who volunteer to come don't get trapped into the Earth's cycle then? (No) Isn't it true that many of us are attending the Earth's school, which is a very long school? (Yes) And we do make many mistakes and go into many other lives to repay karma? (Yes) So people like John are not in that cycle? (No) So he'll be able to complete his life without accumulating karma? (Yes) Is there something that keeps him from accumulating karma?

I was thinking of what I have been told before when investigating these types of cases. That the incoming soul is covered with a covering, a type of sheath that protects them from accumulating karma. But the answer John gave was different. "The heart. Love."

D:Love is very important. Why did he come to Earth at this time? He said it was during the time of the changes.

J:For the light. There are many people stopping the light and what we do is just increase the light. Certain groups try to stop them or want to stop them.

D:How do they try to stop the light?

J:By making them try to stop what they do. Those who are not of the light are trying to stop the people who are of the light. To keep them from doing what they are doing.

D:Are they just negative people or what?

J:They just don't understand. So the light was brought because of the changes that are going on.

D:Can't the people of the Earth do it by themselves?

J:They are against each other. Changes can't be made.

D:Are they willing to do that?

J:Some of them are...some of them just don't need change.

D:So these beings are sent here to start fresh then? (Yes) But isn't that difficult?

J:For some.

D:What about John? Has it been difficult for him?

J:Very. It's been hard on him for a long time...since he came here. He's not able to connect, and in this other place he'll connect. Doors close quickly.

D:Things he was trying to do, you mean? (Yes) And he was trying to live a life as a human.

J:Yes. He was supposed to be like the others and be human, but it's so hard to understand people where love is not.

D:So all of his life, he's had difficulty from other people? (Yes) But he didn't let it get him down. He's always come through, hasn't he?

J:Yes. He's very strong. The light intensifies his strength, but it's the outside world that gets him.

D:But you have to live with this if you live on Earth. You don't get out of it.

J:No. He will do his work.

John worked in a hospital and he was helping people there, and he was told that his job dealt with healing. "The healing is what he does. He decides what he does." When he worked with the patients he could feel energy come through his hands.

D:Where is that energy coming from?

J:His being. Just being. Just being there.

D:So he came in with this energy? (Yes) He wanted to do the healing work, but he was feeling blocked.

J:That was his doubts and fears. They're gone. Gone!

D:What about his job in the hospital?

J:That'll always be there. He can do the healing now with no blocks.

D:Will you help him when he does the healing?

J:Oh, all the time. Everything's been taken care of. I'll be there.

We continued with some of his personal questions. I knew we were speaking with the SC even though I had not called it in. So I knew we would be able to get the answers. Most of the questions do not pertain to our story. They were only important to John.

D:I have a question about something you said at the very beginning of this session. You said he was placed in the meteorite by the Care Givers. Can you explain what that is?

J:Since he had to travel a long way, they had to cover him, so that was the closest way to do it.

D:I'm always trying to understand how all of these things work because they're complicated.

J:Very complicated.

D:Why did he have to be covered with something?

J:For traveling.

D:Couldn't the soul energy travel that far by itself?

J:It could have but it was just decided to go that way. To protect the energy.

D:Just an extra precaution? (Yes) And the Care Giver is the one who decides this? (Yes) And they work it out for all the souls that come in?

J:Some. Only certain types.

D:What types of souls are those?

J:The light.

D:That means they come directly? (Yes) So when John leaves this life he won't have any karma? (No) He'll go back to the....

J:The light.

D:Is that what we call the Source? (Yes) You were very courageous to come here then. We always take the chance we might get caught up in the Earth, too.

J:Yes. It's the choice that we make.

I knew we were coming to the time to end the session, but I wanted to find out about anything physical before we left.

D:What's causing that ringing in the left ear?

J:That's communication.

D:Who is communicating with him?

J:The Source.

D:Is he being given instructions or what?

J:Yes. Instructions of healing.

I told them that the ringing is often distracting, so I asked them if they could at least turn it down. They agreed, and said it would be kept at a comfortable level. There were more questions about his body, including his diet and being overweight.

D:He wanted to know if he would be able to communicate with you.

J:All he has to do is ask.

D:He doesn't know if you're hearing him or not.

J:We have no problem now. Just ask the question. We will be there.



D:There wasn't any sense in taking him to a past life because there's nothing there to see. (Yes) So that's why you took him directly to what...that Source side? (Yes) And those lights were just other spirits?

J:Yes...beings.

D:And all of these spirits coming in are making a difference, aren't they?

J:Very much.

D:And they are moving the world toward the light, aren't they? (Yes) And the changes are going to be beneficial, aren't they?

J:Beautiful changes!

D:All because of souls like John, it's all working.

J:From all those.

D:All of you together are doing it. That's what it has to do. It has to take a critical mass of people. (Yes)

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CHAPTER TWO

AN END TO KILLING

WHEN BEN CAME INTO THE SCENE HE FOUND HIMSELF IN A gladiator ring. "I'm a gladiator and I have to fight...fight to the death, and I don't want to. I've done it before and I'm sick of it. I can't do it anymore."

D:Is somebody else in the gladiator ring with you?

B:Yes. He's dark, taller than me. I have a knife available, and a sword and shield. He has to kill me and I can probably kill him, but I let him because I'm sick of it.

D:Couldn't you have gotten out of it if you didn't like it?

B:No. I have to fight and keep fighting because I can't do it anymore.

D:How did you get into being a gladiator in the first place?

B:I was chosen when I was young. It took a lot of training.

D:You've been doing a lot of killing?

B:For about ten years. That's why I'm sick to my stomach. I can't fathom it anymore.

D:Is it mostly other gladiators like yourself that you fight? (Yes) Are there people that watch it?

B:Oh, yes. There's thousands. In the stands...in the coliseum. They enjoy this.

D:Did anything happen to make you decide that you don't want to do it anymore?

B:I'm just sick of it. It's just not right. I can't stand it. I'd rather let them kill me and be done with it.

D:There's no way you can just quit? (No) So what happens?

B:The other one kills me and I die.

D:How did he kill you?

B:Knife in my chest.

D:You didn't try to defend yourself?

B:Very little.

D:Do you feel better now that you're out of it? (Yes) What do you see as you look back at it?

B:It was such a waste.

D:Can you see your body?

B:Yes. I have a helmet on. I have leather on. It's just such a waste, the people that I killed fighting. When I was younger, once we were chosen, I thought it was great ego to be big and strong. It's useless. Oh, it was exciting and we were bragging about how strong and powerful we were. Then we'd see people that had friends and family, and they'd get killed. And to see the look on their faces. Not good.

D:Like...what's the purpose of it?

B:Yes. There was no purpose. It was just for entertainment. It would be different to protect a country or a land or family, but useless killing is such a waste. That's sad.

D:Well, now you're out of it. Do you feel relieved that you don't have to kill any more?

B:Yes. I'm very sad now for what I did. I would have been better off just to let the first one kill me. But I thought that the cheering crowds and entertainment was...ego. And there were women around...just useless. What's the purpose? We're here not to kill but honor people and honor life. Foolishness!

D:But you get caught up in it, don't you? (Yes) Now that you're out of the body, what are you going to do now?

B:I'm going to rest. They're going to process me and put me somewhere where I can rest.

D:Did someone come to show you where to go?

B:Yes. I'm not sure of the name, but it was a light being...a spirit. It was male looking. It looked white, friendly, loving. He took me to this little area where I can lie down and just rest and sleep.

D:Do you have to talk to anyone there?

B:Not initially.

D:What does it look like where you're resting?

B:A high ceiling with white walls...and a nice, soft bed to lie on and just fall asleep...just feel peaceful. I don't need anything...just rest.

D:Do you have to stay there for any certain length of time?

B:No. Just when I wake up, I'll be in the right time.

I have spoken to many who have gone to the resting place in this spirit side between lives. When they are there it is useless to try and ask questions. They sound like someone mumbling in their sleep, and they just want to be left alone. So I moved him ahead to when he had rested enough and it was time to wake up. I asked him what happened next.

B:He comes back for me, takes me into a room and these other beings are there and we talk about what happened, and what I learned from it. These beings have a lot of wisdom.

D:What do they look like?

B:I see what looks like male and female. They're light with long hair, but they're just light. They have kind of like white clothing...looks like clothing, but...just real peaceful. They're asking me questions about what I did and how I felt. I felt terrible killing people. There's no purpose. I should be loving others and not have confrontation with people.

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

B:To not kill, to honor people, to honor life. Somebody's upset and can turn to me, and I can be peaceful and just loving and love them.

D:That's an important lesson, isn't it?

B:Very important.

D:Do they agree that's a good lesson to learn? (Oh, yes.) But, do they judge you?

B:No, no judging.

D:They're just discussing? (Yes) What happens next after you've gone over the life?

B:Now I'm supposed to be looking at my next lifetime.

D:Do they have any suggestions on what you could have learned from that life?

B:No. They pretty much agree that the value of life is the main lesson and not turn it into an ego involvement in the life. And be held accountable no matter how big and how powerful you are. Whether you're in a position of power or physical power. Life should be walked in light and kindness.

D:That's an important lesson even if it was a difficult one. (Yes) But now you have to decide about your next life? (Yes) Do they help with that part?

B:Yes. They're suggesting. I keep seeing a person who's educated, and over a desk and who does a lot of writing. I'm not sure where that's at, but that's what I keep seeing.

They're suggesting that would be the most beneficial for the next life.

D:Will you be male or female?

B:Male.

*D:Is there anything in particular that they want you to learn in that next life?
We always make plans.*

B:I'm trying to see. I think it's a life of peacefulness and writing, so that would be like teaching through the writing.

D:Definitely an opposite from violence.

B:Very much so.

D:What kind of writing do you see yourself doing?

B:Writing words of peace for people to think in deeper thought, and some short stories and books of learning to be kind to one another and loving one another.

D:You'll also be teaching?

B:Teaching through the writing and teaching people to be following that path.

D:Do you think that's going to be a good lifetime to choose?

B:Yes, because I did choose it. There were some other options, but this is the one I focused and they focused in on so I could learn the most from. It looks like in England. That's what it looks like. English people speaking in English. I'm writing in English. I keep seeing this desk in this little...I'm writing and it's almost like a little box thing that I have my paper and I lean over and start writing at an odd angle with my right hand. And it's like this wisdom would come through and I'd write it down.

D:What are you writing with?

B:I'm writing with an old writing style quill.

*D:And you have chosen this and you're going to go into that lifetime? (Yes)
What do you see when you leave the spirit side and go into the next life?*

B:I'll be born there.

D:Do you pick your family?

B:Yes. My mother's name is Sara. I have known them before. Other times. And I recognize the mother. I've been with her before. I'm going into the baby.

D:Well, when you're born, do you remember what you are supposed to be doing? (No) You just have to start all over again, don't you?

B:Yes. But it's there. It comes out as I grow. I start remembering as I do writing and it's peaceful. That's what I came in to do.

I moved him ahead to an important day, so we could see if his plans turned out the way he expected. "What do you see and what's happening?"

B:I'm celebrating because I had a book published and my mother is celebrating, very happy. I'm getting some compensation for it.

D:Wonderful! Had you been writing very long before this happened?

B:Oh, a few years. There were some smaller writings that people scattered around some, but nothing like being published and getting compensation.

D:Were you taught to write?

B:I was taught to write, yet we didn't write. My writing that I wrote was natural. I had a natural ability for what I wrote so naturally knowing.

D:Did you go to a University?

B:No, I was taught some at home and just had a natural ability.

D:What's your name?

B:Stewart Malcolm.

D:Is that the name you're writing under? (Yes) Do you have a copy there on your desk?

B:No. I just got the news. I just know it's published. (I chuckled.)

He said his mother was proud of him. His father was just coming in from work in his shop. "I wonder what he's going to think of it?"

B:He likes my writing. He's supportive. That's why it's a nice difference.

D:What do you call the book?

I thought it might be interesting to try and find something about this author and whether his book survived into our times. *Keepers of Peace*.

D:That's an interesting title. What's the book about?

B:It's about how people should be in a peaceful state. They should respect one another. Trying to see the story that's in this...so long ago.

D:Is it a fiction story or....?

B:Yes, it's fiction.

D:Will it be in stores for people to buy?

B:Yes, at little shops. Where they sell the books.

D:Does the publisher want you to write some more? (Yes)

His answers were coming mostly in simple answers. I wanted to find out more about him. He had never married and was still living with his parents in a fairly small town called Scottfield. "There was an older gentleman that was friends with my father that got it to be published." I moved him ahead to another important day and asked what he saw now.

B:I see more and more people and I'm also writing a bit of poetry, and they're putting some of that in small publications. So people are starting to know who I am and what I'm doing. So I'm at a store and there are some people there and I'm reading some of the poetry. They're sitting around in the evening and there's candlelight.

D:Do they like it? (Yes) Did you publish any other books besides that first one?

B:Yes, there's some others. I see some others that are being worked on. I like doing the poetry.

He was able to make a living from his writing. He still lived with his parents, "But there's a young lady I met at one of the readings that I like. We're starting to spend some time together and we're getting close." When I moved him again to another important day, he saw himself getting married to the young lady. He was now able to have his own place. "I have my own income. My own money." As his life progressed through the session, he had a son and was still writing fiction and poetry. He then told me the year was 1792 and he was still living in the small town. I then thought we had gone as far as we could go as the life seemed rather uneventful except for the writing. I took him to the last day of his life. "I see myself in bed, old, and I die of natural causes. My wife's there and my son. It was a happy life. It was peaceful." Then when he was out of the body, I asked what he learned from that life. "I learned it was better to be peaceful and not live in fear and anger, and to love other people and be kind to them. It was so peaceful and serene and had a lot to do with the spirit."

D:You'd rather have the peace and not the violence. But now that you're out of that body, what are you going to do?

B:I get to go back home.

D:Where's home?

B:In the clouds where the light is.

D: Tell me what happens when you go back there.

B: This time I don't get to rest. I just go and they have a group, and wise people just talk to me about what I just learned.

D: It wasn't necessary to rest this time because it was a happy life? (Yes) What do they think you learned from that life?

B: I learned how to be peaceful and loving, and that's much more important than living in a world with anger and killing, the violence. And that's just not productive. Just no productive thoughts and seeing themselves in those characters, and being so violent.

D: Total opposite of the other life. (Yes.) In that other life you were killing many people. Did you create karma when you took those people's lives? (Oh, yes.) How does that work when you kill someone?

B: I have to pay them back. I have to come back, an agreement to come back to play a part where I reciprocate and have to suffer for some similar things they suffered from my hand.

D: So you have to make a contract with those people? You have to do it again? (Yes) But you don't do it all at one time in one lifetime?

B: No. I don't do that. I couldn't handle that.

D: Did you run into any of those people in that life as a writer?

B: Yes, there were a couple of them and they read some of my books and poetry. And they felt impressed, but there was something condoling in the connections.

D: But it wasn't repaid through violence? (No) There are many ways of repaying things, aren't there? (Yes) Are they discussing what you're going to have to do next?

B: Yes. I'm going to have to come back and work with some people that were there before and repay karma to them. They're looking at options on how to do that for them.

D: You were given a nice, calm life so you could get ready for the rest of it then? (Right) That seems like a nice, gentle way to do it. (Yes) So what are the options you're looking at now?

B: Well, one of them is to be in a war and I'll be killed by the person that I killed. Another one would be being born in the same city of the ones who were killed by me. And in a situation where I take something from him or rob him and he would just justifiably shoot me.

D: You have a choice of different ways of doing it? (Yes) Which one are you going to decide?

B: It looks like I'm going for the war situation.

D: That would be a way to bring full circle the repaying the karma. (Right) Over there it makes sense. (Yes) Of course, when you're in the life it's harder, isn't it?

B: Oh, yes, and we don't remember.

D: There's always a reason for everything we choose. Then all of the people we come across in our lives, there are connections with them? (Yes) And we don't know it when we get here? (Right) Do you think it's going to take several lifetimes to pay back all the violence you did? (Oh, yes.) It can't all be done in one lifetime, can it? (No) Is that the only way you can repay?

B: No, it doesn't have to be exactly dying. Some of it will be where I come in and have a healthy body and something happens. It's repaid that way.

D: You mean it's turned into a handicapped body?

B: Yes. Also some of these people come back as characters in the life and it is repaid that way.

D: You mean the father Ben had in this lifetime? (Yes) Was that why he had such an abusive childhood? (Yes) But he forgave his father, so has he finished that karma?

B: Yes. It's all over. That was the last one from the gladiator times. That's all done. It took many life times. It's slower but it's easier.

D:Does the father carry any karma now for the way he treated Ben in this lifetime?

B:No. That wasn't the way it was set up. It was an agreement. By mistreating Ben he did not accumulate karma. He just fulfilled the contract.

D:It's hard to understand all these pieces and parts, the way it all fits together. But it all makes sense in the long run. He actually helped Ben by finishing off the rest of the karma. (Right) Then Ben learned something from that relationship too, didn't he?

B:Yes. It's hard to let go, hard to love and forgive. And his father, the way he died, was finishing off some karma from someone else in another affair.

D:Yes. But you know, in my work, there are people that don't let things go.

B:That's foolish.

D:They keep carrying the abuse for many years. What happens in a case like that if they don't let it go?

B:It just keeps coming back and it affects them physically.

D:So the idea is to try and figure out what they learned from it? (Yes) Many of them say that's very hard to do.

B:It is for some people. Their vibrations are just not there yet for the path that they chose. They think if they're around people who are around the light, they're going to start seeing, and their vibrations will open up more so that they can see that that's such a waste. It's a waste of their time and energy and their health and they can't feel free. When they're around somebody and they have hatred or friction, it just tightens up and makes them sick. It's so much freer just to let it go. Let it flow into the Universe, into the Light. They carry that anger around in them and it weighs them down.

D:And they have to do it again until they learn that lesson. (Yes)

I went to the SC and began asking questions that Ben wanted to know about his personal life. Then, of course, I wanted to know about the lifetime we saw as the writer. "Have any of those books that he wrote survived to our time?"

B:No, that was so long ago there's nothing now left. It wasn't a massive following. There were surrounding local towns, but not massive. But they were published. They didn't have libraries or anything like that. People were impressed with the peacefulness and the wisdom in his writings.

D:So even if it didn't survive to our time, it helped those people. (Right)

We then addressed his physical problems. He was having problems in his lower back: The SC said, "The disk is a little bit shortened, a little bit thinner in the lower back. We can come in and work with that thickening it up a bit and make it feel better. We're going to put a lot of Light into it and lower the vibration so it will actually affect the physical. Then we're going to apply more vibrational energy and Light so it will raise and increase the DNA to recreate that part."

D:I want to ask you something. We know about the energy going on right now in the world and I know it is increasing, isn't it? (Oh, yes!) Was there anything in the last week, in the last few days, in particular, that happened? (Session was held June 16, 2012)

B:There's been some really intense Light coming from above to help heal the Earth and people on it, and raise the whole Earth vibration. It's been really intense. Even Ben's had flashes of walking in and just being bathed in this intense White Light and just feel the energy waves. So it's affecting people in different ways, but yes, it's definitely just shooting right down on everybody.

D:I thought it was part of changing the vibrations and frequencies of the Earth as we go through this "change." (Right) And it does affect people's bodies. (Yes) I was feeling it in a different way, too. It was dizziness. Is that where it was coming from?

B:Yes. You're increasing and when you increase, you know with the brain activity and the endocrine glands and stuff in

the body, then you can feel some of the physical effects of it. It's really, really just beautiful, intense Light.

D:But is it just about over with?

B:Yes. There's going to be more within the next few weeks, but yes, this wave is done.

D:Because sometimes it's uncomfortable. (Chuckle)

B:A little bit, but that's the short term. There have been several and there's going to be a few more. Then it will be calm for a while and then in the next several months, there will be more coming...more intense. It's kind of like a step process. You know, it gets amplified more? So that's why you're a little light headed, then it will be calm a little bit, then there will be some more. It's kind of like little baby steps, so to speak.

D:You told me before that we can't do it all at once. It would destroy the body.

B:Yes, it would destroy the body and the Earth. It would be too intense.

D:It seems like it's more intense now than it ever has been.

B:Yes, because the vibrations, the field's coming down and because of the volume of it, and the intensity of it. It's just really beautiful Light. It is just saturating everyone, so by the time it's done and over with, it will really make some changes. Really good ones.

D:I don't want it to affect my life and my work.

B:Oh, no. It'll help it. It's all good. Just a momentary glitch, so to speak.

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CHAPTER THREE

RESISTING BEING BORN

WHEN BRYAN CAME OFF THE CLOUD HE FOUND HIMSELF engulfed in an incredible feeling of softness. It had no form, just the feeling of softness. "Like a soft realm, ethereal realm. It's like a realm from heaven! It's an engulfing softness...a white kind of fluff. It barely has form. It has enough form that I can tell that it's soft. It's a vagina! That's what it looks like." He was confused by this discovery, so I asked him to explain. "It's a soft feeling. It's like I'm moving through the birth canal. That's what it feels like. Soft and orgasmic."

D:How do you perceive your body...yourself?

B:As a little baby. I'm resisting being born.

D:Why?

B:I think it's going to be a harsh environment.

D:What makes you think that?

B:Sights and sounds around me.... There are some surgical instruments around, bright lights, harsh bright lights. Doctors standing around, poking at my mother. I'm part of my mother and I like being part of my mother. I like being a part of that softness and I don't want to leave it behind.

D:You said you were resisting being born because you thought it would be hard?

B:I don't know about being born being hard. I thought what I was going to be born into was going to be very hard. I'd rather stay with the softness than go to the hardness.

D:That makes sense. What happens? Are you born yet?

B:Still stuck in the birth canal right toward the end of it. My head's down there. My mother's not dilated.

D:Are you still resisting?

B:Yes. I'm being forced into a world I don't want to go into!

D:Well, before you went into this baby, did anyone give you any kind of instructions or anything?

B:I think they did.

D:Did they explain that it would be different?

B:Yes, but I wasn't ready for it. Too harsh.

D:You can still remember because you aren't born yet. What did they tell you? What were the instructions?

I knew that once he was born the veil of forgetfulness would descend and he wouldn't be able to remember. This is what happens to everyone when they enter the Earth plane.

B:Seems like they're saying, "You have everything you need to accomplish your mission. You might not access it all at once, but it will be given to you when you need it." But I still don't want to be born.

D:But you agreed, didn't you?

B:I think I might not be up for the task.

D:Why not?

B:I wasn't up to it before.

I was thinking that Bryan's mother was probably enduring a long labor because of his procrastination. But no matter how long he tried to stay in the womb, we all know that inevitably he would have to be born. And we know he was because I was speaking to his physical body lying there on the bed.

D:Tell me what you mean?

B:Whenever I was in a lifetime before, I don't think I got it done. This is not clear. (Frustrated) It's the words....

D: You mean something happened in another life?

B: Yes. And it was very painful. It's going to happen again or I don't have the...it was too much for me to deal with!

D: And you're afraid it might happen again?

B: Yes, that's right, or I won't have the tools to deal with another...I won't be able to deal with something else like that, and I'll just wind up dying as a result of it. (He was clearly disturbed over this possibility.)

D: So the other lifetime was traumatic?

B: I think it must have been.

D: And you're afraid the next one will be traumatic also? (Yes) What did they say?

B: "We've held the trauma the best we can, and we've got to try it again." I don't want to do this!!

D: Do you have a choice?

B: No. I'm not given a choice. I have to be born and do this, and work this out.

D: Did something happen in the other life that you have to work out?

B: It must have. I keep seeing a battlefield and helmets, bullets, fear...all-consuming kind of fear.

D: I can understand that. Are they thinking that you didn't finish the job or what?

B: That's it! I just got a "yes." I have to come back and do a lot of things.

D: So they're not giving you a choice?

B: Now or later.

D: What do you mean?

B:I mean...there's no choice about whether...just when! I have to complete my mission.

D:Ask them what your mission is? Because you're still in touch with them until you're completely born. What is this mission you're supposed to complete?
(Long pause)

B:Just to overcome everything in time and space.

D:That's a pretty big order, isn't it?

B:Very. And create something here that will help other souls. Something tangible! I would love to do that. But I'm afraid to do it. I think I was persecuted for trying to do this kind of mission before...probably brutally... burned alive. And on a cellular level I have relived that over and over again... before burning out my physiology. This was not the battlefield. This was something else.

D:So in that lifetime you had a bad experience and you're afraid if you fulfill your mission in the present lifetime, you will have to experience the same thing?
(Yes) *But you know that won't happen in this world.*

B:I don't know that. It could! How do I know it's not?

D:People don't burn other people alive.

B:Well...they shoot them! (Snickers) They'll shoot you or get rid of you.

D:(I had to get his mind off of that possibility.) But this mission, they said they want you to produce something physical?

B:Yes. I'm feeling this "Divine Love" right now and making it manifest somehow in the physical world. That's what it feels like, like the Michelangelo painting. See, you can reach out and touch it. And it's perfectly divine, but it's made out of stone, but it is that soft, white light.

D:But they say this is something you have to do. You don't have any choice, do you?

B:I have to be born. I have to do this mission. I don't know if I have a choice.

D:But you have to be in a physical body anyway.

B:That's right. To make something manifest on a physical plane.

D:So that's why they wanted you to come back.

B:Yes. They have a bigger purpose in mind.

D:Let them tell you about it.

B>Create divine artworks...people can see and hear... may be multi-sensorial that will help induce that feeling of the inevitable. Nice plan, huh?

D:Sounds like a beautiful thing to do.

B:There's a fear of fame. I think fame must have gotten me in trouble somehow before. Too much notoriety causes problems.

D:What happened in that lifetime to cause notoriety?

B:I get Raphael...but I don't know if that's chattering memories or if that's real. I just say whatever comes up.

Bryan's conscious mind was trying to interfere. I had to push it out of the way so I could communicate with the part that was still in touch with the spirit side. That was where our answers were. As Bryan came nearer to being born, the memories of that other lifetime would continue to fade into the background. I wanted the beings on the other side to supply the answers.

B:I attracted too many women. It got me in trouble. I partied with them too much. They caused my demise. Or my attraction and love for them.

D:What happened to make you famous...to make the notoriety?

B:I was a painter. I created beautiful works of art...
divinely beautiful!

D:But then the physical got in the way?

B:Too much sex. It took me out. Too much love making. I
got sick.

D:Wouldn't it have happened anyway, even if you hadn't been famous?

B:Possibly...but I made that connection.

D:What do they say about it?

B:It would have happened anyway. Fame was a scapegoat.
It wasn't the fame. It was the love of "female."

D:Two separate things, weren't they? (Yes)

According to *biography.com*, Raphael left his apprenticeship and moved to Florence in 1504 where he was heavily influenced by the works of the Italian painters Fra Bartolommeo, Leonardo da Vinci, Michelangelo and Masaccio. To Raphael, these innovative artists had achieved a whole new level of depth in their composition. By closely studying the details of their work, he managed to develop an even more intricate and expressive personal style than was evident in his earlier paintings.

Raphael lived in the Palazzo Caprini in the Borgo. He never married, but is said to have had many affairs and according to Wikipedia.org, his death was caused by a night of excessive sex after which he fell into a fever and because he didn't tell his doctors what was the cause, he was given the wrong cure, which killed him.

D:So Bryan's assignment, his mission, is going to contain some amount of fame or being noticed?

B:It's bound to.

D:He doesn't have to be afraid of that, does he?

B:He's afraid of himself. He can't control his indulgences.

D:But that's human. That's the human body, isn't it?

B:(Laugh) It's all consuming sort of indulgence.

*D:Is that one of the things that has been holding him back his whole life?
(Yes) He could have accomplished his mission a long time ago, couldn't he?*

B:Right, and I can't stop until I do.

D:He's not going to get out of this life until he does his mission. No excuses.

B:That's right. That's exactly right.

D:So he's making all kinds of excuses here.

B:Yes. (Laugh) I don't want to do this. I'm afraid of it...whatever. It's crazy.

D:But he's been miserable, hasn't he?

B:Very.

D:And not accomplishing anything that way either.

B:Right and refusing to recognize who I am...which is any way I can avoid...it's the last excuse. (Chuckles)

D:Is that one of the reasons they wanted him to come back as Bryan? To repay that lifetime when he had too many indulgences?

B:Partly to repay but partly because those energies are needed in the world right now.

D:What kind of energies?

B:Divine energies you see in the works of art like the Renaissance.

D:But it was hard to repay that part, the overindulgences.

B:Maybe I'm afraid I haven't repaid them and I keep doing this. I'll steer self-punishment because I don't feel I've paid off the other or something. It's a blend of self-punishment and excuses. Fear of notoriety, this "package."

D:Look at how many years he's already wasted.

B:And that makes me regretful and even hateful with myself...wasted.

It took quite a bit of convincing to get him to agree that keeping from performing his mission was only delaying his development, and he would have to keep coming back until he finally got it right. They said he had all the tools needed to do the job correctly this time and he had to stop holding himself back (just the same way he was holding back being born). That there was no danger this time and he had all the help he needed. They said they wanted him to help people, and he could do that by loving them without judgment. They wanted him to create and play beautiful music. "Music is a very controversial back door of accessing people's consciousness. They will be walking around transformed. They won't even know what happened. It's Bryan's mission to bring divine beauty into the world. Music is his deepest soul love. He has the talent and he can absolutely do this. He was holding himself back because of fear. He chose to react because of some deep, deep fear. Now he can say, 'Gosh! Watch the transformation I affected. That's as good as it gets.' Ultimately it's up to him to do whatever he wants to do, but this seems to be the deepest desire, this fills his deepest fulfillment. That's the bottom line. It's his deepest fulfillment, deepest possible fulfillment, consummation."

D:And he will pay back whatever was left hanging on from the other lives.

B:Anything, whatsoever, will be more than paid off. No more coming back to the Earth, clinging involuntarily.

Now it was time to focus on his physical body. When we reached this part, it was obvious to me that finally Bryan had relinquished control and the SC snuck in without being called. This is always obvious because the voice changes and takes on the sound of authority. I asked it to do a body scan, and it began with focusing on the bladder. "They call it a nervous bladder. Fear of incontinence. Afraid of embarrassment. Public humiliation."

D:That goes back to the other lives, doesn't it? (Yes) He doesn't need to worry about that now, does he?

B:No, and any fragments will be taken care of upon completion of this mission. The bladder is calmer, but it's physically full.

The SC then suggested that I allow Bryan to get up and go to the bathroom. I kept him in this state of trance while he did this, and then continued when he returned. It said the bladder was now fine, and it wanted to focus on other parts of his body. The problems with his intestines were “ultimately another way of holding him back from his mission and other things involved on a more superficial level.” He was holding on to things from the past. He could have let go at any time, but he thought he owed some more debt, so he hung on to it. “All of that’s kept him from doing what he came to do. I just want to make sure he’s got the time in this lifetime to do it fully. As completely as it can be done for his own benefit as well as those in the world.” There was a lot of junk in the intestines that were causing trouble: fungus, mold, yeast, debris. It was just another impediment that he had produced to keep himself from fulfilling (or beginning) his purpose. They began running divine healing white light energy through them. “Energetically realigning and then making them impervious to any problems to make them function 100% perfectly.” As they worked they said some of the energy was directed down into the body like a laser as they made repairs in various parts. They spent a lot of time going over all the parts of Bryan’s body to bring it back into complete balance and harmony. “He’s trying to remember the original template.”

Then Bryan’s conscious mind suddenly intervened, “Looks like a wave coming through there that’s maybe more than I can assimilate. And some fear that if I instantaneously heal, then I’ll have to believe in God or miracles of something.”

D:So what?

B:So what if there’s a miracle?

D:So what if you have to believe in that? What’s wrong with that?

B:(Laugh) Well, then I’ll become a Baptist preacher.

I knew I had to get the stupid conscious mind of Bryan out of the picture or he would completely undermine all the wonderful results we had already accomplished.

D:No, you won’t. You’ll be able to fulfill your mission! Belief is extremely important! Stop analyzing! Let them do their work! You’re interfering! Bryan wouldn’t have come today if he didn’t want to believe in miracles. With Bryan’s body all healed, he can go ahead and perform his mission. Nothing can hold him back. No obstacles, no restrictions, no limitations. He can do anything he wants to do. Absolutely anything!

The SC was finally able to push Bryan's stubborn conscious mind out of the way and complete the work on his body. Then it shouted, "He remembers the template now! Everything is going back in place. We are regenerating tissue. The body is remembering! Restore it to divine template." They had done a great deal of work and said they would continue at night when he was sleeping. They have told me this many times, that they like to do healing work at night when the conscious mind cannot interfere.

Parting message:

You are worthy of loving yourself. You've done great things in the past. You'll do great things in the future. You're doing a great thing now. All will be revealed to you. You are Divine. Rejoice! The rest of your life will be Jubilee, jubilant. Impart that to others, jubilation, and they won't feel threatened by their own jubilation. They'll revel in it. As you revel in yours, they will revel in theirs.

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CHAPTER FOUR

THE MERMAID

WHEN LINDA ENTERED THE SCENE IT WAS CONFUSING because there was nothing definite and the scene kept changing. At first she felt like she was floating and then she felt she was underneath the water. "I feel like now I'm underneath water looking up to get to the top of the water. There's patterns of waves of water and I feel floating. I feel that the water is clear, but it's not smooth. There may be a little bit of turbulence, but I feel safe where I am underneath it. Where I am it's dark, but there's a pattern of light on the surface. It feels good. It's not cold or anything. It feels fluid. A floating feeling." Then that scene disappeared and she found herself in something else, but it was equally difficult to describe. "Material...it's reddish green...not all red but more like maroon red. But it's like tapestry and it has weight to it. It's hung and it has short peaks, but they just seem to be wavy. (The tapestry room?) I don't know, but material is the only way to express it. I don't know if that's what it's made of, though. It is fluid and it moves through space like you would find something in water. It's kind of a gelatin feeling and a flowing feeling."

D:The water also had a fluid feeling.

L:Now I'm back in the water again and I feel like I'm looking up and around. Everything's fluid around me. When I look around I feel there are things that are moving around. Some are spherical. Others are like little currents and vortexes of patterns of water energy moving around.

It was total dark, and then she saw it opened up into a vortex and there was a movement of water moving through a tube. Even though she was uncertain, she said, "I guess I'm going to let myself move through that. It's really, really dark. I can't see anything inside this tube. I believe I'm flowing through it now. I'm not afraid. There's kind of a dark maroon. The tube was like a vortex. The water had a vortex fluidity moving into it. I'm in darkness now. I feel like I'm moving through it like I'm swimming through. But I don't really see myself in form yet."

D:But you're just going with the flow, so to speak, letting it take you somewhere. Is that right?

L:It feels like there is a distinct destination.

She spent several minutes describing, in and out of beautiful colors and patterns, until she emerged from the tube and felt like she was still underwater, but in a larger body of water like the ocean. "There's nothing scary there at all. It's just feeling the fluidity of things...beautiful patterns of light. Now I feel like I'm out of the water sitting there. Now I have awareness of myself. It seems like I have a tail...but I think I'm human, too. I think maybe I'm a mermaid. Oh, there I go again. I made the plunge and back into the water. I checked that out and I went back in the water again. It's beautiful down here with so many things to explore and I keep moving around. There's so much space down here, so many beautiful colors." Now that she had finally settled into a form (albeit an unusual one) I asked her to describe herself.

L:Long hair. I have a large tail. I feel very feminine, very beautiful and very playful. I feel like I'm dancing with the bubbles, with all the things I see. It's just like a playground. There's so much to explore! I look up at the top of the water because I'm curious about it. I want to know what's up there. So I take little swims to take chances. I want to go outside of this nice, comfortable space to see what's on the surface. I just did that, before I took the plunge, just to check it out.

D:But you didn't want to stay there.

L:There was nothing to see, so I checked it out and I'm doing more exploring. I am very happy.

D:Do you have to eat anything?

L:I don't think about eating. I really am not hungry. It's not what I want to do.

D:I was just curious. Because it seems like a solid physical body, doesn't it?

L:Yes. I know that I eat, but I don't eat anything that's alive. I'm in harmony, so I eat the vegetable food inside the water.

D:Is that hard to find anything like that?

L:No, it's all there. It's all plentiful.

D:I was thinking if you have a physical body, you have to have something to sustain it. (Yes) But you don't want to eat other things that are alive?

L:No, they're my friends. We all play together.

D:You communicate with each other?

L:Absolutely!

D:Is that hard to do?

L:No, not at all. They're my friends. I play with all the different life forms there. I just go into vortexes and spin around.

D:Are there different vortexes there?

L:I create them with my body. That's how I move. I spin.

D:So you don't just swim as the fish do?

L:Well, we all kind of interplay together.

D:But you like to twirl around and create vortexes?

L: Yes, I do. It's fun to create them. And it's fun to go into them.

D:But you said there are all kinds of life forms there, too.

L:Yes. They're almost all aquatic fish and different things, very colorful and very beautiful. I don't see any other mermaids.

D:I was going to ask if you saw any others like yourself.

L:Not yet. I don't see them, but I have a sense of them being there. All I have to do is call them in and they're there.

D:But do you feel like you are half human, half fish?

L:Yes, definitely.

D:How does a body like that feel?

L:Wonderful...free. It's beautiful, healthy. It's vibrant. It's gorgeous. It's hard to express. It's shiny and shimmering and smooth. And, oh! You can move around so much in this body because it's so flexible. There's so much freedom and movement.

D:And you like being there with all the other creatures?

L:God, yes! All we do all day is play! We have the whole ocean. We can go anywhere we want.

It appeared that she was enjoying this so much that all she did was spend time playing and having fun. This could have gone on for quite a while. So I decided to move the story along and took her ahead to an important day when something was happening.

L:Well, I'm looking out of the water peering up. There's a bank of rocks. The sunlight is shining on the rocks, and I see standing before me this creature. He looks like a man and I've been discovered!

D:A creature like a man?

L:Yes. He's a man. He's very curious about me. And I could swim away, but I'm not. I'm too curious.

D:You're curious about him, too? (Yes) Is this the first time you've seen one of those....

L:Right, and I don't have any reference to any state of fear...just curious. So I don't know if what I've found is going to hurt me or not.

D:Because you've never had any reason to be afraid.

L:No, I've never been afraid. I'm not sure whether it's good or bad. He is very close to me. Now I'm not getting a good feeling about him. It's not something positive. Like it's

foreboding. It feels like I'm in an alien place... environment. I'm out of my environment that I'm used to. Now I'm starting to get cold. I feel like I don't have warmth around me anymore and there's darkness. I don't see any light. I don't see any reflections of color.

D: You could have gotten back in the water, but you didn't do it.

L: Well, I got trapped. I was trapped. I think I got in some kind of trap.

D: What did the man do?

L: At first he looked at me and examined me.

D: He was able to touch you?

L: Yes, because I was in his trap, and all I can see is like a dark veil around me... darkness or some kind of an entrapment thing.

D: What do you mean by a trap?

L: Like a net.

D: A net? Then you think he put a net over you? Does that feel right?

L: Yes. Or I was caught in one. I was in his net when he looked down at me. He was on top of the rocks looking down at me where I was in the water. I was captured.

D: In the net. Okay, what happens when he caught you in the net?

L: He pulls me out by the hair and throws me on the side. I feel like I'm trying to get away. He pulled me out of the net, but he's got a hold of me now. I don't have a sense of what he looks like. It just seems like a big black ogre of some kind. There's black... there's no whiteness to him. (I don't know whether this was his appearance or just the feeling of the negative energy surrounding him.) I don't feel safe. I feel like there's a struggle like I'm a plaything.

D:He's probably curious about you, too. He doesn't know what you are.

L:Oh, I kind of think he knows what I am. He's been trying to catch me...catch one of those. I don't see him as a man. I see him as a big black ogre looking...sharp toothed.

D:Anyway, you see him as something to fear? (Yes) Let's see what happens. You can watch it as an observer if you want to. You don't have to experience it.

L:I think I'm his food. He's eating me. He's ripping and shredding me.

I have had my clients experience many deaths in every conceivable way. But this has to be among the strangest.

L:I was killed and he lets me go back in the water. I don't think he devoured me. He just clawed and sliced me up and threw me back. Not into pieces or anything, but I see me going down, down, down, down, down...motionless. I don't think he wanted to eat me as food. I think he wanted to kill me.

D:I guess he didn't understand what you were.

L:Well, even if he did, he probably couldn't handle the light. I don't know. It's dark.

D:What do you mean, "He couldn't handle the light"?

L:Well, I'm delightful. I'm playful. I'm loving. My voice is beautiful when I sing and he just didn't like that. It wasn't something that he could understand or like. So what you don't like...you swat, I guess.

D:That's what some people do when they don't understand something. So you said you see yourself going down in the water?

L:Yes, motionless and lifeless. I am in the process of leaving, moving away from the body.

D: Tell me what happened.

L: Separation...light energy. I'm not sure where it's going now.

D: At least you're out of it.

L: Yes, I left that body.

D: How do you feel about the man who did those things?

L: I don't judge him.

D: You didn't really realize what was happening, did you?

L: No. It's just that I got curious and you know what happens to curiosity.

D: Tell me what happens as you leave the body. Are you going somewhere or what?

L: Yes. I see a ring of something light or it feels like the body is light. And I'm going through this energy field of light and there's like a council there.

D: Can you feel the light? (Yes) Tell me about the Council. What do they look like?

L: They're like human beings dressed in robes. They're shiny. They're luminescent. I feel a sense of wisdom from them. I'm being greeted. I'm told what had happened so I'm embraced and I'm not sure what's next.

D: Did they say anything about the life you just left?

L: No, they're just greeting me. And there is a sense of incredible peace and support and love there. Just a lot of love energy.

D: Can you ask them what the purpose of that life was, because every life has a purpose?

L: They are having to show me visuals. Your purpose was to help show the entity that there's more than just existence that that entity was having. Not my entity, but the entity that killed me. So that contact was to show that entity a glimpse of what else is there. More than what that entity was experiencing, and so that glimmer of light can somehow uplift that entity. So that he can see more than what he was before, so there would be more glimmer in his life than he had before. So even if it didn't seem positive...it was.

D: So it was more for him than it was for you?

L: Yes. Because where I was I was so happy. It was beautiful. A beautiful life of harmony, of joy. I fulfilled my purpose. It was a contract. We were there for me and him. My contract was to share that part of me with him so he could have that experience.

D: It was not a waste then?

L: Nothing's a waste.

D: Do you think it taught him something?

L: Absolutely! It was like planting a seed. Oh, yes, he did laugh, but still it was a victory. He's changed. He's not the same anymore. He's shifted. It affected him.

D: So there was a reason for it. (Yes) Well, what are you going to do now? Did they tell you?

L: Not yet. (Laugh)

D: I mean, that life is over. You can't go back to it.

L: They haven't spoken about it yet. I don't know exactly what's next.

D: Well, it shows we don't always know the purpose for things, or the reasons for things.

L:No, we don't. It is so beautiful here. I'm feeling enveloped in so much love and light energy. It's like I'm floating. It's very peaceful. It's beautiful!

D:That's a good place. But eventually you're going to have to leave it, aren't you?

L:Yes. I believe that I am assisted to find the next place. I think I've been given a direction and I'm not sure where the direction is just yet.

D:Do you have a choice or does somebody make the decisions for you?

L:Well, they read my heart energy, and they guide me to my next direction of my heart to help me to find the next place. I feel like now I'm floating and there are guides on both sides of me, and we're flying or floating to another place. I'm not sure where we're going yet in the process of moving.

D:Have you ever lived in the body of a human before? That one wasn't really human, was it?

L:It was half human, I guess.

D:Half and half. What do you think? Have you ever lived in a physical human body before?

L:I don't think so. I think I was very curious about the humans, but I've never met one when I was a mermaid.

D:Guides on either side of you and they're taking you somewhere. Let's find out where they're taking you. What do you see?

L:I'm not sure what I'm seeing yet.

D:Do your best to describe it.

L:Well, my guides were just a pillar of light. Not a pillar of light, but they were all like light. And now they sent me into this membrane, and I'm light, too. And I'm moving in this membrane. It's a little more dense. It's kind of like you can

see through it, but it's this large, huge membrane. So I'm inside of the membrane now and I'm floating through the membrane into...it's like a liquid solution, but it's not like the ocean. I'm in that membrane. I'm just kind of there. I'm not moving yet. I'm just kind of in this saline membrane. Just poised and waiting, I guess.

D:Can you ask them where you are?

L:Where am I? I think I'm inside of a human being. Inside of a woman waiting to be born probably.

D:I thought that was what it sounded like. How do you feel about it?

L:Different so far. I feel good about it. I'm not afraid. I don't feel like there's any foreboding of anything. It's like I have to be born into a caring, loving family where I'm wanted. And it's been set so that I'm received very well.

D:Did anyone tell you what you were going to do?

L:No words were spoken. I don't see visualization. It's a knowing and reading and understanding of what's to be happening. I don't hear words. I think it was something that I wanted to do and that's what brought me to that space. I think it was my decision.

D:You wanted to experience life as a human?

L:Yes. I thought that would be a good next step because I was raised in this wonderful (ocean) place, and I felt like I was moving into another wonderful place - only a different dimension, a different space, one with a different feel to it. And it's different! I don't feel like it's bad. I've not been born yet though. It's definitely different. I'm in a holding spot. The womb feels very protected, very comforting. I'm feeling very safe there in the womb, in that space, but I'm actually waiting. I'm actually anticipatory for the next experience from that waiting position.

D:About what's going to happen next?

L:Yes. Kind of like what I used to do when I was swimming around in caves and stuff exploring. Well, this is another cave.

D:Yes, it is very much like that and it has the fluid in it.

L:Right. So I'm very excited to go through that tunnel. Shall I go through?

D:It's up to you. What do you want to do?

L:I'm ready to pull through now. Here we go!

D:What is that like?

L:I'm picking up images. Well, it wasn't what I expected. I don't have the water. I was expecting to find water on the other side. It's kind of dry out there. It's a different type of fluidity. It doesn't have the same fluid density, but it seems more dense. I'm feeling like I'm being wrapped in a blanket and these people...of course, I'm still small and I feel they have robes on their heads. It doesn't seem modern being born there. Like I'm wrapped in swaddling clothes type of thing. Just being held and it's peaceful. It's very quiet.

D:But it's not what you were expecting?

L:No. I was expecting more water.

D:(Laugh) You're not getting that. So you've moved into a physical body now.

L: Yes, it's different...different experience. I'm anticipating. I'm excited. I don't know what to expect, but I don't feel like it's dark or anything. I feel good energy here. I feel like I've been nurtured.

From the description it would appear that Linda had been born again, but not into her present body. I did not want to take her through an entire new lifetime,

so I decided it was time to leave that life and call in the SC so we could obtain answers. I asked it why it chose the unusual life of the mermaid to show her.

L:Because Linda needs to have some spontaneity and validity in her life, and joy. So I just wanted it reminded that she can have that life again and not feel that she has to be restricted in any way. That she can move and flow and have delight in all her experiences. She just has to have another reminder of what's possible. In that life she was very free and very positive and empowered.

D:So you think this is important that Linda know she can recapture that feeling?

L:Yes. I think that she's afraid to take the next step. She knows that she's in a place of going from the place of the...oh, what do you call it...the womb...not the womb but the caterpillar thing.

D:Cocoon?

L:Yes, but it has another name for it. I forget what it's called...that she is ready now. She's just waiting to move through and become the butterfly. To fly and have that total sense of freedom.

D:Transformation.

L:Yes. She is, but she needs a little bit of a nudge just to be reminded of that playfulness that she is. And to help to allow herself to feel that experience fully deep within her heart and her being. Not to feel at any time that she needs to be restricted in any way. She is completely and totally free in that way because of her lightness and her beauty and her full expression of that joy and that playfulness. There's never a need to be restricted in any way.

D:But she did go through a lot of restriction in her earlier life, didn't she?

L:Yes, she did. And that was to be fully experienced, but she doesn't have to linger in that anymore because she can have more expansion of experience now, and have a place to move forward and to move freer. She needs to move freer.

D:Why did she have to experience those things that happened to her in her life?

L:It was because of her need to fully understand herself to see who she is in contrast. And that was to show her that experience in contrast, and that she will always prevail in the darkest moments. The darkest hours. She is always the light of the light and she will always shine. And to let her know that she is resilient and she is always moving in that direction because that's who she is.

D:No matter how dark it looks, she can come through anything.

L:Absolutely! She does come through it. She comes through it with her incredible elegance and resilience.

D:So that's why you wanted to show her that life even though it was unusual.

L:Yes, because that's who she really is.

D:What about the person who killed her? Was that anyone she knows in her present life?

L:I don't know if it was in her present life, but it was symbolic of all of the manifestation of the brutality that is experienced in this density. And that the triumph of the light will always prevail. That the density, the darkness will always be cast and shed because it's no longer something that holds her down.

D:So it doesn't have to be a single person, it's just symbolic?

L:Symbology. Yet she has known in past lifetimes those people of authority that have appeared to hold her captive and caused quite a lot of pain and suffering.

D:But she had to move through those things to get to where she is now.

L:Oh, yes! She's a lot stronger now.

Then I asked the "eternal" question that everyone wants to know: "What is her purpose?"

L:When she gets into her Joy she knows what she needs to do, and when she's tapping into that Joy, the enfoldment is there. She doesn't have to think about it. She just needs to move in that direction. Wherever she feels light, move into the lightness. Let it flow like she did with the mermaid. Move and flow and be a part of that.

Just not be afraid to embrace that and have that as her way of expression. To always know that she has all the answers. That she doesn't have to find them anywhere from any book or from any other sources. Just always know that everything that she needs is inside of her. She is complete and whole. There are no bits and pieces that are broken, and she is completely healed and well. She should do whatever she's drawn to and whatever makes her happy. She should do whatever her heart desires. The sky is the limit and she has total and complete freedom without anything that would stop her from experiencing and feeling her joy. Don't take life seriously anymore. Never hold herself back by feeling obligated, or having any feelings of guilt or shame or feeling less. All of that is behind her now. Fear has been a thing that has held her down. She can release that now.

D:Fear is a very strong emotion.

L:Yes, and she's had a lot of that in her lifetimes. She can now let it go. She just needs to play more. Be more in the play space, more in that childlike playfulness and the mermaid playfulness! That's who she is. It's always been who she is.

Linda was given information about her children. Like any mother she was concerned about them. But she was told to release her hold on them and allow them the freedom to follow their own path. By restricting them she was keeping them from learning their own lessons.

Then we proceeded to address Linda's physical problems. She had been experiencing stomach problems. The SC focused on that area. "Like the mermaid she needs to just let all the tensions go, all the responsibilities go, all of the lifetimes that she's been tortured and had these heavy experiences. They're behind her now! They are things of the past. And just be light, loving energy and feeling that. Especially when she eats the food she can see as she ingests, see it as light. Living, loving light energy in every bite that she takes, in every swallow, and she can see that energy moving through her throat, through her esophagus down into her stomach. Feel that light, feel that energy as she eats.

She's not eating rocks. She's not eating anything that has sludge in it. It's light, living light, nurturing light food and it is energy."

D:Linda said she had an allergy. She can't eat anything except raw foods.

