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by search-of-reality-obooko



Multitudinal Dimesions: Alien Implants

# In Search of REALITY

## Book One

Annette de Jonge

Manipulating Matter: Mind Resistance

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# In Search of Reality

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*In Search of Reality* was originally named *Other Perceptions of Reality*.

It was updated, enlarged and the title changed.

Other books written by this author but not in the *In Search of Reality* series:

*Psychics and Séances - A Journey to Understanding* and

*We Are Not Alone: Extraterrestrial Encounters*

*Twisted Tales*

o0o

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This book is dedicated to my editor and good friend Pat.

Without Pat's constant encouragement,  
belief in me and the validity of the guidance the teachers are offering to humanity,  
this book would never have seen the light of day.

Thank you, Pat.

o0o

*'...as we know, there are known knowns;  
there are things we know we know.  
We also know there are known unknowns;  
that is to say we know there are some things we do not know.  
But there are also unknown unknowns—  
the ones we don't know we don't know'.*

Donald Rumsfeld

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## Preface

The information in each of my books began as an attempt to understand and explain my unknowns; experiences and communications with realities that go beyond our five senses; other realities that have always been a pivotal part of my life. In sharing my experiences, it may jog reader's memories to similar happenings they have experienced but, for reasons known only to themselves, have put it to the back of their mind. This book then may serve as a reminder.

There has always been interaction of some sort. In my early years there were extraterrestrials, space beings who, from time to time, during the night, took me in my out-of-body state onto a spaceship. I have vivid memories of, as a small child, being operated on when a metal probe was inserted into my navel. That particular event was terrifying, as were the other experiences when I regularly saw scary 'things' that visited in the dead of night and made me frightened of the dark.

As time passed, I was also starting to see gentle looking, white robed spirit beings and occasionally hearing a voice inside my head as whomever it was that quietly corrected me for something I was doing that would ultimately not be to my advantage. At these times I assumed it must be coming from one of the white robed spirits or my guardian angel.

It was only later that I sought to understand 'why me'? Why did I have these experiences? My quest for answers brought to my attention other spirit beings that were also a part of my life. These spirit beings seemed to be guiding me and, over time, I learned to consciously communicate with them.

Their words of encouragement and love were so beautiful and uplifting that I started to write them down to read back and draw comfort from them during difficult times in my life. That mode of communication changed to me asking questions and writing the questions and answers down to be read later when I needed their words to help and encourage me.

During early communication I could 'see' with my inner vision a group of white robed teachers, male and female and what appeared to be young students. When asked who the group were they identified themselves as 'The Brethren'. I explained that as the name the brethren has unfavourable connotations at some places on Earth would they mind picking another name. Their surprising answer was no, their name was The Brethren and so that name remained.

By now I had also gained an understanding of why the extraterrestrial visits occurred and why I saw frightening images in the darkness of night. Those experiences are recorded in my book; *We Are Not Alone: Extraterrestrial Encounters*

I continued communicating but now my question/answer format had changed to my typing into my computer. And, over the years the tutors have changed as my needs required and my level of understanding progressed. The 'newer' communicators now choose to remain unseen and unnamed. I identify their presence by a subtle energy and, like with The Brethren, the wisdom of their words. These newer communicators come from various energy realities that interpenetrate our three-dimensional physical world.

The group appears to be much larger now and is a study group that attracts numerous spirits, like-minded energies in whatever form or dimension they presently reside. There are those who are always present in our group. Others come to study the machinations of what is required to interact with a human being and, armed with the knowledge gained, may set up their own forum groups in whichever way or avenue they happen to be. Regardless of their desired path, all are manipulating energies in order to accommodate all and learn the ropes of diverse ways of working with energies different to their own.