L:It's the way she eats it, the way she views it, the way she sees it, so there is a kind of stigmatism towards the food. There has been kind of like a weight of fear of constriction around it so that when she ingests, it's like "Oh, God, here we go again" type of reaction to it. And so the body reacts to that and it says "Oh, here we go. Let's go into survival mode." And so we do, but it can only do so much. She has to take a different approach to the way that she eats and the preparation. She needs to prepare food in a way where she can feel and see and vibrate the higher energy before she puts it into her body, and trust that energy. Rather than thinking it is going to poison her, kill her, or do anything destructive. The food is definitely not something that can hurt her, she shouldn't be afraid of it. She's been very afraid in other lifetimes where she's been poisoned, or food has been detrimental to her. She needs to just feel the life force of it. Feel the loving, nurturing, vibrant, radiating, life loving, life giving energy in every bite that she takes, in every bite she consumes into her body. Eventually she won't need to

eat. She'll just take in that breath, take in that life force into her body. But while she's here she can have that food and feel the same way about that life force, life energy that she takes in.

D: You have told me before that we will get to the point eventually where we won't have to eat.

L: No, we won't need to eat. It just seems like a necessity now, but it won't be in the future. There is nothing in the foods that are harming her. It's just her interpretation.

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CHAPTER FIVE

A LIFE INTERRUPTED

WILLIAM WAS A MAN IN HIS EARLY FIFTIES WHO SEEMED TO have spent his life searching, wandering, looking for something, yet he didn't know what. He never married or had any children. He had a good job, but was restless thinking there had to be something else out there that would make him happy. Healing? Sound? He had taken many classes and gone to metaphysical groups, but it only produced embarrassment when his psychic abilities were recognized. He now felt the need to keep these things secret, which only added to his feelings of isolation.

When William entered this scene he was totally confused about where he was, and had difficulty finding the words to describe what he was seeing. It was totally foreign to anything he could relate to. "It's dark. A place like stone or something, but it has texture to it. It's a black material and there are lines of gray in it. I'm standing back from it but it's all I'm looking at. It looks like many small pieces put together to make one large wall or formation of some kind. They are pointed or six sided or something, like they have been arranged. It's a little bit too irregular for a wall. I'm looking down at the ground and it feels like there is vegetation around, but I can't really see it."

D:Do you think this is a wall or part of a structure or what?

W:In a way it seems very natural. It has been arranged but I can't really tell if it's crystals or not. It reminds me of basalt, except it's pointy. I don't know its purpose. It's like a wall or boundary, but it's just this formation there. It's huge. I can barely see the top of it...like it goes up to the sky.

D:Can you see how far the wall goes, if it is a wall?

W:It goes up into the left. The ground rises, so I could walk up that way and maybe eventually come up to the top of the wall. And the other direction that's off to my right, it seems like it goes on. I don't know if I can see the end of it. It seems like it's in water somehow on the right hand side. It's very big.

D:You said it feels like there is vegetation around you?

W:It's like desert vegetation. Like cactus, spiny cactus, long leaves, pointy leaves. Very barren. I can't turn around. I don't know why I can't turn around. I can see my feet, but I can't turn to see anything.

I then asked him to describe his body and clothing, and he encountered more confusion and difficulty.

W:I can see my legs and my feet. They seem flat. It seems like they're covered in all one piece.

D:Look at the rest of your body. What are you wearing? (Long pause)

W:I don't know. Hold on a minute. I don't know what my body looks like. I don't have a sense that I'm wearing anything. It's just all one uniform color. My right arm seems light in color, white. My right arm is something different from the rest of me. It's white. The rest of me is grayish, brownish, greenish color.

D:(I was as confused as he was.) But what you have on your feet and legs, is that separate from the rest of it?

W:No, it's all the same. Like one piece. My ears are different, long, floppy; almost like a dog's ears. I have dark eyes. I can't see a mouth or even a chin. It's like my head just goes straight from my torso up.

D:Do you have any hair? (No) But you can hear and see, can't you? (Yes) Well, this uniform or whatever it is you're wearing, does it go all the way up to your neck?

W:It's not clothing. It's like a skin. It's like my skin. It covers my whole body. I get this sensation when I move my head to the right...when I feel it, it's almost like it jerks...like it's stretching, but it's my natural motion. I'm clinging to the wall. That's the reason I can't turn around. I'm clinging to this wall and I can't let go.

D: So you're not really standing on the ground?

W: I thought at first I was standing on the ground, but I can't turn around. I'm somehow facing the wall. It's like I'm clinging. I can look down and my feet are somehow touching the ground but I can't stand on them. (Baffled) And I'm holding this red and white thing. To my right and I don't know what that is.

D: We'll find out. It will just come. But if you're holding on to it, what do your hands look like? (Long pause)

W: Like a salamander kind of thing.

D: What do you mean by salamander?

I have had many clients regress to lifetimes as animals, so this did not surprise me.

W: A gripping kind of thing... like I can grip. They're not really hands. They're like legs. It's like I'm some kind of a salamander kind of a... (Struggling for words) being?

D: So you don't have fingers and thumbs then?

W: No, it's like I can grip. I can grip this wall. I feel like I wanted to go down to the ground. There's sand against the wall. I can go up to the top of the wall that way if I want to. (Pause) I'm trying to figure out how I can get down without falling. I can turn around and face down and then go. I can do that. I'm going now. I'm going down to the sand. And everything's big! Everything's big!

D: You're in a position now so you can see whatever is in the other direction.

W: Yes. I can't really get up high enough to see past... I get a sense of these spiny plants and I can see through them. I can see sky. That's about it. I can still go. I want to keep

going forward and go up. I want to see. There's stone now to the left of these black natural stones.

D: That's different from these walls? (Yes)

This could have taken a long time so I condensed time to when he was able to get to the top of the wall and he could tell me what he could see from that position. "If I climb up on top of this black wall, and if I put the black wall to my back and see the natural stone off to my left, I can forever. There's water off in the distance and something like pine trees in front of me, and mountains, islands off into the distance to the right.

D: So it's different. It's not all barren.

W: That's right.

D: Do you see any structures?

W: No, it's all natural.

D: Are there any other beings around? (No) Just you by yourself? (Yes) How do you feel about this place? Do you think you belong there?

W: It feels like I want to be somewhere else. I'm comfortable. I don't feel threatened, but it seems like I ultimately should be somewhere else.

D: Like you don't really live there or belong there, you mean?

W: Like I'm here. I've been here. I've lived here, but ultimately this can't be all there is. There has to be more. I have no sense of any...just to be. Just to be at peace and have a place where there is no threat. It's like I'm the only one. This is an island and it seems to be mine. There may be others on other islands off in the distance. I'm looking off trying to see if there's anything else on the other islands. There's a structure way off in the distance, but I don't know if it's natural or not.

D: Well, how did you get to this place?

W:It's like I was kind of born here. I don't know...like I wanted to be here.

D:Even though it seems as though you're the only one there? (Yes) That's what I was wondering. How you got there. You can see it if you want to.

W:(Pause) I was put here.

D:Tell me about it.

W:It was against my will. I'm okay with it. I've grown okay with it. There is no stress. But I was moved here against my will.

D:What brought you there and put you there?

W:Some other beings...they feel like they were doing me a favor.

D:Do they look like you?

W:No, they're not like me. They have power over me. They're stronger than me. They can do whatever they want with me.

D:How did they bring you there? (Pause) You can see it.

W:I'm seeing...I don't know what that is. I don't know what I'm seeing. All of a sudden it's just color...just silver and very angular. It's like a machine or something. I don't get the sense of any other living thing.

D:These beings that brought you there, what do they look like?

W:They're much bigger than me is all I can say. It's like they don't fit in that object. I don't know why I saw that object. I don't know what that is yet.

D:But they don't look like you?

W:No. All I can see is that...I see white. They have white skin.

D:But they brought you there against your will?

W:Yes. They were well meaning. They thought they were helping me.

D:Could you stay where you were?

W:No. It wasn't a choice. They just decided to move me.

D:Let's see what it looked like where you were before they moved you. We can move backwards in time. What was that place like?

W:There were lots of stones. It was very dry and I was with others like me. I can see we're moving and crawling through the sand.

D:You're smiling. Did you like it there?

W:Yes...it's happy, playful. There were lots of tall thorny vegetation...really tall. The others are gray looking, but they're moving at the same time. We lived in among those rocks.

D:What did you eat or did you eat? W: Those plants.

D:But you were happy there. (Yes) Then what happened?

W:Everyone's running to get away.

D:Get away from what?

W:It's this thing that's blocked the light. It's not dark but it's overhead and it's blocking the sun, the light. And the purpose is not to take me, but they were using some kind of equipment that takes the material where we are. It's just pulling it all up and I get pulled up with it.

D:Material?

W:The stones, everything...it's like the stones, dirt and everything.

D:It's something they were taking to use?

W:Yes, and they found me.

D:So it's like you were sucked up with it?

W:Yes...and they found me.

D:In with the other material?

W:Yes. And to try to help me they put me where they were.

D:They couldn't take you back where you started?

W:They didn't. I got away before. I don't know if they wanted to or not. I got away and made my way.

D:So they wanted you to stay in a similar place like you came from?

W:Yes. That one side of the island. I'm not even sure that one plant grew there naturally. It's like they tried to make it like home.

D:So they were really being kind to you, weren't they?

W:Yes, they were.

D:So you weren't supposed to be transported there. (No) But now you're there and you don't have anybody else of your own kind, do you? (No) How do you feel about that?

W:It's sad.

D:I would have thought it would have been easier to take you back.

W:They couldn't. They didn't go back.

D:So it's not normal that they would pick up a being or a creature like that. Is that right?

W:No, it was by accident.

D:But it's sad because you're away from everything, your home and everybody else.

W:It's pretty. They made it pretty for me. They made sure that nothing else could hurt me.

D:So they meant well, didn't they? (Yes) But it's going to take some adjustment, isn't it?

W:Yes. It's like I've been there for a long, long time.

D:So you've gotten used to it by now?

W:I have.

D:Do you still miss the other ones? (Yes) I was wondering if you felt lonely.

W:I miss what's familiar. I've had to adapt to this because it's not normal. They tried to make it as much like home as they could, but it wasn't the same.

D:Yes, but at least they had good intentions.

W:Yes, they're very kind. They're very sorry that they interrupted my life. They did their best to make it right.

D:And you said these beings had more or less "white skin"?

W:I didn't see all of them but yes, they're white skinned.

It seemed that this type of lonely existence could go on for quite a while, so I decided to move him to an important day when something was happening. I didn't know whether he would be able to find one that would be different from the day to day lonely existence. What could be considered important? Usually in a simple mundane life like this the only important day would be the last day, the day they died. In William's case that last day was dramatic.

W:There's something circular. It's a natural phenomenon. It's very bright and it's a comet or some type of meteor.

D:In the sky?

W:Yes, it's coming and it hits the...it's so big. It hits way off from me.

D: You can see it coming down to the ground? (Yes) What happened when it hits?

W: It was really bright, and the earth just piled up all over me.

D: Even though it hit quite a ways away?

W: Yes, it was huge! It hit in the water and it just destroyed everything. It threw the water everywhere.

D: It just came up over the island you're on? (Yes) Then now you're out of the body, aren't you? (Yes) Now you can look down on it and see what it looks like from a different perspective.

W: Yes. My body is mangled. It's on its side. It's very definitely a lizard or a salamander kind of body.

D: But yet, you could walk upright too, couldn't you?

W: No, I could not. The closest I got to standing upright was against the wall.

D: Okay. But now that you're out of the body, where do you have to go now? What do you feel? Do you have to go somewhere?

W: I just feel peaceful. Very peaceful. It's like I'm just floating...very peaceful. I feel comforted.

D: From that perspective you can look back at the whole lifetime. Every life has a lesson. Do you think there was anything to be learned from a life like that?

W: I appreciate being cared for as much as people can because I did get to live. I was not threatened. I'm grateful for that.

D: Every life has a purpose. What do you think the purpose of that life was?

W: To accept change.

D: It was a change, wasn't it? (Yes) Taking you totally away from everything that was familiar to you.

W: And to trust...and be taken care of.

D:Okay, let's see where you have to go next. Is there anyone who can take you and show you what you have to do next?

W:Yes. I feel she has wings. (Chuckle) She smiles at me. She's very sweet. She's light but she has wings. She's light like glass almost. You can almost see through her. She has a very pretty face, kind eyes.

Later when William awakened he retained a picture in his mind of this celestial being. He said she was very beautiful with garments composed of colored strands of light. The wings may not have been wings, but similar strands of light.

W:She has me by the hand leading me. She's pointing at something. She wants me to see beauty. She's helping me see beauty in all things. It's about the life when I was taken from my friends. She wants me to see the beauty in everything. She's reminding me how beautiful and satisfying everything was where I was. How it satisfied me in my soul.

D:Although you were alone.

W:Yes. It's one of the things that was compensation. She's reminding me how loved I am. (He began to cry.)

D:Does she take you anywhere?

W:To the next place, she says. I'm with people. There's light overhead. There's lots of busy stuff going on.

D:What do you look like now?

W:I don't have much form. I feel my feet are flat, almost web-like. It seems I'm short, relatively short...rounded. (Laugh)

D:Let's see where she takes you in this busy place.

W:There's a man. He's helping me. He's talking to me. She's still with me. She's behind me to the left. He's talking

to me about what's next.

D: Tell me what he's telling you.

W: It's funny. (Laugh) His head is down in papers and he's looking up at me. And he's very kind with a sense of humor. I think he knows where I've been and he wants me to be happy. He's seated behind a...like a podium or desk or something. He's looking at me out of the corner of his eye and grinning (Laugh) like he knows it all and he knows everything about me.

Another of the memories William retained upon awakening was of this man. He said he was bald and wearing small green glasses, which he peered over impishly as he studied the papers.

D: What does he think of the life you just left? Does he say anything about it?

W: Yes, he says that sometimes these things are necessary. (We both laughed.)

D: Was it supposed to be that way?

W: No. When it happens he says we make the best of it, helping it feel okay that it happened.

D: You were all right with it anyway, weren't you?

W: I was. They really care. They want to make sure that it's okay. And I do feel better. I feel okay.

William remembered more upon awakening about the being that had taken him. He saw the being that put him there as white. He couldn't see more, but knew it was big. Upon awakening he realized what he was seeing was its hand and he was small sitting in the palm of its hand. He felt an incredible love from it. That it couldn't harm him and had unintentionally taken him. Thus the compulsion to recreate a similar environment for him to live in. How compassionate!

W:He just wanted to make sure that all that was okay, and that I understand it was like an assignment. He asked if I'm interested, and I am. It's like he's making me say before he tells me more. He's still grinning at me. No, it's okay. I understand that there is a serious side to this, but that's just how they are. They want to make sure that there's nothing left undone with this last experience. And that I'm okay to move forward. He's directing me like his job is to make sure before I move to the next place. And I turn to the beautiful winged lady. She's taking me.

D:Where does she take you?

W:It's like a different place, a room, the ceilings are really bright. We're going somewhere up there. It's a different compartment, I guess. And there's a panel of people. It's a really big room and there are a lot of people in here. It's like I'm waiting for my turn, and it's instructions to everybody.

D:What kind of instructions?

W:It's general instructions. Let's see. Remember. They're helping us to remember. They want us to... it's coming too fast. They appreciate what we're doing, what we've agreed to do and they want us to know that we'll be cared for. We'll be looked after and helped and they want us to remember this. It has a feeling like we're going off together somewhere. It seems like it's individually. This is like a meeting place where we all are here and we come to this place and we have a common thing. A common fast forward, but it's going to be very difficult for each one of us. He's just telling us that we will be okay.

D:You said it was an assignment. We can condense time until it's your turn, when they are talking just to you.

W:There are three there, but there's one that's talking. He's telling me that he understands and that there will be difficulty in my assignment. That it's okay. I'm okay with

that. This is something that was agreed to a very long, long time ago.

D: Does he tell you what the difficulties will be?

W: Forgetting. It's the biggest thing they're concerned about...that we'll forget what it is that we're here to do.

D: Do you know what you're supposed to do?

W: I carry.

D: What do you mean?

W: I'm asking. (Pause) I'm the one who sees and knows what's lacking, so whatever is needed, I carry that. And I can carry whatever's needed. It's not really a specific thing. It's hard to describe.

D: You mean whenever you go back into a body or what?

W: For this group. If there's something that has changed or when we all leave or something goes wrong. I have to make up for that.

D: But he said the greatest problem is that you'll forget what you have to do?

W: Yes, and one of the insurance policies is that there are many of us. We're like a back-up support. I suppose that's what is meant by "carry." We support.

D: Support what?

W: The main mission.

D: What is the main mission?

W: I don't know. It's like they're telling others whose primary I'll engage. I just do my part.

D: So you don't know the main mission the others are going to?

W: In general...something's in trouble. (Pause) It's evolutions. They're talking about it like it's evolution or there's a problem...evolutions of life...many evolutions of life and everyone's going out to do the general mission. I don't know anything specific. It's like I carry. I support.

D: So you don't have anything to do with the main mission?

W: I don't think so.

D: But you said you're an insurance policy.

W: Yes, a back-up. If someone else fails, it's like I can drop right into their role.

D: But you won't know it, will you? (No) They said that's one of the problems. You might forget when you come into the body again.

W: He said we would activate if it became necessary to remember, but I don't know what that means really. Something will happen to cause me to remember, if my services are needed.

D: Otherwise you're not supposed to know anything?

W: Right.

D: How do you feel about the assignment?

W: Good. The experiences I've had in the past are all about this. Leading up to the assignment.

D: In all your other lives?

W: Yes, everything's been about this.

D: Do you know where you have to go to fulfill this assignment?

W: I've been several places. One of them is Earth.

D: How do you feel about that, going to Earth?

W:It's hard there. That's what they told us. It's hard there. I'm okay, I wanted to do this. I don't want to say I don't have a choice because I do. That's how it feels. I just want to.

D:So you wouldn't turn it down anyway.

W:That's correct...not now.

D:But you said it's hard on Earth. Did they tell you what to expect and what makes it hard?

W:Yes, forgetting is the primary thing. You'll forget and distractions, they talk about distractions. And there's something about the way each individual will embody. Genetics will wind up being a distraction... unintentional, avoidable, they say. And it's unsure of what those will be. We are as prepared as they can make us.

D:But Earth is a planet where you can't prepare for everything, can you?

W:That's correct. That's what they're saying. That's the same deal and that's why they're describing these parts in these genetics that are not intentional. But they're there. And they've done everything they can to help shore those up so that they will not allow problems to creep in. But there's only so much they can do to assist us. And beyond that, that's the risk we're taking in not knowing what these things may be.

D:But you're prepared to go ahead and do it.

W:Absolutely yes.

D:But anyway it's the next step. It's the next adventure.

I then had William leave the little creature there and move away from the scene, so I could call forth the SC. Of course, the first question I always ask is why he was shown that unusual lifetime.

W:He needed that information to know that he is cared for. He needs it in this life. He's afraid. He feels separate because of all his experiences here. His memories tell him that he's separate and he isn't. No matter how separate he feels he isn't and to trust in that.

D:He was really different in that life, wasn't he?

W:Yes. It's a type of teaching him to be compassionate of others that are different than him. It's one of the reasons he chose differences in his own life.

D:We're all people on our own journeys, aren't we?

W:Yes. And there's something coming up that's going to require him to not be so judgmental.

D:Do you think he has been judgmental in the past?

W:Judgmental in the respect that something is different, and perceiving it because it's different from those being less or not as evolved. Judgmental in that way. He doesn't realize it. He hasn't realized until recently in his life. He's not realizing that he does that.

D:But you said something is coming up that will help him to understand that or what?

W:Yes, he's going to interact. He's going to be required on more inner levels, rather than on outer levels, to interact with different species that he's never seen before. And it's important he has in his memory, in his experience, these things. It's important he has his conscious awareness to be aware he is working with these other individuals that it will not get in the way. It will not hamper what he actually has to accomplish in working with these other species. Because he was also another species, and that's what he has to remember.

D:Can you tell me more about these other species he's going to be working with?

W:They'll be non-humanoid. Some of them will be Light beings humanoid looking. There will be non-humanoid species and evolutions that will require information he has, and they'll be anything imaginable. Some we've not seen will be amphibious based. It's important that he had that recollection with that life as an amphibian because he'll be primarily interacting with them.

D:Will this be a conscious interaction?

W:No. He'll have memories. It's not a conscious recollection of memories. They'll surface. They'll be just under the surface. He'll be working with them. He's chosen to keep many of these things separate in his waking awareness in this life because it would impede some of these things he actually has to do. He's actually taking information he's learning here and sharing with other evolutions. Some of them are faced with very similar experiences as Earth is going through now.

D:So they will be interacting with him on a different level? (Yes) But he may remember bits and pieces?

W:That's correct.

D:Are they like dreams?

W: They'll come to him in waking awareness. But he won't remember the entire interaction. He'll remember bits and pieces. It's in his "plan" to develop a sense of trust. There'll be other things that he'll deal with later. He's being asked to only do what he's been asked to do on this Earth with minimal recollection. Otherwise, it would interfere. He has interacted with other beings his whole life. He volunteered to participate in the ways that he has participated. Some were for genetic in-formation. He is ending the line of

genetics because he's not having children. And there's information in his genetics that's important. So that's the reason for the extensive sampling that's being done, simultaneously on many organ types. We realize that his recollection of this has caused some trauma. We're correcting.

Sampling during abductions is when a small amount of tissue is taken from different parts of the body to determine the health and makeup of the human body. The abductions or visitations as they prefer to call them, are merely times that the ETs are checking on their own "people." They are seeing how they are doing in this environment and helping if necessary.

D:I want to understand exactly what you mean. Is it certain organ types?

W:Yes. Spleen, liver, multiple points in soft tissue, cartilage. Samples were taken from William when he was young because he's ending a genetic line. He's not having children. They were very small genetic samples. No harm was done.

D:What are they going to do with those samples they took?

W:They'll store them. They'll be used later. There's information in his genetics that's needed.

D:What will they be used for later?

W:Seeds.

D:Seeds in the way that I understand in my work? (Yes) They say that's the way life began on Earth, wasn't it? (Yes) They said it was just single cells... and I asked them one time, "Where did the cells come from?" They said they collect them everywhere.

W:That's correct. There's a corrective component in his genetics. It's a self-correcting component that will be helpful.

D:What do you mean by a self-correcting component?

W:Environmental, from exposure to environmental circumstances. This is where his genetics learn, from the environment of Earth. They'll be used. Some are used here but they're being used other places.

D:Because they carry the information of how to survive in this type of environment?

W:This is correct.

D:I know there are many people who think this type of thing is invasive. I know differently, but I think if they would understand what this is being used for, it would make it easier.

W:Yes, this is correct. It's for their good. It's for their ultimate good. It's necessary to protect them. Fear is rampant here on Earth.

D:Yes, they're afraid of anything they don't understand.

W:That's correct.

D:But the cells, the tissues or whatever was taken is stored?

W:Correct. Then replicated. It will be used where it is needed for adaptation and survival. Because it carries valuable information.

D:Adaptation if the environment changes as it has on Earth? (Correct) Then somewhere else the species will know how to adapt.

W:Not only on harsh environments, but initial seeding projects.

D:When you start life somewhere else?

W:Yes. It assists with adaptation...hardier...somewhat hardier stocks.

D:I had another case where a woman said they were taking her eggs and storing them. And it was not for her now, but it was for her in the future. (Chapter 29 of the Three Waves of Volunteers and the New Earth) I didn't understand what that meant. Can you explain that? Is that along the same line?

W:Hers were for an entirely different location...very specific. She also had something unique. It satisfied a specific circumstance.

D:I asked, "Would that mean she couldn't produce eggs in the future?" And they said it would be different. (Yes) So this would be for the future?

W:Yes. There is work being done. It is a three way splice. That's all I can say. It's not for you to know yet.

D:There are many different programs the beings are involved in. Is that correct?

W:Yes, that he's involved with.

D:But he's not supposed to be aware of this consciously?

W:He remembers already what he needs to know.

D:Will it do any harm for him to listen to this recording and hear this information? (No) We never want to do anything that would harm anyone. He wanted to know what his plan is, what he came to Earth to do.

W:He's doing it. He's gathering information. In his experiences he connects with many, many different people, different walks of life. He's a conduit of this information. It's being used in different places. His career is irrelevant. He can change if he chooses. We'll support him in whatever he chooses. He wraps himself too much in the emotion of his circumstances to see what is plainly before his face. The choices are his. He can do whatever he chooses. He can go back to school. He can choose a totally different mundane career. He can have a farm if he wants to. He can have a coffee shop if he wants to. He can do whatever he wants to do. We'll send to him whoever is needed so that the experiential information can be passed on. His empathy ties him to the root of others' emotions. It was part of what he chose to have. The level of experience he needed to pass on to other evolutions that are going through this. He chose to feel. It is removed from his conscious process. He has no

choice but to feel those things. He can protect himself from the crippling emotional energy that is transferred when he picks up on that information, but the empathy, that process, is part of his assignment. His choice to identify with others was a choice from his compassion for the people who are here. His emotional connection to the people here and his connection to their suffering is one of the aspects that we will have to work on with him. There's a limitation that currently cannot be surpassed.

D: Because you have limits also.

W: That is correct. This is part of his plan. This is part of the design of his path. This is the reason for the choice of being alone. It is to teach him to stand where no one else agrees or understands and to experience and remain connected to Source. Whether he has any conscious recollection or constant awareness, he is connected to that Source. He is never severed from that Source. It defends him. It directs him. It moves him. He has no need to fear or concern over not knowing. He knows what he needs to know. He's chosen his experience the way it's unfolded. It is according to plan. It's part of his process. He's assisting evolutions elsewhere greatly. All is in order. All is moving according to order and plan. We will not separate ourselves from him.

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CHAPTER SIX

SWITCHING PLACES

KATRINA CAME INTO A VERY TRANQUIL SCENE IN A FOREST. There were many trees, conifers and a lake nearby. There were many deer around, one that especially stood out with huge antlers. They were not afraid of her. "I'm part of the group somehow. It's like they're my people or something. There's some reason I want to be with them. I think I hide out with them...maybe from the people." Often in the beginning of a session the person shows confusion as they try to understand where they are and what is going on. As they talk more clarity comes. She saw that she was a young male with long shaggy hair dressed very simply: barefoot with a covering over only his lower body. He had an anklet made out of seeds and a tooth hanging from a necklace made out of beads. There was also a knife strapped around his waist.

D: So you don't really live out there?

K: I run away to the woods. (He sounded upset.)

D: Where do the other people live?

K: In a village or a tribe. They're a tribe of people and I ran away from them to live with the animals.

D: Where did the people live?

K: By the edge of the forest. Down lower, not in the mountains, but down lower, like in a valley.

D: But you like it better there with the animals?

K: Yes. They kill each other. They kill the animals. (Very sad.)

D: Can you communicate with the animals?

K: In a way, yes. The animals never make sounds, but I can talk with the animals. They're not afraid of me and they alert me when humans are coming there.

The people in the village lived in huts made out of twigs and sticks covered with branches of pine or fir trees. The structures didn't have to be very sturdy because they moved a lot, following herds to hunt. "I often didn't stay inside. I'm different than them so I stayed outside. They wanted me to be their Holy Man. But what they wanted me to do was find animals to kill. I didn't want to do that. So I had to leave. They were angry with me because they thought I was evil since I wouldn't help them; that I was using my powers in the wrong way."

D:But that's not the wrong way, is it? (No) Do you have other powers besides communication?

K:I don't know, but I seem to live on less food than them, without eating meat and eating things out of the forest. They felt they had to eat meat.

D:So that's why they thought you were different?

K:Yes. I also seem to be able to find animals and know where they are.

D:But sometimes you have to kill animals to live, don't you?

K:Yes, but they killed each other, too. They killed anyone who wandered into the area.

D:So they were kind of a violent people. Were they going to kill you?

K:No, they chased me away. I wasn't playing their game.

D:So they chased you out of the village?

K:Yes, or I ran away, sort of both.

D:They probably thought you couldn't survive out there on your own.

K:It was lonely, but very beautiful and peaceful. I didn't know why I wasn't like them, but I couldn't be like them. I tried when I was younger.

D:But you'd been coming to the woods and talking to the animals and communicating for a long time? (Yes) That's why the animals aren't afraid of you.

K:But then they thought I was keeping the animals away from them, and I was.

D:Do you think you'll be able to survive out there?

K:Yes. I find things to eat. I watch the squirrels, what they're eating and eat the same things.

D:Where are you sleeping?

K:I sort of sleep in the pine needles area there on the ground.

D:What about the weather? I was thinking that you're out there by yourself, no shelter of any kind. The weather might turn bad.

K:I would wear skins and furs more. I stay close enough to watch the people, and then steal some food sometimes.

D:But you were able to survive. That's the important thing.

K:But it seems that I grew old very fast.

D:You never had a desire to go back and live with them?

K:I guess I watched them to see if any of them had changed, but it didn't seem that they had. They moved around the same area. Just moved their camps to try to find animals. I was glad when they were gone, but then at different times in the year they would come back. They probably thought I had just died.

This sounded like a life where one day would be very much like the next. I moved him forward to an important day, if there was any. He reported, "I saw other human beings that weren't part of that group. But I watched them and knew they hate us anyway, so I couldn't be with them. They were harming animals and harming each other. Fighting, burning things and..." His voice trailed off sadly. He felt he had no choice but to stay in the woods with the animals.

D:You don't mind being lonely then?

K:I didn't like it but I couldn't live like them.

I decided to move him again to another important day in hopes that things had gotten better. But that was not the case. "I'm on the ground and just deciding to give up, and I feel cold. I just decided to die instead of keeping up."

D:There wasn't much of anything to live for? (No) Even though you were happy with the animals. Are you very old when this happens?

K:I look old, but I think I'm only a few years older than when I left the tribe. The trees protected me from the wind and rain, but I was always cold. And my legs became numb so I couldn't keep up with the deer.

D:Nothing's wrong with the body?

K:No, it's just old and cold and time to go. I felt like a failure because I couldn't change the people.

D:Well, you can't make anyone change, can you?

K:I guess not.

D:So you can just make that decision and go on your own? (Yes) Tell me what happens.

K:The deer keep coming back to check on me, and pretty soon I notice they're checking on that body, but I'm not there. I'm over there under the trees. They cared.

D:They considered you to be one of them really.

K:They did.

D:But you're out of that body now. You can do anything you want to now.

K:The body wasn't really dead. I had to keep going back down. Then the deer finally left and it snowed, and then I just left.

D:There really wasn't any way you could get back in the body then.

K:I didn't want to.

D:Every life has a lesson. Do you think there was a lesson to be learned from a life like that?

K:It doesn't seem like a good one. It seems the earth should be a peaceful, cooperative place and it wasn't. I couldn't be a good role model. I guess the people didn't want to be like me.

D:But now you're out of the body, what are you going to do now? Do you know?

K:I float back up to those pink clouds. I used to sit on the mountain and just look out at those clouds, and now I'm just on those clouds. I don't have to go to the mountain.

D:What are you going to do now?

K:Rest and decide what to do.

D:Do you have to go to any certain place to rest?

K:No, I just float in those clouds.

D:That's a good place to rest.

K:I think so.

D:Then let's move ahead to when you have rested enough and now it's time to leave the clouds. What happens then? What are you going to do now?

K:I don't know. I think I'm waiting for other people to join me. Waiting for a group I think I'm supposed to meet.

D:Is this a group that you know?

K:I don't know. I see a light coming out from behind the clouds far away like a sunrise or a sunset, and I think they're there, but I don't know how to get there.

D:Well, now the ones you're waiting for are coming. Now you can find out about it. What do they look like?

K:They look like people that Leonardo did of the Last Supper. It looks like people in robes. Sitting all at a table.

D:Are there many of them?

K:I think there are nine.

Many times when the spirit goes to the other side they report being before a group of robed beings. This council is usually composed of nine or twelve.

D:Are they talking to you?

K:They're trying to, but I've forgotten what I'm doing there and what I'm supposed to be doing.

D:You think they're there to remind you? (Yes) You can become aware of what they're saying. What are they talking to you about?

K:They say, "Don't give up. That didn't work out, but don't give up." They mean that plan didn't go the way it was supposed to, but I have to try that again.

D:How was the plan supposed to go?

K:I think that I was supposed to show those people better ways to live.

D:But they wouldn't listen to you, would they? (No) So this group is saying don't give up.

K:They say I need to make a new plan and try again.

D:If one doesn't work, you can always try a different way.

K:Yes. I think the plan was already formulated to try and get me to remember.

D:Because you do forget, don't you? (Yes) So it's part of the same plan, a different plan or what?

K:To go down and help people live better someplace else, but I don't know when or how. I don't want to go, but they

say I agreed to go.

D:Why don't you want to go?

K:I don't like living with the humans.

D:But they said you agreed to do it? (Yes) So what's going to happen?

K:I guess I have to go.

D:Because you did agree, and you made a plan? (Yes) This group, have they been with you a long time?

K:I think so. They're like elders or something. They help you when you get stuck. They help you make a plan or follow a plan or to rest in-between. They said they knew I was resting there, but it wasn't time to meet yet because I needed to rest.

D:It sounds like they know a lot about you. Are you comfortable with them?

K:Yes. But I think they know so much more than I do and I'm not really one of them.

D:But it's good to have someone advise you. (Yes) Well, what would you like to do if you had a choice?

K:Probably stay in the clouds in the light. I would want to learn and grow, but not down there.

D:Is there anywhere else you could go to learn and grow?

K:I think there are classes everywhere you can go to, but it seems the group thought I needed help. And I agreed with other people, but once I get down there, I can't find the other people.

D:Do you mean you don't recognize them?

K:I think they go to different parts of the earth or something.

D: So it's hard to find them again. Ask them to refresh your memory of what the plan is that you are supposed to do. And what you signed on for and what you're supposed to do, hopefully. (I laughed.)

K: The plan is to go in as a baby and forget. But you uphold your values and grow up to live a better life than the other people do, hoping they'll see that and change. That's the plan, to be less violent and to find joyful, peaceful ways of living.

D: So that was the plan you made when you came in?

K: Yes. I guess that wasn't the first failure with that group on the mountain. The new plan is to be born someplace as a baby and grow up around a new group of people. And just to remember the peaceful ways and remember the light. Don't become like them.

D: That's kind of hard, isn't it sometimes?

K: Yes. It would be easier if some of my friends were there, but they aren't.

D: Well, is it part of the plan that you will meet some of these other friends?

K: I don't know. We never seem to live long enough to get to that point.

D: So in other lives you've tried the same plan? (Yes) Then you're not getting very far ahead, are you? Each time you were young when you died?

K: Yes. Sometimes they just threw away babies. I'd be a baby and thrown away. (He laughed, but it was a sad laugh.)

D: Why did they do that?

K: I don't know. Maybe they couldn't feed them all or something.

D: It depended on whatever culture you were born into. You didn't really have a long life. You had to find another body pretty quick. Did you meet with a lot of opposition in the other lives? When you were trying to come in and show people how to live?

K:They just didn't care. They just wanted to live the same way they had always lived.

D:Hard to get people to change. So what's part of the next plan?

K:Stick it out and live longer or try to make a difference.

D:And not die young. (Right) Do they show you anything about your future life, the one you're going into?

K:I think sometimes I just stop coming in as a baby, and came in as an adult to help somebody.

D:How do you do that?

K:They didn't know how to die or what to do, so I'd do it for them.

D:That's interesting. What do you mean? They didn't know how to die?

K:They were terrified and wanted to leave, so we'd change places or something. I'm not sure. Sometimes I'd just get them through a rough patch, and then they would come back in and I would leave.

D:If they left the body, it would die, wouldn't it?

K:No, I would do it instead.

D:You said if they were terrified of dying...by leaving the body they're doing the same thing, aren't they? They would die?

K:No, because they had to go through a bad period of time of dying.

D:I guess they didn't want to do that? (Right) So they would leave and you would come in to keep it alive for a while?

K:To finish off whatever they had to do.

D:And that's allowed to do?

K:Yes, if they agree.

This was a new concept for me, but then I am always discovering new concepts that I have never heard of. They add to the totality of information I have been accumulating for 45 years. Each adds another piece of the puzzle. I have found that when we are on the spirit side making our plan of what we hope to accomplish in our next life, part of that plan is our exit plan. We decide how and when we are going to die, and it is based on many factors that we are never aware of consciously: karma, past life connections, new experiences, etc. Each new life is full of new experiences and lessons. The timing of the death may be extended, but not the method. So maybe the soul decided it wanted to experience a traumatic death or one based on extended illness. Yet when the time comes, it may find out that it was more than they bargained for. Even though it is paying back a lot of karma and they are learning a great lesson from it, it is more than they expected. Then it appears that they are never alone at this time (they are never alone at any time) and another soul is ready and willing to step in and take over so the burden won't be too great. I think it is wonderful the way the universe has it all organized down to the last detail so the soul will never be given more than they can handle.

D:Do you have to work out their plan that they signed on for while you are in the body? (Yes) But then you say sometimes they decide to come back? (Yes) Then what happens? You leave the body?

K:Right. It's like helping somebody out. We sort of switch places for a short time. They learn from it. They can't just go away. They have to watch and see what happens, so that maybe in their next life they can stick it out and stay.

I want to make it clear that this is not possession. It is just a compassionate soul wanting to help another over a rough spot in the road. This may explain how some people seem to have a personality change when they are going through a difficult death, and then just before they die they seem to be their old self. An interesting concept to ponder anyway.

D:So they don't really get out of it then?

K:Right. So they can back off and see it without being right in it.

D:So in that way you really are helping people, aren't you?

K:Yes. If they live a better life next time, then I've helped.

D:Nobody ever gets out of anything, do they?

K:Right. But I don't stick around to see, so I just have to assume that.

D:You just help them out for a short period of time. (Yes) So you don't always start out as a baby an entire life? (Right)

I wanted to bring the discussion around to Katrina so we could find the answers to her problems in her present life.

D:You know you're speaking through a human body now, don't you? (Yes) The body we call Katrina? (Yes) Let's go to before you decided to come into that body. How did you make your plan then?

K:I decided to go into a stable family and live the best life I could and stay a long time.

D:I guess you don't want to leave this time? (I laughed.) K:I thought about leaving, but then they remind me.

D:What was happening at those times that made you feel that way?

K:It wasn't just tragic things, but when I'd see people I knew that died. I would want to go with them and not stay. So they had to remove more of my memories because I didn't want to stay here.

D:Then they would remove all your memories of the other side? (Yes) If you don't remember it, then you don't miss it, I guess? (Yes) So what was Katrina's purpose? Why was she coming into this lifetime?

K:To try to hold the light when other people around her were not interested in the light. Just wanted to be a beacon or something. (Rather like the man in the other lifetime.)

D:That's a good thing to be a beacon, but it's hard when other people don't understand.

K:Yes, and it's hard when I would forget what the light was and what to do. But if I would remember, I would try to leave.

D: Well, what do you mean by the Light?

K: Just to bring more of myself into this human body.

D: The part from the other side, you mean? (Yes) Does that mean that all of it doesn't come in at the same time?

K: Yes. Just little bits, but not enough seems to come in to those other people to help them change their ways.

D: But we can't make anybody do anything.

K: I don't, but I'm supposed to live well enough so that they'll see that there's a better way of living again.

D: So the Light is what you are on the other side?

K: It's more God's energy. It's so powerful that we don't bring it all in. But they need to be bringing more in than they do.

D: Has Katrina been bringing in more? (Yes) She's doing a good job even though people won't listen to her.

K: Then she's not doing a good job.

D: But how are you going to make people listen to you?

K: Just by living a better life. More than anything, just help everybody around us. If they can see somebody that can heal and live a very healthy life, then they would perk up and listen.

D: But they're not listening.

K: Not much...not obviously.

D: But Katrina did have some very strange physical problems, didn't she?

K: Yes, but people thought she'd die and she didn't. She became healthy and then they did pay attention. Even her doctors didn't understand.

D:Let's tell her about that. She said she had that strange thing with paralysis on her face and the eyes. What was that all about?

K:She had to slow way down and remember why she was here. She was doing too many activities, too many things spread too thin. Parking too fast, moving too fast, so she had to slow down and get back in touch with herself.

D:Kind of a drastic way to do it, wasn't it?

K:Yes. And having friends and trying to paint, taking care of animals, taking care of other people...too much. Her goal wasn't to just be a teacher. Her goal was to live well no matter how she did that.

D:So it was to slow her down? (Yes) It did. She became paralyzed. She couldn't see. She couldn't speak.

It seems like a drastic way to get someone's attention, but sometimes that is what it takes if you are not paying attention. When Katrina went to the doctors the SC said that only made it worse. They didn't know what was wrong with her so they treated it the only way they knew how, with medication. "The drugs actually made it worse. They kept her from healing. They kept her from thinking and meditating and made her a zombie for a while." Her mother had to come and live with her during this time to take care of her. "She always believed in not asking for help and doing it on your own. But when she did ask the doctors for help, it didn't work out well. The medication was too strong. If she had done nothing, she'd have healed, but it set her back." Katrina had surgery on her eyes at that time, but it didn't seem to help.

D:She said after eye surgery she couldn't wake up. What happened then?

K:That was the drugs again. They gave her way too much anesthetic. And she thought about leaving again. She went far, far away and didn't want to come back.

D:Why did it affect her speech?

K:The attack on the nervous system. The coatings of the nerves were damaged. It damaged the nerves in her face, her eyes and her mouth.

D:The drugs?

K:Not originally. It was the aspartame and the overall health and the stress. But mostly the stress. It kept eating away at herself. She just had too much stress. She wasn't living the way she agreed to come and live. Her life was too chaotic...too surfacy. We wanted to get her attention, but with everything else it went too far.

The SC went to work on this problem and corrected the damage to the nerves and her face and eyes. They then said the rest of her body was in excellent shape. She had stopped the aspartame, was eating well and was meditating many times a day. The stress had been relieved. Then the SC gave some interesting in-formation regarding cysts. Katrina said she had a cyst on her spine.

K:It's not on her spine. It's near the back but not on the spine. That could even be old medications or even part of the drugs from the latest surgery. Or the food that she eats with all of the additives and chemicals. All of this crap that people eat that doesn't build good health has to go someplace. Anything that's in your body gets protected by a cyst.

D:It accumulates inside of the cyst?

K:And she always meditates to get all the toxins out of her body, so that's one way to get them out.

D:So that's what it does. It accumulates there like it does in the lymph glands. But with the lymph glands it flows right through, doesn't it?

K:I guess so, if it doesn't cause cancer. And then a cyst forms around it so it doesn't harm you.

D:The cyst forms around any poisons that don't belong in the body.

K: But then she meditates on them to get them out. That cyst has to open up and clean out.

D:So the cyst will open up on its own?

K:It has done that twice. It will be alright as long as she doesn't take anything into her body that's poisonous.

D:I am asking because the same thing happened to me on my back. So it's getting rid of the poisons? (Yes) It's not very pleasant when they open up though.

K:No, it's not.

D:But that's one way to get it out of the system.

K:We all have cysts in us that stay there. They're blocked off. That's what a cyst is, but she wants them out.

D:But as long as they're accumulating the poisons, it's not harming the rest of the body? (No) So in that way it's serving a good purpose?

K:It is.

D:Then when it does open up, it's okay?

K:Hopefully the cyst can disappear, dissolve and disappear when it will not be needed. She doesn't like the way it looks or feels. But if you can keep it in, you don't have to take it out. If you know what you're taking into your body.

D:Otherwise, usually, they want to cut it open.

K:And then an infection can happen.

D:So as long as it's not causing any damage or hurting anything, just let the body take care of itself? (Yes)

This was good news for me to hear. I have had a cyst on my back for more than 20 years. It has erupted three times with many years intervals in between. It isn't very pleasant when that happens, and the doctor wanted to cut it out. But now with this information I understand that the cyst has an important function and I am going to allow it to do its job.

K:Now she can just worry about bringing in light and sharing light, not all of the things she used to stress over.

She is now healthy, and even her doctor won't believe she doesn't need to take any medication.

D: Another question she had: she's afraid of so many things. Where does all of that come from?

K: From all those times she came in to help other people pass over, or get through their frightening places. She has just seen the worst of humanity, not the good parts.

D: She came in when the person was experiencing bad times.

K: Right. And watches the news which reminds her all the time of all that stuff. She doesn't need to worry, she is safe. But she empathizes too much with all of those people who are going through all of those things and remembers them.

D: But that is their lives, it's not her life. (Yes) You can have compassion, but you don't have to take it on yourself.

K: Yes. She can offer a hand when people need it, but if you offer the help to someone who doesn't want the help, they can pull you down into them. And she has to remember that. She is safe, and if she could just remember that, she'll feel more peaceful and can send more light to people who need it. But the fear stops that from happening. Nothing is going to happen to her. She is supposed to live a long time in this life.



Katrina wanted an explanation for an unusual experience that happened to her one night in 1991. Many people would interpret it as a "psychic attack," so I was interested in what the SC would say about it. She said she was sleeping when she was suddenly awakened by a being in her room who jumped on her and started hitting her chest. At first she thought it was a sexual attack. Then she thought he was killing her because she couldn't breathe.

D: Can you tell her what happened?

K:That man came in and jumped on her. She wanted to leave again and part of her body seemed to shut down, and he came in to help.

D:You mean she would have just died a natural death or something that night?

K:I don't know. She couldn't breathe and he was trying to jump start her or keep her from leaving, but she woke and saw him.

D:She wasn't supposed to? (No) Was he just one of these beings that that's their job?

K:Yes. He volunteered. He was a volunteer like we volunteer for this. But he didn't know that she would see him and be so afraid.

D:She said she had the feeling that he was hitting her or pulling her on the chest or something.

K:He was reaching inside her and squeezing her lungs to get her to breathe. She thought it was a sexual attack at first. She thought he was killing her because she couldn't breathe.

D:We have our guides or guardians that are always with us. But that doesn't sound like the same thing.

K:He was not a guardian. She's not seen him before or since then. People, other beings, are watching her all the time. They're always around and they don't appear, so somebody must have called him in. Whether it was her or somebody else. Somebody called him in so he was helping.

D:Otherwise it would have been like a natural death during the night?

K:Probably.

D:Was there anything going on in her life at that time that made her want to leave?

K:No, except that she was very interested in angels, ETs and wanted to be there where they were instead of a human life. Being human just seemed to take so long, and drag on and on.

D:But you know if you leave too soon, that doesn't solve the problem either.

K:Geez, I know! (Laugh)

D:Because then you have to come back and do it all again, don't you? (Yes) So that was why they jump started her body again. But because of the fear she thought it was something else.

K:She thought she was being attacked.

It is amazing how simple something like this can be explained when we remove the fear aspect. Of course, Katrina had no way of knowing that she could have died during the night without this being's intervention. I think this could explain many of the so-called psychic attacks that people say they have experienced. Look at things with an open mind and you may find an entirely different perspective.

K:She thinks time's running out because she's 68, but she's going to live a long time.

D:Sixty eight isn't that old. (Laugh) I know that.

K:She died early so many times that it seems like a long time. She doesn't need somebody to keep her alive. She takes good care of herself. She just needs somebody to share the joy with and share the mission with. She could burn brighter if she's more joyful and less fearful. To keep a foot in each life. To live a human life that other people can relate to and yet, more spiritual so that they can know that they can do that, too. You have to be there and show them or they have no role model. So she has to stay!

D:She has one other question. She said she was walking around the lake when she had something like an energy field that hit her. It was strong enough that it almost knocked her down. What was that?

K:Right. That's the amount of energy coming in that she'll have to learn to deal with. We all are bringing in more and more energy and it's incredibly powerful. It was just a little burst of energy to show her what it might feel like, and she needs to amp up her own energy.

D:Is this the energy that is going to help us go into the New Earth?

K:Yes, it's downloading more of our higher self into us.

D:Because you said it doesn't all come in with us at birth?

K:Right. As she gets healthier and healthier, she'll find more energy coming in. And if she can handle it, that will keep on happening until there's more and more light and energy coming in.

D:But it can be scary when it knocks her off balance. And she said nobody else seemed to react to it.

K:Right. But it was strong enough to show her that this is real, not your imagination.

D:Where does the energy come from?

K:From our higher self, through God to our higher selves. Like a funnel, just down into us, all different parts of us. When she felt that, other parts of her soul probably felt it, too.

D:Is this happening to other people also?

K:Probably. They might not feel it that way as a "force field." They may feel it in other ways, but, yes, we should all be bringing in more of our higher selves down here.

D:Is this helping the changes in vibrations and frequencies?

K:It's not like moving ourselves up to a New Earth, but it's bringing more of that down into this earth to amp up the energies of everyone here.

D: That's what I'm trying to understand. I feel like we're ascending to the New Earth.

K: But we're not just ascending. It's coming down and we're going up. It's like bringing Heaven down to earth and earth up to Heaven at the same time. There's not a separation. The energy has to go both ways. We're not just going to abandon earth and move up. We're bringing the energy down so that we can move up. It's like climbing the ladder. It's like lowering the ladders down to us. They'll be able to climb up. And it's light. It's energy. It's vibrations. I guess it would be DNA, too. The new DNA couldn't work unless we raised our energy levels. It won't do much good in those bodies without enough spiritual energy. Sometimes it's a dizziness that comes in. Sometimes it even seems like an illness at the time. It's like too much energy, electricity going through us.

D: Why was she shown that lifetime as the Indian?

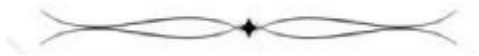
K: She tends to look at human beings as savage and that they simply won't change. And she needs to know that as long as she does her part, that's all that counts and that they can and will change.

D: In that life she really ran away from it all.

K: In many lives she ran away and gave up. So this time she has to stay! Stick around and enjoy it!

Parting message:

It is part of the contract to be healthy. (The contract that we sign when we enter the human life.) It's not that some people aren't and some people are. It's part of the contract because it means you're living well with the earth and that's the whole reason for being here. The joy can't be there if people are sick. It's important for everybody.



Two cases back to back of a husband and wife from Quebec who went into parallel lifetimes or alternate realities. The woman (who came because of breast cancer and pending surgery) touched on three lifetimes. The first, she was an Indian or native herbal healer in a tribe in a forest. She gathered herbs in the forest and made potions to help the people. When I tried to move her forward to an important day, she said there was war and everyone was running, screaming. Of course, I thought she was talking about war between tribes. But as she talked about German planes flying over and dropping bombs, I knew she had leap-frogged into another life. Mainly because I could not think of any time during any of the wars when the Germans dropped bombs on native tribes. Of course, I could have been wrong, but as I asked questions, she described that this was taking place in a large city in France and the people were running and screaming. Several had been hurt. She was a nurse who worked at a nearby hospital and she joined the doctors and others in the hospital running outside and trying to help those who had been hurt, and bringing them inside. As the war worsened, they did not have enough supplies, medicine, etc. and it became very sad and discouraging. When I moved her forward to an important day she was lying in the hospital dying. She was not hurt, but had become ill. She was so discouraged and disillusioned by the horror and death all around her that she became sick, and decided to die to escape. I then moved her forward thinking she would either go to the spirit side, or come into this life. But she saw herself as a young boy playing with other children. That definitely did not fit because she is female. As she talked about that life, she was a doctor and saw herself as a surgeon performing heart operations. All three of these followed a common pattern: healing. This was what the subconscious was trying to get across, that she had gotten off the path and was supposed to be healing, especially using energy in her present lifetime. Because she is now 58 (born 1950 – this session was done in 2008) these last two lives did not fit, if we consider our lives going in a linear fashion. The lifetime of the nurse could possibly fit if the war was WWI, but I don't know how many German planes dropped bombs in that war. It could also have been WWII if she died in the 1940s and returned quickly. But the last lifetime of the surgeon did not fit at all, unless we consider parallel lives. Where we are living several lives at the same time and we are not aware of this because it would be too confusing.

When I worked with her husband the next day, he also had some unusual lifetimes. The first was simple and typical: a young man living in an isolated community of huts in a forest near the ocean. The story would not move forward to an important day, so I had him move through time and space to find something else that was appropriate. Then he found himself in Las Vegas walking down the street looking at the lights, the people and the confusion. Everything was quite modern. He was a young man of about 18 who had come from his home in a small town in Alabama on a bus. He wandered in and out of the casinos playing the slot machines and trying his hand at Blackjack and 21, after watching to see how the game was played. He soon became bored and eventually went to his hotel room. The next day he went on a tour around Las Vegas, then returned home on a bus. He had had his great adventure and it

turned out to be the only thing unusual that he had ever done. Back at the little town in Alabama he was living at home with his mother and father, and working in a shoe store. As I moved him forward, nothing unusual happened. Just a normal, boring life. Eventually his parents died and he continued to live in the house. He never married and lived a lonely life. When he died as an old man, he had not accomplished much, and the one time trip away from the area remained in his mind as his only great adventure. All of this was totally out of character for the man client. In this life he was born and raised in Jamaica and had left home at an early age to travel and work on ships in many foreign places. He lived in many countries, had a myriad of jobs and eventually settled in Quebec where he met and married his wife of over 40 years. He now was a respected supervisor for a computer company. The main thing he wanted to find out was his purpose. He wanted more, especially for his wife: more money, a nice home, etc. After the life described, I moved him forward again and he saw himself in an airplane with four other people all dressed in jump suits and putting parachutes on, getting ready to jump out of the plane. He was very excited about it and not frightened at all. When his turn came, he jumped from the plane with no hesitation and described the exhilaration of free-falling before his chute opened.

This also was confusing. I thought that the life as the man in the small town was possibly an alternate reality instead of a parallel life. It clearly was totally opposite from his present life. Maybe it was to show him things could have been much worse because the man never had any dreams (except the trip to Vegas) and did not follow any. And this was what it could be if he didn't follow his dreams now. Maybe the parachute scene was the subconscious trying to tell him through symbology that he could make the jump. He could take a chance and go into the life he wanted. That it was not dangerous and he could make the jump, the leap, and survive. In fact, it would even be exciting and exhilarating.

These are only my thoughts. But it was unusual to have two people describe lifetimes that clearly would not make sense when viewed from the linear viewpoint and our normal perception of what reincarnation and past lives are all about.

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Section 2

NEW PERCEPTIONS OF ENERGY



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CHAPTER SEVEN

EXPERIENCING BEING TOTAL ENERGY

IT IS INTERESTING IN RETROSPECT THAT THIS SESSION WAS conducted just a week before the infamous December 21, 2012 date when the world was supposed to come to an end. I knew from my research that it would be the end of the old and the beginning of the end. I had found that there would be an influx of energy at that time that would be a culmination, not an ending. And it would be strong enough to push us into the new dimension. When this recording was being transcribed I realized it was a man experiencing this new phenomenon. It was definitely not a typical past life regression. When Taylor came to see me he had many physical problems. He was in a wheelchair even though he used to work in construction. He now had ulcerative colitis, very poor digestion and constant diarrhea, arthritis of the shoulders, neck, back, hands and knees. He wanted to restore his body to optimal health and he was very interested in his spiritual growth and wanted to expand his heart consciousness as well as have ongoing conscious contact with his higher self. He was also teaching music.

When Taylor entered the scene it was night and he was standing among coconut trees looking out at the ocean and admiring deep blue tones. He saw himself as a male Polynesian with a strong, healthy, sturdy body. I asked if he went out there at night.

T:No, I'm looking for something.

D:You said you were seeing blue tones?

T:Yes, they are everywhere.

D:Where are those coming from?

T:Everywhere.

D:Is that normal?

T:No, it seems to be common. I understand it. It's a feeling. A feeling of being at peace. The colors are around because of the feelings I'm having. I'm in relationship with the nature that I'm in.

D:But you said you're looking for something?

T:Yes, it's like I am looking for an answer to a question.

D:Explain what you mean.

T:I think I'm seeking...I'm seeking my soul. And I'm beginning to ask, "What is this?" I'm looking deeper at life. I've been a very physical man and strong, capable, so now I'm going to look. I felt good about my life. And I'm at peace. I'm content. Very good life and I'm overjoyed. I'm complete in my life. Now I'm looking "inside."

D:You feel that's the next step?

T:It's naturally calling to me, yes.

I wanted to know more about his life before we explored this further. "I'm a provider. I'm a hunter and I gather. I look after people in the village."

D:So you take care of the families of the others in the village?

T:Yes, I'm one of the ones.

D:Others do the same thing?

T:Yes. I'm very happy. I have a family and children. I'm so happy there's nothing more for me to achieve physically, so I'm looking for.... (Trailing off.)

D:So it's like there's no challenge anymore? Would that be a way of putting it?

T:Yes. Everybody's in heaven.

D:The whole village is happy?

T:Yes...no challenging...yes. We've reached "joyous-ness," everyone.

D:So you feel there's nothing left to achieve?

T:Yes, I know my role. It feels like that. There's a harmony.

D:But it's not enough?

T:Yes. There is the mere feeling of content and happiness, so I'm beginning to say, "I'm feeling feelings that are calling me." I'm happy but something more is happening to me beyond my understanding. I feel content. I feel joy. We're dancing. We're playing. Everything's good! But then, there's this inner calling. What is this? What is that?

D:Did this come on all of a sudden or did you start feeling it gradually?

T:Gradually. And we all feel it. And now I'm starting to ask myself, "What is it?"

D:So the others in the village are feeling there's more besides what they're doing?

T:Yes. We're in our hearts and we feel this presence.

D:Usually when people find happiness, they think that's all there is.

T:Yes, they do. We did! (Laugh)

D:Very few people ever get to that point when there's nothing else left to achieve and they're happy.

T:Yes, it's rare but we're there. Not only me but all of us. I don't know what we're seeking, but we're all in this place. I don't know if they know yet.

D:But you said you feel a "presence." What do you mean?

T:As though something is taking care of us all. There's warmth about us. And there's warmth almost like someone is looking after us... overseeing.

D:A person?

T:No. Like a Creator. Oh, it's really good! An unseen presence like it's everywhere in the air. It's a quality. It's really good.

D:You said you've been aware of this for some time?

T:Yes, but not so much as I am becoming so aware of it now. It's undeniable that it is beginning to feel as if...before it was invisible, but now it's feeling as if it's not invisible anymore. I feel it. I feel it on my body... whatever it is.

D:Hmm...beginning to take on more substance, you mean?

T:Yes, everywhere. That's exactly what I am feeling. Like the cloud...when you feel the cloud around you. It's mist from below, but when you're in it, you realize that there's more to it than you might have imagined, so it's taking on more substance, yes.

D:So this night that you're sitting out there looking out at the water, you're feeling it more?

T:This night I'm saying, "Who are you? I want to know. (Softly) I want to know you! I hear you. I feel you. You're interacting with us! What are you? You know what you're doing. I'm listening, I feel you. I see you. I want to know more."

D:Are you getting any answers?

T:Yes. It's communicating back, "I'm all around you. I am your very being. I'm within all things. I'm the substance of creation, moving everywhere and everyone. I'm the spirit that moves through all things. This is another quality of what everything is made of. And you've listened to my call. I am the Source of your life. I'm the breath of life. (Softly and sweetly) The wind that blows...." And I feel as though I don't need to know exactly what it is. Mentally, I want to feel it. I want to talk with it. It seems to me, the answers aren't so much trying to solve a problem, so much as just communicating, "Hi! You're there." And it's not "Hi!" It's a different way. I'm feeling I'm going beyond myself.

D:Is it a good feeling?

T: Oh, yes! But it's unusual because now I see and feel the feeling. I'm beginning to disappear. (Little laugh) I'm beginning to now feel that I'm IT!" And I'm disappearing, but I'm not. I'm just changing my understanding of who I am.

D: But that's a good thing, isn't it? If that's what you want?

T: (Laugh) Yes, but I'm feeling a little afraid. Because it's different. Beyond anything I could have... nothing understood... don't know it. And I feel comfortable with the fear, but it's there. I'm trusting. It's beyond me and it needs to go beyond me. That's the only way I can trust. To go beyond it is the only way to trust. Something beyond me knows what it's doing and I don't need to know. I just trust. That's all I have to do, is just trust and open.

D: Does it tell you there is something it wants you to do?

T: No, I don't need to do anything. It's just happening.

D: I mean does it want you to use this information or this feeling for anything?

T: Yes. Trust it that there is an intelligent interaction between my sense of myself and life micro cosmically.

D: But does it want you to have this information to help the village?

T: Yes. It's asking me to want to unfold into this... unfold within this awakening. To let myself be blasted into anything I thought I was. So to trust it and have a relationship with it and be blasted wide open into infinity. And to learn with it when I let go. I will embody it when it is communicating with me and I will be able to hold it. And I will walk amongst the people and they will know and they will open doors for all of us. I don't feel I need to make them change. It's just that we were happy. There's more. There's more. And they can know more if they choose to. It's not imposing on them. But if they want to know more, by me opening the Creator relationship now, we can go further, by the choice of each person on

their own choosing. But we are shifts. We are going to go to a new place.

D:Do you feel that?

T:I'm in it. I'm in it in my body. My cells are disappearing. It's like I'm vapor. I feel it. I feel it and I feel it's about freeing. It's about being free. It's about freeing us. We're all free to choose. It's a free gift.

D:Are you supposed to teach the others how to do this?

T:If they wish to. But I'm to allow them to make the choice rather than me go seek them out.

D:So you're experiencing this, then will you go back into your body? Go back and forth or what?

T:Yes. I knew I could do it.

D:You'll be able to tell the others how to do it.

T:Yes, easily.

D:And you will go back and forth for a while. You can control it that way, can't you?

T:Yes, and it's not only me. It's IT. IT does it. It's doing it. I'm not. I'm just being present. It does it all. It's giving me the instructions for being in the space where I need to be, and then it does the rest. I'm doing less. It's doing more. I'm receiving. It's filling me. It's showing me. I don't know where I'm going. I just know to become "expanse." I just know expansion. All of my body expands into vapor, expands into sky and in that space I'm "gathering," and then I can come back into a formulation, then hold the space. And then be with my friends, the people I love simply and then allow IT to choose because it's having a relationship too with them, and I don't know what. I don't need to know. It's doing it. It will be a sharing between us. It will be something that we share together. It will be WOW and we will get it. We will get it. As

we open our hearts together, we're opening our spirits together, our souls.

D: Will the other people in the village notice anything different about you?

T: Some will be scared. Some will be afraid and some will be elated. We had peace so this will create a bit of shuffling.

D: A bit of what?

T: Of re-shuffling. (Laugh)

D: But do you think it's time, or whatever this is, thinks it's time that you move in another direction?

T: Yes. If this happens, it's the only thing that can happen. It's the only choice. It's as clear as the sky. We've achieved heart peace. We've achieved heart love. We've achieved caring, community, co-operation, share joyfulness, but now there's more. We're ready for more. But this more, not everyone is ready for. All I see is that all will not understand. Yet it's what I am now. It has to be used. Yes, I will shape it from my heart, whatever is my heart's desire.

D: But I was thinking, if your life is so peaceful, there are not many changes you want to make, is there?

T: Yes, there is because there are new discoveries to be made.

D: What kind of discoveries?

T: Well, what is blue? What does blue have to say? We now know orange. Orange is that warm glow. The nurturing love of a mother, the family, a warm glow between two lovers. It's that warm glow of the glow from togetherness. Blue...it can be cool looking yet get darker. It can change. What is that? It is mysterious. We don't know. It's the "unseen." Warm is the light we see. What is the "unseen" saying now? Yes, change is good.

D:Are you the only one in the village who is asking questions?

T:I'm beginning to see others are. They're going off into the woods, into the jungle, into the trees and they're looking at the blue tone. It's indigo... twilight. They've had a happy time. They're now going deeper.

D:Sounds good. Yet to most people that would be the ultimate, just to be happy.

T:Yes, it is the ultimate. But it fools us. Always, always, always this intelligence brings us to new. There's no end. And this is one of those moments where the whole game changes and you go, "Oh, My God!" This is always the way it is. There's no wall that you hit, and that's the end. We understood orange but still, there's even more than orange. There's more. There's always more, always. We don't even need to do anything. It comes to us. It calls us! I did nothing. It called me.

D:But you could have refused.

T:Oh, yes, I could. And I was questioning and I was quiet. I was thinking, "What is it? Is there something missing?" And then I just kept listening.

D:Do you think it's like a natural evolution?

T:Always, yes.

D:Because you said there's no end. It's just constant change.

T:Yes, I believe it's the nature of life. It's not me. IT is.

D:So that's an important discovery on that night, isn't it? (Yes) And you're going to use it for the positive, aren't you?

T:Always. It's what I am. I'm all of this. It's for the positive because it's all us. We're all of this! It's what I am. It's the only choice.

D:That's quite a revelation.

I then decided it was time to move him forward to an important day, although I had no idea where this would lead. I then asked him what he was seeing.

T:I see nothing but light. At first I see the Sun. Now I'm inside of it. There's just light all around.

Normally this is what some experience when they die and leave their body. So I asked, "Did you leave that lifetime?"

T:No, I'm still there if I wish to be, but while I'm even there, I'm just the light...the Sun.

D:You can be in two places at once?

T:Yes...more. It's hard to describe. I'm on the island, and I look up at the Sun and I'm just engulfed in it. So I'm still in the Sun whilst I'm still walking with the people, with my friends.

Some have also described this the same way when they are with God, the Source.

D:What does that feel like to be in the Sun?

T:Clear...relaxed. There's a continuum that keeps a cycle. Cycling, cycling, cycling, giving, giving, expanding, expanding, flowing, essence, light, living, living, living, power, freedom, freedom, peace, clarity, warmth... tingling. It's the feeling as though you're there. You've arrived! There's nowhere to go. There's nothing to do, or gain. (Laugh) But it's energy, pure energy! And it will move with the wind. If it wants to move, it will move. If it doesn't, it's still.

D:Like that's the ultimate place to go? Is that what you mean?

T:I don't know if it is, but I know that in this moment I feel as though I'm pure light.

D:What about the others in the village? Have they attained this feeling yet?

T:The glow is beginning to...yes...they are glowing too...some of them. They look like they're glowing like a fire, light within their bodies. Something's glowing from within them. Its beauty is like... flames. It's coral. It's peach. It's glowing. They are glowing. It's like a lamp within a human being. It glows outward.

D:Are the majority doing this, or can you tell?

T:I'm looking at them. Some of them are still dark. Some of them are lit up. So one would look like a glowing, sort of small human being, like a Sun shining through them. And some look like they're a darker shade, like a black...blackier color. Like a tree.

D:So it's not happening to all the people?

T:No, and it's not going to happen to all of them.

D:So are you supposed to keep going back and forth like this or what?

T:I'm not going back and forth anymore because we're there. We went through a change.

D:What do you mean? Explain it.

T:In the beginning it stretched me to go beyond my perception of who I am and I answered the call. Take me out. I'll stretch. Do with me. I don't know. Show me. It changed me. We got into people. Others changed too. Others listened, heard, stretched and changed. They opened beyond themselves.

D:What about your family?

T:They're there. Not all of them...some of them...a few of them. Not all of them. My mum? Yes.

D:So you went to this other place then?

T:Yes. Well, this other place is us.

D:What happened to your physical bodies when you were at this other place on the island?

T:They're still the same. They're just lit up a lot more.
(Laugh) It's like going from a rock to a glowing Sun!
(Laughing harder) So the other people look like rocks just sitting there. Standing still.

This sounded very similar to the description given in *They Walked With Jesus* when they described the crowd of people gathered to listen to Jesus. They looked like lumps of coal, and they were not aware of the diamond hidden inside of them.

D:Some of the other ones that didn't change?

T:Yes, they don't want to. But everyone else is. They're so lit up!

D:I'm just curious. If you change like that, does something happen to the physical body?

T:Yes, but it's still there. But it's beautiful! It's shapeable. It's like an outline. It's like there's a huge light glowing. It's most gorgeous! It's like the inside of a papaya! It's like if you took a papaya and you look at it from the side. The outer shell of the papaya is the body form, but imagine the meat of the papaya is glowing pure light just like sunlight. But you still see the outer lining and it still glows outside of the skin of the papaya. But you see the skin of the papaya and it's shapeable. People can do what they want. It's a different way of understanding life. We are having a whole new way. We are not figuring things out. Everything we need to know

comes to us. It's teaching us we're loving a new way. It's an allowing. Nothing has to be done. You're in motion if you're needing to be in motion. If you're needing to be still, you're still. It's a freedom. It's just expansion...letting go.

D:But will you still be living your life in the body like you were before?

T:Yes, but it will be different.

D:I mean, you were in a body and providing food and taking care of the family. Will that continue?

T:Yes, but in a new way...in a new, new way. Yes, there will still be caring, still providing, but it will be from information. There will be subtler ways of providing for our bodies. Through loving each other we feed our bodies. Through other ways we feed ourselves. No need to go hunting! It's a new way. It's a new energy. We absorb energies as our nourishment.

D:So you will continue to live in both of these places? (Yes) It sounds very good. It is just different.

T:Yes, it's just different. It's a higher way of understanding life. It's not really that different. It's just a higher form of it, more refined.

His description of his life did not seem to change, so I thought we should go to the last day of his life and find out how he died. But he said, "I'm not sure if there is a last day of that life."

D:The physical body?

T:I'm not sure there's a falling away. I think it's just a continuum. You can change the shape now. It's like we're light. We change the light any way we want to. The body is light so...I don't see a death in this life! I just see if I want to be something else, I'll just change into it.

D: Like morph into it? (Yes) Rather than doing away with one body.

T: Yes, there's so much life in this body. It's eternal. We had to stretch to get there. We're there. We just change. We want to go to another planet? We go. We're like shamans! We change shape. Because it's a combination of light energy in the body. That light body can be reorganized. We're energy. We're pure energy. Life has taught us that we're pure energy. We became. We danced with life. We heard the call. We became the light. We became the pure energy. We just shape energy. If we want to shape ourselves into a tree, we just shape ourselves into a tree. And when we want to unshape ourselves from a tree, we will. If we want to shape ourselves to a rock, we will. If we want to shape ourselves to a planet, we will. We realize we're energy, so we realize this energy is. It is. It is. So I don't see an end. I just see energy. Now the end is, what do you want to shift? How do you want to shape your energy now? There's a change from this place. It's how do you want to shift? How do you want to readjust your molecules? It's so exciting! You could become a sunset! And then you can come into a body again.

D: That's wonderful! You can do anything you want. There's great power in that.

T: Oh, yes, and it's from the heart.

D: But there's no body anymore. There's nothing solid left behind? Or you said you can just reshape?

T: Right now I'm a sunset above the water of our home.
(Laugh) And it's not only me. We all just became a sunset.

D: Beautiful, beautiful. Anything is possible. All you have to do is desire it. (Yes) That's wonderful, wonderful! (Yes) Are you aware you are speaking through a physical body?

T: Right now, yes.

D: When you're talking to me? (Yes) But you also have access to that power, don't you? (Yes) Can we ask it if we can use that power? (Yes) We can use it

through the physical body of Taylor? (Yes) Because you can accomplish anything, can't you? (Yes) Maybe this is why Taylor has to know about it?

T: Yes, and it's also part of the education of the "New Way."

D: So we're all moving into this, you mean? (Yes)

I thought this would be the easiest way to use this energy to help with Taylor's physical problems. "We would like to use this power in Taylor's body to make some changes. Taylor's body is out of balance right now, isn't it?"

T: Yes.

D: It has several things that are out of balance, and this power that he has now discovered can fix anything, can't it?

T: Oh, yes! It can do anything! Amazing! There's nothing it can't do.

I asked it to do a body scan and see what needed to be focused on first. Even though I had not called forth the SC, I knew that this power could do the same job. It began with attention to Taylor's legs.

T: He needs to come back from the legs. They're rocks like the people. So bring the warmth of glow into the legs. I'm doing it as I'm seeing it and imagining it now and they're warming him. It feels just like it looks. It feels like a lava rock that's glowing in the fire. It's from the feet to the knees. Now it's coming up to the thighs.

D: What about the knees? Can it repair the damage there?

T: Absolutely! And it is! It's warming them. It's melting them. It's breathing life into the rocks that were there.

D: Wonderful, wonderful! It's correcting the knees? (Yes) We want Taylor to be able to use his legs again.

T: Yes, yes. It's warming. Yes, the life's coming back into them. They've been sleeping.

D: That's a good way to put it. Now it's time to wake them up so they can do the job they have to do.

T: Yes. (Wistful) They only need the glow of the light of love from God, the Creator, to be noticed. I see you there. I bring you the glow. You're sleeping. What do you need? Here, I fill you with warmth. I fill you with the warmth of the creation and the molten energies of the Sun, of life itself.

D: Taylor has already learned the lessons he needs to learn so he doesn't need to bother with that anymore, does he?

T: No, he doesn't. He's received the message. He's done the studies. He's listened. He's free of having us to get his attention through this. We have his attention. He knows to just listen. He will be able to bend the knees. He will be able to straighten them. They are like that because they have been in-activated. Now they're activated. They're activating. They're coming back to life. They're waking up. They've been away for a while. They're coming back to their own awareness. They've been the stones. Now they're becoming the glowing beings. There's life returning to them now.

I have watched the SC work this way many times. They say they use energy, usually white light energy that they bring into the body to do the work. Taylor interjected, "It's so HOT in there! It's like volcanoes!"

The SC resumed, "They've been dead, but they're coming to life! The sleepiness, yes, the deadness is being awakened into everlasting light ... glow, Sun. The bones, the muscles are all warming. They're coming back to life. It's so simple! They will need exercising. He will be working very diligently, happily rebuilding the muscles and strengthening them. The strengthening of the muscles again and the heat within the bones, and the heat within the sleep. (They love to do work at night when the person is asleep. Then the conscious mind cannot interfere.) And yes, the continuing glowing will enliven and then the cells will dance and everything will release from there."

They then set about working on all the parts of Taylor's body where he had had trouble, even his hips where he had surgery and a metal hip replacement. "The hips had surgery there. We will strengthen them. They will reconfigure. They'll strengthen and they're fine. He's not to be concerned about them. This is a temporary thing. It's temporary because we will be able to reshape. As we become energy, we will reshape this ... even the metal. Everything's possible.

We'll just move and shape energy now. We're going to direct here, there if it needs to be. It will melt the metal into becoming stronger. If there are places where the metal may be feeling a little weaker, we will heat it and we'll strengthen it. The cartilage in the hips that was lost can be regenerated. It will require reconfiguring the energy of the body on a "whole" scale. This will take a little longer, but it is possible. It will happen. It's a reality. It will take a little longer because of the metal, and because of the understanding of the consciousness in relationship to experiencing life in this world of matter, and it understanding itself as energy as well. So there's going to be a schooling. A teaching. He's learning as we change, as we did on the island, as we listened to the "blue," the mystery. So this is the learning, and we've been here before. We did this already. So there's a learning. So the body will dissolve and go into a sunset and come back and there will be new hips, for example. They will be bone. They will no longer be metal. They will be cartilage. It will completely be as the Creator intended, for Creator will reshape this."

I wanted the SC to focus on the other physical problems, but they stopped me, "I will tell you, but first I'd like to say something about the hips. There's something that I'd like to share, that the hips have gone through a change right now. They're going through it right now, through a reformulation. The energy is re-powering itself. There's a warmth there. It's solidifying. It's becoming very strong, solid body. It's becoming remanufactured, rebuilt. It's transforming and the energy now is just like when we became light. It's moving on its own! I'm just watching it. It's coming up the legs into the hips and it's strengthening, strengthening, strengthening, healing, healing, and healing. Positive transformation, restoration, re-generation. It's like a life force and it's moving throughout the body. I'm just observing it."

Many times when they are working on serious healing, the client will throw off the covers, and feel heat. When they awaken they have been sweating and their clothes and the bed are wet. The energy that is used creates heat as it works. They moved this wonderful healing energy throughout Taylor's body into all of the organs. He had many problems in his body, so much work had to be done. In these cases it is best to have the SC do a Body Scan so it can cover everything at once, rather than going from organ to organ. "All the organs are healing. They're changing. The light of Creator God lives within this body within every molecule. It knows what to do. It is reconfiguring everything. As the being that I am in the Polynesian life, I just expand. I expand it and become it and it calls to me. It is calling, speaking within this body and it is doing it. It's directing an intelligence. I am open to receive the expansion into absolute grace of total rejuvenation of perfect wellness."

D: Because even the cells have intelligence. Every part of the body has an intelligence.

T: Absolutely! It's like a movement! It's like a lava flow coming from the feet upwards. It's this sweeping through.

There's a pathway. Light, love, Source. (Laughing loudly) I don't have to do anything! All I have to say is, "Source, I am here!" I am ready for your purpose for me. I love you! I am open to receiving your transforming for me to being and shaping your intent. Whatever it is you wish me to be. It's moving. I'm feeling it everywhere. Through every cell, every molecule. And they're tingling. (Laugh) They are glowing like little glowing embers and light and life and love and joyous celebration! Life is joyful! It's our natural state of being. It's absolutely over joyousness! So I receive this.

While it was doing the work I asked what Taylor's purpose was. This is what I call the "eternal" question that everyone wants to know. Now that he would have a totally new body, what was he supposed to do with it?

T: Taylor's purpose is to embody the innocence of love and receive from this place the innocence of love, direct interaction with "Allness." Loving will reveal in each moment the love others, love self, express love.

D: Well, what do you want him to do with his life? What kind of job?

T: His greatest joy. He knows what it is already. He's here as a transformational expression. This expression that we communicated is what his purpose is. It's multidimensional. It is the trans-formation of one shape into another, going from denseness into energy. And light. It's us remembering that we are light so that we will have the greatest freedom. And he will express through every way within him at his call, his music, and he will reshape reality with sound. (Taylor had been teaching music.) This is different. He will teach the music of the soul within the being, no longer on an instrument but the instrument of your beingness. The new music is US singing our songs of life! (Laughed loudly) He will be able to create anything with what he knows, with sound and light and love. I have given him the keys to the

universe of creation! And he doesn't even need to go looking because it will come to him! And he will not be doing it for him. His greatest joy will be freely expressing himself as an expression of me. He will be with his friends and slowly he will melt them from his disease as a solidity of our understanding of consciousness being "stuck." His melting away of his body is a reflection within him saying, "You are pure energy!" And he will be teaching the music of the soul. And one is with Source, and when one is of Source, will come energy. We will become one as pure light. We'll be teaching the person saying, "What is your greatest dream?" And he will say, "Okay, let's now create the frequencies with the being." The being will only tell what they want, and he will help them to completely manifest absolutely within their lives. Their wildest dreams, and as he is teaching this music, he will show them how to do this. They have the brush to create this life in every way. They can live anywhere. They can be anything. We can refigure their whole lives in everything. There is nothing that cannot be done. Everything is possible. This method through his lessons here and through what he understands with music, will be a paintbrush that will repaint the whole reality. All they have to do is start, and give it some time because time is required for them to attune themselves to see what they want to be able to be. For what we experience is what we are. As they are holding that energy, it will then be seen from within them. They will see it outside of them when they are ready. But they will hold the energy to see it. I wish for him to awaken people to realize that they are one with the Creator. And that they will see this in their direction of making choices and seeing them come to life. And at some point they will begin to realize that they are that glowing light like the beings, and they will become Suns and they will know me.

D:Is this the way we are going now, the way of the future?

T:It's our way. This is our way now! This is our now.

D:Is this the New Earth we keep talking about?

T:This is all about the New Earth!

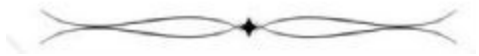
I asked more about the progress of the Body Scan and the healing. "The body is coming back to life like it was dead. It was away. It was ignored. It was hurting. It was unconscious. It is now alive. Consciousness is present here now. It has received the call. On every level it is now done. There is complete restoration of health on every level. The lessons are learned. The spirit in this body knows its purpose. It also knows how to navigate here. Part of the issue was not knowing how to safely navigate. Every morning he wakes up there's going to be changes. Every morning that he wakes up will be a new body that he awakens to. In this moment that we speak, each moment he's feeling a new body. It's being reborn every moment. Every moment there's a new body. This is just the beginning, and we will now educate him."

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CHAPTER EIGHT

I AM YOU!

I HAD TWO SEPARATE CASES THAT TOOK PLACE A YEAR apart in two widely separate locations that had a common cord running through them. This is one of the reasons I find theories and concepts that other researchers do not. It is because I see so many hundreds and hundreds of people from all over the globe, and as a result I collect pieces of a gigantic puzzle that, when joined together, form a picture that is new and thought provoking. To me it is amazing when I see it all begin to come together.



This session took place in my hotel room while I was traveling and doing lectures in 2008. Anna was mostly interested in a missing time incident that happened in New Orleans that she associated with UFOs or a possible abduction scenario. This was the only thing she wanted to explore. After the interview Anna went to the bathroom. When she came back I also went into the bathroom before we began the session. What I saw startled me and I called her into the bathroom to see it. There in the middle of the floor was a huge pile of toilet paper. It looked like someone had unrolled almost half a roll and piled it up in the center of the floor. Earlier I had put a new roll on the holder, and that appeared to be untouched. I asked her if the paper was there when she was in the bathroom, and she said it wasn't. There hadn't been anything there. The unusual thing was that it didn't look like it had come from the new roll, yet where did so much paper come from? And how did it appear so quickly between the time she walked out and I went in? Thus, we both had the feeling that something unusual was being set up to happen during the session. What, I had no idea. But it was obvious that the gremlins were again at work.

When we began the session, I took her back to New Orleans late at night (around 11 o'clock) on the appropriate date, and asked her what she was seeing. She, her husband, Chad, and their friend, Jacqueline, were on a street in the French Quarter. The first impressions she had were of unpleasant odors. "The French Quarter smells horrid! Foulness...it's hot...very hot...makes the smell worse."

D:Where do you think the smell comes from?

A:(Whispering) The people. There's no people there, but the smell...the smell lingers.

D:Where are you going?

A: We're going to go out. We don't even know where. We're just going to walk.

D: The smell doesn't bother you enough to keep you away from there?

A: It always bothers me. I feel reluctant, but we told Jackie we would do this, that we would go. We just start walking, and Chad points the way and we move to 711 Bourbon. And there are no people. There's nobody anywhere. The street's empty, no people.

D: Is it normally like that?

A: No. 711 Bourbon is a restaurant, big courtyard and a big bar upstairs. But there's nobody...nobody. I don't see waiter staff. Very strange. It's a big place and...nobody. We stay there awhile and we leave. There's nothing! Go outside and out the door. We're going to go to Dragon's Den. There's always something happening at the Dragon's Den.

D: What do you see when you get there?

A: Nobody...I go upstairs. The door's shut. It's never shut. There's a sign...a "cover charge." I've never paid a cover charge before. It doesn't make sense. No, we're not going to pay to go in there. Turn around on the stairs, the three of us. We're out of here! Let's move on. Out the door to the right and there's only one building next to it and that's the corner. That building is a fire station and we don't even see firemen. No firemen...nobody... nobody. Cross the street...by Charlie's.

D: Are there any cars around?

A: (Whispers) No. There are no cars at all.

This has happened in other cases that I have investigated. They are reported in *The Custodians* where there are no people or cars around. My clients call it "Dead sound. Twilight Zone." Very spooky. It always feels like they have either stepped into another di-mension or are between dimensions where everything is vibrating at a different frequency that makes them invisible. This

phenomenon is usually associated in some way with ET experiences, as though they are able to stop or manipulate time and space.

Then Anna saw the first person. "A cutie patootie in the door at Checkpoint Charlie's across the street from the fire station. Doorman...cute face and friendly. He smiles. We cross the street, but we don't go in. (Confused) No people...there's nobody in there. That's strange...no bartender. We just want to go home. No fun...it's boring... boring. We just want to go home, but we sit down. Outside of Checkpoint Charlie's...a stoop...a couple of steps. We're just sitting there. Bored...so bored."

D:Then what happens next?

A:I'm in my apartment and it's daylight.

So that is where the missing time occurred. I wanted to find out what happened during that time, so I took her back to when they were sitting on the steps. I asked her to see what happens next, and she said, "I don't know. I'm blank." This upset her, so I talked to her explaining that it was okay to remember. That it was time to find out what happened. She could look at it as an observer if she wanted to, and we could move it ahead slowly if she wanted to. This took several attempts because she seemed to be frozen on the stoop and unable to move the scene forward. Then my persistence paid off. "I see lights. Lights through the glass. There's the stoop. On the sign it's 'Checkpoint Charlie's.' There are glass windows on the building. And I see a strange light through the glass...and it's moving. What is that? It can't be car lights."

D:What do you do next?

A:I'm so excited. I know something's going to happen. I have a feeling inside me of excitement. (Slowly) There's a light. I don't feel scared. I hear Jacqueline. I feel like she says, "What the fuck is that?" (Whispering) I can't see the light attached. I don't understand the source of where it comes from. I feel like we're moving into the light and then I feel lit up. It's a good feeling. I can't see where it's coming from. (Whispering) I move into the light, or is it moving into us? (She started to cry.) Happy! So happy! Love...I feel love. Beautiful! Beautiful! Beautiful!

D:Where are you when you feel this love?

A: On the edge of a crater. Next to her. Standing right next to her... arm to arm. I feel such love. Don't ever remember feeling like that before.

D: Who are you standing next to?

A: Her! She's taller than I am. She appears to be perfect... perfect proportioned, perfect body, perfect hair, and perfect skin. I feel her loving me. I'm excited. I feel like a little girl... like a little girl happy. I feel like a little person, like a little girl, very childlike. So excited!

D: What else do you see besides the crater?

A: A big, metal building down in the crater, and it doesn't feel very deep. Shallow. And I'm not afraid. I have no fear.

D: That's good. What else do you see besides the building?

A: I'm looking around for people, cars, but I don't see anything.

D: Just the two of you?

A: Her and I, and now there's people behind us... seems like several... a little group all bunched up... kind of weird. They're behind us. There's just a building... big metal fence around it... a big, metal building with big lights on it like flood lights. The lights are just above the building. And the stars are so beautiful. I'm looking at all the stars in front of me.

D: This woman standing next to you, the one that is so perfect, ask her who she is?

A: I'm curious. (Whispering) I'd like to know who you are. She's saying, "I'm you!" (Anna was now crying.)

D: Why does that make you emotional?

A: Like I've been found. (She kept crying emotionally.) It's me.

D: Ask her to explain it so you can understand.

A: Please help me understand who you are. She says she's me. (Crying again.) She is so beautiful... perfect... and she says, "So are you."

D: That is true because you are also perfect. Why does she want you to know this?

A: To gather. She is saying, "You are to gather.... To gather others. To gather others to prepare. We're coming. To prepare for our coming." She's telling me not to be afraid.

D: What do you see?

A: Many lights moving all about up above. Lights... moving back and forth like a dance... they are dancing. "Don't be afraid, Anna. They're just scanning you."

D: Why are they scanning you?

A: Why? Being adjusted. (Laugh) It's you now, Anna. It's you now. (She began to cry incoherently.) No, I won't deny them. They know I'm not crazy. I will remember and I know and I'll tell. I'll tell everyone. I will tell everyone that will listen how beautiful you are.

Anna was becoming very emotional, so I asked the beautiful, perfect person if she could talk to me instead of Anna. She agreed and the voice changed.

D: Anna has spent several years trying to understand what happened that night. Can you tell her so she can put it to rest?

A: Many times she has been with us.

D: She felt great love like she knew she'd been there before. Is that true?

A:Always.

D:You said she has been with you many times. Is that right?

A:She's always known. She is me. She is us. Always struggled...always believed adopted. We love you. We love you. Anna, don't question any longer. (Another strange voice.) Do not question any longer. This is time. Time for Anna to step up and take her place. No more shame. People believe Anna. And they'll listen to her. They will listen.

D:What do you want her to tell people?

A:That we are love. We are love.

D:Who are you, so she'll know what to tell? Are you a being, spirit or what?

A:Different dimensions...dimension.

D:Is that where she was taken that night? Was that on Earth or another dimension?

A:Dimension.

D:You're at the other dimension? You said you were her, so are you another part of herself? Do I understand correctly?

A:You understand correctly.

D:It's another part of her in another dimension? (Yes) When people think of UFOs or ETs, they think of a physical craft and beings. Is that correct?

A:It's all the same.

D:Was Chad taken to a different place than Anna, or do you know?

A:I only speak with her.

D:But you took her to this place in the other dimension, so she could meet with you. Is that right?

A:(It sounded like Anna speaking again now.) So I could see her...so I can see you and them...my family. My family...

this is my family. My family... (Whispering) those lights...my family. The lights are my family. I am you. You are me.

D:Anna came into a physical body. She had to leave the light and the family?

A:Part of her did.

D:Did she volunteer to come? (Yes) I know there are many volunteers coming, aren't there? (Yes) Is this why she doesn't remember a lot of her childhood?

A:Everything changed. She changed. Anna changed. More Anna came later.

D:More came into the physical later?

A:Much more. Almost completely different.

D:Why did it happen that way?

A:So that she could handle it.

This has also been a repeating pattern. They have told me that sometimes the energy of the incoming soul is so different (because of where it comes from) that it would be impossible for the entire energy of that soul to enter into the fetus before or at birth. It would be too strong. Many times the mother will experience miscarriages until they get the energy frequency adjusted to the correct amount because the baby (and many times the mother) cannot handle the high influx of energy. In these cases only a portion is put into the baby when it is born. As the baby grows, then more and more of the incoming soul energy is allowed to enter and integrate. This, of course, is never known on the conscious level.

D:Does it have to do with the physical body?

A:Everything inside...all inside. She looks the same. Different, very different. Much change took place... much changes of the Earth...many.

D:Was it a gradual thing, or did it happen that night?

A:No, no, no...over long periods.

D: You said it had to change so she could handle it. What is it she has to handle?

A: Fear. Terrible fear.

D: Where did the fear come from?

A: In the womb...inside the mother.

D: Oh, before she was born. Was the fear coming from the mother or her?

A: Doctors tried to abort. Mother's health. Tried to stop the pregnancy.

D: What was wrong with the mother's health?

A: Blood poisoning in her legs. Abort the baby or amputate.

D: And Anna was feeling that fear because she was inside the womb?

A: She knew.

D: What happened?

A: I brought her two months early. Mother was very sick.

D: So Anna had great fear because she was exposed to it, and it was almost in her cellular structure at that stage. Is that true? (Yes) Have you been working with her to get that out of her cells and her system?

A: Adjusting. That's what the adjustments are for. She is of the energy of the weather. She is to use it. She's to use the elements. Become one with.

D: Will she know how to do this?

A: She's very afraid...very afraid...to gather.

D: What is she afraid of?

A: Of what is coming.

D: What is coming?

A:The Earth is changing. Much to come. A shift... major change...major shift. She is to gather others. Many...we are coming...many.

D:Who is coming?

A:We have shown her. The sky full...full...everywhere you look...surrounded...full completely...no sky, just crafts. We are to change. A shift...a major shift.

D:Why is the sky full?

A:To collect us.

D:Is this why she has to gather the ones?

A:They're waiting for her.

D:Does this mean everyone won't go?

A:Many...no.

D:Only certain people will be physically taken?

A:Yes. Taken. And those that aren't will know. Many will see. There's not much time. I feel like I'm running out of time! (Upset) Help me!! Help me!!

D:Are you going to help Anna know what to do?

A:(Exclaiming) I'm so happy! I'm so happy it begins now!
(Relieved) You're helping her!

D:By telling her this now?

A:You've received her.

D:So I'm helping her to understand. Is that what you mean? (Yes)

Another question that Anna had was she thought there was something located in her arm. "Anna always needed proof."

D:Is there anything in her arm?

A:Its own entity. It's her and it is not. As she is her and she is not. We guide her.

D:Is that something to do with the adjustments that are being made in her body?

A:Yes. It is the truth teller. Whole knowledge stored.

D:In that tiny little thing?

A:(Whispers) It is not tiny.

D:It looks tiny on the x-rays. The device has access to all knowledge. Is that what you mean?

A:All knowledge.

D:Should she have that removed?

A:Anna would never remove it. She tried once.

D:People don't really understand what they're for. But it's important for the health of her body and the adjustments that it remain there. Is that true?

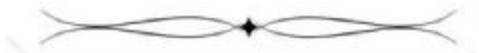
A:For those who will listen.

D:But you're going to help her by giving her suggestions and intuitions, so she will know what she has to do?

A:It has begun.

It appeared (and the entity confirmed) that when people think they have been taken onboard a spacecraft, that is not always true. Many times they have been taken to another dimension.

They said they were in communication with Anna at night when she was sleeping and this would remain constant. It is always better and easier for them to do this work at night when the conscious mind cannot interfere, and will not remember.



The second case was an architect who came from Canada to see me in my office in Arkansas. His curiosity was leading him to explore metaphysics, and he

was desperately seeking the mystery of life. He knew there had to be more to his life, and that somehow he was missing what it was. He wanted to go to the next level, whatever that was. I certainly didn't know, but I knew the SC would give him anything that was appropriate for him to know.

Greg went through a very mundane, simple lifetime as a fisherman on a large sailing vessel. Everything was proceeding normally (and dully) until I moved him to an important day and he saw something unusual in the sky. I didn't know if it was connected to the past life we were exploring, or if he had leap-frogged (jumped) into a different life. This was not clear at this point, but I wanted to pursue what he was seeing.

G:I see something in the air, in the sky. Off to the right...something round. It's like silver. Very big, and now the sun is reflected off it and it hangs there in the sky.

D:What do you think it is?

G:I know what it is. It's some kind of a space craft. I'm just wondering what it's doing there and if I'm going to get a chance to get onto it. I want to. I just watch it. It's not moving. There are two of them. There's a darker one behind it. It's more angular... larger...much larger. I seem to be floating in space watching it. I'm curious about the bigger ship. I'd like to get onto that one.

D: What does it look like as you get closer?

G:Metallic...why is it metallic aluminum looking? Corrugations and things on it. It has windows. I'm very close now. I'm just floating around it. It's very big. A door is opening, so I go inside. And inside it's full of multi-colored lights.

D:What else do you see besides lights?

G:There's a large room full of people sitting in these tall-backed chairs. I can't make out what these people are or how they're dressed. There is one in a white robe standing behind the chairs.

D:Do you want to go into that room where the chairs are?

G:Yes. I want to know who they are. Now I'm standing in front of them. The white-robed man is asking me questions, but I can't make out what he's saying.

D:Do you know this man?

G:I'm not afraid.

D:What is he asking you?

G:He's asking me why I'm there. I don't know. That's what I tell him...I don't know. He's waiting for my answer. I ask him who he is. He said, "Who do you think I am?" But I have no answers. This is difficult. I tell him I'd like to know who he is. I thought he said, "I am you!"...but my mind is kicking in here. And I say, "How can I be you?" He says, "You can only be me when you can believe that you are me."

D:What do you think of that?

G:It's uncomfortable because I see him beyond me, greater than me. I feel lesser than him, so he can't be me.

D:Why not?

G:Well, he wouldn't be up there and dressed in white.

D:Why do you feel lesser than him?

G:I don't know. Why are all these people sitting in these chairs?

D:Ask him to give you some more information about where we are, and what's going on.

G:(Deep breath) We're in a place that I designed. He tells me I created all of this.

D:What does he mean?

G:That I created this spaceship for the sake of encounter in order to meet myself. So I must have created the

spaceship as a meeting place, but we're in the air. We're in the air.

D:Ask him, why did you create it?

G:To go beyond where I am...go beyond where I was... to not just be floating around in the air looking at it.

D:To find more answers, you mean?

G:Much more...find much more than answers...to know. It's to know everything. It's to know much more.

D:Can he help you to find that information?

G:Yes, he can. He's familiar now. I'm standing beside him. Everybody's dressed in white.

D:What do you mean, he's familiar?

G:I heard his voice, and I know his skin. He has this interesting skin. (Bewildered.) It's consistently smooth. It has strength to it. It comforts me to see the strength in the skin. His face is calm and his voice is calm.

D:But he says he is you? (Yes) He said you created this meeting place. Where does he exist when he is in his own world?

G:In my mind! I'm also with him in my mind so...but it's very real...surroundings are very clear, so I've created...this is a beautiful room. It sparkles with myriads of colors and it's shining with myriads of light coming out of everywhere.

D:You created this so you would meet with this other entity?

G:Yes. I don't know if I created all of it. No, I didn't create all of it. I had help.

D:Who helped you?

G:He did.

D:Did he think it was time to have a meeting also?

G:Yes, he welcomed me. He knew I was coming and so did all of the people sitting in these chairs. They helped, too. Everybody's helping to create this room and the ever-changing colors. And I can move around freely. I'm moving around as I wish and I'm moving around vertically. It is beautiful.

D:Let's ask him why this is happening?

G:Because I want it. It's not beautiful where I came from. I didn't notice until I stepped through the door of the spaceship. The colors...the variety...it's the beauty of the variety. I can think anything I want and I can make the colors come in and out of the walls. These robes of white...I can adjust them to whatever way I want. And I can move these people sitting in these chairs into different positions. Where I came from wasn't bad. It's just not so colorful...not so dynamic. And I was alone floating around. I wasn't lonely, but I was alone. I was floating in a space. There was some light, then I created this spaceship. I guess I created both of them. One was like a pilot ship, and then there's this one behind it and that's the one I went into.

D:When you were floating around in space, did you have a body?

G:I don't know. I was just aware of myself, and I can move at will. I can move very easily.

D:Let's find out more about this. Is he more aware about what's happening than you are?

G:I think he is, yes, and so are some of the people in the chairs. They know more than I do. They let me move them around at will. I have no idea why they let me do that. They seem to be laughing.

D:Maybe they're laughing because they do understand more than you do. (We both laughed.)

G: They seem to know that I'm not going to hurt them. No, I can't hurt them. They're beyond being hurt by me, so they're letting me move these chairs around in space. How funny!

D: Let's see if we can get some answers from this man you're speaking to. See if he can tell you what's happening.

G: He's teaching me how to use my mind and my intent. He's teaching me how to control my desire because I can turn the chairs upside down, but I choose not to. Because I don't want to hurt anybody, even though I know that they can't be hurt. Somehow there's a way to do it and they know I love to do it.

D: You mean to use your mind?

G: Yes. I can create any kind of pattern with them that I wish, but I have to do it in a way that's compatible with them. And that's what he's teaching me.

D: Did you want to learn how to use your mind?

G: Yes. I seem to like it, so yes, I must be wanting it. I feel like when I'm there that it's a designated place, and that I'm learning creative processes that I didn't know about before.

D: See if he can explain this process to you so that you can remember.

G: It's a manipulation of some kind. I have power to manipulate and I must learn how, otherwise it will get out of control. It's not a force thing. It's a learning of a way of being. As I move the chairs around, they respond to my body movement, so I have to learn the way of being in more control of the power that I have.

D: What is the purpose of learning how to move things around?

G: For the delight of it and not to hurt. It makes them laugh, so it's funny. I think he's teaching me so I can do it all

by myself. They're happy together. If I stand still they just go back to their position of sitting in the chairs. With the same expression as when I came in, but I can influence the way they feel by the way I move. He wants me to learn how to control my power.

D:Do you have power?

G:Apparently. I seem to be learning that I have power.

D:If not controlled, it can create problems?

G:Yes. It can create problems and hurt people. I don't have that desire.

D:What does he want you to do with this power?

G:He wants me to teach them how to do it themselves. Stop being together and do what I'm doing so that they don't need to be so dependent on each other because they only work in a group. They can create their own happiness.

D:You said he says, he is you. What does he mean by that? Can he explain it so you'll understand?

G:If he can hold it in my head because I don't feel like I'm him. I don't feel like I'm him, but a part of me does.

D:We're trying to understand. Does he have anything else he wants to show you or tell you?

G:He wants to show me how to use the light. He can create music with the light and different vibrations. I can make these rods go in and out. Each rod has a different tune, and I can create chords and strands of music with them. Endless positions and he's showing me how to do that. And each strand has a different color and every color has a color tone. It's not a tone and a color separate. It's a color tone. I make music with them. It's a lot of fun. There's a sense of wellness...a sense of happiness.

D:Ask him if he knows anything about Greg, who is alive on Earth at this time?

G:He knows me well.

D:Let's tell him Greg wants to open the door a little more to learn more. (One of his requests during the interview.)

G:Yes, he's opening the door more. He's showing me things I didn't know I could do. By trusting myself...it's more than trust. It's like I have to do it and then I know it and then it works, but it's all new. It's not just the mind. It's a part of me that's bigger than just the mind. It's my wholeness. It's the wholeness in me. It's the All of me. There's an all of me that's doing this. That's why it's so easy to do all of these things at once because there are many parts of me aware of all of the things at once. They're all parts of me and I'm just learning. I can do them individually, or I can do them all together, but they're all me.

D:Why does he want you to know this?

G:To be whole. He knows I want to be whole. He wants me to be whole.

D:That was one of Greg's questions, how can he become whole?

G:That's what he wants to tell me. I am at the next level.

D:That's the next level?

G:That's a level. Of knowing that everything that I am influences everything else, so I need to know who I am. I need to be aware that every movement creates a ripple. The light is the mind. The light is in the mind. I can do that with my mind. So I have to use all of me in some kind of harmony in order for it all to work, and that's what I'm doing.

D:Does this mean that Greg in his physical body can also affect many different things?

G:He can. He just doesn't believe it. He is very powerful. And he needs to learn everything he does and says affects the people around him. He needs to understand the power he has over them. He doesn't realize that he does influence everyone who listens and he doesn't understand...but he will. He needs to know he's loved eternally without fear. He can go on. He needs to know that. He needs to live as who he truly is in other dimensions. He needs to just go with it and not stop at anything... not hold back. He's learning, but he needs to jump. He needs to leap. Take a leap.

D:What do you mean by a leap?

G:Beyond the fear of what people think...beyond the fear of anyone's opinion...beyond the fear of everything in this world. (Softly) Have no more fear and everything will be clear. Greg's a teacher. He needs to teach and to heal. When he has no more fear, it will all be clear to him. To not be in bondage by fear.

D:Fear is a very strong human emotion.

G:Yes, but you can have fun learning it. That's what the man in white was teaching. Greg's a healer. He knows that. He has an innate ability to heal. He just hasn't learned to use it yet. His words are healing to some people. To teach freedom of the mind... freedom to be not afraid. Just to be not afraid would be the greatest healing. To help people out of their own fear. The world's in a crazy place, but a beautiful place all at the same time. There is so much beauty to help the healers heal the wounded. People are slaves to their own thinking...their own fear. Slaves to what they think they believe, which isn't where they should be at all. But to love them out of it, not to dictate to them. He's too good at dictating to them. He needs to let go of that. He has to stop that...no more confrontation. People don't like that. He sees the truth and he confronts with it. It's not good

to do that too much...very rare that it works. To love...love is the best confrontation. They need to be drawn into the light like children. It will be different with each situation, but from a point of compassion...from a point of equality, like standing beside the man in white and exchange. Never threaten anymore. His fear allowed him to threaten because he saw without love. Be natural... being kind and walk away if it isn't heard. Leave life alone. Just present the options to living. You can live in darkness and you can live in light. And you can live anyway you like and all of it is fine. There's always a choice. He has to stop being God. That's just the ego in him. Just be himself and then the rest will follow.

D:He said he wants all knowledge.

G:He does. He doesn't know that he can't have it all, but he wants it. That's okay because he'll let go, but he needs to move forward. It has to happen gradually.