The following is an example taken from one of our communications:

*'All are in the process of learning different ways of attracting and repelling different energy and this is one such place where they can go and be of instruction to themselves while understanding more of other ways they can be accommodated.*

*All form chooses how they will process the information and use it to their advantage. They are able to see different elements of energy that perhaps were not presented to them before. They can, should they choose, delve a little more and study what life is like at any of the other avenues presented to be of advantage in their growth pattern divine. It is all offered for those who seek other ways to see what might attract their interest to grow, go that way'.*

Knowing that there are different energies, possibly a variety of species attending had my curiosity piqued so at one forum asked what those there looked like. I was surprised to learn that not all at our forum choose to see others. As was explained, those there could see the energy colors and resonate to or feel the energies of others but if this interaction is not the present way they want to progress, they don't bother interacting any further.

My early understanding was that there was some energy place or level that stabilized different spirit energies so that those interested in attending our forum could do so. That does not appear to be the way and while I speak of attending, there doesn't seem to be a set place to gather for taking part in our discussions either. It may be that those who want to attend do so from whatever level they are at - perhaps in a more advanced way but similar to the conducting of meetings here on Earth when having a video linkup like Zoom that can connect people from all over the world.

Unlike forums on Earth with everyone sitting through a meeting from beginning to end these entities, while they are at liberty to hear what else is being discussed, know beforehand exactly when the part they wish to know more of slots in. As explained in a later discussion, they are not bound by the same timeline constraints as we are which enables them to have what we would term 'prior knowledge'.

As one spirit said, *'We listen and what we need is there, provided as we require. We do not 'hang around' as you say, waiting for our turn. It is not the way and there is, we feel, a difference in 'timing' so to say that makes it all work of accord for all there as we require, then we withdraw'.*

This book reflects my life-long quest: to interact with other personalities from different realities I know are 'there' and to understand, to learn and go beyond what our limiting five senses lead us to believe is reality. The knowledge and understanding gained is now offered to all readers.

o0o

*Do not go where the path may lead,  
go instead where there is no path and leave a trail.*  
Ralph Waldo Emerson

# Introduction.

The information provided in this book is from conversations between me and communicators who come from different energy dimensions that interpenetrate our physical reality. Many of these tutor communicators have volunteered to be here at this significant time to assist humanity as it continues to go through the transition from one epoch to another.

This book is a collection of discussions with the unseen educators spread over time and attempts to explain some of the changes, those we see already happening and to give insight into the special opportunities presented by incoming energies; opportunities not previously available to incarnating beings.

As our universe goes into this new epoch it brings with it monumental changes on all levels of consciousness. What we, as a consciousness, are seeing now, Earth changes, are only a small part of the evolutionary transformation that offers enormous opportunities for all existences. Each being here at this time, whether they are consciously aware or not, is participating in these transformation opportunities.

The influence of the Piscean epoch is receding and is being replaced by the energies of the Aquarian era. This newer influence will open our awareness and lay the ground for the development of mind-boggling technologies and advancements, some already changing the way we live and think.

What is perhaps not so obvious at present is that all living energies, consciousness, not only humanity, are undergoing this transformation, shifting upwards into another, finer energy awareness. As the old gives way to the new some of the familiar species of animals and plants will cease to exist on this third dimension. Their extinction will occur because they are unable to adapt to the newer patterns of existence.

The tutors make it clear that until we reach a more advanced evolutionary perception, our illusion will remain that when we finish with our physical body we go 'somewhere'. They state the reality is there is nowhere to go because we are already 'there'. What we do, as spirit, is adjust our vibratory pattern to harmonize with whatever it is we seek to experience on any level and existence. How this is achieved is explained later in this book.

Part of what we seek to experience in each lifetime on this malleable, illusory, third dimension can be seen as an adventure and to accomplish that we need an 'anchor'. This is achieved by working in a symbiotic relationship with an earth consciousness my communicators refer to as 'the earth elemental overseer or being'.

Others have referred to it as the body elemental ('Spiritual Unfoldment' - White Eagle Book One p.31). Seth in his book 'The Nature of Personal Reality' as explained through Jane Roberts (p.180) refers to the earth energy being as the body consciousness. Other teachers may use other names and I don't know what terminology our scientists use but, in this e-book, adhere to the term the earth being or the earth elemental being.

o0o

As beings, consciousness, we have all chosen this amazing time to be here, to advance ourselves in line with the wonderful opportunities and knowledge that already is or will soon be available in this new epoch.