D:So this is the first step?

G:Yes. That's a good step. He has to be able to use the multi-faceted parts of himself kindly and nicely like he did with the chairs and the music. We will animate the options and make people laugh while they're listening. He's good at animation. He can do it musically and with cartoons. He can do it with his art. He can do it with his mind. He can do it with his words and he should use it all to make people laugh while they listen to the story of the universe...make serious light. There must be light and be kind and then he must withdraw and leave them.

D:That way he's not confronting them. He's just telling a story and letting them make up their own mind.

G:That is correct. He doesn't need to tell people that there's no end. That frightens them. You need to listen to people. You need to ask them what they need to know instead of telling them what you think they should know. It's

too much for most people. Listen and tell them what they need to learn. They'll always tell you, but only if you listen.

Parting Message:

Learn to trust. Just learn to trust. It's very important for him. Never speculate anymore. It's a waste of time. You have what you need to know. Now just trust.

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Section 3

OTHER WORLD LIVES



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CHAPTER NINE

THE TRANSPORTER

REGINA FOUND HERSELF INSIDE A LARGE SPACESHIP WHEN she came into the scene. "I think it's gray metal, but I feel like it's not really metal. There are doors that open and shut automatically." She felt a little uncomfortable because she didn't feel like she really belonged there. "I don't think I really belong here, but I'm not really afraid either. It's like a nervous tension. I feel there are people in the other room. I can see them. I don't know why because there are not any windows, but I can."

D:What do they look like?

R:They're funny shaped. The first impression I had was that around their heads was kind of white. It's not like I can see them...just....

D:Sense them? Would that be a better way to say it?

R:Yes, that's a better word.

D:Look down at yourself. What kind of clothes are you wearing?

R:I don't know. It kind of feels tattered like they have holes in them, like they were maybe in a wreck or a...I don't know.

D:Old tattered clothes, you mean?

R:It almost feels like a uniform...not normal clothes, and kind of torn for some reason. I really don't know where I am.

D:We'll find out. Do you have anything on your feet?

R:Kind of like work boots, but everything's the same color: gray. When I say uniform, it feels more like a jumpsuit, but I feel like I've been in some kind of accident and that's why it's torn.

D:Was your body hurt or just the clothes?

R:I think my body was hurt but I don't really feel any pain. I can see through the torn part, but it's not like people. I can see that... (Talking to herself, a bit confused.) bones or something...it's all the same color though. It's not like it's skin and blood and stuff.

D:So you mean when the uniform was torn it did some damage to the body too?

R:Yes, and I think they're supposed to fix it at this place.

D:Does your body feel male or female?

R: I don't know...maybe more male but it feels more androgynous.

D:Look at your hands? What do they look like?

R:They don't look like hands very much. I think they work like hands, but they're more...they're more scaly. I have fingers. I mean, they work like fingers but they're not real pretty. I don't think I'm a person.

D:Do you have an impression of what your face is like?

R:Hmm, I think I'm one of those people. My head is kind of light. It sounds very strange but it has more of an egg shape and it's just light. I don't know if there are eyes and things. It just feels like light.

D:So it's different. But it must be physical if you can be hurt.

R:It didn't hurt, but....

D:I mean damaged in some way?

R:Damaged, but it doesn't hurt. It kind of feels like it's both. It feels like it has a physical part. I saw something in the suit that was dark, but the heads all seem white.

D:How did you become damaged? You don't have to experience it, but you can look at it. What happened?

R:It felt like a transporter crashed or collided. A transporter collided. There are transporter tubes. Transporter moves between places and I don't know why it's a tube, but it's a tube. It's a transporter that goes in a tube. It's like (makes a whistle noise) and it's gone. And something happened. They didn't know if they could get it back, but they got it. It's kind of sad.

I needed to understand this transporter before I could make sense of what happened.

D:Do you mean you were in something going through the tubes? What was that like that goes through the tubes?

R:Nobody thinks about it. You just "swish" (makes noise) and go.

D:You don't have to be in a car or anything?

R:You mean transporter.

D:So it just transports your whole body? (Yes) And you had a collision?

R:It's not a body, but it's our way. When they want to go fast, they just go in the transporter.

D:This takes you to other places then?

R:Or big distances.

I was thinking they would have to be in a vehicle or car or something and then be transported through the tubes. But it sounded more and more as though a vehicle was unnecessary. As though the whole body was transported (rather like Star Trek).

D:What happened that there was a collision? Do you mean it collided with something else?

R:Yes. It was in the tubes. And I don't know how it happened, but it was a bad accident and they didn't know it. They retrieved us, but...out of this place.

D:You said "us." Were there more than one?

R:There were more. There weren't many, a few people. But I don't see the others. I don't know that they're people. Something went wrong and it was hard for them to...the answer for them was at the edge of what "they didn't know how to do," but they do a lot and so they got us back.

D:You said it was at the edge? What do you mean?

R:At the edge of their knowledge ability to get us back. It was hard and tricky but it was all they had.

D:And then they took you somehow to this ship you're on now? And you think you've come there so they can repair the body? Let's see what happens.

R:It feels like they were working on somebody else, and I was just waiting for them to work on me. And it feels like there's a group of the other beings.

D:Do they take you somewhere so they can work on you?

R:It's just on the other side of that wall.

D:Tell me what you see when they take you in there.

R:There's a table and there's a whole bunch of those automatic walls. Maybe ten and the table.

D:So you don't know these people, but they are just like you?

R:I don't think they're just like me, but we're comparable, and they are doing whatever they're doing together. It's not a manual fixing. It's like they think it. They think it.

D:So they don't have to use any tools or instruments?

R:No, they're not going to use instruments. They just (makes clicking noise). There's just light. There are just beams of light. I didn't know it was going to happen, but now I'm getting better. I was just lying on the table, but now I'm standing up. Beams of lights and different colors of light. It starts at the head and then goes on down. He beams the head and goes all the way down, and they have different colors and it just keeps changing. And these other beings are just standing around in a circle watching it. There is like a light machine at the top, but they're sending their thought to it.

D:It amplifies it?

R:I think so.

D:What does it feel like when the light goes through you?

R:It feels good. It kind of reorganizes everything. I feel more...I don't know...like I'm taller and like they've put me back together. It doesn't hurt. It just feels relaxing.

D:And it knows what part to go to to do the repairs.

R:I think I was a doctor.

D:Tell me about it. Why do you think that?

R:I think I did the same kind of thing. That's why I don't think it bothers me what they're doing. But what they're doing is...overall, is a lot because they understand how to...it's like reordering life. They understand how to make the parts work right again. Not just put a Band- Aid on it, but they know how to restore it. Not just cover it up, but they really know how to fix things. Fix isn't the right word.

D:To go into the core of it? (Yes) Where they really make the repairs. So if you're one of them and know how to do it, then you have a lot of knowledge of how to use the mind?

R:Yes, I do. When I got injured.

D:But if you're a doctor, where do you do your work? What does it look like where you work and live?

R:We go to different planets. We go to different places... energy...think clearer (speaking randomly) support the planet Earth. We do a lot. We do work on further places also, but right now we're working on Earth.

D:But that's not your home. That's not where you originated? (No) Did you have a home planet?

R:Yes. We have a home planet. It just doesn't have the issues that Earth has. It's already evolved to a consciousness of well-being that is always there. So we have the possibility, the opportunity so we go to Earth right now so we can go to other places.

D:So this other place where you started out, it evolved to where you didn't need to go back?

R:We can go back there. That's where there was this requisite provider. We went back there. We can whenever we want.

D:Where do you live now, onboard the ship?

R:Now I'm onboard this ship because I had to get repaired. I couldn't do it all myself. It was real extensive work. It just needed more energy. Otherwise, I could have done it by myself. This was not a normal situation at all. They didn't even know if they could do that. They tried so they could retrieve us.

D:But the place you would normally be...was that a ship?

R:No, not really. It's a different galaxy. A different place, but really everything is smaller than we think. So it's not. That's where I was. I was in a different place. I just had this accident and it's getting repaired.

D:But where you normally do your work, was that a planet, a place?

R:Not a planet...a different place, but not part of your reality, part of your place in time. But we can move between places and time. We do that with the transporter system. There are places on the planet that you can move through time and space much faster and we use those.

D:Do you know where they're located?

R:I know where they're located and we use those because it's easier and faster to do that. It's just a convenience. Nothing usually goes wrong with those. This was an unexpected occurrence.

D:But you said that now you're going to help Earth?

R:Many entities over a long period of time have come to help Earth. Earth is evolving and we came many times and will come many more times. I'm requiring some time to just reorganize the body that I'm using and then I'll continue on with my work.

D:So you need some time to rest, in other words?

R:Yes. Time to reorganize better to work because the body system is actually reorganizing so that it can do the work it has to do.

D:And you have the ability to do that, but in this case you needed more energy and people to combine with it.

R:Yes, this job required more people. It was new to keep me able to function.

D:And you're going to be one of the ones to help Earth now?

R:I have helped Earth before. I've come to Earth regularly. I had other jobs, but now that's my job.

D:When you came to Earth before, did you come in a human body?

R:Light body. Only a light body before. This time I'm using this thing's body.

D:When you came to Earth before, did you change into anything or did you stay in a light body?

R:I stayed in a light form because it was easier to use the energy. I see we have used points you're familiar with, pyramids. We use pyramids to amplify energy, in your words. Like attunement to people that you can do in vast work, vast energy point rather than individually. There are places in the Earth that you can stimulate masses of people as opposed to one person at a time.

D:So the pyramid is one of these places? (Yes) This was used to affect many people, but it uses an amplifier. How is that accomplished?

R:We bring forth energy. The light energies that we were, higher vibrations and amplifications and spiritual resonance that we can..."amplify" is the word. Amplify out into...like you would broadcast music. We could amplify or broadcast those energies and always some people could receive. Some people are better receivers than other people, and so we come with a signal. We are a signal and then we broadcast and we use the pyramids. There were other places, but that's the one I am most familiar with.

D:People in my time - you may be aware of what I'm talking about - some people think those were tombs. They don't really understand what they were used for.

R:They were a signal. They were amplifications. No, they weren't tombs. But there are other pyramids that were used and there were other places that were used. There were others. And there were mountains we were using. There were high mountains that were used like pyramids, too.

D:To send out this energy? (Yes) So the energy was amplified to be used on the Earth?

R:Yes, it was used to speed up the evolution of the DNA.

D:Of the people of that time?

R:And some people...one of the reasons that there was so much conflict on Earth was because some people were such good receivers and other people weren't. And so they could sense or had that "knowingness" that they were really different. They created conflict. They weren't the same anymore. Some were moving forward and some were not, and so there was created intended growth, but there was also "created conflict." It's like having two different species that were not compatible anymore.

D:So one was resentful of the other as they began to move forward?

R:I don't know why they were resentful because they didn't know what the difference was. But they knew there was a difference and that intuitively created a conflict.

D:You didn't know that was going to happen?

R:I don't think we really understood the extent of the conflict it would create. I don't think we understood the consequences knowing that some people, you know...when you hear a song you don't have to choose to sing with it. This is like that. When you amplify information you don't have to choose to grow with it, so there is no interference in free will. But I don't think we realized the disparity it would create in human beings. The lack of growth you see in some people compared to others' evolution of growth. I think we thought that it would be more acceleration. It was different than we thought, but still the evolution was important and there was no tampering with free will. It's just that some people chose to grow and some people chose not to.

D:What eventually happened during that time?

R:It's still happening today. The same thing is occurring today.

D:Are you still using the pyramids today?

R:They're still being used. The mountains are being used. There are lots of mountains. Usually the places you see with volcanic activity are being used.

D:How can you use the volcanic activity?

R:Just the resonance creates the volcanic activity. It just sets up reactions. Volcanic activity is normal to the planet. It's just that when they have that much energy, when you're using these mountains; there's a mountain, there's an entity that is aware of in Washington State and it's a continual reception site. Its entities come regularly in spaceships, crafts. They are drawn to it and the constant resonance of all that energy creates pressures. It's like filling up a room with lots of energy. Lots and lots and lots and then it expands, expands, expands and that's how it creates. They don't consider volcanic activity negative. It just is the mountain or the energy is doing what it was meant to do. It holds energy. It expands. It calms down. It contracts and expands constantly.

D:So this is one of your jobs, to keep this energy going or what?

R:Well, the energy that occurs is like a bi-product of the energy work; that amplification. You know how people in conversation on Earth, they know its sound, but they don't realize you can't hear all sounds. By its word "sound" that you would actually hear something, but some vibratory effects which you would call "sound" are beyond the hearing of the people in this time. And so there are sounds of healing energy, that knowledge of being expanded, but they don't necessarily hear them. They're there still resonating.

D:So how do you use this? What are you doing with it?

R: Now on your planet it's creating the expansion of consciousness. The planets need to have occurred, and it has been occurring over a very long period of time. So it's creating this expansion, but it isn't always as easy for people, human beings, to grow as you would think. You would think that expansion in thinking would make life easier, but actually expansion in thinking does not necessarily make it easier for people. There's a lot of change that goes along with it, so people are having a more conflicted time of everything right now because there is so much amplification of sound, sound waves, thought waves, teaching going forth on the planet right now. So much downloading of energy that it creates change. Change always conflicts uncertainty.

D: So that is what you're doing now? That is your job? You think they're happening right now?

R: Well, there are like two of us here. There's a physical body and then there's a person that was just here, but I feel now it's different. I don't know.

D: I was wondering if you knew you were speaking through a physical body. (Yes) You understand it? (Yes) It doesn't bother you though to know that, does it?

R: No. It causes conflict for this woman, but she does pretty well with it.

D: You mean the one we call Regina?

R: Right. She does well with the idea she gets. She knows things that other people don't know because of this. She doesn't understand why people act the way they do. She is an energy being that is very advanced in a physical body that lives in physical reality. So her mind information is from a different place than her body, so it creates conflict in her. It doesn't always feel good for her. It doesn't bother me because I'm not really in the physical body.

D:But are you an aspect of her? Is that why you came in or what?

R:We are all aspects of each other by the soul, but I'm getting a download of information. The aspects of Earth are not the same. She just has very thin veils of consciousness, so it's very easy for her to tap into aspects of many different entities or beings, and to get information to move between realities. And actually, she was a little ahead of herself and she was a little ahead of information that could actually be fully downloaded to the planet, so she wonders what her purpose is. Like "why do I know this when I can't do anything about it," is what goes on in her head. And that is just because those veils are so thin that she saw things pretty well intended at the time, but as we go forward, there will be more. There will be more to do and really somebody has to have the conscious idea for it to be broadcast, so she does pick up things ahead of the curve. She gets them and then she's like a little beacon, but she doesn't even have to say anything. She can stand still and she's like a little radio tower that the ideas just go forth into general consciousness.

D:But you know whenever I do this work I take people back to one of their own past lives in the linear way we think of things. That's why I was wondering why you were contacted. Were you one of her other lives?

R:In your thinking it's a reality that she walked into in time and space and she taps into it inadvertently. She doesn't even consciously understand what's happening when it happens. She just taps in so easily to it that it's as though she's just one inch away from living in two realities...three realities. So the realities bleed in and out and that's why this is important.

I thought it was time to bring the session around to the purpose that Regina came to see me. She was having serious physical problems, and I thought this being would be perfect to help with the healing. Since it knew how to use and manipulate vast amounts of energy I thought it could help. It knew from the

healing that took place on the spaceship that using this energy to heal was possible. So I asked if it would work with Regina. "It is a hindrance to have to keep taking all of those shots and be worried about her physical body. We don't want that, do we?"

R:No, we have used her body a little too harshly. This is not always good.

D:What's causing the diabetes?

R:Her brain functions at one level and her body functions at another level. There's conflict. There's conflict in just the physical dynamic that isn't easy on the body. I'm looking.

D:In my work the cause of the problem will usually go back to past lives or a particular situation in their life right now. And her story didn't seem to fit with that.

R:Her story doesn't fit with that. She's almost like a "test tube baby" where we've downloaded information into a physical body that was really beyond the capacity of the body to hold it. And her ability to receive and move back and forth made her the perfect candidate to do experiments on. That doesn't sound very positive, but she has an ability to move mountains. She has an ability to think in ways that are outside the human box. She has an ability and she has previously achieved beyond the human comprehension, so she has volunteered for this job. It's not an accident. These downloads were an agreement, so it is too much. It has created conflict that we cannot really focus on, partly because her expansion is our primary goal. Her expansion. She's like that antenna. She's like a test tube baby for the transmitters. And we have downloaded and downloaded and downloaded, and pushed her capacity, pushed her capacity and pushed her capacity. This caused physical side effects. It is a big problem now. Because we don't live in a body I think we are insensitive to it. You know we don't live in a body so we don't understand that it can be overloaded. We don't have anything, empathetic words for her physical body.

D:But now you understand it is causing a problem? (Yes) So you can help her? (Yes) I know she will appreciate it. She has to live in this physical body.

R:And we want her to live a long time because she is not seeing how much she does on her level. Just like you, she has many books to write. (Laugh) She's been just hanging out. She should get busy. We understand her dilemmas in her life and her preoccupation with her children and her husband and her grades. We understand all these things of her human experience, but she has more work to do. We have been giving her information for a very long time and she knows what she's supposed to be doing.

D:Let's get back to her body. The diabetes is causing all kinds of side effects. Tell me what you see as you look inside her body.

R:The pancreas gets highly affected by the fluctuating energies and these energy bodies are affected by this because you experience this as well. Not to the degree that she does, but you feel the energy as she does. She had asked previously why the sugar was high and low, high and low. Well, her vibration gets extreme like that. High and low, high and low, so one thing that would really help is she needs to keep meditating. If she does some energy work to just focus on... (breaks off with thought) but her body works on high, low, high, low, high low, not real. I don't know how to explain it.

He said he could work on the pancreas and bring it back to normal, but he had to bring in more energy to do that. He called others forth to come and help. They arrived quickly. "They are scanning her body for damages, and there are damages."

D:Caused by the diabetes?

R:Caused by the fluctuation of the frequencies. That actually is what damaged the body's capacity to control the sugars. I'm observing. They have a specialty and I'm just

part of their energy circuits. And they are combing through her body adding their energy to her energy so that the body has enough power to direct itself to heal. The body itself has all the information it needs to stay in perfect health. But because energies fluctuate so much it sometimes damages ability, so really what they're doing is adding color, vibration, and added power, is the best word. Energy is a word you are more used to, but when you think of added energy you add power to that energy so that they are working on a blockage in her neck right now. And a blockage in the middle of her back which has actually pinched off power. It has slowed some of the power down and the body's ability to heal. So they're clearing blockages, energy blockages so the body can get more energy to the brain and to the different organs involved, which are all of them. All have been affected but she's done well at existing in this body because it has been a tool.

D:It's a valuable tool so we want her to continue using it. So she's done well even with the fluctuations of the energy?

R:She has. She's kept a good spirit. When she was tired or sick she really still was positive and moving forward. We are working on the back, the neck, the heart. The heart function has been reduced and we're evening that out, clearing some blockages. We're clearing the path to the eyes. It has some blockages.

D:She said the cells in the eyes get these breaks in the cells. Can you work on that?

R:Yes, and we're clearing the floaters. We're actually operating on that aneurism in her eye to get that clear. Her jaw has really bothered her a lot.

D:You've told me in the past that sometimes that is from not being able to talk and speak about what she needs to.

R: This was actually more physical for her. She was having side effects from medication that she did not need to take. But she took it for a while hoping it would make the diabetes better and help the pancreas, but it made everything else a little worse. Her side effects were mainly from the medication more than the diabetes. Now she is going to be better. We're going through her whole body with color. Color is important. Sound is important. It's almost like taking a filter and brushing it through the body...like three dimensionally.

D: She said the blood sugar was so high that she has to keep taking it every few hours so she'll know what shots to take.

R: Yes, it has been uncontrollable and I'm trying to see if we can get it completely healed. She should notice a difference. It should surely show up on the test. And it should be a demonstration to her that there are miracles because we are working on one for her right now.

D: You show me miracles all the time. I know what you can do. It's beautiful to work with you.

R: This woman knows that she's seen you work with us well. She understood it was more about your ability to work with higher energies than hypnosis. Hypnosis is a part of it, but in the bigger picture of things you have the ability to be able to work with energy. At the same time they're both important, but it's a gift that you have. You slide...even though you may not be able to realize that, you slide by towards other realities, too. When you're doing the work you don't have to know when it's happening, but the questions you ask, all the pictures you get, and much of that is inter-dimensional work.

D: My job is just to try to help the people.

R: But it's your energy that lets you do that.

D:I'm also trying to teach others how to contact you, too.

R:Yes. You do a good job. You do. We're still working on the pancreas and the pancreas is responding in ways I didn't know that it could. It wants to get well. It's working with us, completely working with us. It has its own consciousness separate from her mind. It has its own little universe there. It will be balanced now and there are many entities here working on that.

We were coming to the end of the session and I wanted to be sure they had finished working on the pancreas. "We will be vigilant and continue our work with her body. We will be more aware and take good care of her body and aid and assist her. The pancreas is probably 80 to 90 percent better. She will notice a big difference and we were a little skeptical at the very beginning that we could turn this pancreas back into a healthy pancreas, but you know, we see it coming back to wholeness. So even if she is not under, we can continue to work with her.

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CHAPTER TEN

DEVOURER OF WORLDS

APRIL CAME INTO THE SCENE STANDING IN THE PATIO OF A large wealthy yellow stone structure. It was built on a mountain high above an ocean. There were some pillars holding a canopy. It appeared to be a fancy residence. She saw that she was wearing something like a body suit with long sleeves and leggings that was very clingy. It was made out of a strange metallic material, yet it was soft like a fabric. On top of this she was wearing a short loose white tunic and a gold cloth belt. The whole outfit appeared strange to her. She saw that she was a very tall young adult male with straight black hair. The surprise came when I asked the color of his skin. "It has a gray tinge to it. It's not green skin but it has a strange color. Almost like a light brown but with a green tinge. I've been to this place before, but I don't live here." I asked for a clearer description of the place that was perched high above the sea.

A:It's like a residence, but kind of like a meeting place. Like a headquarters or where people meet. There are people that live there but, it's more for where council meetings, strategy meetings are held.

D:Is that why you're there? (Yes) Are there other people there or is it just you?

A:No, there are others inside. Some are outside, some are inside.

D:Do they look like you?

A:No. There are different races from different places. Different life forms. We're meeting here. There are some whose bodies are not humanoid. My face is different. It's not like a human normal face.

D:I was wondering about that. What is different about it?

A:It's not reptilian but it's horny, somewhat scaly. But there are like ridges and peaks and it's not smooth. And the hair is long.

In the beginning I assumed I was speaking to a normal man, but now it became obvious that this creature was definitely not human. He described his eyes. "They're very big and black and there's a double lens, a double pupil there. They have a lens covering, like a pupil within a pupil. It's strange." It didn't feel like there was a real nose, but there was a mouth.

D:Do you have to consume anything?

A:Liquids.

D:So you don't have to consume solid food? (No) But you said you've come from somewhere else. Is it on this planet?

A:Somewhere else. The majority of these people have come from other places. This is a "gathering." It's like a strategy for meeting and planning.

D:Do you have these very often?

A:Not too often. This one was called. It's a special meeting.

D:So the call went out to everyone to meet there? (Yes) Is there something you call this group? It sounds like you've been together before.

A:There's a council. There are different galaxies involved, different planets that are involved.

D:Are they going to have the meeting inside this building?

A:Yes, there's an area inside that's like Olympus. It's like a meeting of – not gods – but a meeting of beings from different worlds.

I condensed time and moved him ahead to the meeting. I asked if anyone was in charge.

A:There's a big area like a sunken circle with steps and seats where we all sit, with a raised round platform in the

center of the circle. It has a big holographic orb with a projection of a being or consciousness that is running the meeting.

D: So this person or being is somewhere else and is projected into this holographic orb and you're able to see him.

A: Yes, it is being transmitted. This isn't the only meeting. There are other ones going on simultaneously. Gatherings in different places that he's transmitting to of the same setup, so it's a calling together.

D: Let's find out what the meeting is about. Why are they calling everybody together to have a special meeting?

A: There's some kind of crisis or emergency that is posing a threat to...it feels like many of the planets. It's something moving in space time through the universe that's creating a lot of dark energy, and it seems to be engulfing worlds. How?

D: Does he know where the dark energy came from?

A: He does, but he's not saying. It's like a force that's somehow penetrated from another universe or something outside of our space time. It's foreign. It's not supposed to be there. It's spreading and as it moves, it changes planets. It makes them dark and it's almost like it's eating. It's consuming the planets not strong in their fields.

D: It's affecting the energy of these planets?

A: It's the planets that are unsuspecting that don't have a strong field of light around them. They are absolved or surrounded or something. They're taken into this energy. It's like the light dies on the worlds, and so the light has to be strengthened. It's like a call is going out that the light has to be strengthened in these other worlds. It's like a force field, a dark thing. It's like a gaseous, living being that's feeding.

D:When it absorbs the planet, does it affect the life forms that are on the planet?

A:It mutates them and changes them and it seems it takes the life out of the planet. It leaves these barren and dead stars behind.

D:And somebody discovered this was happening?

A:Yes, we didn't understand what was happening and they saw some of the debris. The planets that had life are now just changed, and it took them a while to figure out what was going on. They didn't know what was happening so they didn't know to inform us. Now we have to alert the leaders or councils on their planets. To let them know this is out there so they can create the strategy to brighten the worlds so they can deflect this. Because it's feeding off the weak worlds and it leaves the strong ones alone.

D:Does that mean that the weak worlds are more negative?

A:They are less evolved. Their light is weaker. They're unaware, disconnected from others. Places where there are conflicts; they are out of harmony.

D:What do they want you and the other beings to do about it?

A:There's a plan that the leaders know. It's like we're emissaries to get the information to take to our worlds so that they can unify, educate, change the frequencies of the worlds so that they become stronger, brighter, that the field of light is more solid.

D:So how do they want you to do this?

A:There's an energy, almost like a box. Like a holographic imprinted. It looks like the word is a "tablet." Almost like a book or tablet where all are given the healthy instructions that we have to take back with us.

D:Were you given one of these?

A:Yes, but it's full of frequency. It's humming and it's filled with electricity and color and it's like it's alive.

D:This will give you instructions on what you are supposed to do?

A:It's what I have to take back and deliver to my planet. Everyone is given one.

D:Let's go forward to where you are taking the information back to your planet. How do you return to your planet? See yourself doing it.

A:There's a vortex that opens up like some kind of wormhole that they have set up. Almost like a wormhole, an opening that each one steps into in order to take them back to their world.

D:So it knows where to take them?

A:Yes, one at a time.

D:Let's go ahead to when you arrive at your planet. What does that place look like?

A:There are tall, tall spires there, like pointy tall buildings that come to a point. It's a huge city, but it's spinning slowly on top of the surface of the planet. It's not attached. And it's like they're mining, not mining but almost like there are needle like tubes that go into the planet...are connected to the planet. It's like the planet is feeding the city energetically. The base doesn't move, but the city spins slowly. The center has little peaks in it. Around the edges there are these enormous spires that go up, and there's energy generated between these peaks. It looks a little bit like when you whip eggs or meringue and it has a peak on it. It comes to that around the sides.

D:Do you have a job or something that you do in that city? Let's see what it is that you do.

A:I'm an intermediary. It's like some kind of courier, some kind of liaison.

D:And you brought your tablet back?

A:I did. Some of us didn't make it. They were attacked. Somehow the wormholes got interrupted or some kind of interception that didn't allow them to get back to their worlds.

This sounded similar to Rebecca's session. Same type of transporter just using different terms.

A:It's almost like this dark energy knows and has stopped some of the people getting back.

D:It sounds like some kind of intelligence.

A:It is intelligence. It is a superior intelligence.

D:Even though it's a negative form.

A:We don't see it as negative. We see it as a life form that doesn't belong in this universe. And it's trying to find its way back, but it's lost and it's consuming. It's doing what it does and it's destructive in our time line.

D:So it's confused.

A:It is.

D:It doesn't really belong there?

A:No. It is just being what it is, but it is destroying worlds. In its normal place there are other sets of laws where it exists with others like it. And there it would not be destructive. It's a different space, a different dimensional reality.

D:So in that space it's kept in harmony because it belongs there.

A:Right. What it's doing here is not what it does there.

D:So everything has gotten out of balance. (Yes) So what are your people going to do to try and help the situation?

A:They have to gather the people and strengthen their fields, training up information, education that must be viewed through the populations and the worlds energetically, that amplifies the force in each being. And this tablet is like a technology that activates the tablet and sends out a field and it trains the population with a field, and that amplifies the bio-force and everything starts. It's like the radiation, the glow, the bio-force gets stronger and awareness. Every member of the population is...there's a unity that happens like everyone's on the same page connected and the field of the planet is strengthened. It changes the field of the planet.

D:This will be able to ward off the other energy.

A:It doesn't like the light. It shies away from the light.

D:So you have to increase the light of the people and the planet?

A:This thing comes from a dark world. It doesn't like any light.

D:It's really innocent. It doesn't know the difference.

A:It doesn't, and the only strategy is to make the light brighter. I have to help protect the tablet and help with the activation of the population that is in stages. It's not all done at once. There are several phases that have to be done so it doesn't create disharmony. It has to be integrated so there's a time line for the biological forms to be upgraded.

D:So it has to be a gradual process. (Yes)

It seemed that this was going to be a long process and the entity would be very involved in it. So I decided to leave him there to continue his work and bring forth the SC so we could obtain answers that related to the physical April in this life. Of course, the first thing I wanted to know was why she was shown that

strange life, and how it related to April. The SC has a logic that is so different from ours, but it always makes sense when they put it all together.

A:She has a job to carry the light, to activate the light. It challenges her. But she's not doing her job. She starts then she stops. She starts then she stops and she starts and then she stops.

D:But in the other lifetime that seemed like a very big challenge, wasn't it?

A:It was and there were many threats.

D:Was she able to carry that challenge through in that lifetime?

A:There was interference. She was unable to finish it. Someone else had to. It was risky to the life form that had the commitment of illumination. Her life form was destroyed. There were those that wanted the power and wanted to stop the awakening. They had other interests, and the body of that being was destroyed, but not before the process was passed on.

D:So she was able to succeed in that part of the job? (Yes) But is this connected with her in this lifetime?

A:Once again she has been given a tablet that is alive, and once again is given in her care. That has been holding the memory of in-completion, of feeling to blame without understanding that it was not the fault of that entity.

D:That was a big job.

A:It was an important job that had risks and she was aware of those risks. All were, so there was reluctance on her part to take that role because there is a sense that there is no one this time to pass it on to.

D:What do you think?

A:She is misled. There are other people to pass it on to. She does not know there are, but there are. She has a living

tablet that must be passed on. It must begin. The process must begin. She agreed because she has done this before. But the importance of the work and the disappointment in not being able to maintain the integrity of the process froze her and created a doubt in her ability, a belief in her ability. She is well prepared, but she doubts herself. That is part of the human condition and she has succumbed more than expected to the program of fear.

D: That's a human thing.

A: She also took on an additional imprint of the collective to understand how deep the human fear is.

D: It is something she has to overcome.

A: Yes, but it has been ingrained more deeply than was expected.

D: Well, where she was in that lifetime, was that this universe or a different universe?

A: It is in this universe. Not this part, in a sector far on the other side. It is still in process. This universe still has this "being." It is still lost and moving through the universe. And it seems that there are one or two others that have found their way into this universe, so it is a strengthening of worlds that need to be moved away.

D: To be moved to stand in their energy.

A: Yes, the light. There is a way, a strategy because there is an opening for these beings, entities to go back to their world. There is a certain sector, if you will, worlds that must be lit almost like a landing field in able to direct these beings closer to their entry point, that they may find their way back.

D: How do they get lost in the first place?

A:It was a rupture in space time. There was some other energy that created an opening, if you will, in universes, dimensions, a reality flux.

D:Was this done inadvertently?

A:It was an experiment that went wrong and they cannot close it up until these other beings find their way back.

D:They can't just keep drifting then?

A:No. There is a directional force of lighting up a certain stream of planets to help, not just the planets, but also to redirect these forces, these entities back to their own dimension.

D:This often happens when people want to experiment, play round with things they shouldn't.

A:There is an ignorance that is part of universal cosmic evolution where there is not an awareness of other dimensional realms. So when actions are taken they very often open up areas of beingness that are unknown and unexpected.

D:So that was what caused the problem. But April is supposed to be giving a certain type of knowledge to our time. That is what she came here to do. She can't get out of this, can she?

A:She cannot, and she does not want to. She must fulfill what she began and did not complete in the other world. She volunteered to once again be the courier, the intermediary. The messenger to bring this living force and release its energy in segments here, to assist others who have come also for this. Some are doing it. Some are not.

D:We get into the human condition. It influences them. April knows she really needs to start doing something, but she feels she needs to move from where she is now.

A:She must move. Which is why we have made it deliberately uncomfortable, painful and traumatic for her. To ensure that the integrity of the purpose does not default by those that are locked in fear.

D:I suspected you had something to do with it. Making it to where she has to move. (Laugh) I know the way you work.

A:Yes. It has been tolerated for a while because there were things that were important for her to understand. Finishing occurred a few months ago. The compromise and conflict that she has been in was accelerated in order to align with a greater time line. There is a new readiness, if you will, for her work and on some level she knew it would be at risk prior to this. This entity has protected it as she was required to do.

D:She does feel she needs to move, but she doesn't know where to go. Would you advise her?

A:It is important for her to be high, to be not isolated, but to be surrounded by nature, trees, fresh air. To be within a workable distance to a small city. It is not in her interest to be in a city, per se. The distraction factor for her of other energies in her sensitivity is too great. She is to be on a hill somewhere above a city, not level with a city. The elevation of energy is important to her clarity.

This sounded exactly like where I live, on a mountain outside of a small town. A place where I can retreat and recharge my batteries after being bombarded by the hectic energies of big cities during my travels all over the world. I desperately need this contrast, this balance. I say I am living in two worlds: my travels and my home base.

They continued to give her more detailed information about her location. "Hills and trees and is protected because nature, the energy of this planet, is where she gets her force from. She is connected to this world deeply, not so much to its people, but to the earth itself."

A:She wants an easy way out.

D: There is no easy way out, is there?

A: No easy way out with what she is here to do. Easy way out is ignorance. The easy way out is going back to sleep. She is not here for that and so she is a traveler. She is a traveler not only between worlds but in exploration she discovers her skills. She has many tools but the first is for her to create a space inside her mind where work can be begun now that she has seen the living tablet from this other world. She knows very clearly what it looks like. And what she has brought with her that it is not a material tablet, but it is a living informational holographic tablet and that will keep her on track now. She has learned a great deal and she now has an even greater understanding of fear and its crippling effects.

We worked on her physical problems and the SC said that the persistent pain that she had in her back and pelvic area would ease as soon as she began to do her work and go in the direction she was intended.

A: That is why it is imperative that we remove her from that environment before her body begins to short circuit with that energy that is coming out of her. Now that she has more direction, she does not need the conflict in her body to motivate her. She is a stubborn, passionate being. And she is used to adversity, but she has tried to be too much like others to be accepted, and that is not how it is to work for her. Her acceptance is going to come by expressing the gift that she has, not by appeasing the limitations of others. She is going to be surprised when she discovers what people think of her. Her work is, as you know, part of the Wave.

(Three Waves of Volunteers) And she has too readily accepted the program of insufficiency, of inadequacy that was perfect for human evolution, but not for the power that she is nor why she's here. And we are helping her shift gears

now so that she can step forward. She has the vision, which is why this particular world time was chosen for her to see that it can be done, that she is part of a team, a greater team of many.

The gathering of the council meetings that we took her to are still going on simultaneously. They're still going on because this is in the dimensions with the universe and it is still occurring, and that is also the reason the Earth is being activated. It's time because it's in the pathway for the lightening of the directive for this.

I thought during the transcribing of this session that our planet Earth is probably one of those being sent energy to increase the light. It is one of those that needed help. And apparently the job of certain volunteers is to spread the light to help lift the vibration of our planet so that the dark wandering lost force will veer away from it.

Parting message:

She is to know without any doubt that she is loved. She is loved by many simultaneous beings, by simultaneous reality that she may be in human form, but she is connected to any form that she is in, that is doing this. And although in that other world the other body is seen as lost, in a parallel it has not even happened yet. And so it is important for her to know that the mission can be accomplished and she is not alone. It is love that brought her here. We have heard her prayers, her hunger, her asking, when she could not access herself. There was not a clear ability in her because she has seen so many worlds and so much that it is sometimes difficult for her to figure out what is her and what is not her. We appreciate once again who you are in the lives of beings such as she, that you step up in the elevation as light that is in this world on many.

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CHAPTER ELEVEN

ENERGY PORTAL

CAROL DID NOT WAIT FOR THE ENTIRE INDUCTION. SHE WAS already in a past life when I asked her to see the beautiful place. She described many white buildings and complexes situated high in the mountains. The buildings were built *into* the mountains around a series of waterfalls and surrounded by many trees. They were very tall buildings with small windows and triangular tops. She was viewing the scene from above and I asked her if she wanted to come down so she could see it better. "I'll look for a place to land. (Pause) I've found a place, but I can't get down. I feel this overwhelming energy. It's coming from the back of me and to the side of me. I think it's coming from the environment I am in. This is a very sacred place. It generates a strong energy."

D: You said you would like to explore, didn't you?

C: Yes, but I'm afraid.

I assured her that she was protected and that she could adjust to the energy so that it would not affect her.

C: Now it's more warming, but it's real strong. Very much stronger than I'm used to.

She finally adjusted to it and was able to find a place to come down. "There's a place that is opposite the waterfall. It's made of concrete and gray ceramic tile. There's no one there. It's almost like a garden or just a place to oversee the grounds and the waterfall. I don't see any people. I would have to walk up a path to the buildings to see if there is anybody. I'm a little dizzy. The energy is a bit much." I told her she could adapt to it and it would not bother her for the short while we were there. She began to describe herself. "My body is long, tall, gray. Big eyes, small ears, no hair. Very long fingers. I can't figure out if I have a gender, but the body is very agile. Very strong body, very agile, speed."

D: So it's a good body. You said you have to go up a path?

C: Yes, walk up a path. Only way to get to the main building.

D:Okay, let's go up there. What does it look like when you get close to it?

C:(Deep breath) Ooh...overwhelming energy! Very strong!

D:What does the outside of the building look like?

C:Very tall! From where I am the side of the building looks like a white gray. It's too much black glass. (Deep breath) There's a door.

D:Do you want to go inside?

C:I'm trying to adjust the energy. As I open the door I see some spiral stairs. Right up the stairs...it's fast as if I'm being guided there. Yes. Someone is waving "this way."

D:What does the person look like who is waving?

C:He looks invisible. Pure energy...pure white energy.

D:Let's go and see where he wants to take you. We can condense time very easily. Where does he want you to go? What do you see?

C:I don't see anything. It's just clear. It's almost as if I've floated up and the energy is not heavy. It's just light now. Seems like I'm not in the building any more. I've floated up in clouds...a white cloud.

D:Do you see anybody now?

C:No, but I know they're behind me. They have me there to feel it. Just for me to float up in there and feel it. And just be free.

D:Can you talk to this energy?

C:They want me to be there...just to feel. I can ask questions after I feel. I feel clarity...peace of mind... no obstacles...it's too hard. And the energy wraps around my face. I don't know what that means. I'm asking it. I'm not asking it by word. As the questions enter my mind, I'm asking telepathically to communicate. (Pause) I'm asking

about the light...about me being there. The energy is covering me. It's protecting me from the back center of my head to the front of my face. I'm getting really dizzy. It's swirling. It feels like I'm moving back and forth.

D:Can you ask them why they want you to experience the energy?

C:To touch...to heal.

D:Ask them to explain it.

C:I'm trying to adjust the energy to ask the question. To love...to not be afraid to love. (Laugh) There are two of them. They keep using their hands. They want me to rotate. I'm up in the air and I'm rotating and trying to get adjusted to the energy, and they want me to rotate. They keep saying with their hands to rotate clockwise. My arms are out to rotate. (Both laughed.)

D:Ask them, "Where are we? Where is this place?"

C:(Laughing) They say, "What you don't know is that this is of the Divine. This is like a portal of what you asked." A portal, a vortex where energy comes in. It's where energy's held. It's where energy's stored, to change, to transform and to be.

D:What does it have to do with the buildings that Carol saw?

C:This is inside the building. The vortex, the portal is in the building.

D:Where are these buildings? Is it a physical place?

C:I can't describe it...not physically able to go there.

D:So it's not a place on Earth then? (No) Is this the only way you can go there?

C:Right. You can't go there physically.

D:The long, tall body that Carol saw, can they explain what that was?

C:That body was used to get me there.

D:Is that a body that Carol has in a physical life?

C:Yes and no.

D:Ask them to explain. It sounded like a physical body.

C:Yes, it was physical, but it was only used to guide.
Physically used to guide her.

D:So then it's not necessarily used anymore, you mean? (Yes) But that body sounded like a strange body. Does she exist in that body somewhere else? (No) It was just something that she needed to see to come here? (Yes) She couldn't come as Carol?

C:She could, but it's too much energy, it's too strong.

D:And this is a portal where the energy is stored?

C:Yes. A vortex. It's where a vortex of energy comes in and is stored, kept for transformation for what they think is necessary for you.

D:So when are people allowed to come there?

C:(Laugh) Just ask! They said, "Just ask!"

D:I mean, does it have to be a certain time in their life when they need energy or what?

C:No, whenever you need this you can just ask.

D:And then you can download the energy into your physical body or what?

C:They're doing this for an adjustment. They're doing this to adjust the energy and perception. The way to think.

D:I was wondering why Carol had to go there. Is this something she needs at this time?

C:Yes, and this was a convenient way to get her here.

D:What is the purpose of her receiving this energy right now?

C:(Laugh) There are two of them and they grabbed my head, and they put it to their head and they said, "To be one of us."

D:You said the energy was to transform and adjust. Does Carol need adjusting?

C:Yes. She needed to feel, to understand how to feel, how to be, how to think rightly...the right way. She is being adjusted now.

D:So she had gotten out of adjustment? (Yes) That's very good. You said they put her head to theirs and said that she was one of them?

C:"To be like one of us."

D:What do they mean by that?

C:Just love, pure love.

I could now understand why this was happening. When Carol came for the session she was very depressed. She said all she was seeing was the bad in things and people. She lives in New York and she was seeing hatred and animalistic behavior. It had warped her perception of life and people. I could see they were trying to bring her back to seeing the good in people. This was the reason for the adjustment. They said, "She will come out of it. She had to be strong. After the adjustment she will carry out with love."

D:This will change her outlook on the way she sees people. (Yes) Because there is a lot of good in people, isn't there? (Yes) Even in a crowded place like New York. (We both laughed.)

When Carol came to Earth she lost sight of why she was here. She had gotten caught up in the world, the physical, the negativity. They knew she needed the adjustment to get her back on track, to start seeing the world and people differently. I then asked the question that everyone wants to know when they come for a session: "What is her purpose?"

C:(She giggled.) To be. To exist and to enjoy life.

That sounds simple, and they have said it many times, but it is still difficult for many people to understand and apply it to their lives.

D:She said she is not happy and keeps wanting to go back, but she doesn't know where she's supposed to go. She just doesn't like it here.

How many hundreds of times have I heard that? "Has Carol lived on Earth before?" She sounded like one of the volunteers.

C:Yes, many times.

D:You'd think she'd be used to it, wouldn't she?

C:Yes, but this is different. There was a gap. There was a waiting or emptiness, then she came here. Many lives. Many consecutive lives, then in-between and she came here.

D:Where was she during that gap?

C:Studying. Studying to be here.

It was obvious to me that they were referring to the schools on the Spirit side.

D:If there was a gap, she must have been happy there doing that.

C:Comfortable, yes.

D:Why did she have to come back if she liked it over there studying?

C:To learn something, volunteer and learn some-thing. To relate to what she was learning.

D:What's different about this time that she chose to be here?

C:Easier. I think it's easier than it was in the past and in the future. This is easy compared to how it will be in the future. It's how it may be in the future which is harder.

D:She doesn't think it's easy.

C: Oh, it is.

D: But a lot of that is how she was looking at things, perceiving things?

C: Yes, but we changed that.

D: Yes, this energy will make a big difference. (Yes) Now she will start seeing the good and the beauty. It's been all around her. She just didn't see it. Isn't that true?

C: Very much so.

We asked about her questions. One was whether she should move away from New York. They were emphatic that she should leave and would be happier anywhere else, just to get out of the New York energy. She was working in a hospital and was picking up the negative energy there like an empath. This was a major part of her problem, so she was told to leave that job. She wanted to go to veterinary school and work with animals, and they thought that would be an excellent choice. "She is very much affected by the energy that comes off people. We're telling her to use caution and be aware and to protect."

They gave more suggestions and worked on her physical body. Most of her symptoms were caused by the unhappy work situation and worrying too much. They were able to clear it all away. They explained to her that many of the problems she had with her boyfriend and with her parents were caused by past lives. She had to stand up and talk back and express her feelings and that karma would be worked out. Before we left that energy place, I asked if they would give Carol another blast of love energy, and they complied. I could see by her smiling face that it felt wonderful.

D: She didn't go to a past life. You thought it was more important to bring her here to this energy place?

C: Yes. She knows this place. She's seen this place before.

D: So it was more important to take her there than to a past life? (Yes)

It was also important for us to know that this powerful energy storage place exists so we can go there if needed to replenish our own energy.

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CHAPTER TWELVE

A LONE SENTRY

JUDY ENTERED INTO A STRANGE ENVIRONMENT THAT SHE had difficulty describing because it did not resemble anything that she was familiar with. She had an equal amount of confusion describing herself. I will condense this greatly because it took a lot of questioning to determine what was going on. This is often the case when the client does not go to a normal past life. And this is happening more and more often. This is where questioning becomes an art, to get the information without leading the client. I have to let them supply whatever information comes in, which is difficult if it is nothing they can relate to. This is what gives these types of session's validity. It would be so much easier to make up a typical past life (even though I know none of these can be made up) than to go into something so different.

She first tried to describe the environment: concrete steps, with metal beams behind the steps. "They're all on the top of these steps and small, concrete platforms. I'm just standing on the concrete platform and there are steps going down, and other platforms and steps continue all the way across. And then the black, steel beams sort of in a grid." He was not in the body, but was looking *at* himself standing there on one of these platforms. He was wearing a form- fitting one piece suit that even covered his feet. "An ugly sand color, like beige, brown or gray." He couldn't see his face because he was wearing a helmet with a visor. There was also a belt that had many things on it. "The belt is metal and something white. It's not just a slim belt. There's 'stuff' on it. It's containers but I can't tell what they're supposed to be. Around the bottom of the helmet around my neck there are things that look just like they do on the belt. They're metal and these white things. The helmet seems to be attached to the suit with this belt like thing. But the helmet doesn't come in like a motorcycle helmet. It's sort of shapeless because it's round at the top and comes straight down to the shoulders. It comes in at the neck so the head doesn't look like a ball. The visor covers the face and is very dark." As she focused more on the body it had a male feel to it. But it bothered her, "The person doesn't feel very friendly."

J:I don't see anybody else. I don't really like this place. There are all these clouds but maybe it's mist...white mist around. It's almost like these platforms are in the middle of nowhere. It seems like it's dark. It's just a feeling of "it's the end."

D:That's interesting. Do you feel like you belong there?

J:I'm supposed to be there. I'm guarding something.

D: Is it in that room or what?

J: It's not a room. It's kind of like hanging... I can't place where something like this can be. It doesn't make any sense to me. Now I see there's something else. There's some kind of sandy colored building down there to the left of me. Almost like if you were in a stadium and these steps go down. And to the left there's a building that comes up. It's sort of like an edge of a stadium. The building sort of slopes down with the descending stairs.

D: Does that building have anything to do with you?

J: It's funny. The building is almost the same color as the clothes I am wearing.

D: Is this place outside? Can you see the sky?

J: It's outside. The sky is black, or maybe it's night. There's nobody else around.

D: Nobody else around and you're guarding something? (Yes) What are you guarding?

J: This place. It feels like an outpost or something and I feel like I'm all alone there.

D: But you also said you had the feeling that it wasn't very friendly.

J: No, I think that's more because I'm not very happy about being here. I'm there because I have to be there.

D: But if you're the only one in this place, wouldn't you get lonely?

J: I don't know if I have any feelings like that. I feel very, sort of, automatic. I'm just *there* looking forbidding. But I don't know who might show up.

D: But this is your job... just to guard and see if anybody comes? (Yes) But you said you had a funny feeling like this was kind of suspended somewhere?

J: This building is just part of this whole structure. I don't know if it's suspended or if with all this white mist around...that it's night. It feels cold.

D: Do you just stand there, or are you mobile and can move from place to place?

J: I could move around. But I have to stand here to see if anything is coming.

D: Does it feel like you've been there for a long time?

J: (Whispering) I feel like I've been there forever. And there's part of me that just "does it," and there's also part of me that doesn't like it. I want it to end.

D: So people do come sometimes?

J: It wasn't people. Something happened and that's why I'm there...something threatening. It's something black and flying. It comes in from the right.

D: You can see it again when it happened. Tell me about it.

J: It's happened since I was brought there. It's this black thing with these little lights on it. It's big and it just comes hurdling, hurdling around where I am. I have to shoot at this thing.

D: You have weapons?

J: I did then. I don't know why I'm standing there and not holding anything.

D: But at that time you did?

J: Yes. It's some sort of a gun that makes a big blast when it shoots at this black...it's like a craft. It's hurdling, hurdling and it's very threatening. It's not big.

D: Why do you feel you have to shoot at it?

J:Because it's threatening. To this place and to me and also it's what I am supposed to be doing. To protect.

D:What happened when you shot at it?

J:It was a huge explosion and I see white, orange and yellow. It's like this black thing opens out with a lot of light. It's come apart.

D:Has this happened before?

J:Yes, they were bigger. This one had small orange lights.

D:Did you have to shoot the bigger ones down also?

J:No, that was before. They came before I was on the platform. I don't know where I was though. They were much bigger when they came before.

D:Were there other beings there at that time?

J:Yes, there were many of us.

D:Like you or did they look different?

J:They looked like me.

D:Then what happened?

J:When the big, black ones came with the little orange lights. They were really big. They destroyed things. That's why I can't see what's left. There is nothing left. There are just the steps and the... (Trails off)

D:So when they came they destroyed all the other beings that were there?

J:Must be. There was nothing left. That's why I'm all by myself. And then I shot a smaller one and then there hasn't been anything since and I just stand here waiting.

D:Maybe none of them will come and bother you anymore.

J:No, I don't think so, but you never know.

D:But you weren't there when all the other beings were destroyed?

J:Yes, I was. I was. I wasn't shooting at it.

D:How were they destroyed?

J:It's like they were being pushed down by something that comes from this big black craft. It's like a force that pushes them down and that's it. They're done. It just pushes. All these bodies everywhere. They're everywhere! There's no screaming. It's like these black craft have this force they send out. It just knocks people down.

D:They were able to kill them or destroy them in that way? (Yes) What happened with you that you weren't hurt? You can see it happening again.

J:I was in that part of the building where the platform is. I was in there. The force didn't reach me.

D:The building protected you? (Yes) But the other ones were outside?

J:Yes. They'd all gone out to defend themselves. I ran inside.

D:And you saw what was happening, but there really wasn't anything you could do to stop it.

J:No, it was too big.

D:But then they left after that?

J:Yes. But then one small one came back and that's when I shot at it. And it opened up, came apart and was finished. And now I just stand up on the platform.

D:And wait? (Yes) Do you know why they came and destroyed everyone?

J:This is an old, old disagreement. It's old. We were caught unaware. We weren't expecting them. They brought the small one back because they wanted to see if anybody was left.

D:That makes sense. But you said you've been there in this world for a long, long time. What kind of a body do you have? You would think eventually the body would have to die, wouldn't it?

J:Maybe. It doesn't look like I've changed that much.

D:Now that you're in the body, can you see what it's made of? What you sense...what you feel?

J:I don't feel anything, but it seems sort of human, but there's something also, not human. It's almost like you put a reptile and an insect together...and a human.

D:All three combined somehow? (Yes) Do you have to consume anything to stay alive?

J:I think it has to do with what's in this helmet...when I take this helmet off.

D:You need the helmet on?

J:The helmet is always on. It has to do with the atmosphere. And the food somehow gets in through the belt, both around the neck and the helmet and the waist. There's no chewing or any activity like that.

D:Somehow it's absorbed, you mean? (Yes) Was the atmosphere like that before these craft came?

J:I've always had this helmet on.

D:So there's always been a problem with the atmosphere in this place?

J:I think so.

D:When you were living there before all this happened, did you have a family?

J:I don't think we have families. It's just all these individuals.

D:Then how did you reproduce or replicate yourself?

J:I think it's in a lab.

D:Before the destruction happened? (Yes) You said you didn't have many feelings, but you have enough feelings to know you don't want to be there by yourself.

J:Yes, I want it to end.

D:But you feel compelled to stay there and guard the planet anyway?

J:I don't know what else to do.

D:How do you feel towards the ones who came and destroyed everything?

J:I don't like them.

D:So you do have feelings like that.

J:It's also instinct, protecting. When I think about all the ones I saw earlier, who were alive then, I don't have a feeling of sadness. I don't like being alone, but I don't feel attached to any of them.

I concluded that we would not be able to learn anything more because it seemed like a dead-end situation and could have gone on for an incredible amount of time. So I decided to move him ahead anyway to an important day to see if anything changed in this monotonous life.

D:It's an important day. What are you doing now and what do you see?

J:There's a lot more light. In fact, it's light and I'm sitting on that platform and I feel almost like I'm disintegrating...melting...dying.

D:Did you die by disintegrating?

J:I guess. I've never seen it before. It's already happening so there's not much left, but it's on the platform and it's light.

D:So you think it's time now for you to leave that place? (Yes) You've been there long enough? (Yes) And the body is just disintegrating? (Yes) But you don't mind that, do you? (No) You did want to get out of there. (Yes) What happens? Do you just dissolve and melt away?

J:Yes, it's kind of a pile of things left. I guess it's the helmet, but it's a different color now. I can see it in color now. Sandy with a little bit red, little bit blue and some yellow. And it's just remnants.

This was probably what happened to the others that died on that planet. He said after the destruction there were bodies everywhere, but later he was all alone with no mention of bodies. They probably all disintegrated.

I then had him move to when he was out of the body and he could look back at the life from a different perspective. I knew from that position we would be able to finally get some answers.

D:You said this was a strange place. Was it a planet? You can see from where you are now.

J:Yes, it was a planet.

D:What happened with the atmosphere?

J:It has to do with the black craft. The atmosphere had been destroyed a long time ago. It was the rivalries between these two places.

D:It was the same beings who destroyed the atmosphere a long time before? (Yes) But it didn't kill all of the people?

J:No, because the people adapted. They created these suits with these helmets. Yet their way of life all changed. But they were all created in a laboratory.

D:Who was doing the creating?

J:There was someone who came from that other place with the black craft, who was creating my type. There was something that was wrong about it.

D:The person who was doing the creating, what did he look like?

J:He looked human. He's not wearing a helmet. I can see that he's human.

D:But you said there was something wrong with what he was doing to create the beings?

J:Yes. It was something about the other place with the black craft. They didn't like what he was doing.

D:They didn't like it that he was creating these beings? (Yes) Why was he creating beings like you? Did he have a purpose?

J:Yes. He wanted to create...it's like a military...to be able to fight...where he first came from.

D:To fight those people?

J:Yes, and it's about power.

D:Like building an army? (Yes) That's why the other people didn't like it? (Yes) So you were more or less constructed like a robot or something? (Yes) Is this the way the other beings were constructed? (Yes) Yet you had a soul, didn't you?

J:It was something alive, yes.

D:Was that supposed to be part of the plan?

J:He couldn't help it. I don't think he wanted it but he couldn't help it. It went very wrong.

D:He was creating robots. He didn't intend for them to be alive in any way, did he?

J:He didn't.

D:What do you mean, he couldn't help it?

J:He went way beyond what he knew he was doing. He shouldn't have done it.

D:You had the ability to think, didn't you?

J:Yes. I think he wanted to see how far he could push it.

D:You said earlier that the body seemed to be a combination of different types? (Yes) So it wasn't mechanical, was it?

J:No, it was part human and part reptilian something and insect.

D:So he knew how to combine all of this together to create new type beings? (Yes) So when he developed these, they were able to think. That was how far he was pushing it? (Yes) Did he have to build each one individually?

J:No. There was incubation. This is where the reptile part comes in. It's almost like these eggs, these sort of pods, they grow in there. He doesn't have to make. He combines.

D:I'm interested to know how they replicated themselves.

J:With something he injects and they grow like a reptile, a snake in an egg. He has these pods and he injects. There's plasma inside the pods and he's injecting something into that plasma. It's blank, like a blank screen. Whenever he injects, it combines with the plasma and it creates this "form."

D:But then it's able to create many forms like that?

J:No, he's doing this with each of the pods.

D:But you said what he was doing was not right. Something was wrong with it?

J:That's what they thought in the other place and they wanted to stop it.

D:What did he intend doing with these beings he was creating?

J:Take them back to the other place and destroy what they had so that he could be in power.

D:So he was creating his own army? (Yes) Do you think it would have worked?

J:Could have, but his intentions were not good.

D:So the planet from where he came found out what he was doing? (Yes) They sent the black craft to destroy everything?

J:Yes. And they came more than once.

D:To make sure they were all destroyed?

J:No, they came the first time and destroyed the atmosphere. And then he made it adapt.

D:These beings seemed quite resilient. They could adapt, couldn't they?

J:That's when the helmet came about.

D:Was he killed when the atmosphere was destroyed?

J:Not the first time with the atmosphere. Just the second time when they came back and killed all the others. Because the others were responsible for sustaining him. They did everything so when they were gone, he couldn't survive.

D:I see. This is a strange way to say it, but he was more or less like a god creating all of these beings. And they considered him to be a god?

J:He tried. He tried.

D:He tried to take care of them so they were like worshiping some kind of a god. (Yes) But then he died, and you were the only one left there. How were they sustaining him and keeping him alive?

J:He had engineered everything so that the atmosphere inside where he lived, where he was creating everything, enabled him to live. So he created the food to sustain him.

D:So he had to consume something?

J:He did.

D:Sounds like he must have been a genius!

J:He was.

D:Maybe all of the other people on that planet had the same knowledge of how to do these things.

J:They did.

D:They were all geniuses in their own way.

J:I think he was very, very advanced. That's where he came from. He thought he could do something different by creating these lives, until he turned against his own people so he could be in power.

D:They found out what he was doing. (Yes) So now you're out of it. You don't have to stay there anymore, do you? (No) So what are you going to do now? You're out of the body now. You're not trapped there now.

J:It just feels great to be free. I just feel very light.

D:Do you see anybody else around now? (Yes) You're smiling. It must feel good to see somebody else for a change.

J:Yes. (Relieved) They're people that I know.

D:From the other place?

J:From "always."

D:You've know them always, you mean?

J:Yes. (He became emotional.) It's great.

I encouraged him to tell me about it. He was crying and trying to talk at the same time.

J:There's no effort. There's just a terrific sense of peace! It's just very easy and I know all of these people! It's very light. (Whispering) I've come home!

D:What does it look like where you are?

J:It's very light. It's very lush. It's just effortless.

D:What do the other beings look like?

J:It's just kind of light, but I can still recognize them.
(Emotional)

D:But you said you feel like you've come home? (Yes) That was a strange life, wasn't it?

J:Very weird.

D:Do you know you're speaking through a human body right now as you talk to me? (Yes) This is the body called Judy, isn't it? (Yes) Why did Judy have to see that lifetime?

J:Limitation. She needed to know what it feels like when you have no choice.

D:No free will, no choice at all?

J:No, and yet, at the same time, being aware of feeling trapped. It's kind of a push-pull.

D:That's an important thing for her to know, isn't it? (Yes) How does that relate to Judy's life that she's living now?

J:Because she gets stuck with a sense of limitation.

D:She's limiting herself? (Yes) Of course, in that life she had no choice.

J:And now she does. She limits herself with her beliefs of limitations. She's forgotten.

D:Forgotten what?

J:That she is unlimited.

D:You have told me many, many times there are no limitations, are there?

J:No, there aren't.

D:You mean she has forgotten it? (Yes) So she has been putting limitations on herself? But that's what humans do, isn't it?

J:Yes, but they don't have to, not anymore. She needs to remember there's another way.

D:Tell us about it. This will be good information for her to know.

J:It has to do with what we believe we are capable of. We have tremendous capacity. Much of those capacities we

don't use. We've used them before.

D: In other lifetimes?

J: In many other lifetimes.

D: We've used these abilities, you mean?

J: Yes. Now they've forgotten. They don't use them. Now we create lives based on limitations. We accept limitations. We accept so many limitations. Now that's not necessary to accept these limitations.

D: We get caught up in the culture and what people condition us to believe.

J: That's what needs to change.

D: You mean at this time when our world is changing? (Yes) Many people are still caught up in the same old grind, I guess you would say.

J: Many, many, many.

D: Just walking around like robots and zombies. Not realizing what they can really accomplish. (Yes) We've got to get out of this rut, don't we? (Yes) If you could talk to them, what would you say? What would you say to Judy?

J: You're safe. Nobody's going to hurt you now and you can stand up and speak.

D: How can she overcome these limitations she's placed on herself?

J: She needs to remember.

D: Remember what? Because this would be very important information for people in our time.

J: Less resistance. It's like this brown color. I feel this resistance. It's like this brown veil coming down.

D: There's no reason to have a veil there, is there?

J: No. She needs to remember. She needs to remember where she came from. She needs to remember that place.

She came from that place. The place that is very light and effortless. And it's just so much love.

D:What else was that place like?

J:Belonging...it's like everything!

D:Is this where we go when we die and go to the spirit side, or is it something else?

J:It's bigger. She's spent so much of this life feeling like she didn't belong. She wasn't one of them. But she forgot about HOME. Home there is no belonging. It just IS. She's THERE!

D:But she chose to come here to Earth at this time, didn't she? (Yes) And enter a human body? (Yes) Why did she choose to come here now?

J:For now, for this time, for the remembering. Because of this time of the "Awakening." The "others" are here awakening.

D:I have a question about that other life before we leave there. It seemed as though they were manufactured beings, weren't they? (Yes) But how was a spark of life able to enter?

J:This was a genetic combination.

D:Her soul was definitely in that body. (Yes) So we can enter something even if it is manufactured?

J:Taking the genetic material, yes.

D:So it has to involve taking the DNA? (Yes) If you create something and the soul is willing to enter? (Yes) But it wasn't a very good idea, was it? (Laugh)

J:It was not good.

D:You know I've had other cases where the beings were like robots and yet someone chose to enter them and experience.

J:It is possible.

D:And the people who created them didn't realize there was a spark of life in them.

J:No, it backfires.

I began asking her questions. We covered her physical problems first.

J:At this time her physical form is being augmented. Changed. DNA and other parts. This was in order to enhance her capacity to communicate not only the ones she is working with on this planet, but to communicate in a larger sense. We are taking care of her body. Adjustments, refinements. It is all necessary at this time. There are many. She is only a part. There are many who are undergoing changes, adjustments.

D:That's what I've been told is being done to me, too.

J:Yes, no fears.

D:They've told me they constantly do upgrades. Is that what you mean?

J:Yes. Refining.

D:Adjustments to keep the body functioning the way it's supposed to? (Yes) I don't like to get onto myself, but is this what's happening in my life, too? (Yes) Because things are really happening fast.

J:You'll become a beacon and the light spreads far and wide. Many see it and are attracted to it. And they will flock to you like a moth to a candle. Even though they have not been aware or interested before, now they see they want to be a part of it.

D:I see. Is that why there is now an interest in the films with my books?

J:Yes, but we are speaking about not only interest about your work on this planet, but alluding to other forms of life that are attracted to you. The work is attracting attention. Shall we say, "Large Attention. Big A."

D:So that's why my work seems as though this is getting ready to come out on a larger scale? (Yes) We are wanting to go into movies and a TV series. (Yes)

And people are coming into our life that we've never thought of before.

J:Communication. It's about planting the seeds, sowing the seeds wide and the media is the way to reach many.

D:So is ours getting to the time frame it will happen? (Yes) It's been a long time, but you said now everything is speeded up, isn't it? So the people coming into my life right now are the ones who will be helping us?

J:Yes and more. You are both messengers.

D:This means that we're doing what we're supposed to be doing here, and nothing can stop us then. (Yes) No limitations. Nothing can stop us. You guys say it's already happened, but we like to have signs. Not doubting. But we like to have physical signs that something really is happening.

J:We will give you signs.

D:Okay. You're not going to tell us what those signs are going to be, are you? (Laugh)

J:That would spoil the fun!

D:That's what you've said before, it wouldn't be a surprise!

J:(Loudly) We are in this together! You have much assistance.

Parting message:

She is loved. She has no fear of anything, any memories, no trials of the past. They are just that: memories. Now is the moment. Now is the focus, the present. What you are, what you think. In the moment is what you set. Do not be dragging this karma of unnecessary things around. Let go. We are very pleased to be working at this time, on this level, of such exciting potential for this planet. It is a critical moment, but only will you be able to be effective, if you stand and accept what you came for.

When I was closing the session I said that I usually call forth the SC, but I felt that was who I had been talking to anyway. I was told that I had NOT been talking to the SC. And I said, "Well, you had all the answers." And they said, "We always do."

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CHAPTER THIRTEEN

A COLUMN OF STONE

WHEN JOAN CAME OFF THE CLOUD SHE LANDED IN A strange environment. There was the outline of mountains, but a red haze blocked the sun. "Oh! I just saw a burst of light! It's like the sun's trying to come up. But below the red haze it's black. Where I'm standing it's so dark. I'm surrounded by dark. Oh! There's another flash. It's not as bright as the Sun. But it's definitely lighter than the environment."

D:Do you think you're standing in that bottom haze that is dark?

J:Yes, yes. It's all around me. It's dark and heavy. Heavy, thick and murky....

D:It's like the sun is being blocked out?

J:It is. I'm not sure it's destruction or if I'm below something.

When I asked her how she perceived herself I received a strange answer. "Like a column of stone." I asked for more clarification.

J:If I look from the outside as if I'm looking at myself, I see it from the side...and it looks like a column of tall, thin rock. It's a tannish brown stone. I can't feel how big it is because I'm looking at it from the side. I have a sense of energy...like there's energy inside of it.

D:Do you see any more like that around or are you the only one?

J:I don't see anything else other than the dark strata of the mountain and the column.

D:What does the ground look like or feel like?

J:Murky, gooey, stagnant. Like a blackish mire. It is all around me. And I am this tall thin stone. It looks like it's not

its natural place to be. Someone put it there.

D: So it doesn't normally belong in that muddy environment, in that haze?
(No)

This was an unusual answer so I decided to pursue it further. I had her move backward in time to see how she came to be there.

J: It's just dark. I feel a SWOOSH like something coming from above and a grayish matter and going from high to low.

D: Where are you when this happens?

J: I'm in the SWOOSH.

D: What does that mean? That you are moving?

J: It's like being transported in water, down a river, only it's thick. But it's not heavy like water.

D: I would think of thick as being heavy.

J: It's more of a grayish matter. The consistency would be like a thick oil. But it doesn't feel thick. I would say it's a dark, slate gray, not shiny. It's not solid. (She had difficulty describing it.) I'm going SHOO downward...and it's flowing. This substance...this vehicle. It's a vehicle.

D: You mean this substance is a vehicle?

J: The gray, yes.

D: Even though it's a liquid type, it's a vehicle?

J: The gray, yes.

D: It's not solid like we consider a vehicle to be? (No) It's more of a liquid type of vehicle? (Yes) Is this very big?

J: There's nothing to contrast it with to see how big it is. It's just SHOO! And I have a sense of the source of it is up here somewhere. (Hand motions.)

D:Like it's coming from upward? (Yes) What do you sense is the source of it?

J:A black, metallic, round...round like a cannonball. But it's very large.

D:So the watery vehicle originated inside of this round object?

J:The vehicle is larger than the source.

D:And you are this block of stone?

J:I don't see the stone.

D:Then how do you perceive yourself? You said that SWOOSH; are you in that?

J:I'm observing the SWOOSH.

D:Okay. We're just trying to find out how you got to that other place.

J:I just have a sense of maybe...now I am the block and observing the SWOOSH. So maybe now I am in that pillar.

D:I thought this SWOOSH was another vehicle and was what brought you there.

J:I don't feel any connection with that.

D:Do you feel any connection with the round black object?

J:I can only see it. It's just a detached observation.

D:So you feel you're in this block of stone watching this other go by?

J:It stopped to go SWOOSH and it seemed to be refueling something. I don't see where it's going.

D:So if it's refueling. It doesn't have anything to do with you then?

J:Right. I just feel like the observer.

Sometimes it is difficult to understand these sessions. I was still confused about what she was and how she got there. It apparently did not have anything to do with the other object. This is a lot like detective work, so I kept asking

questions. I was determined to find out all I could about whatever this was that I was speaking to.

D:But you did say you felt like someone brought you there to where you're standing in the mud. You didn't originate there?

J:That's right.

D:Let's see where you originated before someone brought you there. Let's go back and look at the place where the block of stone originated. You can look at it and understand it and how you arrived at that place.

J:It's a part of something bigger...like columns taken out of a bluff.

D:Bluff? You mean like taken from a cliff or something?

J:Extracted. As a metaphor for...the layers of stone make cliffs and the different layers. And some of the rocks are columns versus long layers, and I was extracted from one of the column layers of stone.

D:Can you see how you were extracted?

J:Just removed.

D:Can you see who or what is removing you?

J:No, I don't see. It's almost like self-willed extraction. I don't see a column versus someone coming with artificial means and taking it out.

D:So the column itself wanted to go somewhere?

J:Yes. It's like backing away.

D:So that's what happened? It backed itself away from the other rocks? (Yes) And then transported you to this place in the murky mud?

J:That has the sense... (Hard to find the words.) Just from there to there. There was no other vehicles or anything involved. It was just from there to there.

D:By your own will?

J:That's it. Volition, yes.

D:Why did you want to move to a different place?

J:A different observation point. A different view. A different perception.

D:And you felt you had to take the block of stone with you?

J:That's just part of my being. Our vehicle, maybe.

D:It seems like a rather strange place to observe, doesn't it? It's darker than the other place, isn't it?

J:Yes, it is. And I don't know if I'm under something or not. I don't feel like I'm surrounded. It's not like I feel I'm surrounded by water or mud. I have a distinct feeling of being separate from the environment.

D:So you're just observing and watching?

J:Yes. The environment. Observing, not just watching.

D:So at any time you could relocate to another place by will? Is that right?
(Pause)

J:I feel stuck!

D:You feel stuck in this place? (Yes) It sounds like a dark place where there's not much happening.

J:There's no movement. It's stagnate.

D:But there were other vehicles there for a short time.

J:Stopped there but I don't get a sense of it contributing really.

D:It had nothing to do with you anyway. (No) What do you do with the information as you observe?

J:I hold it.

D:In the stone? (Yes)

I could not see this going anywhere so I decided to take her forward to an important day. Although I could not imagine what that would be for a block of stationary stone. I asked her what was happening and what she could see.

J:I feel like the stone is still there, but my energy has left it.

D:You didn't want to stay in that stone anymore?

J:I was finished. My observing was done.

D:So it was time to leave?

J:Definitely. The stone stays there.

D:What are you going to do now?

J:I'm just floating.

D:What do you think of being that block of stone?

J:Long...long and dry.

D:Every life has a lesson. What do you think you learned from being a stone?

J:No matter how small, everything is a contribution.

D:What do you mean?

J:Even small tasks are a contribution.

D:A contribution to what?

J:To knowledge – no, not knowledge – to ALL.

D:Even though some people wouldn't think it was a contribution?

J:To the ALL it is, yes.

D:I'm trying to understand. How is it contributing to the ALL?

J:Expansion. Each experience expands and contributes to the ALL. From the largest to the smallest task, everything has value and a reason.

D:What do you consider to be the ALL?

J:The ALL? (Laugh) The SOURCE! The ALL... terminology... energy. Um, it's more than energy. Eternity. Infinite.

D:Even though you were a stationary object, you were contributing something to the total information? Is that what you mean?

J:It's more than information. It's not knowledge. It's not information. I can't think of the word. It's bigger than experience, but experience is the best word.

They have told me countless times that our language is insufficient to explain these concepts. They often have difficulty finding the correct words, so they do the best they can with our limited vocabulary.

D:Some people think that what they're doing is unimportant and insignificant?

J:That's absolutely right.

D:But it all has purpose?

J:It all contributes.

D:It all contributes to the "whole"?

J:To the ALL.

D:But now that you're out of that life, what are you going to do now?

J:I just want to float and be free. Out of that stone. There was no movement. I just want to breathe. Just no restrictions. Just float...just release.

D:I know you're enjoying that, but let's move forward and find out what happens. Where do you eventually go?

J:I see multi-colored light. Like a prism, but it's cloudy and it's moving. It's kind of a greenish white. No...it's not the Northern Lights, but it has that undulating movement. And there are veins of color in it.

D:Where do you think this is?

J:It just is. It has no place. It just is. I feel like I'm going into it. It feels like it is. It's comfortable. It just is.

She didn't feel like there were others with her, but she felt emotional. "Like crying, but not a bad cry. I don't want to feel that." She put her hand over her heart area, the chest.

D:Why not? It's a good feeling, you said.

J:It's not bad, but I'm not sure it's good.

D:Why don't you feel like it's good?

J:Because it's a sad.

D:Why does it make you feel sad?

J:I don't know. That's just what I feel.

D:Well, it's something you couldn't feel as a block of stone. It seems to me it would be a positive effect.

J:It's a feeling...which is different than being in the stone. I didn't feel. No emotions.

D:Do you stay in the colors very long?

J:Now it feels I'm deeper into them. More surrounded by them. The undulating, greenish, white fog...it's not a fog either. I'm deeper into it. I'm surrounded by the going in. It is an unusual feeling, but it is a good feeling.

I knew from the description she had either gone back to the Source or she had gone to the Spirit side. Sometimes the description sounds similar. I knew she would eventually have to leave that place, so I moved her forward until she left and asked her what she was seeing now. She had difficulty recognizing it and putting it into words to describe what she was seeing because she could not understand it. I always tell the client to do the best they can. I know that once they start talking about it, it will become clearer.

J:I don't know what I'm seeing. (Chuckle) It's almost like being in a cave. But there's nothing above my head and it's not an entry.

D:What do you mean by a cave?

J:It's dark. There's light but it's not bright light. It's not in the wide open.

D:What does your body feel like?

J:Hmm, maybe like a bug. Maybe it's an ant standing up on two legs but...bigger...way bigger.

D:Like the body of an ant?

J:(She began making motions with her hands, trying to describe it.) Yes, the black legs and definitely a utility body. The body is definitely used as a utility worker versus a human. It has senses and feeling and sight. This body is strictly for its function as a worker. It's strictly utilitarian. No purpose other than fulfilling its job.

D:Are there others like you there?

J:I don't see anyone, but it feels like I'm in charge, like a supervisor. But I don't see any others.

D:How do you feel about being there?

J:I just am.

This was another strange life. I could have taken it further, but I decided it was time to call forth the SC and get explanations. It had definitely taken her to very unusual lifetimes, not the ordinary. I was curious about what it all meant and how it applied to Joan and her reason for having the session.

J:The value. All is value. No matter in the human experience, if it is labeled good or bad, it all has value.

D:This was showing that even a block of stone has consciousness? (Yes) And she said she was the observer. Was that her job as the block of stone?

J:Agreement, not job.

D:She also said that she had relocated herself from one place where she originated, to this other strange place...by will, I guess. Is that how it happened?

J:Just the choice.

D:So she transported herself from one to another? (Right) But then she was stuck in the second place.

J:It was necessary. She was needed. It was necessary.

D:What about those strange vehicles she saw? Can you explain anything about them? (Pause) It definitely didn't sound like Earthly vehicles at all.

J:It was a taking away. It was a transmutation of energy from the environment. It was transmuting. (She was having a difficult time explaining.)

D:At that dark place? (Yes) Do the best you can because I'm interested in what it means.

J:Something is necessary and it's being done out of necessity. It's transmuting.

D:So it was changing that dark energy into something else? Is that what you mean?

J:It's like breathing. You inhale and this was exhaling. It was transmuting the breath. It was a process of taking out the waste product of that planet.

D:That was what was causing the layers...the waste product?

J:It was destroyed.

D:The planet was destroyed?

J:It was corrupted and destroyed. Its natural state was destroyed.

D:She saw it in layers of black and red. Did that have something to do with destruction?

J:Yes. The best word is “polluted,” but it was far more than being polluted. It was destroyed.

D:Did someone or something destroy it?

J:I don’t know if it was volition of itself or an outside.

D:But there was something going on that it had to be destroyed?

J:No, it didn’t have to be destroyed.

D:You said its natural state was destroyed.

J:It’s like the Earth’s natural state. It’s not the Earth, but it’s like the Earth’s natural state was abused and destroyed and polluted.

D:To the point that it destroyed itself?

J:It still exists, but the energy needs to be transmuted. It needs to be cleared...cleaned.

D:When it was destroyed, were there beings living there?

J:I think so, but not necessarily beings in a physical manner.

D:A different form?

J:Yes, not physical energy.

D:Solid?

J:Right. It was a conscious energy. Individual, conscious energy, like populated by conscious energy of individuals.

D:Did they contribute to the destruction? Did they cause the pollution?

J:They were misguided. It's sort of like what's happening on Earth. People are misguided by the behaviors of other people's greed, and it wasn't recognized in time.

D:So it ended up destroying everything on the planet? (Yes) And she went there to observe what was happening?

J:To observe the status of the post destruction.

D:Then the other round, black cannonball vehicle was directing this energy to help transmute the negative energy?

J:To destroy...destructive like energy...right.

D:So it had to be transmuted back into a normal energy? (Yes) This was done by this round vehicle?

J:It was facilitated by the vehicle.

D:So this would take a long time to bring the planet back to normal, wouldn't it? (Yes) So that was one of the tasks of that vehicle, to do this?

J:And the column was to observe the progress.

D:Were there beings on board or inside that vehicle?

J:Automated beings. They were facilitating.

D:And her job was just to observe and absorb the knowledge and information? (Yes) But then she went to another place where there were lots of colors and she said she felt a strange feeling in her body. Where was that, the place with the undulating colors?

J:It's a state of beginning, but that's too limiting. So it was a state of energy. A state of the first state.

D:I've had people - I don't want to put words in your mouth, but - I've heard of a similar state where they went back to where they began at the Source. Would that be similar?

J:It would be a gateway to the Source.

D:When they first began to experience? (Yes) She said she had this strange feeling in her chest. What was that feeling she was experiencing? She didn't recognize it.

J:She didn't want to leave. She didn't want to leave.

D:Most people don't.

J:It was a separation. She didn't want to be separated.

I have heard this many times when people return to the Source from which we all originated. They experience such love and togetherness that they do not want to leave and return to the physical. During another session the SC said, "We gave her just a little taste of what it is like there. If we gave her any more she would not want to return to the physical." So sometimes it is necessary to remind the client of whence they came, and where we will all eventually return.

D:But then she went to a place where she thought she looked like a large ant. Can you explain that to her? We are trying to help her understand.

J:Even in the activity of functioning, there is assisting others.

D:She said he felt like he was a worker.

J:But the role then was assisting in the supervision, but not the bossy supervision, more the gentle, guiding supervision.

D:Okay. What were you trying to tell Joan by showing her these things?

J:It all matters! It all contributes!

D:Has Joan had very many lives as a human being?

J:Too many. (Laughing)

D:I was thinking those were the only kind she had, and this might have been her first time as a human. (Chuckle) But that's not true?

J:No. She's had many human lives. She's weary. She hates being human.

D:Why is she weary?

J:She's very attached. She experiences everything. (Hesitating.) Someone tells her a story and she experiences that story. Anything. (Struggling to find wording.) She gets overwhelmed. Let's see if I can explain. Her experience is not only her experience, if that makes sense. Other people's experience is also her experience as well.

D:She's too empathetic? Is that the word? (Yes, yes.) That's never good to be too empathetic.

This is one of the problems that many healers and energy workers have. They become too empathetic with their clients. They take on their problems and their physical symptoms.

J:Yes. And that's why she's weary. She can hear one thing and experience that. It's like she's trying to experience it all so she doesn't have to come back again. (Laugh)

D:Yes, I've heard that before. (We were both laughing.) But she said she doesn't understand emotions.

J:They become more than overwhelming. It's too much. The empathy is just too much. It's not too much. It's maximized.

D:That's why I thought she had never been in a human body before because of not understanding emotions.

J:Well, she is everybody's and maybe that is confusing, to separate her own from other people's.

D:That would make sense. She also said she had never even experienced love. She doesn't understand it. I think she's experienced it, but she just doesn't understand it. Does that sound right?

J:She fears it would be like the straw on the camel's back, and it would be more than what she could handle.

D:That's why she holds herself away from it then? (Yes) She's also experienced what she calls "emotional suicide."

J:She needed a break. There were too many emotions coming in. But she is out of that now.

Then it was time to ask the "eternal" question that everyone wants to know, "What is my purpose?"

J:Undetermined.

D:Didn't she come in with a plan?

J:To assist. She shifts the energy.

D:How is she shifting the energy?

J:Part by intention, and part by making a connection like you do with a keyhole. You put a key into a hole. You turn it and it unlocks.

D:But she doesn't know consciously that she is doing this?

J:She suspects. She doesn't give herself enough credit.

D:She shifts the energy where she lives or what?

J:Wherever she is. It doesn't matter where she lives. Shifting the energy. It's assistance. She's assisting the change.

D:The change that's coming or what?

J:We're already in the process. She's assisting the energy. You could say "higher," raising the vibrations through awareness and choice.

D:And she's doing this to help the whole planet? (Yes) Explain what you mean by the change. I've heard so much.

J:It's always change in a natural way. Change is change, constant change. A change now is lighter vibrations, lighter. Let's see. Change towards... movement toward evolution...and termed "higher vibration frequency." It is complex. The frequency. Evolution is the thrust forward.

D:I've been told this is a very important time right now that we're living in.

J:Essential.

D:Okay. An essential time that we're living in right now. We all volunteered to be here to do different jobs. Is that what her purpose is?

J:To assist, yes. Assist with the shifting of the energies.

D:But she doesn't have to do anything consciously? People want to know, "What should I do?" (Laugh)

J:Conscious intention assists those who are willing and open to being assisted. So it's the same coin... just different sides.

D:Because you can't make anybody do anything they don't want to.

J:Exactly. Yes.

D:She wanted to know if she should be working with crystals, even though she's afraid of the energy.

J:Yes. Working with crystals will help that fear associated with the power. She'll be fascinated with them and find them interesting and be open to them and she will know how to work with them. All she needs is her interest. If there's any training, she will teach it to herself.

D:Another thing she wanted to ask was how to have a clearer and personal connection with you? Can she do this on a conscious level? How can she contact you?

J:Just pay attention and don't worry about, "Am I doing it right? Is there a better way to do this?" Just pay attention.

D:I told her you're always talking to her anyway? (Yes, yes.) Is meditation a good way?

J:That helps her to relax, to be more open.

D:How will she be able to distinguish between you talking to her or her own ego mind?

J:She knows. She already knows. Trust to what she knows as knowing. Trust that and allow that more than trying to be analytical about it.

The SC then answered personal questions about family relationships. We then went to physical concerns. The SC said her main problem was unconscious worry concerns. This was causing much of the physical discomfort in parts of her body.

J:She suspects, she knows there's a connection but doesn't know specifically what. She knows the signal is there, but she doesn't know what the signal is pointing to. We can help her by showing her that through her breathing there is a release. It's easy as long as she doesn't take it back. She looks for specifics and then gets caught up worrying about what those specifics might be.

D:Then she creates the very things she's worried about?

J:Yes. She understands very well, "Get out of her own way." We can relieve the tension, now it's up to her to keep it from coming back. She's been more aware of not straining the muscles and to be more gentle with her own body. She's becoming more aware that she has a good body and she is very grateful. It serves her well.

Joan had a few curiosity questions, she wanted to know about three golden lights in a triangle formation that she saw in the sky the year before.

J:It was a single vessel and it was actually inter-dimensional. In her state of being at that moment, she caught the movement.

D:This is the kind of vehicle that goes in and out of dimensions? (Yes) Why was she allowed to see it at that time?

J:A validation of what she knows. She sometimes needs validation. Not so much from other people, but a validation of her truth. It has more value to her than coming from other people. Then she knows it's real.

D:Another question about what happened to her when she was in Machu Picchu in 2008. Do you know what I mean? (Yes) Can you explain it to her?

J:That was when I said, "The key goes into the lock"? It went into the keyhole and she was shifting. Let's see, "Was she opening it or locking it?" Her energy was the key for opening. It was an opening. A shift to open an energy in a different dimension. One that we don't see as humans. It was unlocking an energy.

D:Why did it have to be unlocked at this time?

J:To assist with the shift, the change. It was an activation.

Parting message:

J:She is loved. All is well. As is as it needs to be.

D:So it doesn't do any good to worry about anything?

J:It does not. It's far better to expend energy than through the worry mode. There are far better ways to expend the energy than through the worry mode.

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CHAPTER FOURTEEN

OBSERVER SENT TO HELP EARTH

WHEN MAGGIE CAME INTO THE SCENE ALL SHE COULD SEE was color. "Kind of a wine color, a burgundy color. Before there was some kind of orangey, golden tunnel sort of thing, but now it's just one color all around me. It's like I'm looking at it, but I'm also part of it. I can't see *me* at all. It feels like I'm just in space. It's more like air. It doesn't feel like anything really solid. Like I'm just floating in it. I'm surrounded by it. It doesn't feel like anything. It feels like I'm not cold and I'm not hot. I'm not seeing much, but I know I'm there."

This is happening more and more often now. The person feels like they do not have a body, just a part of everything. I just keep asking questions and information will come. Next she began to see blue sky and some clouds, and she seemed to be looking up at them. Then glimpses of red sand. "There's something that's kind of bumpy. I don't know if it's rocks or trees, but it's not flat. It's pretty bumpy."

D: Sounds like it's desolate.

M: Yes, that's kind of what it feels like. Kind of empty. Mostly just rocks and sand and...some boulders, I guess. I don't think there are any plants or anything.

I asked her to look down at herself. "I can't tell if I'm a person or anything. I don't know if I have to touch the ground or...I could just move without having to walk. I can just move over the top of the surface, but I don't have to touch it. I think there's some mountainy type of stones that go up high that are narrow and sharp. I can go over there and look at them."

D: Do you want to go over there?

M: Yes, I think I want to go have a look and see what they are. It looks like very rocky and tall, straight sharp rocks. Kind of like spikes like a cone.

D: You mean the rocks come up to sharp points? (Yes) Are there many rocks like that?

M: There is a whole area, a whole patch of it. There's another part that looks like some trees or something growing, but it's kind of spiky looking. They don't look like real trees, but they look like huge hairs growing out.

D: Those aren't like normal leaves, are they? (No) Are there many of these trees?

M: Yes, there's quite a few of them. It's just a place that is...just empty.

D: Like nobody would live there?

M: Yes, I don't think anybody was there.

D: Do you feel like you belong there?

M: I think I'm just looking at it. Now I'm looking around, just observing. I don't think it's the place to go...nothing here.

D: Then do you think you've seen enough; so do you want to go somewhere else?

M: Yes, I think we do. I think I can just fly and be there somehow. I just zoom!

D: You don't have to be in anything?

M: No. I just zoom when I want to go.

D: You're free that way. No restrictions. (Yes) That's a wonderful feeling, isn't it? (Yes) Have you been doing this a long time?

M: Somehow I feel more like a kid, but maybe I have. I feel like I've always done this. It feels like a kid exploring everywhere.

D: Do you think you ever had any responsibilities or has it always been free like that?

M: I can't tell what was before.

D: Have you ever been in a physical body?

M:It doesn't seem like a body. Not so much a body, but a circle of energy or something. It just feels like it isn't made to have a body.

D:And nobody tells you what to do?

M:I don't think there's anybody I know of.

D:Do you know about the planet Earth? (This place definitely did not sound like Earth.) (Yes) What do you know about it?

M:It's beautiful!

D:Is it close to where you are on the planet with the funny looking trees?

M:I don't know how close it is.

D:It doesn't matter. You can go anywhere you want. But you've never had any reason to go to Earth?

M:No. I can see the Earth above me and it makes me sad.

D:But you're more the observer, aren't you? (Yes) Just looking at things, and accumulating a lot of information that way? (Yes)

It seems as though the spirit can do as it wishes until it gets involved in the physical. Then once on the karmic wheel it is under restrictions.

D:Do you have anywhere you have to go back to and report to anybody?

M:I think I have to go back somewhere, but I'm not sure where that is. I think I go and look. I try to understand and then I go back and talk about it, I guess. I like to see everywhere. I'm trying to understand how everything's doing. If everything's okay or not.

D:That's a big responsibility, isn't it?

M:Yes. It makes me feel sad when things aren't doing so good.

D:What makes you sad?

M:Some of the creatures, some of the animals, they're dying...they're dying.

D:On some planets, you mean?

M:No, just on Earth.

D:They don't do that on other places?

M:Yes, but Earth seems to be different.

D:And this bothers you? It makes you sad?

M:I feel like I love the Earth too much. Things happen here.

D:But some of these things are normal, aren't they? People have to live. They have to sometimes hurt animals, don't they?

M:It just feels like it's normal, but it is abnormal. It feels like the Earth is a person. Maybe it can get better again.

D:You said sometimes you do have to go back somewhere and tell what you've seen? (Yes) What is that place like?

M:I'm not sure. I think it is a long way from where I am. I think there are other beings or people there that have to know what's happening here.

D:They can't go themselves?

M:I think they stay there and other people go and find out things, and come back and tell them.

D:That way you have an important job, don't you?

M:Yes, I guess so.

D:You're doing something worthwhile. You're bringing back information. (Yes) What do these people look like? The beings that you go back and give the information to?

M:They seem to be very tall with robes, and they don't have any kind of faces. They seem to be very calm. They

want to do good things so that everything will be okay. I'm not like them, but I seem to be working with them.

D:Where do you have to go next?

M:I think I just go and I look and I see; then I go back. I've gone to other places, but the Earth is the best.

D:Would you ever want to go and live on the Earth and stay there?

M:Yes, it's one of my favorites.

D:If you did that you'd have to be in a physical body, wouldn't you?

M:Yes, I'd have to.

D:More than just be flying around, being the observer. You'd have to enter a physical body, wouldn't you? (Yes) What do you think about that idea?

M:I think that's it. I can't just be all over the place, so I'd have to be in one place. They're both good ideas. I have to decide what I do.

D:Is anybody helping you make your decision?

M:No. I just have to go inside and ask.

D:That's a big decision. (Yes) Do you think you'd like being in a physical body?

M:I think that's part of why I'm so sad. Because some of the other people that were all here and then they're gone, and I'm just here without them. (She became emotional.)

D:It's alright to get emotional. I'm trying to understand. What do you mean, "the others"?

M:Other people that we know are here.

D:The other ones that are doing the exploring and the observing?

M:No, the people that are on Earth or that are on the planet. Sometimes it's just sad. They all die and old die. It seems like such a short time.

D: Compared to what you were doing? You were doing it for a long, long time, weren't you? (Yes) You live in a physical body for such a short time? (Yes) That's what makes it sad? But you could learn a lot, couldn't you?

M: Yes. It's just that...nothing lasts at all!

D: But isn't it that way on other planets too in the universe?

M: It just seems so fast on the Earth. It doesn't last very long. It doesn't matter how nice or beautiful it is. Everything lasts just a short time.

D: You have to do all you can in a short time? (Yes) Are you aware that you're speaking through a physical body now? (Yes) So you did decide to come and enter a physical body? (Yes) Did anyone advise you before you came into this body?

M: I think it's just the tall ones. They wanted me to come. I did, too.

D: Did they tell you why?

M: Just to tell them what's right for the planet. Tell them and let them know.

D: So you're still being the observer and reporting back?

M: Yes, I have to let them know. About how the life force of the planet is getting stronger or getting weaker. I think I have to connect with it and feel the force of it so I can let them know.

D: Maggie is accumulating all of this information. When does she report back?

M: I think she has to do a lot of work yet. She has to do a lot more work in this life before it's time to go back.

D: So she just accumulates the knowledge and saves it until that time? (Yes) She's not making reports while she's living the life then?

M: No, I don't think so.

I asked if Maggie had had any other lives on Earth and she became emotional and wouldn't answer. I felt we had gone as far as we could, so I asked if it would be alright if I called in someone else to answer questions and she gave permission. I then thanked her and called in the SC. Of course, the first question I always ask is why the SC chose that life for Maggie to see.

M: So she could know why she's here. She needs to know that. She needs to know that she's here on this planet to understand to help the planet.

D: So the planet needs beings like Maggie to help?

M: Yes. Lots of love. She was here, but not paying enough attention. She has to be more serious about it. She has to be more serious about taking care of the planet.

D: So she was sent to take care of the planet in a physical body?

M: Yes, that's right.

D: Is she doing her part?

M: Well, how'd she get so distracted?

D: You know humans. That's what they do. (Yes) But usually when this kind of a spirit comes in, they don't have children, do they?

M: That's the hardest part.

D: Because I have found that usually they don't want to have children because they'll be caught here.

M: Yes, that's right.

D: But she has many children.

M: Yes, that's what makes her sad sometimes. When she thinks that she made them all.

D: She wasn't worried about karma if she had so many children?

M: Maybe she was. She was not thinking about that, I think. She was just creating, creating, creating.

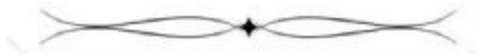
D:Yes because that's all part of living on Earth, creating. (Yes) Well, she's wanting to do more where she's living in Canada. Can you tell her what she's supposed to be doing?

M:She needs to help people start to feel the Earth so they can help repair the Earth and make the Earth strong again. They can be made to help. People can help the Earth. Her job is to meet people who can help the Earth and understand and be connected and that way they can help the Earth, too. It's such a big project. Sometimes it seems too big for her. I think she could do it.

Physical problems: Maggie had been having hot flashes for several years: "she just needs to drink less coffee. Caffeine and coffee. Same with the alcohol. And worrying can have something to do with that, too. She can use some hormone treatments, but she needs to make sure she has a good practitioner who will monitor that. Only natural. No drugs, it causes more problems." She was worried about her heart, but discomfort was caused by excess fluid that was backing up in her lymph node on that side. The SC drained it and let it leave the body naturally.

Parting message:

Just enjoy every part of it and just take things as they come. Don't get involved over what you think could happen or what might happen. Just go step by step by step. I mean, don't stop. Just keep moving forward. And that's all you have to do. Just keep on going. Don't stop. Don't think you can't do it. It can be done. You can do it. Just keep on going.



In another session done in March of 2012 with Manuel. (Speaking to the SC) We had completed all of his questions and done the body healing.

D:He had another one that was a curiosity question. He wants to know about the Sun. Is the Sun a universal "Star gate"?

M:Yes, he's correct.

D:He said he saw beings coming and going out of the Sun.

M:Yes, he sees them all the time.

D:What are those?

M:Interplanetary ships, vessels visiting us, adjusting the atmosphere and adjusting the Sun.

D:Adjusting the Sun? (Yes) Does it bother them working in the Sun? This is very hot.

M:No, that's what people think.

D:So it doesn't bother their vehicles?

M:It does not. They are made for that.

D:But you said they were adjusting the Sun?

M:Yes, the Sun has been being erratic and there have been a lot of solar storms, and the Sun needs to adjust frequency in order to bring the Earth into the new dimension.

D:So it was getting out of alignment, I guess you would say?

M:Yes, and it was going to create many disasters.

D:Many people are saying there are flares on the Sun that are going to burn the Earth and destroy the Earth.

M:That's what was happening.

D:They were adjusting these?

M:Yes, to control it.

D:They have the power to do this with their machines?

M:Yes, they do.

D:We think of the Sun being so hot that nothing could possibly go near it.

M:That's not how we see it. It is not that.

D:What is the Sun really like?

M:It's actually cold.

D: You know my curiosity. I always want to know more. (Laugh) (Yes) You say it is cold, yet we see fire coming out of it.

M: Yes, that's the illusion it creates.

D: Yet the heat keeps life on Earth alive.

M: It does. The rays. It radiates and it shoots rays that create the heat before they get to Earth. That's why it looks like it is very hot, but it's the rays that descend and they get warm as they reach the Earth.

D: So when they actually come from the Sun, they're not hot?

M: No. The way they come in and out, they adjust the frequency before they come into this Earth, so it can match its environment.

D: But it had gotten out of balance and it was sending too much radiation? Would that be right?

M: Yes. It's helping the planet.

*D: I was told there were beings living in the Sun. (I cover this in Chapter 29 of my book *The Convolved Universe - Book Four*.)*

M: Once you cross, yes.

D: It seems it would be impossible the way we think of the Sun as being so hot.

M: On the inside, yes.

D: The inside of the planet? (Yes) So there are beings living there? (Yes) The heat doesn't bother them because it's not directly on the surface then?

M: You can go to other universes. It's a multi-universe station. Whenever they need to do any adjustment or change of frequencies, in order for the other universe to be affected, they go and do their work, then come back to the station.

D: You mean so the other universes won't have their balances upset? (Correct) So they come back to the Sun to get their instructions or their

information? Is that what you mean? (Yes) Then they go out to make sure the other universes are alright?

M: To other planetary systems, and they do the same to other planetary systems as well.

D: That means that the Sun is actually like a home base?

M: Yes, to give the systems balance.

D: So it would be a Universal Star Gate. That's another way to put it. There are people who think they have bases on the Earth and under the Earth.

M: Yes, inside the Earth, the inner core of the Earth, there are civilizations.

D: What about the moon?

M: There as well. The other side of the moon.

D: The other side of the moon, so it can't be seen from Earth?

M: Correct. There are structures and there are civilizations there as well.

D: Here again humans always say it is too cold on that side of the moon.

M: They have adjusted it.

D: So they are actually living on all of these places? (Yes) And all they're doing is just monitoring everything? (Correct) Watching everything? (Yes) I've been told they cannot interfere.

M: It depends. They're not interfering directly. They are the Watchers and Observers. Manuel is one of these beings.

D: The ones that work on the Sun or the other type?

M: The ones of the Sun.

D: He's one of the ones that work with them? (Yes) Does this go along with what I've been told, that we're actually doing many things at one time? (Yes) So while he's working with them, he is also living in the body of Manuel at the same time. (Yes) Which is a little bit hard for us to understand, but I've heard it before where they're living in two places.

M:Yes, that's why it's hard for people to understand him, especially the people close to him.

D:I don't think this is one of the Three Waves I've come across, is it?

M:Yes. He's not fully aware of it. He is to help them. We will continue helping.

It was becoming obvious in my work that there were many different types of beings that have come to Earth to help during this crucial time. Some to actively participate and others to stand on the sidelines to give their energy in a different way. He was told that because he was one of these beings he was very familiar with working with energy. This was to be his purpose, and he was to also use the energy to complete an energy machine he was working on. They gave him much advice about this solar device that would use the energy of the Sun. Who better to do it, than someone who is part of that group?

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Section 4

WE THE CREATORS



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CHAPTER FIFTEEN

A DIFFERENT PERCEPTION OF GOD

ALTHOUGH I AM USED TO THE STRANGE AND UNUSUAL IN my work, this regression presented one of the strangest perceptions of God that I have ever heard. It illustrates that the person's personal beliefs and expectations can play a big part in where they go and what they see. It does not mean that Robert's perception was wrong or incorrect. It just means he was seeing it from a different perspective. Normally when the person returns to God in a session, they see it as a huge energy force or usually a huge bright light that emits total love. They are engulfed by it and do not want to be separated from it. This has been the norm no matter what the personal belief of the client. They do not even have to believe in God, yet they see and describe the same thing. Robert's was different, and I present it here to show the diversity of the human mind. In a case like this all I can do is go along and ask questions, knowing that it will eventually make sense because the SC is showing it to the client for a reason.

When Robert came off of the cloud it took quite a while for him to figure out where he was. Since I am used to my clients coming down on other planets, I assumed that was what he was trying to describe. "I am down on a convoluted surface that looks like wrinkles. Tan colored, and it looks like its solid enough and it makes small rows but not in an organized sense. It looks like sand, but it seems solider than sand. It's disorganized. For instance, like wrinkles on a face or something like that where you have the up and down. They're going away from me and they're not going parallel to each other. Going slightly different directions, not perpendicular to each other."

D:Are you able to walk on something like that?

R:I think so, although I'm not feeling it with my feet.

D:Do you see anything else around that or above it?

R:Something larger to my left. I don't know if it's a cliff or something, or a larger hill that comes out and it seems to descend gradually away from me. It almost seems like a hazy fog hovering above the wrinkles. It's like being there but not on it.

D:Is there any vegetation. (No) Look down at your feet. Do you have anything on your feet?

R:I'm not seeing my feet.

D:How do you perceive your body, or perceive yourself?

R:I don't know if this is the right term, but I perceive myself as a mist. I feel like I'm free form. I am separate from what I am seeing. I guess I'm sensing myself as being more diffused than mist, not having substance.

DBut do you feel comfortable there?

R:I'm wondering why I'm here. (Laugh) It's almost a feeling as if I were microscopic and approaching an old wise person, and the wrinkles would seem like that. I don't know what to make out of the mist, but there's something kind of familiar about this wrinkled old topology. (Laugh)

D:But how would the cliff fit in with that?

R:Well, if I were just underneath an eyelid. (Laugh)

D:Does that feel right?

R:It feels right, so I mean, should I go say, "Hi"? I want to go and meet this person?

D:Does it feel like a person?

R:Yes. It feels like a very wise being that I know, but feel very insignificant toward. That somehow I'm made of the same stuff, but I can't perceive myself.

D:You did say you felt microscopic, very, very tiny in comparison. But it feels familiar to you?

R:Yes. I'd like to be a part of it again.

D:You feel like you were a part at one time?

R:Yes. It's that kind of familiar.

D:Well, what do you want to do?

R:Why don't I experience it?

D:Find out more about it, you mean?

R:Yes, and maybe just kind of merge. I want to go up to the area, the third eye, up on the forehead, but it's a more comfortable nook here to look along the nose where the eyelid tentacle comes in there. To snuggle comfortably and be able to continue seeing.

D:Then you feel this is like a face?

R:Yes, yes. I am on the surface but melded into it.

D:The third eye area of the forehead?

R:No, the lower eyelid right by the nose, which is a funny place. (We both laughed.)

D:Merging there? (Yes) Why did you pick that area?