Whatever you choose to create and experience I wish you every success in your quest. As our communicators state, whatever you choose in your adventure, you cannot fail. Every success goes your way so enjoy your journey.

o0o

*The key to success is to focus on goals, not failures:*

Author unknown

## Part One.

### Mind Resistance.

*Consciousness is a singular of which the plural is unknown.  
There is only one thing,  
and that which seems to be a plurality  
is merely a series of different aspects of this one thing,  
produced by a deception,  
the Indian Maya,  
as in a gallery of mirrors.*

Erwin Schrodinger, Nobel physicist. 1942.

o0o

Over the years we have been communicating I have often read and then reread the information you have provided. On one level I can see the value and am grateful to receive the knowledge yet on another level my mind is resisting and putting up all sorts of barriers to what you say. Why is this happening?

*Because you have already sorted out in your mind what you have previously learned and relish that information. We have now come along and are 'upsetting the apple cart' as you say. We are now stating your previous-learned perceptions are wrong. We are challenging your religious beliefs and all that encumbrance that is upon them.*

*We are asking you to think for yourself. Not accept the rounded version purported to be the truth. We are flatly stating it is not the way; it is not the truth and you need to rid yourself, your mind, your existence, of holy cows...golden calves if you choose to see it along that line.*

*We are asking you to open your mind to newer concepts; fresh ideas that were not formulated before. We are stating the way and suggesting you follow our lead, our way. Not because it is our way and you are to blithely let it go unchallenged, but because it is right for you to follow with this. We can then show you how and why past previous concepts were wrong, little more than propaganda and mind controlling effects to subdue and have you all go a certain way, toe a certain line of ideology.*

*With our concepts we do not deal with religion at all. We want you to understand what life is all about. You are at present, all, like blind people stumbling about in the darkness of your illusions. You make many of your concepts fit an image and then work to make them be that way. We are telling you to open your mind, to get the freshness of what is inside so you can relate to others of your kind. We do not necessarily refer to homo sapiens either.*

*We mentioned that you, all, are of the stars. We want you to go that way, understand and claim what is rightfully yours to have. To connect in this way will bring you a glorious understanding much more that is available to you when you do not limit yourselves; you're thinking to ancient, preconceived ideas that have existed for far too long. That and many other treats are in store for you if you follow our line of reasoning.*

*Again, we do not ask you to blindly follow our way but challenge, challenge all that does not seem right, seems too abstract, too far-fetched. We will then lead you along until you see it is of accord, what we have chosen ahead of time as part of your education lets you go this way. Let's you see for yourself because you will have opened your mind.*

*So, my dear, as you started off today asking us why your mind was in rebellion, why it found it so difficult to understand what we are about, and viewed our teachings with great misgivings even though, on another level, you clearly understood the value of what we are offering, that is why. You have preconceived ideas and value others' opinions and beliefs ahead of your own.*

*There have been very few times that you have deliberately challenged the wording of those you saw as more erudite, more learned than yourself. We are stating, that for the most part, they also lacked the ability or the will to challenge any concepts they saw sprouting from the mouths of those they saw more intellectual, educated than themselves. And so the same knowledge, the same lies, the same circle was complete.*

*We take you far from this. We ask you to listen at all times to what we say. If it makes sense, dwell on it until you gain every morsel of knowledge, then either come back for more with what you did not understand or ask for further clarification to help you gain more along the way. We gladly give you what you ask, but you need to open your mind first and ask us, ply us with questions so we can give you answers you can comprehend, if you open your mind to this.*

You have previously mentioned that we, all of us, are also of the stars. I would appreciate you elaborating on this please.

*Yes, you are indeed, all of you, star beings. Your true home is not here on planet Earth. Nor is it really of the stars where you domicile there either. However, it is true that you are beings that have been formulated from the energies of the universe. This then, makes you a composite of the universe, star beings. We also point out that many of you have other attributes, other ways you are connected to the stars.*

*We feel though we have issued enough learning for today and would like, suggest, that you continue along this line of reasoning and explanation tomorrow. We will then attempt to have you understand more of what your heritage is, but for now we finish for the day.*

*Peace and blessings be upon you, now and forevermore.*

Thank you.