R:I have no idea. I was drawn to it. It's such an odd place to want to go. (Laugh)

D:Well, everything has a reason. Do you want to move away from this and see what it is that you are merging with? You can do that if you want to and get a broader viewpoint of it.

R:It's like a grand old man. (Pause) I once did a meditation where I was being drawn to take a look at the face of God, and I saw this grand old man in my image. It seemed wonderful, an old, wrinkly grand face. And I know that God is much more than a face or a body or anything like this. And it looks humanoid, but it's this wonderful, rich, wealth of wisdom.

D:So this is how you would perceive God, you mean? (Yes) He can be perceived in many different ways.

R:He can.

D:If that feels comfortable with you.

R:Well, God is in so many different forms and God is so many different levels, but this explanation feels good, feels right. It's like being Home!

D:This is your symbolism of what Home is like, to envision it as a wise person.

R:Yes, and the unconditional love and all the richness and depth and gentleness.

D:Is that what you feel as you merge with it? (Yes.) It doesn't matter what part you merge with, it's the way you feel once you get there.

R:It's becoming a part of the One again.

It was becoming obvious that what Robert perceived as the ground and ridges were wrinkles and the cliff was the nose. He was perceiving it from a tiny microscopic viewpoint.

D:Are you by yourself or do you feel there are others with you?

R:It only makes sense that there are others in addition to me, although I'm not perceiving them as individuals. I'm not alone. I don't feel lonely at all.

D:You said it was like going Home. Do you think that's where you came from or what do you feel? People can perceive home in many different ways.

R:I'm feeling I'm becoming a morphized sort of cloud. But by becoming a part of this being, I'm reminded of another meditation that I had. Where I saw we were all humans coming together to then become one of the people at the table for the "Galactic Federation." This is how I visualize doing this, that it would have to be humanity coming together as One to have a seat at the table. And I don't know if this is the OverSoul or if this is more than that, but there is something wise and powerful about this individual, this entity. And it's losing the human characteristics and becoming much more...amorphous.

Dictionary definition: **amorphous**: *shapeless, of no definite form or type.*

D:Because you individualized it and gave it human characteristics, and it appeared to you in that way. (Yes) But if you were so happy there and you felt so good about it, why did you leave?

R:I don't know if I left as much as morphed with it.

D:What do you mean?

R:It's like IT and I and others have become this kind of boiling cloud of plasticity that doesn't have to have any shape; doesn't have to have any form.

D:So morphing is different than merging?

R:Yes. Merging, to me, is becoming one with It; whereas morphing means that the structure, the form they had before becomes a different form, a different shape, a different texture. Looking at it becomes different. It's not the same.

D:But you still maintain your individuality, even though you morph or merge with it?

R:I do.

D:Do you think all the others there with you have their own individuality also?

R:Yes. But yet it's like you don't worry about your individuality as much as we do here on Earth.

D:People are always worried about losing their individuality. So you feel you have maintained that, but it's different? I'm trying to understand.

R:Yes, I still know me. At the same time I know the Oneness.

D:So there is no separation in that way?

R:That's correct.

D:But at one time you did separate, but you said you didn't feel like you separated.

R:That's correct.

D:I'm trying to understand that part. When you decided to go into a physical body, how does that happen? (Pause) What happens at that time? I'm assuming that you did leave that Oneness.

R:At some point an awareness left, but stayed there also. It's hard to explain. I'm having trouble finding the words. It seems like, from this perspective, that being in the bodies on Earth, for instance, is a manufactured separateness.

D:That's an interesting choice of words: manufactured separateness.

R:That we join in making – almost like we're still a part of the whole – but we have with our minds, created a separate reality-ness and it is an experience. A manufactured experience with a creation of reality. Creating it in a consensus with others.

D:So you don't do it by yourself, in other words?

R:My part I do by myself. The other parts are done by others, but it is in a coordinated, aware of each other, co-creation.

D:But why would you decide to do this, to go into a manufactured reality? Why would you choose to experience that? Even though the one part is still there, the other part decides to go experience something different. Is there a reason why you chose to separate in that way, to experience the manufactured part?

R:To manufacture the separateness?

D:Yes. Is there a reason why you wanted to experience that?

R:There's like a need there. Like an ongoing experiment or phenomena or project that needs to keep everybody cooperating to make this thing happen. And I don't exactly understand why, but I understand the immediacy of why

this needs to be done. When there are people that are making this happen, and they're getting tired. Somebody needs to come in and help support it and help keep the effort going.

D:Like moral support?

R:By pushing the boulder uphill. (We both laughed.)

D:It sounds like a big effort.

R:There's an importance. There's a desire to have this done, and it's like I'm happy to help out and...(He became emotional.) It'd be nice to get back home though.

D:Do you think you volunteered to do these things, or does someone tell you?

R:No, it's like we're all a part of it, and it's my turn again to help bring this to fruition and help keep this going. To give this some of its own self sustainability somehow.

D:You said it was your turn again, so you have done this before?

R:That's what I'm gathering from the feeling, that it's familiar coming back to do it again. I know it's going to be hard work, but it's good to do.

D:Why do you choose to do it if you know it's going to be hard work?

R:Nothing wrong with hard work! (Laugh)

D:No, not really. Many people want to take it easier.

R:And if by doing this things turn out for the better, it'll make everything better. Now whether I'm part of that or I'm part of this (Laugh) old soul, whatever, old person...(The big entity) who's on loan to the project, or if that is part of the amorphous cloud that I am a part of, I don't know if there's a difference. I don't know if we're all part of this together.

D:But do you know why you would choose to do this? You said it was your turn again, is there something you want to accomplish this time? What do you think?

R:It's like coming onboard to keep the effort going because it is just about up to the plateau, and we are pushing it and we are helping it grow. We are helping it mature, become more stable.

D:What do you mean by the plateau?

R:I think self-sustainability, where not so much effort has to be put into its continued existence, its continued going along. And I don't know what it is, whether it's the Earth, or helping the Earth or.... It's almost putting it in physical terms as opposed to some more abstract terms. And I'm seeing this from more of an abstract point of trying to make something happen, trying to be there, trying to help things along.

D:But in that other form you were in, you were more like energy, weren't you? Would that be one way to put it?

R:Yes, yes, it was more like an energy cloud or energy.

D:Couldn't you accomplish the same things in that form rather than entering into a physical body?

R:It doesn't seem like it. It seems like the energy – the term that comes to mind – is that the energy must be made manifest.

D:In order to accomplish the job, the task?

R:That's part of what our task is, to make the energy become manifest.

D:You can do this better in a physical body? Is that what you mean?

R:It seems like you can interact with what needs to be interacted with better in a physical body.

D:Then, as the energy, you couldn't interact? Is that what you mean? (Yes) So in this way, it is important to enter into a physical body.

R:And to create this physical realm, this physical thing.

A spirit as energy is only an observer. It cannot manifest or manipulate energy. That can only be accomplished in human form. Thus the necessity to become physical.

D:Existence or whatever...planet? The things that are happening around you. You have to be in the physical to do that. Otherwise you would be like an observer, wouldn't you?

R:This is correct.

D:This way you're interacting with the creation and functioning of it. Is that what you mean?

R:Yes, and you're able to help the others grow that abstract part of themselves that they don't realize they can develop.

D:What do you mean by the others?

R:There are those of us – I'm not talking necessarily about the ones that came from the grand old man with me – that causes me to laugh every time I say that.

D:That's your perception. That's fine. The other ones that were there?

R:The other ones that are a part of the grand old man that came with me to co-create this reality. To create a media upon which these others can use to grow and mature and develop.

D:But isn't it rather limiting to go into a physical body to do these things?

R:It's frustrating, and wanting to do more than you're able to do.

D:Therein lies the challenge, isn't it? (Yes) Also when you come into the physical body you forget all these things, don't you?

R:Yes. And you can't know what you need to know, and you can't reach and stroke the others. You can't know how to stroke the others in the right ways to get them to grow, to feel the self-confidence, to feel the empowerment.

D:Because in the physical body, there is definitely separateness, isn't there?

R:Yes, and it's hard to reach them effectively.

D:Yes because there are many different levels, aren't there?

R:Very much so, and the chasm seems so much greater, divides...very large.

D:But they're not aware of any of this. (No) Many of them think they're here all alone, too.

R:Yes, and they don't see their connectedness to the all-encompassing ALL either.

D:That's part of the lessons though, isn't it?

R:That's part of it.

We had been getting many answers from this part of Robert that I was speaking to, but there seemed to be more that could be understood that he didn't have knowledge of. So I decided to call in the SC to answer these questions. The minute it came forth the voice changed and it was obvious I was in touch with this great power.

D:We were looking for past lives when we started out with this, but you didn't take him there. (No) You always do surprising things, but I'm used to that. Was there a reason why you didn't take him there?

R:Lives weren't important. Past lives would not give the information that was necessary or desired.

D:But has Robert lived in other physical bodies in other lifetimes? (Yes) Those were not important for him to know about? (No) Instead you chose to take him back to the Oneness. But it has many names, doesn't it? (Yes) What would you call where he went back to?

R:The “Over-soul of Over-souls.” The part of the Creator.

D:I’ve had many people go back to God, the Source. Would this be the same thing?

R:God is so much more. This is a part of the creation. This is a part of the Creator creating.

D:So Robert was shown that because that’s more important for him to know about?

R:That’s part of his warmth and oneness and self-love.

D:Why did you want him to know about that part?

R:He felt so alone. He felt so abandoned. He felt that the joining with the Oneness would help him to remember why and how he went into this lifetime, but was not separated from the Oneness.

D:But we think we are separate when we come into a physical body, don’t we?

R:Yes, and he had at some point lost hope that he was really a part of the Oneness.

D:Is this why you wanted to show him? (Yes) He perceived it as an old wise man, didn’t he? (Yes) Is that just symbolism or his perception or what?

R:It’s an abstraction of something that doesn’t have form that takes form to be able to represent or symbolize, yes.

D:It was something he can understand?

R:Yes, and something that he has felt a drawing to through all of his life. That he respected and something that empowered him.

I knew it had to be something like that because that was definitely not the description or depiction of God that I had received from hundreds of clients who have gone back to Him. It sounded more like the Church’s representation of God as a grand old man sitting on a throne and wielding judgment on sinful

mankind. So the SC presented it as a kind memory that would make sense to Robert and made him feel comfortable and loved.

I decided to ask the SC the “universal” question that Robert wanted to know. “What is my purpose? Why am I here? What am I supposed to do with the rest of my life?”

R:There’s energy that he brings that helps the Earth, that helps it finish its growth, finish its evolution. That’s part of his job, part of his task. The other part, as much as can be accomplished, is to help the ones who are presently there to grow and develop and find that they can help with that energy, and maybe be able to take it on and perpetuate growth.

D:Is there anything that you want him to particularly do to accomplish this? Humans always like to have instructions.

R:Doing energy work through meditation. He does not realize how much he travels at night while he’s sleeping. He wants to, very much, do more than he is able to do.

D:So he’s already doing a lot, he’s just not aware of it. (Yes) Maybe it will help him if he knows what kind of work he is doing while he’s sleeping...traveling.

R:He’s rebuilding the plasma field from which the New Earth is materializing.

D:So the field has to be built or rebuilt so that it will move?

The New Earth is explained in several of my other books. The Earth is shifting into another dimension and the vibrations and frequencies are changing as it moves. This is also affecting the bodies of humans living on this planet.

R:It has to be energized so that it can become more dense in the domain, in the density that it will reside. To have the density appropriate to what realm this body shall exist in.

D:We have been hearing very much about us moving into another dimension.

R:And this is the New Earth.

D: So in order to do that the plasma field has to be prepared to make it dense?

R: It has to be grown. It has to be put in place, and then consolidated.

D: Make it dense to make it solid?

R: To make it the appropriate type of denseness.

D: This is a very important purpose, I think, for him to be doing.

R: There are many doing it right now.

This goes along with what I have found about the *Three Waves of Volunteers*. They came to bring a special type of energy to help the Earth at this time. Maybe this is one of the ways they are doing it. I thought it was a type of energy that would affect people, but it seems to be bigger than that. It is affecting the entire planet.

D: He doesn't think he's doing anything, does he? (No) Maybe this will help him if he does know that.

R: It will. It'll probably make him want to be there more and less in the physical.

D: Well, you have to be both really. (Laugh) That's one thing, he's very afraid. He has a lot of fear. He thinks there is going to be so many bad times with the Earth, catastrophes and Earth changes. He has a lot of fear about what he thinks is coming.

R: That's his effort at trying to make sure everything is going well. Everything is prepared. There will be nothing missed. There'll be as much help as possible for the other part of the job, of helping those who are growing, those other entities, and the other individuals.

D: He had the idea that he should turn his farm into a place where people could come when they are fleeing, to escape, and have a place to go and stay. But that's focusing on the negative, isn't it? What do you think of the idea?

R: That he should focus more on his energies of growth for the New Earth. That this other is his feeling that he's not going to have it done in time. And spilling over into his caring for the others and for others who will not make it, will not have enough energy to make it through. If the farm has healing abilities, maybe it's something he could change to develop into something for people to experience, as opposed to save them, for them to pull through hard times. And the farm and the animals that will be there will certainly make a nice environment for those who choose to be there. He needs to work more with people than the farm. The farm is a way of doing that.

D: How do you want him to work with people?

R: He can turn the farm over to them and supervise and be a consultant for the farm. But let them learn how to care for others by taking care of the animals on a bigger scale than they might experience by having a pet or something small that does not make that much difference. This is taking care of the animals and then these people will take care of each other.

D: Where will these people come from that he is supposed to teach how to do this?

R: There are a number of people in the area that don't have much direction, who need a job. And by having a job, they will learn that this is more than a job, and that it is a gift in being able to care for each other and the animals. He will be able to know when somebody comes into his life that will be a part of that entity, a part of that activity.

D: But will he be able to do this? To have the money to do it, pay them a salary in the beginning?

R: For a while and then it will have to become self-sustaining. And they will have to then help each other by each taking on separate jobs and growing this almost as a

part of the community. As a growth of community of the educational process, the schools, the partial drop-outs from school. Schools will not exist in the way that they have in the past. He will probably be there for the start of this, then it will have to become self-sustaining by the others because he will move on.

D: This sounds very important, and he doesn't need to focus on these other disaster things because that won't be a part of his reality, will it? (No) That's two separate worlds.

The rest of the session was spent on healing Robert's many various physical problems and giving personal advice.

Parting message:

Do not give up. Have faith and have joy. Have faith that you can generate joy in and for others. That you can make their procession in the world better than you think, and by that way, you will be helping them more than you know.

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CHAPTER SIXTEEN

INFLUENCER OF OUTCOMES, REALITIES

I HAD A SESSION WITH CARL WHILE I WAS IN LOUISVILLE ON some business meetings. He was very quiet and seemed secluded from the others, as though he didn't really want to be there. His wife was the opposite, seemed to crave attention from everyone. The reasons became apparent when I did the interview with Carl. He lived on an isolated ranch miles from town. He liked it that way, but not his wife. The organizer of the group said that Carl was one of the smartest men on the planet, and was working on theories he was developing. In other words, he was a genius. Thus he needed the peace and quiet. He wanted the session because he thought he could find some of the answers he was looking for in his research. The session was conducted in the hotel where we were all staying.

When he came off the cloud he began describing scenes that were mundane: buildings, farms, agriculture, people in fields. Yet the scenes would not remain, they kept slipping away and changing into another scene. This sometimes happens when the SC is trying to deliver too much information at once, and it can be like a movie of jumbled scenes on fast forward. The trick is to get the images to slow down so the client can focus on just one, so we can get started. However, this was not the case with Carl. "The scenes are changing too rapidly. Too rapidly! I'm examining huge scenes of people in all kinds of settings. I'm not localized. I'm just constantly traveling, going to many different areas. I feel as though I'm in motion, constant motion. There is no stopping. The scenes change because I am in constant motion. It will not stop. It will stop for perhaps two or three seconds, then it proceeds to something else." I have had these cases before, so I asked, "So you're more or less a traveler. Would that be right?"

C:That's all I do.

D:Become aware of your body. How do you perceive it?

C:There is no body. I am a perspective. I am an observer.

There have been many other cases of the client being a traveler, an observer, that are examined in this and my other books.

C:I'm part of the background space and time. There is no body. There's only perception. Watching, observing, exploring. I go through openings. I travel down tunnels, walkways. The scene changes. I travel everywhere. This just repeats and sometimes there are people and sometimes there are none.

D:But you don't have any interaction with these?

C:There is no interaction. Observation. I am only able to observe. I don't sense being able to perceive this perception. I can see them. They cannot see me. I am just supposed to watch, and to watch man too...sets...information. There will be information. There will always be information. There must be.

D:How do you feel about doing this?

C:I feel there is nothing else I can do. I feel as though I'm distributed over many, many environments. There is so much to see! There is sort of like a highway. A highway that goes forever. There's no stopping. It can't be stopped.

D:Have you been doing this for a long time?

C:I feel that there is no home base. There is nothing, no base or anchor. I'll always be a stranger...a strange unit...a stranger that knows...that can see and so transparent to me. I travel and collect information until I feel magnetized by something that draws me in and holds me, but it can't do it for long. It can't contain me. It cannot be accurate. It cannot be held down. It's something that needs to be seen. Perhaps a problem that needs to be solved. I have the power to change what I'm seeing. I can make it take a different shape. I can make it reconform itself.

D:Then you have the ability to change what you're seeing?

C: Completely change. I can make it completely change shape. To bend.

D: But what about the people involved? Does that go against their free will if you change what you're seeing?

C: I'm not changing them. I'm changing without working with individuals at all, only large groups of people. That's all that concerns me. I'm not concerned with individuals. They can't be of consequence to me. I need to affect huge numbers of people, their actions, their interactions, their destinations so I can see even if it's a network of "Causation."

D: The "cause and effect"? Is that what you mean?

C: It's not Cause and Effect. It's not mechanical. It's just an outcome. An outcome is chosen. You make the system involved to the outcome...force it. You compel it to reach the desired outcome, the outcome that it needs to have. It needs to have the outcome of "no one can stand in its way." There can be no interference! That sounds very important. It is necessary. It doesn't feel important. It feels necessary, a natural process. It needs to happen. Importance is beside the point.

D: Have you been doing this for a long time, or can you perceive any sense of time?

C: There is no time.

D: But you go everywhere.

C: Everywhere.

D: Just on the planet Earth or what?

C: I recognize some that don't appear to be Earthly, but I don't care to go into them. Not often, I don't have time. Other places with no plant life. It doesn't move. It doesn't have to move to live. It just doesn't die when it's born. But

this also describes things that move, and now there are things that are moving. And then it is different for a while and is water.

D:But they're all alive? Is that what you mean?

C:They all live in some sense. They all process information.

D:Did someone tell you to go and do these things?

C:(Powerful voice.) Nobody tells me anything!

D:Nobody gave you instructions?

C:Nobody gives instructions. There is nothing but freedom. I seem to be taken to these places out of will. I seem to be going there because it is appropriate to see them because it's necessary in some ways that I am to see them. Some are quite resolved. Others are not.

D:Well, what do you do with all this information you're accumulating?

C:My job is to sense. It's to sense. Things go wrong. Things are not always as they should be. There must be outcomes. Outcomes must be realized. There are things that are obstacular (causing obstacles?) to the outcome. The outcomes are resistant. Things occur that will extinguish the outcomes. They won't occur at all. Certain things are allowed to happen. Those things can't be allowed to happen.

D:And you have influence to change these things?

C:Must change them. That must change, must. The outcome is chosen. The outcome is what it must be.

D:Who determines it?

C:It determines them. The outcome is selected by the environment itself. The environment is meant to assume a certain form, a certain dynamic. But there is always

interference for making us free, and is free even when it is not. And it must be stopped from being what it is not. For being what it is not, it cannot be at all.

This was getting very confusing. I was doing the best I could to understand it and ask sensible questions. "So there are certain things that have to be? Is that what you mean?"

C:I mean when things are generated, they are thought forms. They are not unified monolithic things. They are interactions of parts. Parts must be directed a certain way in order for the system to exist the way it does. There is a rule of perfect freedom, perfect freedom. It can enter an environment and it can conduce to the fulfillment of that environment. It can conduce to the non-fulfillment of that environment. It is free. You can't force it to do anything! But it will inevitably, by a sheer force of entropy, cause disorganization.

*** (Note: entropy: 1. a measure of the energy unavailable for useful work in a system undergoing change. 2. The tendency of an energy system to run down.) ***

And if the disorganization it causes are too deep, the system cannot survive and exist. So an amount of organization must be maintained. There is an eye. The eye sees. It changes what it sees.

D: You said sometimes things were going in the wrong direction, so I thought maybe your job was to help influence it to go back.

C: Job is not to force it to go back. Job is not to change its direction. It's to constrain its direction. It's as though one creates walls around it in a funnel to...the dynamic is funneled into a certain class of outcomes, then it occurs.

D: Well, you're accumulating all this information. What do you do with it once you accumulate it?

C:Existence is fulfillment and existence is identification. I am now staring at a creature. The creature is formed of many strands. It has eyes, but I can force it to turn away from me. I won't let it see me.

D:Do you think it could have seen you?

C:Nothing can see me that I don't want to be seen by.

D:But what do you do with this information?

C:Re-create, pro-create it.

D:You use it in that way?

C:It's not being used by me. I have no interest in any of it.

D:Do you take it somewhere so it will be used to re-create?

C:I don't have to. I don't have to take it anywhere.

D:Tell me the process then that's used to re-create. How does it get from you accumulating the information as an observer to being used to re-create?

C:You see it working. You see it working in the wrong way. You imagine it working in the right way. The wrong becomes right, automatically.

D:That is what you mean by re-creating?

C:What I mean is re-generating. The same resources are taken and re-configured around a new set of events that lead to a particular direction. This is how everything happens.

D:I thought maybe you had to take it somewhere where all the information was stored.

This is what I had been told by many other clients, that there was a constant gathering of information. But that it was taken somewhere and stored and used in some way. Apparently this being that I was communicating with had a different agenda.

C:All of the information is everywhere. It is stored in itself. Every point, space contains all the in-formation. One does not have to move to move one. One merely needs to redirect one's intention. One can move across a universe without moving at all!

D:Hmm. Just like pure mind or pure energy, or how would you describe that ability?

C:It's mind, pure mind. A mind that is regarding itself. An eye that is looking within itself, seeing it is what variegation is, so much variety.

(Note: variegation: To vary in appearance by differences, as in color, spots, streaks.)

D:I thought that you were accumulating the information and taking it somewhere so that others use this to make changes.

C:That's part of it when you re-create the environment. The environment re-creates, then there are resources. The environment provides resources. The resources are what allow you to re-create, re-generate the environment. You do it through the resources and so the Environment is re-generated through itself, its contents...they organize it.

D:That's what I was trying to understand. Do you ever enter into a physical body so that free energy can become contained?

I was trying to bring us around to now, Carl' physical body, so we could get answers.

C:That hasn't happened! (Thinking) I...do not!

D:You said you're like mind, free energy. So you've never entered into a physical body to be contained?

C:To perceive is to be contained. You're contained by the perception. You contain what you perceive. That's all the

body is, perceptions. We choose to perceive our reality. We obtain a body in the process.

D:I've heard it's denser, it's very limiting to be contained in a body. Is that true?

C:It is. The body cannot contain you. You do not need to move outside your body...internal within...can't go anywhere.

D:By doing that you can gain tremendous knowledge, you mean?

C:You can gain any knowledge. It is not all from immediately. You cannot. It's all too complex. It comes from a series of events. In those events you see the organization.

D:So it has to be done gradually, step by step, you mean?

C:It needs to be done by motion. Nothing remains static. It's all changing. The other thing you're going to have to do is re-direct or direct the change in a certain direction.

D:How can you do that?

C:You will it to happen. It's all your perception. You create your perceptions.

D:You create your own realities, is that what you mean?

C:This is the nature of reality. Reality is self-creating. I am an observer of reality. I am very good at re-creating.

D:But how can you do this if you are contained within a body?

C:I am myself. I am not contained. I do nothing for myself. The job, my job, is not to do it for myself. It's always for the system, only for the system. It needs someone like me. All the others are out for themselves, their need. They're contained but their environments, their physical bodies need...they seek fulfillment for themselves. I am nothing like them. I can't. I have no particular self. I can have a body

seen by my perception, but I can't be anchored to them. I can't form an attachment to it. That's not permanent.

Man is a problem solving, problem creating entity. He creates problems. He solves the problems. This is what he does. This is how he lives.

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CHAPTER SEVENTEEN

CREATOR OF REALITIES

THE INTERESTING PART OF MY WORK IS THAT I NEVER KNOW what I will encounter when working with the client. The unusual and unexpected is now the norm. They often find themselves in strange environments that they cannot comprehend with their conscious mind. They cannot analyze it because it does not fit in with what they were expecting. I have to be patient and keep asking questions until it begins to fall together. The questioning is the most important part of the session. By observing my students in my classes I have found that many wonderful stories were lost because they did not ask the proper question.

This was the way Sharon's session began. All she saw when she came off the cloud was darkness. It was several minutes before she began to see wisps of light color subtly floating in and out as a contrast against the darkness. She described it as a veil or a piece of cloth, translucent against the darkness, waving and undulating. Then she seemed to be floating through a fog. "The fog is whitish, purple...some green that comes and goes like a veil. It feels very good. Now I can see that darkness through the fog." Then she seemed to break through the fog into the darkness, but it did not seem like a normal darkness. "It's very vast. It's big. It's black like the night. It's very, very big, very vast...alive...it is alive."

D:Why do you feel it's alive?

S:I detect movement. Its movements are like waves of energy that come and go and it looks and it feels like, not objects, but as if there was some kind of form, but not visible. It's tangible. It doesn't have a limit, boundaries but it's like a body of energy.

D:I can understand that. It has no form? It's just all energy, is that what you mean?

S:Yes, but some bodies of energy can be felt and they move.

D:So they haven't formed anything yet?

S:Yes, and it's very imaginable.

D:Well, how do you perceive yourself in all this energy?

S:I am a part of it. It feels good. I don't have a body. I am that energy.

D:Hmm, that sounds powerful! (No) It doesn't? (No) Tell me.

S:I can feel the movements of that energy. It's very soft. And it changes. The sensitivity of the movements is what gives the sense of form.

D:I'm trying to understand. You mean, as the energy moves it changes into something or what?

S:No. It doesn't change into things. It gives a sense of form. The movement of the energy gives a sense of form that is separated from the energy.

D:Separated from the energy?

S:Not separated from the energy.

D:But you are a part of this energy? (Yes) Do you use it in any way?

S:No, I flow with the movement.

D:So you're not required to use the energy?

S:No, I'm just a part of it.

D:You said it's a good feeling?

S:It's not good and it's not bad. It just is! It feels like home. It feels like there is nothing else.

D:And in a place like that you don't have to do anything. You just exist and be. Is that right? (Yes) Are there others with you in this place?

S:It's not others. It's just movements. I am movement, too.

D:So you are not totally alone. (No) Do you think you'll ever separate from that or be something else? (No) Because that's where you're happy? (Yes)

I knew from the many other similar cases, that she had returned to her beginning when she was pure energy. This condition could last for an

inconceivable amount of time, so I decided to move her. It was difficult to decide how to word it. "Let's move ahead to whenever you were no longer a part of that movement." I knew this had to happen because I was speaking to a human being lying on the bed in my office. Eventually she would have to come to the place where she entered the physical. "We're there now! What's happening? What's it like?"

S:I think it's the same darkness, the same coloring. Sometimes it's lighter. Sometimes it's not. It comes and goes. Now it gets lighter. It is lighter. I see more light. I see myself now. I see a house where I grew up.

D:Tell me what's happening.

S:It's like a gelatin. It's like a jello. It has to form...like jello with not much consistency.

D:The house?

S:Yes, the whole house. It's not hard. It's not solid. It gets solid and then it's not solid. It's fluctuating. I am looking at it from above. It's solid now.

D:How do you perceive yourself now?

S:I see I am outside and I see a little girl outside. That's me. That is not me.

D:What do you mean?

S:I see her. She's really cute! She has curly hair and she's very happy. I am watching her. I see her from all angles. She's getting ready for something. She's about three years old.

D:Do you like this little girl?

S:Yes, and I like the house. It's solid now.

D:How do you perceive yourself as you're watching her?

S:I am like the air.

D:Before it was energy. Is it the same now or not?

S:Yes, a little bit different, but I am like the air. I am the space and I am the movement of the space and clouds.

D:Why are you attracted to this little girl?

S:Because she's getting ready...she's ready.

D:What do you mean?

S:She's a part of something. And I am going to come and work with her and be with her.

D:Do you know what she's a part of?

S:Yes. It's a project. I see the house in very, very, very detail...every detail. And what I see is that herself and the energy (and my awareness is part of the energy) is the same though it's not the same. And she's getting ready to manifest that. She's going to allow me to do something to her.

D:Is she aware of you?

S:At times.

D:What is this project you're talking about?

S:It's an experience. It's a part of experience. She has a full view of how things are and she's going to give it to me.

D:What do you mean?

S:Of how things and realities are formed. She knows how to do this. It is a great power.

D:Was she born knowing how to do this? (Yes) But she's going to give it to you?

S:Not the power. I don't need the power. She's going to give me the knowledge that she has. And she's going to give me the chance to experience it by myself.

D:What knowledge is that?

S:Of how to form things.

D:I thought as being an energy you would already know how to do it.

S:No, I don't know how to do that.

D:You don't know how to direct it? Is that what you mean?

S:Yes. She's going to give me the chance. She knows.

D:Did someone show her?

S:No. It's what she is. She was born knowing how to do this.

D:And how is she going to give the knowledge to you?

S:She would pass it on to me. All ways as time goes by. It's going to be a process of time and it's going to happen in this reality. She has seen now.

D:It will be a continuing thing going on for a long time? (Yes) And during that time she will pass on knowledge to you?

S:Yes, and it will be an experience.

D:Knowledge of Earth or what?

S:Yes, and knowledge of things, of laws. How to form things, how to experience things. She knows all of this!

D:Is she using that in her own life?

S:Yes, but very limited. She's three.

D:Can she use energy at that young age?

S:Yes, she can use a little bit. But it's going to evolve. She made an agreement with me to share and participate in this project.

D:Well, how is she going to pass the knowledge on to you?

S:She will merge with me.

D:So you will be separate.

S:We are but we are not.

D:Have you ever been in a human body before? (No) Then this will be a first. (Yes) So you will merge with her as a part of her or what? (No) Explain it to me.

S:We merge. We become one and then she goes back to herself. And I retain what she gives me.

D:So you don't stay merged?

S:No, no, no. It's a process.

D:Just to gain the knowledge she has learned and then you separate for a while?

S:Yes, but I'm still there. Always around her, yes. I am everywhere.

D:But are you doing other things besides just this?

S:No. I don't need to do anything.

D:Is she aware that she is passing on this information? (Yes) Will she retain this information as she grows older?

S:Partially. She will be aware less and less.

D:It sounds like you're going to stay with her for a long time, aren't you? (Yes) We are speaking about Sharon, aren't we? (Yes)

So this entity was my client Sharon and yet she was also separate from her. I thought it was objective enough so that I could ask it questions about Sharon without having to formally call forth the SC. After so many years of doing these sessions I have learned when the entity I am speaking to has enough knowledge to supply answers. Technically it is all the same anyway.

I wanted to know if Sharon had had any other lives on Earth. It said she had not.

D:Then this is her first time in a human body also?

S:On Earth, yes.

D:She's lived in other places besides Earth? (Yes) Can you tell us something about where she lived before?

S:Yes. She's part of a big group and she's been everywhere.

D:Like you?

S:No. It's different. She has form.

D:So when she was in these other places with this large group, that was with physical form?

S:Not so physical, but more individual form.

D:Group form? (Yes) Where were these other lives?

S:It's like a space ship. Like a craft...big one. They belong to the same group and they travel through realities and dimensions.

D:But do they have physical form?

S:They have physical...they have individualized form, not always physical. Sometimes it becomes physical and sometimes it's not physical. The shape is very similar to the shape of the people on Earth, but it's not so hard. It's more luminous. Not so solid. It can retain the light more. It has more light.

D:What do they do onboard the ship?

S:They work with realities. They work on forming the different realities and overlapping different aspects of the realities. They have a big work to do.

D:It sounds like a big job! (Yes) But your work has a separate energy. You're not involved in that? (No) You're part of a different project.

S:Yes. They create realities. They overlap different aspects of the realities.

D:What about the individuals that are involved in those realities?

S:What about them?

D:Do they have anything to do with that part? Do they create individuals?

S:They do that, yes. They do what is needed to be done.

D:I was thinking if they were creating realities, they would have to be populated by beings, wouldn't it?

S:Yes. But they don't care much about that.

D:What do they care about?

S>About how all the different realities coordinate with each other. They care about the process itself. They don't care about the people...not in a bad way...just as something else.

D:So this other project is bigger, has more importance than the individual. (Yes) Then I'm guessing that the individual decides what reality it wants to live in?

S:No. They don't have any choice because it depends on the frequency.

This has been stressed many times that the individual is incapable of progressing to other dimensions, even on the spirit side, if their frequency and vibration does not match. They cannot go any higher than the level they resonate with. This is why (especially in the times that we are living in now), that the individual learns how to raise their vibration to resonate with the higher realities that we are moving into.

D:Then why are they creating all these realities?

S:They keep everything in place. They keep the different realities in place so the whole Universe can be the way it is. They have to erase some things. They have to add some things. They have to make some things. They keep things. They watch over the realities and dimensions. Keep it in

balance so they can be in existence. So the Universe can be in existence.

D:Why do they have to be enclosed in a space ship to do this?

S:That's the way they travel around and that's the way they explore. They have the energy and the way to manifest the bodies. And those bodies need space and the space is like a home. That's where they go and stay and work from when it becomes solid.

D:You mean the space ship becomes...that's their home?

S:Yes, just like a world. It's not a space ship, like a vehicle. It's like a world. This space ship is like a whole world. Sometimes it's even parts of it. It's not like a vehicle. Not like that!

D:This is a little hard for my human mind to understand. That's why I'm asking so many questions.

S:It's like organic. It's like organic space that has functions. It's intelligent.

D:So the whole container, I guess you would say, is intelligent? (Yes) I guess I think it's unusual because I've worked with UFOs and ETs for twenty-five years and the information I'm getting keeps changing. So it's no longer solid little space ships out there?

S:No. There are spaceships out there. Yes, there are some. There are many.

D:That have other physical life forms on them.

S:Yes. There are other kinds of space ships that are alive. Organic.

This sounded like the type of spacecraft that Phil was on in *Keepers of the Garden*. It frightened him when he discovered that it was actually alive.

D:But those are doing different kinds of work? (Yes) You said they weren't solid.

S:No. They can become solid.

D:They're the ones that are manipulating the realities. (Yes) And then the other types in the mechanical spaceships have a different agenda, I guess.

S:Yes. They are from a different level. They are different.

D:So everyone has its own part to play in this.

S:Yes, everything matters.

D:And Sharon is a part of that group? (Yes) Very important job!

S:It's just a job.

D:Well, to me it seems important to keep the Universe in balance. (Chuckles) Does anyone tell those people what to do?

S:No, they know.

D:But without them the whole Universe would be in chaos, wouldn't it?

S:I guess, but they are not the only ones.

D:Are others doing the same thing? (Yes) She was quite happy there, wasn't she?

S:Yes, she was.

D:Why did she decide to enter a human body?

S:She wanted to experience. She wanted to try to do the work they were doing.

D:I think it would be more limiting to go into a physical body, wouldn't it? (Yes) Then the part I'm speaking to was assigned to work with her? (Yes) To find out what it's like to be human? (Yes) And the feelings and everything or what?

S:Not much focus on the feelings, focus on the experience of being here.

D:What the human being goes through?

S:Yes, you could say that.

During the interview Sharon said that her mother had many miscarriages before Sharon was born. "She couldn't come in. She tried, but the frequency was not suitable." I have heard this in other cases and many of them were reported in the *Three Waves of Volunteers and the New Earth*. The vibration of the mother has to be compatible with that of the incoming soul, or it will result in miscarriages.

D:What happened when she was finally able to be born?

S:The frequency was stabilized. They managed to make the frequency stable.

D:And she entered the fetus to be born? (Yes) Then there was no difference until she was three years old when you decided to come and work with her? (Yes) Did she live a normal life until you came in and work with her?

S:Yes! She needs a life...but I was not assisting her! No! I never assisted her! She was assisting me.

D:This was an agreement she made with you? (Yes) She said when she was very young, about the age when you came, that her parents had her on some kind of sedative.

S:Yes. Her parents didn't understand the change in frequency and they worried about her.

D:She was acting differently? (Yes) That was about the age that you came in and made connection, wasn't it?

S:Yes, and when she was growing up, too.

D:You kept coming in and out?

S:Yes, always. That happened always.

D:You come and go. (Yes) You take the information where you have to take it. (Yes) Where do you take it?

S:To the energy. The Big energy...to the Void...to Source.

D: So the Source is the Big energy? (Yes) I've heard it described as a "white light." (Yes) And you were describing it as darkness?

S: Yes. It's the same.

D: The same thing. (Yes) So it just returns to Source really. (Yes) Alright. I can understand that better. And you've been with her all her life then?

S: Up to the time when she left.

D: What do you mean?

S: She left. She's not in her body anymore.

D: That original one that you were with?

S: Yes, she went back to the space ship.

D: What happened? Why did she leave?

S: Because she wanted to so I could come in.

D: She didn't want to be here anymore?

S: I guess not.

D: About how old was the vehicle Sharon at that time?

S: Forty.

That was an unexpected surprise. Sharon is in her early fifties now.

D: At forty she decided she wanted to go back?

S: Yes, she started to get ready on going back and when she was forty-two she left.

D: But the vehicle, Sharon, the body has stayed alive.

S: I came in.

D: Let's explain that. She just felt she had learned enough and helped enough and she could go back?

S: She didn't come to help anything. She just came to experience being human.

D: Okay, and you were with her during that time sharing her experiences? (Yes) So she was wanting to leave and you took her place? (Yes) Because you knew all about her, you had the memories? (Yes) Did anything happen at the time the exchange took place? (No) Because I've heard sometimes it has to be a traumatic situation when souls exchange.

S: No. Not always. The body was sick but that was not the reason that she left.

D: But when you came in you had all the information, you knew everything about her? (Yes) And no one else would even notice the difference, would they? (No) And now you are the only one in the body?

S: Yes, but I share information, too.

D: Who do you share the information with?

S: The intelligences from that big space.

D: The big space are the ones that are on the craft where she came from? (No) The big space? That part that you were with in the beginning when I first began talking to you? (Yes) But now you remain in this body for the duration of its life?

S: I don't know...maybe I will, maybe not. I can go at any time I want.

D: Doesn't the body, Sharon, have things she has to do?

S: No, she came here to experience. The same as me.

D: Well, could you answer some questions if I ask them? (Yes) She wanted to know what her purpose was. Can you tell her what she needs to be doing?

S: To enjoy life and to observe and to watch and to keep sharing what she knows. Observing is very important. Observing with all the senses.

D: I've been told about what we call the Three Waves of Volunteers who came to help at this time. Was she one of those? (Yes) I thought she might be because she doesn't like it here. She keeps saying she wants to go home. But doesn't she have an important part in all of this?

S:She's here for the experience and she's here to be here. Just to be here. To observe.

These were definitely characteristics of the Second Wave, the Observers who are just supposed to be .

D:But now she's not very happy.

S:No, she's not happy. She's tired.

D:Well, should she remain in the situation she's in now or should she change that? (One of her questions.)

S:She can do whatever she wants. She has the power to do whatever she wants, but literally. She can create anything she wants.

D:But she has to first decide what she wants. That's always the tricky part. (Yes) She said she's remaining where she is because of her sister.

S:Yes. Her sister was the one who kept her alive at the beginning when Sharon came into the body.

D:When she was born?

S:She was born...the first one was born...when she came from the space ship. She was born here after the miscarriages. Her sister helped her to be alive. She took care of her. She wasn't eating, but she took care of her.

This often occurs when the soul comes into a human body for the first time on Earth. The body they had before did not have to eat solid food. Often they lived on pure energy. So they don't understand that the human body needs food. It said that everyone in Sharon's family had had past lives and were on the Earth wheel of karma. Sharon was the different one and she had no karma with anyone.

D:So this is why Sharon feels she needs to take care of her sister now? (Yes) But she's not really happy in the situation, is she?

S:She can do whatever she wants.

D:She doesn't want to hurt her sister. She's afraid something might happen to her if she leaves.

S:She will be taken care of.

D:She's thinking of going to Europe.

S:Yes, that's a good idea.

D:She's already traveled much all over the world as an observer, hasn't she?

S:Yes, and everywhere she went she modified the energy field. She can come and go. She has to go places.

D:So it would not be her mission if she stayed in one place.

S:No, it wouldn't be. She has to move. By being in these places she changes the structure of reality wherever she goes.

D:I travel a lot also.

S:Yes. You are doing something like that in another way. A different way. Yours is a different mission. When she goes she changes the structure. She uses energy just talking to people. She can also use the energy to heal. It will be easier now.

D:Do you have any instructions you want to give her?

S:To relax, and enjoy and observe and be there. That's it! She can do it. She is doing it already! We have a more formal aspect than it is now. Something more prepared. She will know.

D:I know the ones that have been volunteering and coming in to help are having difficulty adjusting to Earth. I've been meeting so many of them. I've heard there are hundreds of thousands of them here now, aren't there?

S:Yes. They come from different levels. They're here to change the reality, the vibrations and the frequencies.

D:I've been told we're moving away from the negativity.

S:Yes, without regret.

D:We want a positive world. (Yes) It's very hard to explain to people when I'm trying to help them understand what's happening.

S:Yes, but they are getting it.

D:We see it as a separation between the old and the new Earth. (Yes) But there are some that will stay with the old Earth.

S:Yes, it is already happening. It is a process.

We then went to explore Sharon's physical problems. I asked it to do a Body Scan and tell me what it saw. "There's nothing wrong." This was a surprise because Sharon had listed many physical complaints.

S:The body regenerates every day. She shouldn't be concerned about it.

D:Well, what about her digestive system?

S:She's nervous. She's worried about this world. She is not used to being in a human body. She is new to a human body, so it's hard to understand how it operates. She feels the emotions, the tensions around her. She feels everything and that causes trouble in her body.

D:She doesn't know about emotions and how strong they can be.

S:Yes, she never had them before.

I asked what could be done for her digestive system, and it said again that everything was fine. She just had to relax. "She does meditate, and that is good. That's how everything gets connected. She's passing on information when she does that. And also during the meditation the body gets healed. It gets her restored. She has difficulty sleeping at night because at night is when her mind information gets transferred. The nervousness. She gets too worried about the world. She sometimes forgets that it's part of just an experience. And there is nothing to worry about. She is just the observer. She worries too much.

She needs to enjoy life and to know that she has all the assistance that she needs...and more.

Parting message:

To relax and enjoy and do what she wants. She has all the power and more. She can do anything she wants. She just has to be there. To be at places. She needs to travel more. She needs to go to places. She has been traveling a lot, but now she needs to go and stay for more time, longer time. She needs to change the strategy. She is loved by the whole Universe.

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CHAPTER EIGHTEEN

THE BACKDROP PEOPLE

I HAVE NOW RECEIVED MORE INFORMATION ON THE concept of the backdrop people. It is still a mind-bending concept, but will hopefully make a little more sense with the added information we have gleaned. I have repeated the previous session from *The Convoluted Universe - Book Four* and then added two other sessions on the topic.



Suzette came off the cloud standing outside of a forest of very large, tall trees. Rather like pine trees or cedars that were very old and huge. She was trying to see the Sun, but it seemed to be hidden by something like cloud cover. Then she discovered that it was not clouds, it was actually dirty air that was keeping the Sun from shining. She was worried about the trees dying because of the air. Then to her surprise, and mine, she saw dinosaurs. Some of them were large, like Tyrannosaurus Rex. She said they were smelling the air, and were worried. Something was not normal, and she was sensing it also.

There was also a surprise when I asked her about her body. She said it was ugly because it was covered with nasty matted brown hair. She felt male in midlife and was wearing an animal hide that came down from her shoulder. I asked if she was comfortable in that place, and she replied, "No! Because the sky... the air is gone. There's not going to be any life." So something unusual was definitely happening. I wanted to know if he had been comfortable there before this. "No. It's a struggle every day. Because of the beasts...just to live is a struggle." These were the larger beasts, but also there were smaller ones that they ate. They used the hides from these after they clubbed them, and cut the hide off with a stone. Then they would dry the meat. I wondered why they would have to clothe themselves if they were covered with hair. He said, "For protection. There are smaller plants with thorns on them when you're going after the animals."

I wanted to know where he lived, and it sounded like he was describing a cave. "It's like looking at a tunnel in the stone. Like a hole. It just goes in and opens up. It goes further in but the tunnel lets in enough light." Then he saw there was a child in the tunnel. "This hole...there's nothing else in there but the child, so I think I escaped to this place. I brought this child to this place." He had come from somewhere else. "It's unknown death. I know I have to protect this child from what's in the air. Death is coming. Death to the trees and death to the dinosaurs." He described the place he had come from as an open faced cave, where many people who looked like him lived. "They just don't think nothing bad's going to happen. They didn't believe me."

D:How did you know something was coming?

S:The trees and the dinosaurs told me.

D:You can communicate with them? (Uh-huh) How do you do that?

S:Just listen. They show me pictures. Death is coming.

No one else would listen, so he had taken the child and left. The other people just ignored him. The child was not born to him, but an orphan. They had traveled a long way from the original group before stopping and staying at the tunnel. He was hoping it would protect them. But now a new problem presented itself: he needed to feed the child. "I have to hunt. Everything's dying. Dinosaurs are falling. It's as if they can't breathe. It's choking the trees. They can't breathe either." It was not affecting him yet. "I'm low to the ground. It hasn't gotten down here yet. I need to find food. I'm hurrying... running through those plants that have thorns...looking and looking. I found something. It looks like a small pig or a big rat or something, and I club it." He took the food back to the tunnel.

A period of time must have passed, but of course, this primitive being would have no concept of time. "I come out and everything's dead. Everything's brown, but we're still alive. Some of the animals choked. The air was bad." I wondered if he had been in the ground a long time. "Must have been, but you can breathe again. Other animals that lived in the caves or were deep in the ground are coming back out. The ones in the water survived." So apparently, any creature that was underground was protected. "And the plants are coming back up through the roots. The air is starting to come back to the sky. Sun's starting to shine. It's warming the planet. It was cold when it came."

He decided to go back and see if any of the others had survived. He didn't want to, but thought he should. He took the female child with him. I condensed time and asked him what he found when he arrived there. "Death. They're all gone. Couldn't breathe." So because they were living in an open cave they couldn't escape the choking air. I asked what he was going to do now. "Just move on. Life will go on. I'll go and see what I can find...anyone else. There might be others who survived underground."

Then I moved him forward to see if he ever found anyone else. Instead he saw: "A very bright light...very bright light...too white. In front of me." I immediately thought he had died and was journeying back to the Source, which is always described as a very bright light. If this was true I wanted to know what happened to him. How did he die in that lifetime? So I had him move to the last day of his life and asked him what he saw and what was happening. "I see a ship that's shiny. We are taken...we are taken. The ship...on my journey. It landed out there and we were taken. The ship was round and shiny." He was breathing deeply as if distressed.

D:How were you taken?

S:In a light...there was a light around us and on the ship.

D:Can you see any people?

S:Tall...not hairy...light skin...white eyes...white colored hair. They're not like us. They're not hairy like me...I'm hairy.

This sounds very similar to the fairy creature described in Chapter (????) *The Creation of Humans*.

D:Have they taken you on the ship?

S:Yes, they treated me like a beast...one of the animals. I'm the only one that looks like me. They're poking their long, skinny fingers, touching me.

D:Can you communicate with them?

S:I don't think you have to.

D:That's why they treat you like a beast? (Yes) Maybe they don't know you can think. Do you know where they're taking you?

S:We see two stars. They're in the sky. There are windows all around me. There are lots of round cylinders...lots of different colored lights.

This journey could have taken a long time, so I condensed time again and moved him ahead to when they finally arrived wherever they were taking him. He saw a city composed of crystals. "It's...I'm home. (Deep sigh) Crystal...everything's glass...I'm home! They brought me back home. I was supposed to be one of the beings. I chose to go to that place where I was so hairy. Now I'm back home."

D:Do you still have the hairy body?

S:As I'm walking it is falling away. The hair...that role...I'm changing back to what I was.

D: You mean the body didn't have to die? (No) You just transformed back again?

S: Yes. I'm a lot happier. I didn't like being hairy.

D: Why did you choose it?

S: I was to bring back this child. I was to save this child.

D: Was she able to make the journey all right?

S: I don't see her right now.

D: But that was your job, to save her. (Yes) And this is home? (Yes) Do you know where it is? Do they call it anything?

S: (Pause) I see a Z. I see an X. I don't understand the symbols.

D: Maybe it will make sense to you later. What is your body like now?

S: It's wonderful! It's no body hair, tall, white skin, blond hair, blue eyes.

D: Like the other ones on the ship?

S: Yes. They were poking fun at me, back when I was hairy. It's better to be home with all the glass and all the crystals and all the lights.

D: They were poking fun at you because you had forgotten? (He laughed: Yes.) When you went and experienced being hairy in that other place, were you born as a baby into that life? Or how did it happen?

S: I think it was the normal process when I was born into that group of people, so it has to be accepted, but I was never accepted growing up. They didn't listen to me.

D: They didn't understand you. And while you were there, you forgot about your home? (Yes) Forgot where you came from. I think it's interesting that you didn't have to die to leave that place.

S: We don't die.

He was just transformed back into his original state. Now that he was back where he felt he belonged, I wanted to know what type of work he did there.

S: We go in this place and make a diary of what we learned. A record of what we saw and what happened. And you energize with the crystals.

D: How do you do that?

S: All you have to do is touch them. There is sound, vibrations...there is healing. Different lights, color, reflects through you.

D: This brings you back to normal?

S: Yes, you energize. You heal anything that needs fixing. It's so right and so peaceful there, and so beautiful because of the crystals.

D: But you did decide to leave this place. To explore?

S: That's our job. We have to go choose another job. We go where they need help. And I had to save that child. I couldn't save them all so I saved that child.

D: You tried, but the others wouldn't listen. What was wrong with the air? From where you are now, do you know what was causing that?

S: Yes. It was a multitude of volcanoes and everything that could go bad. Knocked the oxygen right out of the air; took the Sun away, and they just couldn't breathe. Nothing could breathe. Anything that was big, that took a lot of oxygen, they died. There was a lot of activity and people didn't survive and the big animals didn't survive. They didn't have protection.

D: Did you know this was going to happen before you went there?

S: Yes, in the crystal city I knew. But I didn't know when I was there. It was just not comfortable with all of that hair. (I laughed.) But I had to have it to blend in.

D:What are you going to do now? Are you going to stay there for a while?

S:Yes, I am. I am going to check on my options.

D:Are you going to have to go somewhere else?

S:Yes. That's our job. We look at all the stuff and then decide.

D:But you do have a choice, don't you?

S:Yes, we have a choice.

D:Do they show you these options?

S:Oh, yes, when you're looking in the crystal. It's a big crystal, and it's like liquid. A little thicker than water. And you can see the life of a person and what their job is and what they're doing. You just watch their whole life.

D:But you know that humans have free will. Things can change, can't they?
(No) *Maybe you are seeing one possibility?*

S:You only see one path, what that person is meant to be there for.

D:Yes? But sometimes people don't take that one path once they're in the body.

S:Hmm...creates chaos.

D:Because you know they have free will, and sometimes they forget what they're here for, don't they?

S:No. They just don't listen.

D:You can come into the body with all good intentions about what you're supposed to do, but other things get in the way sometimes.

S:It's like those people back at the cave, they're just people. They don't have a path. They're just people. I had a path. That child had a path.

D: So if you choose an option, you don't go off that path? Is that what you mean?

S: Yes. There's just so many in this room where the crystals are that choose a life or have a path. The rest of the people aren't sent here on a path.

D: What are their lives for then?

S: It's like a backdrop.

That was a strange statement. I had never heard that before.

D: What do you mean?

S: In a movie they paint something around the person so there's a backdrop.

D: So the others don't really have purposes?

S: Right. They come to live, breathe, work and die.

D: Is there any hope that they might find a path, or are they a different kind of soul?

S: They didn't choose. They're just here to be part of the backdrop. They're slaves. They're slaves that go from one star system to the next and they are used as a backdrop.

D: Just to be there for these persons with a purpose.

S: Yes. For you to learn, to stay on your path, you have to have these other people in your way, living beside you, but you're here for a lesson and they're here for a backdrop.

D: Yes, but sometimes they create problems, to try to pull you off your path? (Yes) Is that part of their purpose, to distract you? (Yes) But when you're in your body, you don't know all these things, do you?

S: Not all beings are the light source. Not all light beings are the light source. They're just here as energy to help us

with our lessons, to create chaos or to work or just to live. Certain beings go to learn the lessons for the light Source. It's like you're just a higher being.

D:Then the other ones, they don't evolve to become higher beings?

S:No, they're just energy. Like making a movie where they use extras.

D:But the ones on the path, the higher source, can they recognize each other out of all the mass of other people? (Yes) If we could do that, we wouldn't let things bother us so much, would we?

S:That's right.

D:If we knew they were there to add drama, I guess you would say? (Yes) But when you're looking at these options, you can see all the different lives you're going to go into. You know that you're speaking through a human body right now, don't you? (Yes) It's probably one of the options you chose, the one we call "Suzette." Did you see that as an option before you came in?

S:Yes. I only chose options where I could save someone.

D:Why did you choose the life that was going to be Suzette?

S:She will be used to surrender with children and higher light beings to teach. I won't be coming back to the crystal planet for a long time, so I have to teach. We have to get the life source higher vibration on this planet. She will be teaching life source children and animals.

D:The animals are important also?

S:Certain animals are a higher life source.

D:So like the humans, many animals and insects are like the backdrop? (Yes) And certain ones are a higher vibration?

S:Yes. There's so much pain on this planet.

Here Suzette expressed pain as she said her head hurt. I gave suggestions for well-being to remove the physical sensations.

S:There's too much pain. There's pain all around with the animals and with the plant life and in the water, and I have to help. I have to help teach these life sources that are of higher vibration so they can help the planet and help the animals and help the trees. I can't just leave. I have to stay here and help. (She moaned as if very frustrated.) Big job.

D:Yes, it's a big job. But you're not alone. There are others coming to help, aren't there?

S:Yes. You can feel it. You can feel the vibration.

D:What is it you want Suzette to do to help?

S:Teach the young. They came here, too, but everything is going to happen quicker. They're going to help sooner because there's only.... OH! My head hurts. (I gave suggestions again.)

D:Why do they have to learn quicker?

S:Time is short because of these lower beings. All they want to do is hurt each other. They want to destroy each other. They want to destroy the land, which hurts the animals, the trees and the water. And in short, you have to get to the youth so they can spread the words and help heal the planet.

D:The adults are not going to be able to help?

S:The higher source adults. The others have gone from doing their jobs as backdrops to being angry. They want to be angry at somebody or something and all they want to do is kill...kill or hurt. (She winced in pain again.)

D:Their being angry creates an emotion that is drawing energy. Is that what you mean?

S:Yes. We ought to stop that.

D:The negative type of energy that can hurt things.

S:Yes, it can hurt the planet.

I asked about Suzette's purpose. "She is to work with the young people. Teaching, listening, understanding." She was told she didn't have to go out and look for people, the higher life sources would come to her. "People that know...they know...people know. She came to heal or to save." Suzette had said that since she was very, very little she was very angry at being sent back here, and she didn't understand this.

S:Yes, this job is big. She didn't want to come. This job is big! There's so much pain...so much pain.

D:But she chose to be here.

S:Well, I think I needed to choose. They're sending life forces. We didn't get to choose this job. This is a big job. Many life forces have been sent here to save this planet. I would rather have stayed at the crystal city.

Suzette is very psychic in her present life. She can see things that are going to happen in the future.

S:I saw it clear back when I was hairy. I knew everybody was going to perish. I could see in every lifetime.

D:Is Suzette supposed to use those abilities in this lifetime?

S:Yes. Trust and teach. Higher spiritual thinking.

D:She said people won't listen to her. They won't believe her.

S:Just talk to the ones with the higher life source. Everything is speeding up. There's less time. That's why we all had to come here. There's less time. We have to save the planet.

D:I've heard there are some that are not going to be able to be saved.

S:No. The backdrop people, but they're angry.

D: The vibrations are changing. So the backdrop people will stay with the old Earth? (Yes) And that's why they're angry?

S: Yes. It's like they're acting and they got a script and they are playing this part, and their part is to destroy this planet.

D: They have anger about this? (Yes) But the planet cannot be destroyed, can it?

S: No. It can't be. It's just like when the dinosaurs died and the trees died, but everything came back to life. Not the dinosaurs or the trees, but they don't know that part of it. But this is a beautiful planet. This is a beautiful home. Not as pretty as the crystal place, but....

D: Then the backdrop people will stay with the Earth going through all the changes, the catastrophe part?

S: Yes, they won't survive. They'll be gone. The others will move on. This new place will be so beautiful. The vibration will be so high and this will be a learning place.

D: That's what I was trying to understand. It will separate into two parts?

S: Yes. It's like two levels, and the old Earth will be on one level, and the new Earth will be on a higher level. But they won't see each other, like they're in two time warps.

D: That's what I've been told. One will not even be aware of the other. (Right) But you want to teach the children so they can go to the new Earth?

S: Yes. More with higher vibration can help save, and this will be a teaching planet. There are other places that are teaching, but this will be a teaching planet.

D: So those that are left with the old Earth will live out their lives in a different way? (Yes) You said those people are not evolving at all?

S: Yes. They're just like backdrop, you know, like paint a picture and paint somebody on it.

D: So as the Earth goes through all the changes and catastrophes, there will be many people dying.

S: Yes, yes. There will be a lot of that. (Matter-of-factly.)

D: But they choose this before they come in anyway?

S: No, not so much choose. They're kind of like slaves. They're taken from one place to another to do whatever they need to do there because they are just energy.

In this life Suzette had a memory of seeing two stars and she asked about this. "These two stars in the sky, is that the crystal city?"

S: You go toward the two stars. The crystal city's past there.

This was an interesting concept that opened up a different way of looking at the two Earths and the separating of the Old from the New. I was in the final editing of this chapter when I suddenly had a revelation. It is strange how many times you have to read something before it finally clicks. Maybe this is the way the mind works; it has to be exposed to something several times before it finally makes sense.

I thought the idea of Backdrop People was interesting and certainly a new concept, but then I saw more in what the SC was trying to convey. Many times at my lectures people want more information about the separation of the Old and New Earth, and those who will be left behind. I now think this concept holds some of the answers. They said most of us chose to come and experience life at this time and came with a higher purpose to help save the Earth. But, unbeknownst to us, other energies were also sent to Earth to play bit parts in our scenarios we have created, to act in our illusion. These were called the Backdrop People, who come to live, breathe, work and die, but have no real purpose other than to be the extras in our play; the backdrop to act against. They called them "slaves," but I think that is a rather harsh word. They are just energy and are taken from one star system to another to play their parts. Rather like the extras in a film who spend their entire lives playing that insignificant part and never getting to play the leading role. It reminds me of the movie *The Truman Story* where the young man spent his entire life living inside of a created illusion where actors played their parts, before he finally realized it wasn't real. The others were playing their parts very realistically and convincingly.

They said these people have become angry, but I think they have picked up that anger from associating with the negativity which surrounds them. And this negativity has increased their anger. This has created all the wars and catastrophes that is present now on the Earth. This would also account for the thousands of people who are killed in the various wars and natural catastrophes. They are there to provide the drama for our illusion. They said, "They are taken from one place to another to do whatever they need to do there because they are just energy." I think the only way to look at this is with all emotions removed. We wanted to experience certain events in our lives, and these were the people hired by Central Casting to fill in the scenes. I am not saying this is true, but it's an interesting concept to ponder. More mind candy! Take it or leave it.

It is now my opinion that these are the ones who will be left with the Old Earth, the Backdrop People because they do not have a higher vibration or purpose. They teach us lessons by their mere presence, but they are not intended to evolve further. These are the ones who will be left behind. The ones who realize their higher purpose and raise their vibration and frequency will travel on to the New Earth. There will be those who came in knowing their mission and had high ideals, but they let the negativity of the others pull them down and influence them. Those will also have to stay with the other energy on the Old Earth as they separate. This is why it is important for us to realize that it is only an illusion and find our role in the creation of the New Earth, and our part in helping others find theirs. And not be sucked into the angry energy of the Backdrop People and be stuck on the Old Earth. This is why this is such an individual thing. Each must find their own way and reawaken to the purpose they came to fulfill.

This strange concept of backdrop people who were similar to extras in a movie left a lasting impression on me. Now when I'm in a crowded airport, cruise ship or busy city and I see all the bustling people going about their business seemingly oblivious of each other, I think "backdrop people." An interesting concept and one that probably has more significance than I realize.



In another session I received the following information:

C: Humans are not all the same. Some can read, create and some are like animals. So most have no idea they are resources. He thinks they all have souls. They don't. Some are of interest. Some are not. Others are artifacts.

D: What do you mean?

C:Reality has a superficial...has layers. These people are only involved in upper layers. They're involved in only the shallowest layers. They have no connection to layers beneath and yet God consists of all these layers, so there are levels to be fulfilled, to be had by people. Even in the shallow layers is existence and that's why they exist. There is never going to be any more. He wants them to be more, but they can't be.

D:He can't control that, can he?

C:He can't control it, but he knows the world is controlled by those who can create so he can control reality by getting them to control reality for him.

D:But you talked about the ones that don't have any souls. Are they just energy?

C:They are just matter. They are more than matter! They are deficient. We create our reality and they are among things that are created to populate reality. Their job is to populate reality, not to direct it, not to change anything. They're just along for the ride!

D:More like the background, you mean?

C:They're like the background. They're more than that, but they don't know it! They're losing contact with the deeper layers of reality. They're confined to the upper layers, finally being severed from the layers beneath. They cannot sustain themselves in the superficial reality alone.

D:Then in the lower layers...you said they don't have souls, but we perceive them as going through lives.

C:They have lives, but they don't have lives. They don't have permanence. Life is life without end.

D:And these don't have that?

C:They do not. They need to be redefined in order to exist. They need definition. They don't define themselves. They don't have the power to do that. They need to be defined by the environment. They need to be defined by their own perceptions. That's all they have. They have not the power to create, but they do have the power to sense the creation around them. Some conform to this creation. Those are the ones that do well and the ones that don't do well are the ones that can't.

D:Do these have lives? Do they have children and go about what we consider to be....

C:Oh, yes. They're resources.

D:What do you mean?

C:They've been a species. The species must continue. They must reproduce. They will produce all kinds of organisms. Their job is to reproduce. Their job is to bring forth future generations and provide reality with continuity, so it becomes what it must become. And they, themselves, cannot make it what they must become. They must leave that to others.

D:Well, when these kinds of people, humans, when they die, what happens to them?

C:Some humans...there is the Universal Soul that can extend the identity or retract it from the activity until higher forms will self-unite with them. Lose their identity and they will not use it. Other human beings cannot be retracted. They don't have continuity to do it. They must be re-created in the shallow level of reality. They do not exist in the same sense. They could but they don't see that they can and so they don't.

D:So when we perceive them as dying they just dissipate, you mean?

C:Those that cannot...those that have no continuity, cannot be retracted. They dissipate.

D:Well, one time before...you know that I do speak to you often, don't you?

C:No loss of contact.

D:I mean you are aware that I do ask a lot of questions many times? (Laugh)

C:Of course.

D:One time you brought up the concept that you called "Backdrop People." Is this the same thing that you're speaking of?

C:They are more than a backdrop. They replicate the Universal Operator. They do so only on shallow levels. They are conserved.

D:I'm trying to understand. You said before they were like a movie that had people to populate the background. And this type of people wouldn't be like other humans?

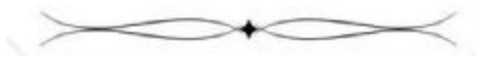
C:People need people. They cannot live alone by themselves. They need a web of interdependency. They must support each other. They need each other. We create realities with many beings, not just one. To experience the interdependency of the being...but this end is shallow for one. There is just the one. There can be nothing else. Everything is created from it.

D:So we create these backdrop people, these ones just to have company, more or less. To help feel we're not alone or what?

C:They create themselves, but they are directed past their doing it because they don't know how to do it themselves. That takes more than they have. They don't have it there. They're phenomenal. They could evolve to the point where they can, however. They can gain identity. It's possible to gain identity by evolution.

D:But many of them don't? So when they die, as we say, they are reabsorbed in the Universal Soul, if I'm understanding correctly?

C:Reabsorbed. They do not die, but they are reduced. They are mixed in mind. They are many souls. They may come back as a group.



Here's another where I feel received the best explanation of them all.

D:I wrote about it and everybody keeps asking questions. I said I knew more information would come so I could understand it better. Do you know what the concept is?

S:Yes. What do you want to know?

D:I have to explain it to people. (Laugh) I was told that the "backdrop" people were energy. They're not real.

S:Yes, they are holographic images.

D:They said it was like when you put on a movie they are the ones playing the people in the background.

S:Yes. They are holographic images.

D:The last session I had they said people like having other people around them and that's why they are created? (Yes) But they seem to be solid!

S:Yes, but they are not. They are in a way because the attention that everybody is giving to them makes them solid. The attention is giving them reality so some of them get to have a real identity at a point. And many of them never get that chance.

D:If you went up and talked to one of these...would it be a real human or would it be one of these people?

S:What did you ask?

D:If I went up and talked to any of these people....

S:You wouldn't notice a difference.

D:You couldn't tell the difference if they were a backdrop or not?

S:No. But the amount of energy given to them at one point gives them the chance to be real. And many, many never have, nor will have that chance.

D:So they're not really alive?

S:No. They are, but in a holographic world. It's an image. Just an image that has the potential to become real. And that potential image gets activated by the image given to the others through their attention, through their awareness.

D:So they could become real? (Yes) Otherwise they're just like motion picture images? (Yes) And they don't live or die? They're just images? (Yes) But by focusing on them, they could change into a life?

S:Yes...in time.

D:In time? Wouldn't happen instantly? That would mean they would have to come and be born?

S:No, no, no. At the beginning, no, but at the end they have to come into the Wheel of Information.

D:They'd have to get on the wheel then? (I was thinking of the Wheel of Karma.)

S:Yes. Not the first time, but then they have to do that.

D:And all this is decided by someone else anyway.

S:By the Laws of the Universe and the Mechanics of the Universe.

D:That's what people are saying, "These are people without souls," and I couldn't understand that.

S:Yes, they do not have a soul.

D:Because they're just images.

S:Yes, they don't have a higher self.

D:But if I would interact with one, even if I touched one, I wouldn't know the difference.

S:No, you wouldn't. You are surrounded by them, by many of them.

*D:Every time I walk into an airport I say, "Look at all the backdrop people."
(Yes) So it's that kind of thing? (Yes) The ones we interact with though on a regular basis are real?*

S:Eventually they get real.

D:But the "backdrop" people, they are not real?

S:No. Everything is holographic...if you see it that way...everything!

D:Well, I've been told everything is an illusion.

S:Everything...even the chair...everything.

D:Yes, it's just an illusion. (Yes) Maybe we're the only ones that are real and we create our world around us?

S:Yes, but we can interact with others.

D:I tell in my lectures, the Lecture Hall did not even exist until the people who came to the lecture collectively decided to create it.

S:Yes, it just existed as possibility.

More mind candy to ponder as we realize that we create our realities....

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CHAPTER NINETEEN

A CREATOR LIGHT BEING

THIS SESSION WAS HELD IN MY HOTEL ROOM AT THE LA airport. We had gone there for a meeting with Trevor and some other people. Trevor had some physical problems, but it seemed he mostly wanted to experience what a session would be like. He went under very quickly with no problems at all.

When he came off the cloud he was looking at a huge volcano that was not erupting, but spewing steam. He also saw a jungle type setting around the base of the volcano. "Volcanic rock that quickly gets out to greenery. Big kind of palm...not palm trees, but palm leaves...GIANT leaves! The volcano is beautiful!"

D:You don't think it's dangerous?

T:No, it's fascinating!

When I asked for a description or perception of his body, we were both in for a surprise. He saw that he was wearing something similar to a spacesuit. "It's kind of a one piece white jump suit that connects to white boots. I want to say 'space boots.' The suit and boots are not separate. The feet are big and the large boots are connected to a white suit. It is not a singular suit." His body felt male, with long black hair braided back. His skin appeared to be a whitish blue. The hands did not appear human: two fingers and a thumb on each hand, with the thumb and two fingers connected web like. "Very gentle and elegant looking." Even though the hands sounded strange, he said he had no problem using them. I asked about his face. "I perceive it's angular, long and narrow, a little pointed. I feel I have a nose and a mouth. And my ears, Ha, Ha! Are pointed. I have large eyes. I also feel like I have a helmet. A glass bubble type of helmet."

D:Do you feel like you belong in that place?

T:I feel like I'm a visitor. Just observing.

D:Why are you wearing a helmet?

T:I'm a visitor, but it's like I've gone back to...it feels like I'm from the future. The helmet is just on. I'm not sure if it needs to be on or not.

D:Why do you feel like you're from the future?

T:Because everything else almost seems prehistoric and I feel like I'm just visiting.

D:Do you see any signs of people or structures or anything?

T:No...no structures. Just the volcano, surroundings, water around me. I'm on a small plateau...beautiful small waterfall off to my right.

D:Have you been there very long?

T:No. It feels like I've just arrived.

D:How did you get there?

T:No vehicle. Seems like I just appeared.

D:So you didn't need a vehicle? (No) How are you able to do that?

T:I just thought it, kind of like the Star Trek beam.

D:You just thought it and you were there instantly? (Yes) Why did you pick that place?

T:I don't know. I mean...just calm.

D:Even with the volcano you think it's calm?

T:I guess I do.

D:So it's just a place to visit? (Yes) Then when you're done what do you do?

T:I just kind of vanish. Let's just become light.

D:How do you do that?

T:I just think it.

D:Does the whole body turn into light or what?

T:Yes. It's almost like entering into some sort of light vortex. After I become light, the suit sort of goes away and I become the vortex.

D: So you don't need the suit anymore? (No) But you needed it when you were in that place?

T: Yes. I think it's unknown so the suit comes on until you can figure out if it's needed or not.

D: Just a precaution? (Yes) So now you see your body differently?

T: Yes. Just light...just traveling...just going some-where.

D: How do you perceive your body now that it's light?

T: Just this energy source. It's going straight up away from that place! Just like a rocket. I am just energy.

D: Where are you going to go now?

T: It's more that I'm seeing where I'm going from than where I'm going to. I can see I'm in space. Interesting! Wherever I'd left, there are two moons. (Laugh) Kind of strange! They're close together. They're more like live moons than dead moons.

D: What do you mean?

T: That color. One looks like a Jupiter type color, and the other one is more of a blue. It has a bluish lavender around it. The planet I just left is similar to Earth, but with no discernible continents. It's a green and blue planet, but not really broken into continents and separated by water or integrated.

D: And you're moving away from that now?

T: Going away from it, yes! Now I'm going toward some sort of clear dome structure.

D: It seems like you can just travel with your mind. (Yes) Tell me about this dome structure.

T: I'm going through it...massive. Very futuristic buildings all around.

D: You go right through the dome?

T: Yes. It's almost like I'm stepping into...it's like a morphing of light to my body again. This almost in "slow motionless," firmly landing and taking three steps in this futuristic looking room. I have a body again.

It was the same body, but now there was no need for the suit and helmet. He was dressed in ordinary simple clothes. He walked around the futuristic looking apartment and described the furniture. He walked over to a window that was open to seeing all the rest of the city. He said he lived there by himself. When he decided he wanted to travel or go out and leave this place, he was able to do it by thought. There were no restrictions. I then asked what type of work he did. "I see a table that is more like a desk. I wave my hand across the table, and something like schematics, a blue print, but holographic schematics come up on the top of the desk. It's almost like a musical instrument. And I put my hands over it and it makes interesting telephonic sounds. The different schematics and blue prints are like electrical charts. By moving my hands I can move them around. Moving different symbols into different areas. It's really suspended above the desk. Every time I move something it seems to build on something and there's always a musical tone to each movement."

D: Do you mean you build onto something?

T: Taking the different pieces from the holographic symbols and as they start going together, they start to form a pattern.

D: What's the purpose of doing it?

T: To travel to the next place.

D: Oh? I thought maybe you were constructing something.

T: I am. I'm constructing the next place. It's almost like I'm putting together some kind of a planet. Like I'm building a planet that I'm going to travel to. That's the sense that I have.

D: You mean you can do this out of nothing? (Yes) So in this place where you are, you have the ability to just create? (Yes) And you can make the planet any way you want it to be? (Yes) Have you done this before?

T:Yes, seems like many times.

D:Then what do you do with it after you've created there in that room?

T:I spin it with my hand and it starts to rotate and...it takes off. It travels! Out of the room, through the dome. And I'm becoming this light again and I'm following it.

D:Why are you following it?

T:Right now I don't know. It's just going and it's getting larger and larger.

D:So it grows after you release it?

T:Yes. And it seems to do it quite quickly, very fast. Growing and growing and taking on more of a subsidence form.

D:Becoming more solid, you mean?

T:Yes, and larger...very large. It's like it has a giant bubble around it. It's crazy, but it's planet size now!

D:It's grown that big? (Yes) Did you create the other one that had the volcano on it?

T:I think I did. I have a sense of being there before.

D:Where do you put this one?

T:It's not where. It just puts itself into the vast Universe part. Oddly enough it's large and my light penetrates it, almost like diving into water.

D:Do you mean you give it life?

T:I think so and it's liquid.

D:What does it look like now that you've formed it?

T:It is all ocean. It's not land. It's all a blue ball of ocean.

D:Like a water planet?

T:Yes. But I first penetrate a bubble that's around it.

D:What's the bubble for?

T:It seems like it holds the atmosphere. It has to have atmosphere. Then I end up penetrating the water. And again I'm floating down. I morph again and then I'm walking on a sea bottom. I'm just walking on the bottom of liquid. Don't ask me how I'm doing this stuff.

D:How does that feel?

T:Warm...belonging.

D:What happens after you create these things? Do they remain?

T:They remain.

D:They don't dissipate? (No) I thought maybe if you were playing and creating, when you went away, then what you created would disappear.

T:No, they stay!

D:What about beings or plants? Do you do that?

T:Yes, as I walk things seem to start appearing, like coral and.... Really they're kind of more electrical type beings.

D:What do you mean by "electrical"?

T:Kind of like jellyfish, but with a bluish type of outline to their form. They're invisible, but they have almost a schematic blue outline to them. There are other types of creatures that are more substance creatures. Almost like an alligator type, but with a much broader mouth, and not menacing.

D:Those things are more solid, you mean? (Yes) Then what do you do after you create them?

T:I start going back to the surface, and I'm off again.

D: So you don't have any responsibility once you've created it? (No) I wonder what happens to it then?

T: I don't know. (I laughed.)

D: You create it and it finds its own place where it wants to be. And then you don't have any more responsibility? (No) So that's your job. To go and create then go to these different places?

T: Yes. It's like I'm seeding a planet. It's a very large imagination for myself, but that's what's happening.

D: Is there anyone who tells you to do these things?

T: No, it's just intuitive.

D: That planet that has the dome, is that where you live?

T: No, it doesn't feel like I actually live there. I go back there. Maybe it's a base of operation. I don't know. I'm not sure. I think maybe I have many different places I go to. I'm definitely traveling.

D: You don't have any one definite place that you have to be?

T: No! I think it's more like it is wherever I want it to be.

D: So what is your desire? Is that what you like to do... just create?

T: Yes...just happy creating!

Spending eternity creating could take quite a long time, and I wanted to get more information that would apply to Trevor, so I asked him to move to an important day when something important was happening. Although creating planets and placing them in the universe was certainly important. I just wanted to move him away from that scene. But he said one day was just like the next when you are busy creating.

Then Trevor unexpectedly went into a physical life as a teacher and advisor to the Pharaoh in Egypt. He later explained that it was the beginning of a series of many, many lives. The reason for leaving the life of creating and entering the physical was "To follow a life all the way through. It seemed like I just existed before. This was my first commitment to a complete cycle of life."

The SC said it showed Trevor the lifetime as a creator to let him know he is still a creator and capable of doing great things. You never lose abilities, and if he had once created planets, then nothing was impossible. "He likes to build. That's been an internal desire to do that and see things grow. The doors will always open. He still likes to create on a smaller scale. Part of that makes him feel inadequate because it's smaller, and he desires to get back to a grander scale. He should just take a deep breath, enjoy the moment and move forward. He's on the right path."

Physical: Problems with his left knee. It would go out on him every once in a while. The SC saw it was a torn ACL, torn meniscus and the left tendon was a little weak. The solution was done with energy, as it always is. "It's a matter of a spinning around the tendon. It's a blue energy, so it's like a streak that's kind of electrical...constantly spinning. Grow the tendons together. It's a blue string light that's constantly spinning around the tendon and it's almost like a thread, but it's extremely bright. The end of it is like a very white light. That's the beginning of the thread that keeps penetrating and spinning...always spinning and moving back and forth. Almost like stitching things together from the inside. And there's heat involved. It's almost like it's melting them together and spinning it at the same time. It's really two sides trying to join together, the central ACL and then the left side of the knee." Then the SC announced that it was done! "The knee is fine. It'll be fine from here on out." Then it noticed a little plaque in the heart. "Bring my little blue friends back up. Spinning inside of the heart now. Hmm...the plaque's gone!"



This was part of a much longer transcript that was rambling and at times difficult to follow. Mostly because she kept interjecting and trying to explain or understand from the human mind point of view. She went immediately to a place that was like a void that contained stars. After much time, a group of purple orbs appeared. She could hear voices and knew the colored lights were talking to each other. "I have no reference point. They appear large. They could be huge, millions of miles away, or they could be just inches away. Now it's giving off light. (Excited) I can see inside it. The light's coming from inside it. Right in the very middle, like a little spark inside a transparent ball.

"I'm at the boundary. I'm as far as I'm allowed to go. It's only so far we're allowed to go. I think it means I'm not old enough. I'm not qualified to go further, is what it means. I can go further, but at this stage I can't. It's not just a question of experience. It's not just a question of having done certain things. There's something more to it. A big something more. They are definitely a collective. Their voices are all different though. Some are male, some are female. I am being told that I am a part of this collective. I suspect I have some kind of homing device in me somewhere. I loosen myself from body. I was drawn to them, but I don't feel worthy. Quite frankly, I don't feel worthy to be with these beings. Yet I'm obviously affiliated with them in some way."

D: If you were a part of them, and they are a collective, why did you separate?

S: I was supposed to go off. It was just part of the plane I'm supposed to go through. I doubt if I did it willingly, but I don't know. I'm so independent now, and yet I was so reluctant to go off. Maybe that's why they made me do it. So I could come back and tell them stuff. That doesn't seem a good enough reason somehow. There are so many other planets to explore as well. More information passes at once sometimes. But other times it just goes through in a tiny amount. But sometimes it's like a large pipe it goes through. And I think one of those times is when I'm connected into the circle of spheres. (Surprised) My God! They're a part of me, aren't they? They experience me. I don't experience them, as far as I know. I think it's possible that my brain can operate completely without my knowledge at all. And I don't just mean in sleep. I mean I think they operate like that all the time. I wasn't expecting that. It's like your computer's been hacked, and there's a backdoor in the system. Friendly hacker, but it's there constantly watching absolutely everything. It's information about the actions that I take, and the effects accumulating from those actions. That is what I'm supposed to do. I'm supposed to experiment with behavior. I always say everything I see and everything I hear goes somewhere, I think. I'm not sure if it's what these things do. But I'm supposed to experiment with various forms of behavior. I don't begrudge them the information. Apparently I'm manifesting at different levels. On a material level as well as a spiritual. I'm not sure what level they're on. They're higher than astral. That's for sure.

D: Ask them what plane they are from?

S: They're from a level that humans can perceive quite commonly. And it would equate with the brow chakra, if you were to equate each level of existence – for want of a better

word – with a level of chakras. Which is how I best understand it. They don't routinely live there. They can reach it. Some reach often. Some live mostly there, I suspect. It's nothing we can see with our eyes unless we're very special.

D: They are like a collective now. Were they ever in physical body?

S: Frequently. It's ongoing. They've lived in many places, and yes, they live on Earth.

D: And they've lived on other planets, dimensions?

S: Apparently so.

D: If they have experienced all of these lifetimes themselves, why do they still have to accumulate knowledge from you?

S: They are not coherent individual entities, as we would know it. They're kind of like a chorus of several different entities. I think each might equate with a life that's ongoing. So it's natural. It's supposed to be this way.

D: I've always thought if they have lived all the lives, they wouldn't need any more lessons.

S: Oh, no, they haven't lived all of them. They've a long way to go. They're not finished any more than I'm not finished. And they're further ahead of me. (A sudden revelation!) Ah! They're not allowed to go any further either. They have the same limitations I have apparently. Now I know what they're doing there. They're waiting till they've accumulated the experience to go on further.

D: So they mean parts of them are still living physical existences?

S: As I am, yes.

D: And that other part is there existing at the same time?

S: Existing as far out as they can get, for some reason.

D: So that part of them is still accumulating knowledge. (Yes) Not only from the lives they're living, but from other people?

S: The lives they are living are the people they're accumulating the knowledge from. Now I'm looking at them. It seems that from each of them there is a line going out, like a chakra cord.

D: Like a silver cord?

S: Like that. They all seem to go in the same direction, as far as I can tell. I got the impression that this is a place where time doesn't exist.

D: Would it be correct to say a piece of you is part of this collective?

S: Yes. And I am here to experiment with behavior and know the results. To be an observer of people. I have been programmed to think for myself from day one. I was programmed to never rely on other people. Never take word for it. Check it out. There's very little information I took in uncritically. That's why I'm such a good observer. I am here to experience emotion, but also to observe it in others. I can see through people. I can see into them. I can see what they're doing. I can see why. Every petty motivation I can see. And I don't necessarily hate them for it, up to a certain extent. Because I know people are like this, and I'm like this, too.

D: They're all learning, too aren't they?

S: Yes. There are some people who really learn faster than others. And there are some people who willfully will not learn.

D: So you have had other lives?

S: I don't think I've had terribly many. But I've been having them for a long time. I think every time I get pushed back here, it's reluctantly. And then I have to do the best I can

and be a real perfectionist, so I can take a long time between coming back. I want to make the same spiritual progress that everyone else makes. I don't want to be left behind. I just resent having to be here to do it. So when I am here I make a very special effort to be good and saintly. And this time I'm not doing too well. (Laugh)

In this current life she is a hooker.

D:And you're accumulating a lot that can be used for whatever purpose. What do they do with this information that they accumulate?

S:They pass it on.

D:Who do they pass it on to?

S:I don't even think they know. I'm getting the picture of something white. It's not the white light though. I'm getting the impression there's upwards. I don't think it means actually the direction because there is none here. Upwards. I'm getting the impression that there's something above them. Probably an authority, rather than an impolitical (?) space. They pass it upstairs. You know when people pass responsibility upstairs in a company? It's just whatever's above them. They say it's out of my perceptual range. I don't think these entities ask a lot of questions. I don't think they're even conscious in that way. I think they just do it. It's more like a way-station computer. It's not a computer. It's not biological, it's not technological. It's something else. Well, you could call human biological machines, couldn't you? It would make as much sense as anything. So we don't have a word for what these things are. I'm sure it's out of our understanding. They're constructed of something.

D:Then you think they are constructed things rather than a thing with a soul or a spirit?

S:I think for some reason the question doesn't apply. They are alive, yes. But apparently in that concept of living, it is wrong. To be alive is a process rather than to be a specific thing, at a point in space. At least on this level of understanding. As far as they're concerned, it doesn't matter what they inhabit, or what they call it. It's rather like worrying about the material your clothes are made of, rather than whether you like the dress. It's just pointless to worry about it. But the things that they're living in...I don't think they were born of mother and father. I'm actually looking up closer now! Have you ever seen the way a light goes through a jellyfish? I'm not saying they are jellyfish. That kind of translucence to it. Almost like it's made of one single cell rather than...I don't even think they're that. I think they're producing cellular in that sense. Cellular. And the light is like the nucleus in the middle. It is very beautiful.

D:But when they send pieces of themselves to Earth, what does that look like? You said they don't send the entire thing because part of it stays there.

S:Maybe this is just a receptacle for this stuff. Maybe the entity goes down this tube and sends the experience back through it. I know certainly with my auric vision, I can see a line coming out of the tops of people's heads. And it often goes quite a long way into the sky. And I've often wondered exactly where it goes to.

D:But anyway, when they send these pieces of them to us on Earth, it comes down through these cords?

S:I think so. I think it could be sent in various ways, but this is just an easy way. I can't see this process because it appears to be constant. I think the only time the cord withdraws is when you're – for want of a better word – dead. You come away from the end of the cord. I think it's like a piece of elastic that pulls you to this place. It's a way-station, isn't it?

D:Is that what you want to call it?

S:Yes, I think it is.

D:Then whenever the person really dies they go back through this cord, and...

This suddenly (while transcribing the tape) reminded me of the NDE (Near Death Experience) when they see themselves being drawn through a tunnel with a light at the end of the tunnel.

S:I don't think they're even aware of it. It is not sudden. It happens more gradually. I think it's easier on the entity that way. I mean the process of coming back is gradual to this way-station. Because this is the place you were before, between lives. And the process of entering this way-station and leaving it is gradual because it's easier that way. I don't know if you can do it all at once.

D:But anyway, whenever you go back there, do you stay or are you sent out again?

S:I'm sent out again.

D:You just have to keep doing it? When can you stop?

S:When I'm qualified. Or when I've accumulated sufficient experience to be able to benefit from the stuff that goes on elsewhere.

D:Elsewhere. So once you've accumulated all the experiences, behavior, emotions of Earth, then you go somewhere else? (Yes) Is there ever a time when you stop?

S:They said they don't want to tell me. I'm not going to like the answer. There is a unity.

D:So eventually there is a unity.

S:Yes. Oh, that's why I'm not supposed to like it. Because I'm so individual in this particular incarnation.

D:Oh, yes, we do have our personality, and we don't like giving up our personality. Which makes a lot of sense. We work very hard to have an individual personality.



In another session, Jennifer saw herself in a simple Indian life where she was more of an observer than anything else. There was not much happening but his job was just to be there and experience. Their small group had the place in the open plains to themselves, until one day she saw a small group of settlers passing through. There was no sense of danger, only one of curiosity. She knew they could not see her and were not even aware of her, as though she was located in a different dimension. She remained the observer. When I asked her to move ahead to an important day she jumped into a future life. She knew it was that because she saw a futurist type of city with unusual shaped buildings and small flying craft in the sky. She saw herself as a tall alien looking being (tall, thin, androgynous, long hands, no hair and big dark eyes) wearing a one piece suit with an emblem patch on one shoulder. She said the emblem was strangely familiar, as though she had seen it before in a dream. When I asked what his work was, he saw himself on a craft that he worked from. "It flies all over. It flies to other worlds, other Universes, and other dimensions, wherever." His job had something to do with maps and navigating. "I have to know where to go and you just go. But it's better to know where you want to go and that's where the navigating maps come in. It's just knowing where it is you want to go and you just go."

D:Does someone tell you where to go?

J:I'm hearing mission, so you have a mission. You just know you have a mission. You come back for a little time, just to have a change of pace. But the predominate amount of time is on the craft. Most of your stuff is done there. Explore. That's what we do! Explore! We come back home and then you download. It feels like a chamber. You go there and you download what you explore. And you get information and then you come back there and you download. You lay in this strange looking bed, and somehow it taps in and it takes the information that you have accumulated. You just go all over exploring, just seeing what you can see and you're having every experience. It's just going everywhere and anywhere. You can go wherever you want and you can go at any time you want. And then when

you get there you can be whatever you want and you can have whatever experience you want and you learn. You just learn.

D: You said you can choose any time you want?

J: Yes, you just pick any time, any place, any space, any thing, and you just create who you want to be and you just be it and you just learn by what's going on around you.

D: Is that what you did when you were experiencing the Indian?

J: I guess so, because I was just there with the land. I felt very one with everything, one with the land. You could communicate with it and everything.

D: So it is just a way to explore and have different experiences?

J: Yes, but it's almost like browsing through...here's your library thing. It's like browsing through a library and you look in a book. And "Oh, look at this time and place. I wonder what that was like." You lose yourself in the book kind of thing, and you just "drop-in" into this existence to explore it. You have the experience.

D: You don't have to stay there?

J: No. You just have the experience, then you're done, you leave, and you go on to another one.

This sounded very similar to the being in *Convoluted 2* that hitched a ride on a human for a short period of time to observe.

J: This ship is a command kind of thing. It's a command central thing. It's where everything emanates from. That's the center of everything. You just keep dropping down out of it. And the being is in suspended animation in this chamber while it is going on.

This has also been described in my other *Convolutd* books, where the person is living on Earth, but also has a body being preserved in suspended animation onboard a craft, where it awaits the soul's return from its adventure.

J:It's a ship, but it's also a place you keep dropping out of. You just go. You just beam yourself wherever you want to go and have all these experiences. And now I'm seeing that they can happen all at the same time. It's like you're at this place and you're just shooting off all of these shoots, and they just all have these experiences and all feedback to this, this library here, reading these books. It's like you're in a program or something. And you just have these experiences. And you go back to the craft to download all the experiences. I call it a chamber, but I am lying down, yet it's like a cylinder kind of thing.

D:It sounds like you like that kind of work.

J:Yes, it's what I do. It's who I am. It's where I am. This is one of my experiences, so it's the central me. It's my core. It's my center self. It shoots off all these different parts so that it experiences all these different things, and all these different places and all these different times. It has all these different experiences, and they all shoot off from the central. It's like a program. You have to be able to get into this craft, then you shoot yourself off into all these different experiences, and different places, and then it feeds back to that central me.

D:Do you ever go into a physical body and stay longer? Or are you just the observer like the Indian?

J:That's what they all are. He was there to experience the land, as part of the land. It's just whatever degree you want to have the experience, but they're all just "you're in there" to whatever point you want to be.

D:Does anyone tell you where to go and what to experience?

J:It's part of that command central place. It's like, "What do you want to experience?" And so you have all of these different things, and actually I just do everything. You can. So you just do everything.

D:I just wondered if anybody told you that you have to go to a certain place.

J:They tell you to experience and experience as much as you possibly can, so why not experience everything? So that's what I'm doing, experiencing everything.

D:Well, you know you're speaking through a physical body, don't you? (Yes) Why did you choose to come into this physical body of Jennifer?

J:Because it works for an experience. There was this time and this positioning. I came to learn. It was a series of things to learn. To get into the emotions, but then to move through that and realize the bigger picture, and that it's not about that.

D:On Earth we do have strong emotions.

J:Yes, but that's the drama. It's part of the Earth, but you don't have to be a part of it. But it's part of the learning process to be part of it and learn how to grow through that and not be part of it. And not have it control you.

D:What about karma?

J:No karma...no karma.

D:If you go through many Earth lives, you would accumulate karma, wouldn't you?

J:Only if you choose to. You have it as long as you choose to have it, and then when you choose not to be learning it anymore or not be having that anymore, then you have no further need for it. So it's not part of your plan. It's not part of your makeup.

D:But some people get trapped in their karma.

J: That's their choice. They still want to learn. They still want to have that...it's like part of the matrix. They still want to have that experience. They're still getting something from it. When it's not working for you anymore, then you choose to go beyond it and you don't need it anymore. It's there as long as you need it. It's yours to work with as long as you want it and need it. When that is your thought process, when that is your field of experience, when that is where your learning is, then that will be there for you. You provide what you need to learn, so if that is what you want to learn from, then karma is a great way to learn, then that will be provided for you to continue learning. But when you understand the whole scope of how it works, then you realize that karma isn't necessary anymore and you move beyond it and you no longer need it. You no longer have it. It's not part of your matrix anymore. So it's only there if you choose it to be there to learn from.

D: Is this part of what we keep talking about...the new Earth?

J: Yes, yes.

D: Are you doing away with karma?

J: It's actually gone. Karma is actually gone but people, if they are still doing things that look like karma, that's just habit. That's just where they are continuing doing it out of habit, or out of something they are still learning from. So it's still there serving a purpose, but karma, in actuality, is gone. It's been gone for a while and it's just still people, I guess you could say, dealing with the residue of it.

D: There are still people out there doing very negative things.

J: That's just where they're dealing with their habits and its cause and effect. You do this: it causes this. That's just the way it is. But it doesn't mean you're slapped for lives and lives and lives. It's just what are you getting out of it? If

you're still getting something from it...fine, okay. Then you just keep creating it and then you still do this, you get this! It's cause and effect. If you want to go in that cycle and want to have that experience, okay, that's your business. If you're getting something from it...fine. But at some point, that's part of the learning process. At some point you'll think, "Wait a minute." And you start looking at the bigger picture. That's what those experiences are for. You just say, "What am I doing? I want to get off of this. I want out of this." But the point that you say this, you have grown! You have broadened your horizons. You have made huge steps. And at that point you can step out of that whole thing, if you choose to. That's what it's all about. That's what it's all for. It's for you to grow.

D: It sounds simple, but you know on Earth, we get entrenched in all of these emotions. And in what people do to each other.

J: That's the game. That's why it's a game. That's what makes the game is the emotions and all the "stuff" we get. You know everyone wants to get caught up in the "stuff". And it's your choice if you want to be in the "stuff" or not. At any point you can say, "No, it's not my stuff. I don't want to be in it. I choose not to and as soon as you say that, you are out of it! And you have a neutral place and you have an observer place, and it's a matter of if you want to be on the roller coaster. Some people want to be on the roller coaster. They love the ups and the downs. That's fine. That's the ride. It's just you choosing whichever way you want to take the ride. That's all. If you want the full gambit of emotions, okay, fine. That's all right! It just makes the ride a different experience.

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CHAPTER TWENTY

GO BE LIGHT!

WHEN MELANIE CAME INTO THE SCENE SHE DID NOT REALLY *see* anything. This can be quite frustrating because the client thinks they have failed. They expect to go into a past life and when there are no scenes, they have nothing to report. Of course, to me this proves that the client cannot make up a story, they cannot fantasize. If there is nothing there, they cannot describe anything. Yet in my work (over 45 years), I have been noticing changes in the way past life regressions work. It used to be that the client would go into another life and describe it. But things have changed in the past ten years (at least), and I have been noticing these subtle changes. If I keep asking questions they will eventually begin to see *something*. It just won't be what the therapist (or the client) is expecting.

At first all Melanie could describe was darkness. This, of course, could mean many things. They may be in a past life and it is night, or they are in a cave or a dungeon. This can be determined by asking questions. It could also mean that they might be in the womb before birth, in which case they will describe sensations, usually the feeling of warmth, comfort and satisfaction. Or it could be cases like Melanie's, which are becoming more and more common.

As I questioned she began to see "kind of a light. In the shape of a 'wisp'" When asked if she wanted to go toward this wispy light, she began to report it more fully. "It's far away." Then as she approached it, the description changed. "It seems milky. It's just a milky white light. It's big. That's all I can see. Now I'm more *in* it. It's still...very still." Then suddenly, "Oh, wow! It's so bright! Very bright!" I knew now where she was, but I wanted her to tell me from her perspective. "It's very bright and warm and peaceful."

D:How do you perceive yourself?

M:I'm light. I am the light! I'm feeling like I'm part of the light.

D:So you mean you're not separate from it?

M:It's everywhere! It's like *home*! It's where I'm from!

D:Is there anyone else with you?

M:Not right now. Just...space. White space. It's around me, like I'm in it. It's home! (She began to get emotional.) I miss

it.

D: So it was a good place. But if you were happy there, why did you leave this place called "home"?

M: I had to. (She began to cry loudly.) I had to go help. People. (Crying.) Their suffering was awful!

D: Where are the people?

M: The camps! The camp! They're dying and hungry and cold and gray. The camps. The Nazi thing... (Emotional.)

D: Did someone tell you to go there?

M: I had to go. I just went. I wanted to go. It's so bad! I had to go and help the people.

D: You just knew there were people in trouble?

M: I saw it. I was watching it happen and I couldn't just do nothing. I wanted to help.

D: Can they see you? (No) That's going to make it hard to help, isn't it, if they can't see you? What do you do?

M: I decided to go from where I was...go fix things.

D: Do you know how to fix things? (Yes) What are you going to do to fix this?

M: There's nothing I could do. I feel like that's over now. I just don't want it to happen again.

D: What are you going to do now?

M: Just make sure it doesn't happen again.

D: Do you think you can do that?

M: I don't think so. I want to, but it's too much to handle.

D: So what did you decide to do?

M: To come to this life.

D:So you decided to enter a physical body? (Yes) Did you go somewhere before you entered the physical body?

M:Yes. I wanted to help, so I wanted to find out how I could help. I don't know how I can help.

D:How did you find out?

M:I asked. I asked the person in charge how I could help.

D:Tell me about the person who's in charge.

M:I don't see anything. I just feel what I asked.

D:And what did they say?

M:"Go be light." Go be light. Don't stand for anything wrong. Don't stand for evil. Break it up. Go break it up! Go be light! Go be strong! Don't put up with anything dark. Go bring light. Go be light. Stand for light.

D:How do they want you to do that?

M:As an example. Stand up for light. Go be light.
(Stronger voice) Wow! I just saw the evil. I asked if I could help and they said that was the way I needed to do it. It was so sad. I had to go out.

D:So you entered the physical body known as Melanie?

M:Yes. I picked the perfect parents. They were the least likely to hold me back.

D:But it's not easy when you get into a human body, is it? (No) What did you think after you got into a physical body?

M:At first it was great. I liked being little. And I always did the right thing. I knew when people were...I didn't understand why people would do things.

D:But now Melanie has grown. Has she done what she was supposed to do?

M: So far...there's more to go. She can do so much more. She got discouraged. It was just hard some-times. Waiting and being patient.

D: But now she has come to a point in her life where she wants to know if she's doing what she needs to be doing. (Yes!) What is her mission?

M: To keep bringing light, being light. It does work! It might not look like it, but it's got to be done, to have strong light. It doesn't matter what she does as long as she's being light. She can do anything. Be light and step in when there's problems. Break it up...speak up. Show people how to stand in the light...by being light.

(Melanie was given a lot of advice about her agency and the things she was working on. Then we turned to her physical problems. It was mostly her right knee.)

M: It needs alignment. Too much, too much...it was a heavy load...just too much to do.

D: What do you see in the knee?

M: Wear and tear. Lots of miles. (Chuckle)

D: What are you going to do to fix it?

M: Alignment. Oh! I'm straightening it out.

Melanie made sounds as they worked on the knee. I could see the leg being moved and straightened and stretched under the cover. It was not something she could have been doing on her own. It looked like the leg was being pulled and manipulated. Then they announced they were done. "It's alignment. It's aligned now." The doctor had told her he thought she was losing cartilage in the knee, and they were thinking of the possibility of surgery. "No, it's alignment. Sometimes the left knee bothered her because she was compensating." She pulled the blanket off because often when "they" are working, heat is generated.

They discussed why the knee problem happened and why she had put on so much weight. She had pulled her knee and gotten it out of alignment, "But

normally it wouldn't have. It was something else. She was tired. She wanted out. She wanted out of everything. She was done!"

D:Were things that bad in her life that she wanted to leave?

M:Not really...she just felt overwhelmed and stuck. There was a lot of personal advice given. She did not have any karma with anyone because she had never been in a physical body before. "She mostly stays away from people and the entanglement. She is very honest and deals properly. She'll be fine."

Parting message:

You can do all the stuff you think about. You can do all of that and it can succeed.

D:She has more power than she thinks she has, doesn't she?

M:Way more power!

It was obvious to me from the descriptions Melanie gave that she was one of the 2nd Wave of Volunteers. She had all the characteristics of a soul that had been an observer who had been sent to Earth to help during this crucial time. For the last ten years I am discovering more and more of these innocent souls who accepted this brave mission into an unknown and seemingly hostile world where they have nothing to relate to.

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CHAPTER TWENTY-ONE

THE MOTHERBOARD

FRANCIS DIDN'T WAIT FOR THE INSTRUCTIONS TO GO TO the cloud. She entered into a scene when asked to find her beautiful place. She began describing it immediately, and I knew she was already there in another life and there was no reason to complete the induction. "I am in the middle of the rainforest. There are many fairies and divas around, and the trees are really tall. And there's a stream of water that surrounds this little patch of land that I'm on." She was standing on a small piece of land and she could see the little creatures in the trees on the other side of the water. I asked for a description. "They have little wings, and they look like crystal beings. They look like they're made out of glass. They shine." This was the first time I had fairies described in that way. The divas were described the same way.

D:But they won't break.

F:No, they are very flexible. They have a shine to them, but they don't break.

D:Are there many of these little beings?

F:They come and go. Sometimes there's a few and then there are many.

D:It sounds like a beautiful place.

F: It's nice, but there's a lot of rain there. It's in the rainforest, so there's a lot of rain.

D:Does it rain all the time?

F:Most times of the year, but not every day. Many times torrential downpour. I'm on this little piece of land. I have a chair and a little tarp that goes over it. It's where I like to be with them, with the plants and everything.

D:So the rain doesn't really bother you? (No) In a rainforest everything grows very fast, doesn't it?

F:Yes, but there's lots of really bright stars, too. There are birds with very bright colors. Where I sit there aren't any trees, but I can see everywhere else and they all fly around me.

I wanted to find out about her. She was a woman about 30 years old with blonde hair, wearing a long printed dress. She lived near there and went back and forth with a little boat. She came to the little patch of land regularly to watch the birds and fairies. I asked her to go to see where she lived, and it was just around the bend of the stream. It was a small hut made out of straw and bamboo. Just enough room to sleep in, and she said she had many things that she did there, like making baskets. "I have a weaving wheel and I make things out of beads. I also play music on a flute and a big deep drum. I play music to the forest." There were other huts there, a village, but she lived alone away from them.

D:So you don't miss not having a family?

F:Not really. I do have a family. I have the forest, all the fairies and the trees and the animals and the birds.

The rest of the village had normal families, and they seemed to tolerate her unusual way of life. I asked, "Do you ever interact with the fairies, or do you just watch them?"

F:They just fly around me.

D:Because I thought sometimes they don't like to be around humans, do they?

F:They don't go around the other people. The other people can't even see them.

It sounded like she was very happy in this beautiful, idyllic place, and this could have gone on for quite a while. So I decided to move her to an important day when something was happening.

F:I see somebody invades the village. They come in and they invade the village and kill people.

D:Who are these people that are invading?

F:I don't know, but they came in on boats...canoes. They have guns. They want to steal everything and make the place not peaceful anymore. I'm kind of off a little bit, but I see what's going on. The fairies tell me to go back to the place on the little island.

D:Do you think you will be safe there? (Yes) You're the only one that can hear them, aren't you? (Yes) So the other people wouldn't be able to go, would they?

F:Well, they don't believe in the fairies, they don't know about them.

D:So what do you do?

F:I go back over to the place and stay there.

D:Are you safe there?

F:Yes. There's a lot of screaming. It makes me feel sick to my stomach. But I'm not supposed to go over there. I'm supposed to stay.

D:Even if you were there, you couldn't do anything to help, could you?

F:I don't think so.

D:Did your people have any weapons?

F:Just bows and arrows. And the other ones have guns.

I condensed time and moved her ahead. "How long do you stay there?"

F:A long time. I don't ever go back. I only went back one time and saw everything was burned down. Everything was taken. All the people were killed.

D: So if you would have stayed there you would have been killed, too, wouldn't you? (Right) How can you live there by yourself?

F: I'm living with the fairies. They take care of me. They fly around me.

D: What about food? If you're going to stay there a long time, do you have to eat?

F: I have a little fire and I drink stuff through the fire. I don't think I'm eating. I just see myself drinking. I don't totally not eat. I drink my food. There are certain plants and the fairies told me how to make it. And I take the plants and I put rain water in it and I cook it on the fire, and that's how I live.

D: So they told you which plants you could use? (Yes) Do they taste good?

F: It's not very good, but it's just what's there. I don't need much. Kind of shiny.

D: You don't have a desire to go back to the village and live there?

F: No, they don't want me to go there. I'm supposed to stay where I'm at. I always want to go there, but they tell me not to. They seem like they know more than me.

D: So you said you stay there a long time?

F: Yes. That's where I live, under the tarp. I have food and the fire.

D: Do you communicate with the fairies while you're living there?

F: Yes, but it's not on a talking level. It seems like I know what they mean, but they don't say anything. They fly around me and I know what they mean. They communicate that way. It's like being next to them and you know what they mean.

I moved her again to another important day, but she was still in the same place and every day was pretty much like the next. I asked, "Are you happy there by yourself?"

F:Not in the beginning, but after a while I was able to make my things again. And I play music. I don't feel like I'm alone. I have my fairies.

This was definitely not going anywhere, so I took her forward to the last day of her life to find out how she died. I was surprised because it was a dramatic departure from the lonely existence.

F:The hatchet men come back.

D:You mean the men with guns? (Yes) There wasn't anything left of the village though, was there?

F:No, but they found me.

D:Oh, what happened?

F:They cut off my head!

D:Why did they do that?

F:I don't know. They're very mean and they drink a lot.

D:I guess you couldn't get away?

F:No. I was kind of old.

D:So you lived out there a long time?

F:Yes, and they took advantage of my weakness.

D:The fairies couldn't help?

F:Somehow it was supposed to be like that.

D:Maybe it was time for you to go? (Yes) Kind of a violent way to go.

F:It was very violent.

Now that she was out of her body and the death was over I had her look back at it. "Can you see your body?"

F:Yes. They hold up my head and they're laughing at it. And then they throw it to the ground.

D:So I guess they're proud of what they did?

F:They just laugh about it. I'm just a savage.

D:To them you are. (Yes) Sounds like you are more civilized than they are.

F:Yes. They're very mean.

D:From where you are now you can look at that whole entire life and you can see it from a different perspective. Every life has a purpose. What do you think was the purpose of that lifetime?

F:I don't know because I feel like the people there in the tribe couldn't see the fairies. They didn't want to communicate with them. Most of them liked the fact that I did communicate with them, but I always felt like I lived in two worlds. And even though they lived it, they didn't want to do it themselves. Because they felt if they did they wouldn't be able to live their regular lives. They knew that I did it because I was able to help them. Somehow by communicating with them I was able to help the people that came to me. But it was weird. It was like they liked me and they wanted me to help them, but they didn't understand really what I did.

D:Well, every life has a lesson. Do you think you learned any lessons from that lifetime?

F:There's more to life than meets the eye. And that nature is the best teacher.

D:Those are good things, aren't they? (Yes) Well, now you're out of the body. Do you think there's somewhere you need to go now?

F:Yes, I want to go home.

D:Tell me about it. What happens?

F:I go into this light.

D:Where is the light?

F:Seems like it's up. And there are light beings in there. Somehow I know these people.

D:And these light beings are coming to help you?

F:No. They're actually in the center of the light. It's like they live there. They're made out of light, and they're very tall.

D:You said you feel like you know them?

F:Yes. I used to do what they are doing now, before I went on my little excursion. Now I'm just kind of sitting there because I'm tired.

D:Why are you tired?

F:Just tired of being on the trip I was on.

D:When you were down there with the fairies? (Yes) But you said you used to do what they are doing?

F:Yes. It seems like I know them. Like I used to work with them.

D:What are they doing?

F:They're all in light, but they're very busy doing something. What they're doing is important and they're very busy doing it, but I don't know exactly what. I used to do it.

D:Now is that where you have to go?

F:I have to go to recuperate. I'm in this little bay, like a little end cove. I'm sitting there while they go about their

business doing what I used to do. But I am very weak and tired right now. So I have to sit there and wait for somebody to help me.

D: You mean you can't do anything else until you recuperate?

F: Yes. I'm not operating normally the way I do. It seems to be only 50% of my usual self. So I have to sit there and wait for someone to help me.

D: Maybe the way you died has something to do with it.

F: Could have been.

D: That was a pretty hard way to die. Do you have to wait very long?

F: It doesn't seem like there's anybody coming in.

D: We can condense time very easily to find out. Let's move ahead to when somebody comes and tells you what to do. Somebody's coming now.

F: It seems to be like a military person. Someone that has the orders that I was supposed to do.

D: Who writes the orders? (Yes) You mean before you went down, you had orders that had to be written up?

F: Right, kind of a business like person. And he throws the paper across the table and says I did pretty good.

D: Even though the way you died wasn't so good.

F: Yes. But I don't really want to be bothered with the papers. I don't want anything to do with it. I'm just tired. These are the papers that I supposedly was supposed to carry out before I left to go there and he's not overly excited about my accomplishment. But he says that I did a pretty good job. He just reassures me and lets me know that someone's going to come help me. I just want to sleep.

D: So who comes next?

F: These little short beings, and they're kind of just helping me physically.

D: What do they look like?

F: Nobody there has a look to them. They're just shimmers of sparks. They're like if you were to flick a lighter. You see the way the lighter looks, that's the way they look. They do have a shape, but they don't have a real shape. They're like little helpers. They're trying to help me get stronger.

D: How do they do that?

F: I think they want me to drink something. It's like light.

D: Liquid light?

F: I guess. Somehow I can drink it. It's light.

D: Then what happens?

F: I'm kind of grumpy. And I don't really want to do... I'm kind of mad or something. I'm not very cheerful. I'm just tired. They want me to be real sparkly.

D: You're not ready to be sparkly. So what happens after you drink this stuff they gave you?

F: I feel like I got more energy. And it makes me feel better.

D: Let's move time ahead and condense time. Do you stay there for a while?

F: Yes. I have to stay in this little enclave where they come and visit with me every now and then.

D: You're not ready to move on then.

F: Not yet. I'm resting. But I'm getting stronger.

D: Let's condense time to when you have finished your rest and you're ready to go again. What happens at that time?

F: Now I'm very tall, and I have my energy back. I feel much better. And I'm a lot taller than I was when I got there.

D: What are you going to do now that you're feeling better?

F: It seems like I'm supposed to go back to working alongside those people.

D: Which people?

F: The real tall ones that I saw when I got there. The ones that are up there in the light. Somehow I'm part of that.

D: So what happens, do they want you to work with them?

F: Yes, I have to go back doing what I used to do.

D: Before you got into that body. How do you get to them?

F: I just walk in there. Everybody knows me.

D: Then what happens?

F: I just assume my role again.

D: What is your role?

F: I work on the motherboard.

D: Tell me about it. What do you mean?

F: There's a motherboard in everybody. Anything that has a body, every body has a motherboard. It has little circuits on it and it has a whole mapping.

D: Of the whole body or what? (Yes) What's the purpose of the motherboard?

F: It's what drives everything. It's where everything comes from; its spark.

D: You mean it's what keeps the body functioning?

F: Yes. It has different currents, many, many, many different currents.

D:Where is this motherboard located in the body?

F:It's an overlay.

D:Of the body?

F:It's an overself and we fix it with our thoughts.

D:So you mean whenever someone enters a body, is the motherboard brought in with them? Or how does that work when the soul goes into the body?

F:It comes from DNA.

D:I am wondering if it comes with the body when it's born, or how does this happen?

F:It's already encoded in the DNA and then it gets projected out as the electrical field.

D:When the baby is being formed or what? (Yes) And then the motherboard is programmed in some way?

F:Yes, it's already programmed before they get there.

D:What is the program?

F:That's not our department. That comes from somebody else.

D:I was wondering if it was an individual program, or if it was all the same for everybody.

F:No, it's different. Everybody has a different program.

D:Then what is the purpose of the motherboard?

F:The motherboard is what the default is. That's the default of what the person's supposed to be doing.

D:The plan, you mean? (Yes) And that's brought in with the physical body as an overlay?

F:It is in the DNA, but because of the photons it gets projected out of the DNA and creates a field around the

person. And from that field they are able to communicate to the higher dimensions.

D:But they aren't aware that they can communicate, are they?

F:No. Some of them are, but most of them aren't.

D:How do they communicate to the higher dimensions through that?

F:Through sound and light.

D:It sounds complicated.

F:It's actually a lot simpler than things they have on Earth. It makes a lot more sense and it's simpler. It's all one system, but because it has such far reaching effects, the people with the technology don't even know what is going on.

D:So it's one system, but yet you said it's also individual to each person. (Right) And they communicate with higher dimensions through this. (Right) Does this remain around them the whole time they're alive?

F:Yes, except if they get sick or if somebody hurts them. It creates a leak.

D:A leak?

F:Yes, they leak there. They get a short.

D:Like a short circuit or something?

F:Yes, they don't operate on all circuits.

D:So how do they fix that if they want to get back to operating on all circuits? Is there a way to do that?

F:Yes, but it doesn't have anything to do with what they think it has to do with.

D:What do you mean?

F:It has to do with sound and light. They have to be healed.

D:With sound and light, to bring it back to normal.

F:Yes, it has to be tuned.

D:Can they do this themselves?

F:It depends on how big the short or damage is. Sometimes they can. And it also depends on the quality of the circuits, the abilities of the person from their knowledge.

D:But does this cause physical illness in people? (Yes) Because of the short circuits.

F:That's the whole template. It's a template.

D:For what?

F:For the mass. How the mass develops is based on a sound and light template.

D:The templates. But I've heard that people make themselves sick.

F:Yes, that's usually because they get a leak. And then once there's a leak things start to backfire. Then it affects their thinking. It affects their beliefs. It affects everything. It's like their field is punctured.

D:So it's a little hard to fix then. (Yes) But you said it can be fixed with sound and light?

F:Yes because then you go ahead and create the vacuum again to seal it. And then you fill up the vacuum with the frequency that they are. So that they are able to go ahead and maintain that. It's like puncturing a balloon. If the balloon is punctured then it's not operating. But if you fill it back up and then seal it, then they are actually back to a normal form.

D:So how is this fixed whenever they create a vacuum again?

F:Through physics, through sound and light. Through a whole physics of how light operates.

D:But who does this?

F:The people that work in this place that I work in.

D:So the people themselves don't really know how to do it, do they? (No) So you have to do it from where you are. (Yes) This is the part you work on, but the program is done by somebody else.

F:Yes. We're just one department in there, and what's in the little breakers is someplace else. They come from someplace else.

D:Different department? (Yes) So how do you know when something is misfiring in the circuit board, the motherboard?

F:Because it has a feedback. It feeds back what's happening to each little motherboard. It gets fed back through the sound and the light.

D:To where you are. (Yes) But there must be enormous amounts of motherboards all over. There's so many people. (Yes) And your people in that place have to keep track of all that?

(NOTE: Is it really many, many motherboards all over, with so many people? When you take into consideration the Backdrop People who are not really ensouled [a body with a soul], but are just energy that fills up the space within your own individual hologram.)

F:Well, we have computers. And all you have to do is just hold out the computer and the computer gets a digital printout on how everybody's doing and who needs what.

D:It must be checking a lot of people.

F:Yes, it just does it automatically. There's a little photon radar, and a sound radar. And it goes through this device and the device automatically interprets it.

D:But to me that seems like a very difficult job with so many people in the world.

F:Not really because they only need so many people to be able to work. The computer has to do a lot of work. If the computer wasn't operating, it would be difficult. But

because the computer is set up to read the signals, then it just interprets it and analyzes. Then you don't need as many of the people to help with trying to troubleshoot.

D:Then everyone - I'm thinking of Earth. I know there's other places, too - but everyone on Earth has one of these that are automatically set up?

F:Well, that's who they are. That's in the coding. The little circuits are the DNA and so the DNA is connected to the motherboard. And then the motherboard is actually the...that's what makes them. That's how they even get instruction to build his finger.

D:To create the physical body, you mean. (Right) I've heard of something called the "Matrix." Would this fit in with that idea? Or is that something different?

F:I've never heard of a matrix. Well, I guess it could be.

My understanding of the matrix is that it is the basic "building blocks" of each human body. Each person started with their own program or design.

D:Well, I have just heard different terms. So this is how they get the instructions on how to create the whole body from that.

F:Oh, yes, it's all a program.

D:But then when you get a message back that something is misfiring, something is leaking, what do you do then?

F:Depending on what it is, it goes to different departments. Then they take care of it. You know, each being has a different job.

D:So in your place with the light, each one has a different job. (Right) Can you tell me about some of these jobs?

F:It's mostly on the motherboard. But because the motherboard is so complicated...I mean it's really complicated.

D:I was thinking that DNA would be complicated if it's just going on that alone.

F:But you have to have specific people to be able to troubleshoot each department of what's going on. Because you have to be specifically trained in that area. It's similar to if you were to take a piece of tissue and put it under a microscope and you see all that...my gosh, it's so complicated how it works. It's amazing how it all works just like that. When you take that little example and you multiply it a million fold and you'll see the physics of light. And how the physics of light work to put that piece that you see here. To be so complicated, is not even as complicated as what they in physical put together.

I think she is trying to say that the complexity of that very small piece of tissue is simple when compared to the extreme complexity of the whole organism. The human body is truly a magnificent work of art when you consider the complexity of all the cells, nerves, muscles and organs, and the way they are designed to work together flawlessly.

D:Because you are just looking at the teeny tiny part of it.

F:Yes, you're just looking at the membrane.

D:Then how do they fix it?

F:It depends on what's wrong. Sometimes you just have to replace it. Sometimes you can just give them the frequencies that they need, and the light. But sometimes it's very bad and it just has to be replaced. Sometimes it won't get fixed.

D:Sometimes there's nothing anybody can do then?

F:It's not just that. It's just that it's not supposed to be fixed. There's another department where you're not supposed to intervene. Like once it reaches certain kinds of

diagnosis or analysis, you just don't intervene. There are certain ways they figure that out.

D:It seems like you want to help everybody, but there are times when you can't. (No) What are some of the conditions when you can't help everyone? When you said you are not supposed to intervene. What are some of the conditions that cause that?

F:Certain results are supposed to be given in order for certain lessons to be learned so that they can work on something else. So if they intervene then the results will be changed. And based upon the photon light that comes up and gets registered, that's how you're supposed to know if you're supposed to intervene and when you're not.

D:Then how do you intervene?

F:You can intervene with the sound and the light.

D:And it comes from you?

F:It comes from the original source.

D:And you direct it?

F:Yes. There's a vacuum and you're like the conduit it comes through.

This sounds very much like what happens when I have a session and the SC uses white light energy to enter the client's body to heal. Now we can understand where it comes from. There are only two types of conditions I have found in which the person cannot or will not be helped. The first and most obvious is someone who is carrying the condition as karma. No one can take that. It is part of their agreement and lessons to be learned. The other condition I have seen is if the person is benefitting from the illness or impairment in any way, they will not give it up. "They" have always told me to tell the client that 90% of what happens here today is up to YOU. I am only the facilitator to help you find your answers. The actual healing and releasing and changing is done by YOU.

D:It sounds complicated, but it sounds like a very important job.

F:It's very complicated. It's the science of light.

D:The science of light. But it's important to know how to do these things because that means everyone is watched over and taken care of. Would that make sense?

F:Well, it's everybody's essence.

D:Why is it so important to take care of everyone?

F:Because everyone comes from the same source.

D:Yet there are some people that really don't want to be helped.

F:Yes, but that's usually because they have a leak. And the way that they think is not right.

D:But if it's supposed to be, then it can be fixed.

F:Right. It has a lot to do with the person's choices, what they think and the way they act, and the different ways they do things. The light can pick up why people are in different situations. There's a whole read out to it.

D:Is there any way the people themselves could direct this for healing, if they knew about these things?

F:I think the signal gets put in some people stronger than others, and it has to do with the heart. The electrical signal comes from the heart. That is the main frame of the motherboard. It's not the brain. And so what a lot of people here think, "Oh, that person is very smart." They're not really. What it is, is that love is the smartest you can get. And if you are heart smart, and if you're the kind of person that is operating from the main frame of the motherboard, which is the heart, then that's the kind of person that gets more energy. But many times people take the primary switch from the heart and put it to the head, and that throws the whole system off. And the whole system is only operating at a very low level when you do that.

D: They are trying to go to the brain, the mental part, to understand things?

F: Yes. When you say, "Oh, I love you so much." You don't say, "Oh, I love you so much with all my head." (I laughed) You say, "I love you so much with all my heart." That's because the heart is the main frame of the motherboard.

D: So if the person's heart is not in the right place... In other words, I mean if they're not thinking the right way or living or acting the right way, that will cause a short circuit?

F: It causes things to malfunction. It causes things to back up.

D: Of course, the average person has no idea of anything like that.

F: No, because they think that it's the brain. It's not the brain at all.

D: I'm just curious, if they had this information, how the people themselves could trigger it to heal themselves? Is there a way?

F: Yes. First you have to become aware of the heart chakra. You have to breathe through the heart. And once you're in that space – and it's a very big space – once you're in there, you're in a completely different space. You're in the space that can heal anything. You're in a quantum space. And when you're in that quantum space, anything you think, feel, say or do becomes reality. And that is what triggers the electrical currents to go through the rest of the board. And you believe with all your heart, you don't believe with all your head, you believe with all your heart. That is the most powerful. That is what creates.

D: Because belief is very important, isn't it?

F: Belief is who you are.

(We are always telling our students that you must do this work from the heart, not the head. They have told me many times that love is the only thing that is real.)

D:I'm curious. Is this what I am using when I'm doing my work, and not even realizing it?

F:Yes. You do what you do because you use the heart in a world that is run by the brain. That's why you're able to do what you do.

D:It sounds as though I am touching into something I didn't understand, the way you're describing all of this.

F:It's so complicated. Even at this level where I am there are so many more levels higher than that. And it all has to do with the science of light. But before the light it really boils down to the science of sound. So even before you get into the shade or the spectrum of light, you take all this training just to learn about the shades of sound. There are many, many of both.

D:I've heard about healing with sound.

F:Before there's light there's sound.

D:I'm trying to teach people all over the world to do what I do. Do you think it's being effective?

F:It's only as good as their belief.

D:Their beliefs? They can't go at it with a scientific way and try to understand it that way?

F:You can, and there are some who are gifted to be able to do that. But unfortunately, many who are scientific are pulled out of their heart. But when you're where I am at right now, you're able to first be in the main frame. Once you maintain your center in the main frame, then, and only then, do you view things in that perspective. And if you can do that, then that can be very effective. Otherwise people get off balance.

D: You are aware that you're speaking through a human, aren't you? (Yes) The person that's come to see me, Francis. (Right) She has a lot of questions. Why did you show her that past life where she was with the fairies?

F: To show her that there has been many times in her life where she has had the ability to be able to communicate with spirits that are not seen in your world. And because she has worked out how to develop the consciousness to be able to communicate with that world. And it was her ability to communicate with that world that saved her in the first massacre.

D: Then the death, when she had her head cut off, didn't have any significance in her life now?

F: No. Just that they were service to self-people and they knew once again that she was for the light, and they attack. And she has to also understand that these attacks that she has gone through in her present life, these are people that are disconnected from source. They see that she has a bright light, and they many times are not really that grateful to see that. It is seen as a threat. It is seen as what they don't have. It is seen as "I want some of that." And in a very innocent way she has not protected herself because she looks at them like she looks at us, and they are not like us.



Francis was taking medications which the SC said was not advisable:

F: We have it set where the board will override the drugs. Frequency is number one, and it will always trump chemicals. The body, the circuit board is electrical first and then chemical second. As long as the frequency is held high enough, the drugs cannot touch it. (The physical problem was healed.) She can go off of the drugs if she wants. But if she continues to take them, we have the frequency set high enough that drugs don't make a difference.

D: You told me before you can flush them out of the body if they're not needed.

F: Because the frequency is so high that what they are supposed to do to the body it doesn't do.



D: She wanted to know if she had any implants in her body?

F: A couple. The implants were part of the repair.

D: Where are they located in her body?

F: In various chakras. In order to repair the motherboard, the implants were like override switches.

D: So she doesn't have to worry about that?

F: No, it's all part of the electrical body and the repair of it.

D: Okay, because you have explained implants to me before and I know they're positive. That's why I don't worry about them.

F: No, these are not implants to harm. These are implants to help her.

Parting message:

Keep your heart open and stay connected. We are always here. We are the conduit for source.

D: And she is never alone?

F: Never. If she is alone, she will be with us because that means that she is no longer there. If she is no longer there the energy is back with us. So while she's down there, she's never alone and when she does feel alone she will be back with us.

D: That's important that you'll always take care of her. And I hope you're taking care of me too on all these trips.

F:Oh, yes. Where do you think you get all of your energy?

D:Everyone always wants to know where I get my energy.

F:Now you know where you get it.



D:I know I never called you the subconscious but it's the same part that I speak to all the time, isn't it?

F:Oh, yes, there's only one source. And if you want a different name that can help you, you can call it Source Energy.

D:I am teaching my students to say subconscious and they're contacting you anyway.

F:They are. You can say source because the psychological association with Earth and America has tried to fragment this energy. And through fragmentation they have tried to confuse people. So if you refer to it as source energy there's only one way to interpret that. Because source energy does not have propaganda.

D:I usually say "May I speak to Francis's subconscious," now I would be able to say "speak to Francis's source energy"?

F:When you work with clients you can say "I want to speak with the essence of the source that comes through you."

D:So it will be "the essence of the source energy that comes through Francis" or whoever.

F:Correct. Yes, and that's to help them also that they have been given subconscious, super conscious, higher self, there's only one source. So this alleviates confusion. It alleviates them google-ing something and then they find out something about something that's been labeled years ago that's not true. So just rename it. Just to prevent any kind of religious connotation, some people call it Holy Spirit, some

people call it the Holy Ghost. But if you refer to it more on the scientific level of science of the light, you just say “the original source energy.”

D:Of the person that I’m speaking to.

F:Correct. The life force.

D:I’ll just say Jane’s source energy.

F:Correct. Now on the motherboard, as we speak right now, there are trillions and trillions of electrical currents going through your body, her body. And what’s happening is, these electrical currents are occurring action and reaction. 13 trillion actions and 13 trillion reactions on the motherboard currently as we speak. As that gets translated into a chemical process from an electro-chemical, you’re an electro-chemical being. It goes electrical then it triggers chemical reaction. On every single organ and every single part of the human body being electrical. The heart, you can live with a stroke. You can live with this malfunction, something up here occurs with a head injury. You can live if the motherboard gets bent in your head. You cannot live if the mainframe gets injured. So you want to speak to the original source energy of the essence of the life force. And that is what comes through the heart. So if you rename it original source energy, you’ll stay clear of metaphysical community who would like to criticize that, and you will also stay clear of the religious dogma.

D:So I would just say Francis’s highest source energy.

F:Well, you don’t have to really say highest because there is only one source. All the other aberrations that are created from service to self are only lower aberrations subjugated from source energy. It is not considered source energy. And if you call it the life force energy, if we pulled the signal out of you right now you wouldn’t be here. That is the original life

force, the signal you're receiving right now. So if you call it the life force energy, the life force, it's not a psychic force, it's not subconscious. It's not all those that all these young people have talked about. It is the original life force energy. If you want terminology, call it the original life force energy.

D: Instead of saying the source energy?

F: Either/or is fine. But it's important that you know it comes from the heart.

D: So it's the original life force energy?

F: Correct. Just think of it like this: when a baby is born the first thing that gets built is the heart. That is the mainframe. And when the baby comes out, the first electrical reaction that occurs is the heart. So when a person dies, if they stop breathing they are still living because the heart is still going. The brain can stop, a leg can be cut off, arm cut off, all that could be gone, but it's not until the heart stops that the person is considered dead and no longer with us. That is the mainframe. So that is the original life force that comes through the heart. So if you are putting someone under, and you want to speak to us – we like how you do the white pyramid. It's important that you do that. And then after you do that, then you say, "I would like to speak with the original life force energy of the frequency signal." You don't have to repeat all of this, but I am just trying to tell you original life force energy. And that will pull the signal through.

D: And then you will respond.

F: That will help keep the person out of their psyche. It will help to keep them out of their conscious mind because you're not pulling from here (the head), you're pulling from here (the heart).

D: Yes, because that's the problem. Sometimes the old conscious mind likes to get in there.

F:Right. And then if you have the person go like this (their hands on the heart) and you focus on inhaling through the heart...you know that movie ET? Do you remember when the life force came through the heart in the movie, it's like that. So what you want them to do is visualize that if they ever saw that movie. Most of your clients will have, and then you have put their hands on their heart chakra, to contact that circuit mainframe on the motherboard.

D:You want me to do this when we're first putting them under?

F:Yes. I want you to raise your hands to your heart, take some deep breaths, almost imagine that you are breathing through your heart. You're very in touch with your heart. That will take them from here and drop them down.

D:But should I still take them through the past life?

F:We will go ahead and direct you whether or not to do this.

D:Because the past life sometimes has some important information for their lives now.

F:But then many times some of these, especially now, the ones that are going to be coming to you will not have past lives.

D:I know, I'm finding that more and more.

F:Because it's going to be hard for them to get into the session if they haven't had that. If they're off planet, or if they're original source, depending if they're these crystal kids. They're not going to have that.

D:I'm finding a lot of them. Even my students in classes now, the practice sessions, we're not finding past lives anymore.

F:Yes. I think that if you just be the conduit and then go ahead and open up, the people that will be coming to you in the future most likely, since we are going into these times,

will not have had past lives. So I wouldn't focus on it, if it comes up. If we direct you to that, then certainly, but only if we direct you. And a way that you can help your teachings stay on track is to focus on the heart. More on the heart, on love because it's the love, the energy in it, that keeps in this gravity, dense gravity that we're in. It is the love that holds things together.

D:Some people are saying, Can't we go direct to you rather than go to a past life. And I said because we have to get the person keep enough to get the conscious mind out of the picture.

F:You can utilize the past life enough to where it can be a tool to be able to engage the right side of the brain. But we're even gonna discourage you there because you're not really what...the heart controls the left and the right side of the brain. So if you can get someone into the heart, the right side of the brain is inferior to the heart. Because the brain and the heart has the visionary effects. And doing this, inhaling in and out of the heart, and getting them focused, touching this area, and relax enough will trigger that. Now you will get clients that come in here that depending on their backgrounds, some of them have been through much trauma, this (the heart) is closed. And if it is closed it is much harder to get to it.

D:I know, and I have those left brain people, too.

F:And those are people that are totally zipped.

D:Yes, I have to work very hard with those.

F:So when after going to you, hopefully we can attempt to work with them to open their hearts. But unless they have had this miraculous thing, have had their board rewired because their mission was so, then most of the times they're not going to know this. Except for, in your terminology, they've been so hurt they don't want to open up.

(I explained about going to the beautiful place to get the right side of the brain visualizing.)

F:Yes, that is a good tool to use.

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CHAPTER TWENTY-TWO

AN ENTIRE UNIVERSE SHIFTS

CELESTE WAS IN SUCH A HURRY TO BEGIN THAT SHE DIDN'T even wait for me to finish the induction. At the beginning of the session I always put the powerful pyramid of white light of protection around the client. This sometimes happens that they go immediately into another life without waiting for me to complete the induction, but rarely do they do it so early. She visualized the pyramid as having lots of lights. "It is beautiful and quiet. I am inside of the pyramid and it is a ship. I am the driver." No matter how unusual it sounds, if the client sees something, then I go with it. I know they are already there (wherever "there" is), and there is no need to complete the induction. I asked her, "If you're the driver, what do you see?"

C: Like a big window in space. I see a universe, stars, lights and quiet.

D: It sounds beautiful! But if you're the driver, are you sitting down or standing up or what?

C: I guess I am sitting, but I cannot see my body. It's like I have no body. I am just an energy or something without form.

D: Then how are you driving this ship?

C: With my mind! (Surprised) If I choose a place to be, I can be there.

D: That's wonderful. Then you don't have to use or anything?

C: Yes, there is something like a main control in front of me with lights and numbers and things, but I can make this move with my mind.

D: Are you the only one on this ship?

C: Yes, I am the only one, and it feels like I am a man, a male energy! (She laughed at that idea.)

D:Is it dark inside there or can you see?

C:Yes, it is like there is no inside and no outside. It's like you have this form which is like a ship, but it's the same inside or outside.

D:You mean it has no walls?

C:No...no walls. Everything is window like glass.

D:You mean you can see right through everything? (Yes) Even through the floor?

C:Yes, no floor. (Laugh) That is why to be in this body is so WOW because if you are there you can see everything and you are everything. You think of that and you are there. In the earthly body you have to take a plane or a car. (Laugh) Yes, everything is so different here. You belong to everywhere.

D:But you said you don't feel any form at all?

C:No, just energy. You know you are this energy, and there are some limits, but you cannot see the limits. It's like you have some energy around like a bar or something like that...no body.

D:What do you mean? A bar?

C:A bar! A bar of energy. This bar has limits so you know where you are and this space is. Like a little bar.

D:Not like a body, but so you know you are contained?

C:Yes, I am inside. It's more like I am this ball of white energy. I can see nothing more than that and it feels like freedom. It's just me. It feels open and free and nice and loved and energy.

D:But you said you're going somewhere?

C:Yes, I am going somewhere. I just now see a light like a galaxy. And I am going to that galaxy. It looks like the Milky Way. (Laugh) That is my direction.

D:Did someone tell you to go to that direction?

C:No, I just know. I know I just must go there. (Pause) Wow! It's beautiful! And in the middle there's this energy like a heart. Like this heart is beating and it's alive! This galaxy is alive! (Excited) It's like a body, like we have with a heart and everything! (Starting to cry.) And it's sending love. I am in the galaxy now, and I can feel that love.

D:Where are you going? Any certain place in this galaxy?

C:I am just here. I'm in this love. (She was basking in it.) It feels like it is so big that you can't breathe because you don't need to breathe. This body I have now is feeling this energy because I am connected to this energy. And it is like I am moving, like this galaxy is moving. Like the whole galaxy is alive. The whole galaxy has this feeling like the beating of your heart. And if you're a human being, you have this beating of your heart, but you do not realize it because you are living.

D:What does it look like in the galaxy?

C:It looks like "home." It looks like nothing or everything...like you are in the middle of space. I cannot tell you. You are everything. Like WOW you are so big! (We both laughed.) Yes, you are everything!! I see the space. You are just floating and if I say "me"...it's not "me." And if I say "us"...it's everything.

D:I guess I think of galaxies as having planets or...

C:Yes, I can see stars and solar systems moving around the center together. You have two arms that are moving. The galaxy is moving. Everything is moving and the center of

the galaxy is saying, “What is moving in what way?” It’s like everything is together and if the center of the galaxy moves, everything moves. Everything I see is in perfect harmony, the big things and the small things.

D:It sounds beautiful, but are you there for a reason?

C:Just to be part of “this” because I am part of this.

D:Well, where did you come from before, when you first started out in that ship made of glass?

C:I guess I was one that was living in this galaxy. It’s weird, but it feels like I was with another people and we were forming this galaxy with our thoughts. It feels weird that I cannot get out of this being that I am here in this life so...Wow...how could I do that? It’s weird!

D:You had a lot of power with your mind if you did that. But you didn’t do it alone. You had others working with you.

C:I was working with...Wow...people like me. That means I am not alone. I am part of this big thing. (Emotional) I know we are here but “here” feels really different because here we can do everything, and “here” (on Earth) we can do nothing. (She began to cry.)

D:What happens next? Is there a place you have to go within the galaxy?

C:It seems to me that I am the whole galaxy. (Bewildered) If you extend what you are, you can be part of everything. Not only the galaxy, but for now I guess I am focused on this galaxy.

D:Yes, you’re focused on it for a reason.

C:Yes, maybe something is going on here. This galaxy is in the middle of a change...a big change.

D:Is somebody telling you this?

C:No. It would be...if you are part of this galaxy, this galaxy is going to this place, and when this galaxy is going into this or that, then you are a part of this.

D:You were the one that helped create it, so you would know what is going on there.

C:Yes, but it's weird because we are a part of the Creators, but of the galaxy, too. It's no difference between the galaxy and the Creator. All of these Creators, we are a part of the same thing. And if you feel you are a part of everything because this growing and growing and growing, this galaxy, the Creators, other galaxies, this universe, the other universes and light.

D:It's all growing, but you said this galaxy is changing?

C:Yes, it's a big change coming. This galaxy is moving to another level, so everybody that lives in this galaxy will be moving, too. These big entities know that everything will go to another level, but in this planet (Earth?) there are consciousness that doesn't know that everything will move.

D:It's a different consciousness than the planets themselves, you mean?

C:Yes. It's like when I was telling that I am in a big "crowd." I can feel this bigger consciousness and being in this galaxy is the same. It's like being in a big crowd where there are different consciousnesses.

D:So each planet or each satellite or whatever it is has its own consciousness?

C:Yes, it does.

D:But yet it's part of the whole?

C:Yes, it is.

D:Then there are other different consciousnesses on these planets. They just go down to different levels? Would that make sense?

C:Yes. There are different levels, but we are moving to another level and not everybody will move because some people just do not move. And that will be sad.

D:Why is it moving to a different level?

I knew the answers to some of these questions, but I always want to have verification through different clients, to see if they validate each other.

C:Because it's time. It's time everything moves. It's the cycles. Nothing stays the same. You see, like planet Earth, when you have winter, summer and seasons...cycles. Then this galaxy moves to a different cycle and it will be this movement. It's about energy. It's only energy. Nothing bad will happen. It's only different energy. It is time to move to a different level.

D:Tell me about the other level.

C:The other level is when we are ready to realize we are all part of the Light. We will discover what Light is. We will discover we are part of the same Light. We are like brothers, like a brotherhood. Like everything is a part of another thing.

D:So it means there is no separateness then?

C:No, everything in One Thing, but you could say one thing. You are saying "part" because one means something that is with form. I am talking about something that has no form. No beginning and no end. Like if you can be "forever." Forever is the one that you do not understand what that means, but it is a word to define something. People will become more aware. They will realize they are bigger than they believe they are. They are without limits. Some of these consciousnesses will wake up and some of them will not wake up because they are focused on themselves. They

focus on stupid things, routine and control and I think they do not realize who they are.

D: But if the whole galaxy is moving to a different level and some of the consciousnesses won't move, where will they go?

C: They will not be with us. There will be another galaxy for them. (Laugh) Yes, you know another galaxy is moving, too. Okay, it's not about one of these galaxies. It's about the Universe is moving. And this Universe is a part of another Universe that we're moving to. Because it seems to be that "we" have a lot of information that makes us move to the next level. The whole thing is moving to the next level. And then these galaxies are moving to another level. And the consciousness that is ready to move to this level, and this other consciousness that is not ready to move will go to another galaxy.

D: Is it kind of like a separation?

C: No, not separation because we are all together. But you cannot be with another level of vibration that is not like you. It's not separation. It's different levels of vibration. We are all part of the same. We are all alike but not in different levels of vibration. Like when you have the first degree, the second degree, third degree...you are moving. If you decide to be in the first or the second or the third...everything is perfect and everything is okay. You can be wherever you want to be.

D: I was thinking if they are going to another galaxy, there would be a separation between the two.

C: Yes, but it's not about separation because in one way we are all connected like "morphing" levels of the same Light, God, Universe, whatever you want to call it. Showing different levels of consciousness.

D: Sounds like this is very important. This is part of something big.

C:I guess it is, but it is not the first time this is happening. It's another cycle. Everything is moving into that.

D:As you are watching this, what is your part in all of this?

C:I guess I just came here to be a part of this moving. If I am here, I can bring energy, too and allow this movement to be.

D:You mean in the galaxy or where?

C:I mean on planet Earth.

D:Did someone tell you to come to Earth?

C:Yes. The Creators of the galaxy were discussing about where to go, just to help to make this movement, and they saw this blue light, which was planet Earth. Which is not so important, but it's blue and it's nice, and it seems that if you have some change in that planet, everybody in the galaxy will feel that change. You know what I mean? Like this tiny blue planet is very important. (Laugh) And it's like Wow, it's more a planet of energy. So we decide to come here, but I don't know if we are going to meet each other. And I guess we are not "all of us here." Some of us are here, but other ones decided to stay out of this planet like consciousness, that we are with us always. We are part of something like Unity.

D:So you decided. You weren't told then?

C:Yes, we decided to come consciously. We decided I will go here with another one, but now we will meet the other one. Now I don't know if we need to meet because we are always together, so what I need with meet? (Laugh)

D:You said earlier when you were the other consciousness, you could do anything and you are a part of everything. And coming to Earth is different?

C:Yes, it's a stupid thing to come here. (Laugh) Because when you are there you think Wow, but when you come here it is so tough. And sometimes I feel alone and sometimes I feel I cannot do this. But sometimes I know I will do it.

D:Entering the body is different, it's not what you thought it was going to be.

C:Yes, it is. It is because when you enter it's like, "Hurray! Come into this body inside of your mother." And then you feel this restriction and everything is like you are so big, and suddenly you are more confined. And everything feels dark and you have fear for everything, and have these emotions and suddenly you cry. Then suddenly you smile and everything's a drama. Like Wow, you cannot handle this drama. What do you suppose that drama means? And you are a part of this now. You cannot get in the way of that.

D:So in the other existence you didn't have these emotions?

C:No, no, you don't have emotions. It's not this kind of emotions. Everything is so clean and quiet and you know everything. And the worst part is this drama thing. These feelings, people cry and this mess for misunderstanding and you cannot communicate with people with your mind. You can try, but they do not listen.

D:And the fear is different too, isn't it?

C:Yes, the fear is the worst part. I don't like this fear. This fear makes some things in your body. Your body is so sensitive to this fear and suddenly when you start having this fear, it's a mess and you cannot get out of this fear. And then you try to remember who you are, but sometimes it's not so easy to remember. And sometimes you think your mind is thinking all these things and...Wow...what are you talking about. The only thing that exists is routine and this life and these other things. That is the only way to do this is

in this body. If you do not have that, you will not stay here. You will go “home” because home is where you belong.

D:With those memories you couldn't exist here. (Yes) Is that why you have to forget when you come in?

C:Yes. That is why you have to forget. Otherwise you cannot stay attached to this body. When you have feelings for one thing, you are attached to this body.

Yes, when you try to go back home again, then you get this fear and then you forget everything and then you are here again. But you know you are not complete here. You are not complete incarnate here.

D:Have you ever been in a physical body before?

C:I have to say it's not, but I don't know if it's my mind or....

D:But you're part of the galaxy and you created the galaxy, do you think this is the first time you have ever moved into something like this?

C:No, I guess this is not my first time. I guess I am coming when these kinds of changes are taking place. I have to figure this out. I feel like I am a mother of the galaxy. (Laugh) So I have to be here to take care of my little kids. (Laugh) And then I choose to be in this little planet. It is a little planet, but it has a lot of energy. Wow, I have to think of everything. Sometimes we can and sometimes we cannot. It's not our fault because we are what we are. Sometimes some things happen that we cannot control and the only thing we can do is just to take her off of this little kid which is our galaxy.

D:But when you come you forget all these things, and all you know is just this life.

C:There's no way to be here if you know who you are. There is no way to use this power you have because

sometimes you need or you want to use this power, but you realize you can't because this body is not enough. But this big energy you're sending is not your whole energy. It's only some part of your energy just to stay here.

D:But isn't it possible for the physical body to use some of the energy?

C:Yes, the physical part of the body is using some part of the energy, but not the whole energy. Because if the body is using the whole energy...it will explode. It's not a container for this big energy that you are. It's too much energy for this little teeny body. Because the galaxy is smaller than the energy you are. This planet Earth is smaller than the energy you are. This body is smaller than the energy you are. So you are moving from the small things to the big things, and you are moving to the big things or from the big things to the smaller things. Everything is moving...like in cycles.

D:But is it possible for this body you are speaking through to use a portion of the energy?

C:Yes, she needs to use this body. It's using this energy, but the body doesn't know how to use it.

D:She said she feels energy going through her body, but she doesn't know what to do with it.

C:Yes, she doesn't know what to do. The body doesn't know. She knows what to do, but when she tries to use this, this other fear starts and then she realizes, "Okay, what am I doing? I am this body. I am like this ego thing." She is afraid to use this big power she has. She is trying to do it to help people, but it is not working because she's afraid. Everything starts to work, then she's afraid of being discovered. She's afraid of being discovered about who she is. She is doing this work undercover. (Laugh) So nobody knows that we are working undercover.

D:Are you afraid of something happening if somebody knew how powerful you really are?

C:Yes. It doesn't work if anyone discovered we are controlling things.

D:They think they might?

C:Let me clarify this. We...us...the Universe, the Unity, are working, too. We are here undercover. We are controlling things so if anybody found out we are controlling things, even though we are trying to help...they are not going to do things by themselves and they are going to ask for help. You know people here are so...you know they need help. Always they need help and they are allowing another one to do things by themselves so we cannot allow that. They have free will so they have to do things by themselves and that is one of the reasons they took energy from this body like this woman. It's easy to take energy from her.

D:You mean other people?

C:Yes. And they are always taking energy from her and that is not the way to do it because she didn't come to do that.

I had spoken to Celeste during the interview about how to put up shields around her to keep people from drawing on her energy.

C:She doesn't know how to do it. She was trying to use this shield like white light, but then this other part of her is saying, "What are you doing? This is stupid to do." She separates. One part of her knows who she is and what she is doing here, and the other part is trying to say, "Get real. You are a human being living in this planet Earth and don't be silly to think you are bigger than that." It's like a fight. She's having this fight inside.

D:Does she have any karma to repay?

C:No, she does not. She has been here when this galaxy has been having this big movement, but she came only to help and she doesn't have karma. She tried to help people who have karma, and sometimes it feels like she feels karma, but she doesn't because she can't. She's one of the healers of this galaxy, so she's trying to help and sometimes she needs to feel how it feels to be human in this part of the galaxy because that is how the galaxy feels. Like if you being in the body and it has the pain and you must feel that pain just to feel what the body feels. Do you know what I mean? Your body must feel this drama. This is the only way to help people by understanding the way they feel. Then you can understand. Then you can help, but you know sometimes people don't want to be helped. They are happy with this drama because they don't want to be more than that or they will remember where they belong. You cannot help if they do not want help.

D:But she doesn't know that she's bigger. She feels she's like the rest of the people on Earth.

C:Yes, she is, and that's the problem with being with this energy she is – me – and she's fighting with this energy or with this body. It is her body. Sometimes she feels she's this body and she's bigger than that, but sometimes she cannot remember and she's in the middle of this little drama. I have not found a way to tell her to "remember who you are!"

D:I think you're finding a way right now to tell her.

C:Yes, I guess we are having this conversation.

D:But most of the people when they come to Earth many, many times or on this cycle, they pick their parents. They pick where they're going to be born, but she was not part of that cycle?

C:No, she was not. She was here to help this guy and this woman (her parents) because they are so full of power. They do not realize they are. So, when she came here, she gave

this couple a little energy to do what they needed to do, and they do not understand. And these two gave her a lot of experiences to feel what it is to be human, just to understand what it is to feel pain and have human experiences. It was important to me to have these experiences because now I can help them when I just found the way they feel, so empty. I can feel this emptiness. I never understood this emptiness until I came here just to have these human experiences, and then that was the contract that was with those people...I mean this couple. When I give you this energy, then you can move on or you can just not move on and you will give me this experience. Then I will understand how people feel. And now when I see the people, I know how they feel. I can feel how they feel! I can feel their vibration. I can feel how they feel and if I sense energy, I can remove their pain.

I asked about Celeste's daughter which she finally conceived after two miscarriages. It was the same story that I have heard many times. "She is one of us! She is one of us!" Celeste has the type of energy that is not compatible with other humans. This type is so different that it is difficult for the mother to get pregnant. The vibration of the incoming soul is too different from the mother's vibration. Thus adjustments have to be made so the mother can carry the fetus to term. Normally there are two or three miscarriages until the adjustments are complete. This type usually cannot have children because of this incompatibility. The energy and vibration of both souls have to come from the same place in order for it to succeed.

Celeste was then given personal information. She was also told to use the white light to protect her from other people's energy.

C:Now she's going to know who she is, but she must be careful because you know when you are in this body you have these traps. These things that make you feel more than you are and deeper than you are and things like that. So you need to be careful with that because we do not want this woman to use this power doing bad things. So she must remember to be careful. And she must know to be careful

with the people around because we said this woman is like a channel so she is channeling energy. Many people are taking energy from her so she must be careful with that. These people are taking energy from her and are not using this energy properly. (Emphasized that she must use the shield and white light every day.) She must also remember to meditate every single day and take care of the food that she eats.

She had been having problems with her stomach and intestines occasionally. "Yes, she's channeling different energies so sometimes this energy makes her have trouble with the body because she doesn't use this shield. So now she's like a sponge with energy." They did a body scan. "There is something about blood because sometimes she does things that do not allow the energy to flow. Fears. Fears interfere with the blood flow. It is the mind that puts fears in your body. I will clean this body of the blockage called fear. It is causing something in the body that we do not want. It feels weird to be in a body. Fear and a lot of people taking her energy, so you have to tell her to use this shield. They are taking the energy from her. She must be open to giving energy, but she must be closed to people who take her energy out. Now I can feel the heart in the hands. She must use these hands that are full of energy. She knows what to do. She knows exactly what to do. Enough people will come and she will know when to use it and when to not use it.

Don't touch people until you put your shield first. Then she can touch people. And control the energy. The energy knows where to go and how to do it. She can use it for healing and to clean these fears like we did with this body. She can do the same with people to clean the fears people have. She has to remember that fear is not going to succeed. This fear has taken some organs and then you can try to release this organ with this fear. We don't need this fear in this body, but it doesn't know how to do it. Yes, she's like a 'cleaning lady.' She's a cleaner, yes."

They said something unexpected here when I asked about Celeste's parents. They said they would not be there to worry about. They were just not there, their energy was gone. They said that meant they would die, but they could not tell me any more because their energy was just not there. Physical: Eyes. Sometimes she doesn't want to see what she sees. That's why the eyes are not working well. She's trying to control what she sees. She likes to be in control, but it doesn't work because "we" are in control. They said there was a problem with the right eye because of a laser. The doctor had not done the surgery correctly, so "they" sent energy to correct it and allow the light to enter. This created a lot of heat that Celeste could physically feel.

D:Energy creates heat, doesn't it?

C:Ah, yes!

D:But now she won't be in control. She can see what she has to see.

C:Perfect, but now she will see things maybe that she doesn't want to see. (Amused) She must remember that we are in control so she doesn't need to be afraid. Remember about the shield and everything will be under control, our control, not her control. Sometimes she's like a sponge. And sometimes we need a sponge, otherwise we cannot use our energy in the body. You know, this is the thing that happens in this planet Earth. People are trying to take energy one from each other and the thing is that they need to connect to the Source, and they don't know how to do it. So if they decide how to connect, they don't need to take from one another.

D:Because Source has an unlimited supply.

C:I know...for everyone! Right now she is giving energy to planet Earth. Her hands are giving energy...like a supplier. They are supplying energy or giving energy to planet Earth right now. Earth is moving too and planet Earth is really "happy" to be moving.

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EPILOGUE

WILL THERE BE MORE BOOKS?

As you know mom was always working on many books at once. So yes, there are at least a few more in various stages of completion that will be out over the next few years. The subjects are different points of history as well as timelines. There is still an array of convoluted information from past sessions that have yet to be included in any books, so I will be scouring her material for more possibilities for her hungry fans.

Through all of this work, my mother drew the greatest love and pleasure from helping people. She loved to see them heal. Mom was like a proud parent and giddy, little child rolled into one when she returned to the office after a session. She'd be so excited and beaming and totally glowing. This is where her energy came from. It would overflow from the client when the SC would do the healing with the white light. She would say how beautiful it was to feel the love emanating in waves from the clients during the sessions. It's always about the clients figuring out their own situations and "connecting their dots" to get the healings.

This is why mom was guided to start teaching her method of healing. It was so effective, people were coming from all over the world to see her in this small office in a very remote town in Arkansas. Mom was so reluctant at first because she didn't know if she would be able to teach something that had been developed on her own. We quickly found that this process is very easy to learn and is very forgiving. At first mom called it advanced past life regression because it was more than regular past life regression. Then students in some of the classes started telling us that we needed to change the name to represent what was actually happening and being taught - healing by leaps and bounds in a very profound way using hypnosis. Mom and I sat down the following weekend and started exploring possible words to describe her hypnosis technique. We finally came upon the words that we felt fit perfectly - *Quantum Healing Hypnosis Technique* (QHHT). The beauty of this technique is that anyone can do it without prior hypnosis experience. We have found that the only requirement is to have an open heart and the desire to help people.

When my mother finished *The Convoluted Universe - Book Three*, mom said to the SC during a session, "I think you've given me all the information there could possibly be. I think I know it all now. Reincarnation, dimensions, portals..."

There was no way there could be any more. Her mind couldn't fathom anything larger than what she had seen to that point.

And "they" said, "Oh, no, there is more. There's a lot more!"

They allowed her mind to rest and digest the material and then began giving her more concepts and a couple years later she had enough information for Book Four.

We've had many people sending us messages indicating that mom has come to them in dreams and sessions and other various ways that shows us that she is very busy in her life on the other side.

This confirms for me the message I received as she passed, "I can do so much more on the other side than I can from this side now."

Dolores, now on the other side, can see "the more!"

We hear you, mom - the reporter, the researcher, the investigator of lost knowledge...

Julia Cannon

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We will always be working diligently at Ozark Mountain Publishing, LLC and QHHT, LLC to bring you the latest and most up to date information on Dolores Cannon's works no matter where she is. All of this information can be found in our classes, on our websites and social media.

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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 seventeen books are translated into over 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.

If you wish to correspond about her work, private sessions or training classes, please submit to the following address. (Please enclose a self-addressed stamped envelope for her reply.) Ozark Mountain Publishing, LLC, P.O. Box 754, Huntsville, AR, 72740, USA or email her at decannon@msn.com or through our Website: www.ozarkmt.com

Dolores made her transition from this dimension on October 18, 2014.

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