## Clearing the Air.

*Even a particle of matter or a wave of energy is indestructible, as science has proved. The souls or spiritual essence of man is also indestructible.*

*Matter undergoes change; the soul undergoes changing experiences. Radical changes are termed death, but death or a change in form does not change or destroy the spiritual essence.*

Paramahansa Yogananda.

o0o

You are suggesting we open now our mind to new concepts and have a more critical look at our perception of who we are, our beliefs on what life is and especially those religious beliefs we have built our life and moral code upon.

*Yes, it is the way we seek for you to approach this topic. If you do you will find much to advance your comprehension of what life is and your purpose in the scheme of things. You will gain a better understanding of what you can do to advance yourself as you grasp why you are here and what you can achieve whilst upon this dimension.*

*We seek you to move away from the dogmas of old; of religion and of science as it is understood at present. Much will be achieved by this. Much that needs to be to 'clear the air' as you say. We want you to learn other ways of thinking and of being, to bring you up to the requirements that now are upon all.*

And are you still going to teach by the question/answer format?

*Always it will remain the way. Without you asking the questions we cannot comprehend what your understanding of a topic will be. It is by this, in this way we can fill you in on what you require to move you beyond your recall.*

You have suggested we move beyond any religious belief structures and to do so it would be helpful to, wherever possible, move from words such as 'soul' and 'spirit' in describing our immanent self. For clarification, I also suggest we understand and acknowledge all innate intelligence, in nature, the cosmos, in all as being or being in whichever form chosen in any particular way.

*Our discussions can flow that way.*

It has been stated by another spirit being that this 3D world we presently inhabit is like a camouflage hiding the reality of all that is around us. I am not a scientist but our quantum mechanics seems to allude the same way and during several of our discussions you have said we have pulled the wool over our eyes to the reality of what is all around us.

*Yes, you need to move beyond what you understand your present life to be. It is to your advantage to scrutinize, to look and understand what you see as reality does not exist as you see it to be. There is more 'afoot' so to say that you keep from yourself, your magnificence simply because it is the way you designed your learning curve to go, be.*

Eastern philosophies and cultures, their teachings going back millennia, have a philosophy of our world not being as our senses would have us believe. Their ancient sages refer to our sensory world as 'Maya' - illusion. They understood and taught that what is seen in the physical world is not the true reality. What they portrayed as being seen seemed to be similar to what modern generations understand as virtual reality.

Quantum mechanics to date seems to have a similar theory and state that all the sensory world of matter we believe and accept as real, all the building blocks of everything, including our physical body, are not at all solid.

*It is the way. Nothing as your senses portray is the reality of what is, exists.*

We are told that the reality of all we perceive as solid is 99.999% empty space. Everything discovered in our world is composed of vibrating, pulsating atoms or quanta of differing degrees, speeds and wave-forms creating the illusion of solidity and sensations. These wave-forms are translated by our brain into something we can accept as real.

*Continue your way.*

I find it is much easier to understand something that is familiar and relates to daily living. As an example and by using the familiar, our computers, televisions or movies show images and for a time we are caught up in the lives of the people we see; people whose image and actions look real but may never have existed in our sensory world except as creations of a writers' imagination. They are brought to life on a screen by unseen waves of energy projected through the atmosphere, perhaps coming from different lands to appliances programmed to receive these images.

We may laugh or cry with what we see and most of us understand it is all Maya, illusion. We know but for a time allow ourselves to accept what is portrayed as reality.

*It is the way and your structured reality is illusion.*

On all levels here?

*It cannot be any other way. What you perceive is a creation, all illusion but necessary for your to form here upon this plane of existence.*

I will finish now to read back our discussion and think of ways we can, as much as possible, look to how we can change our perception of reality to something more tangible and what is needed for our understanding and growth.

*Then we leave you to go your way. Peace and blessings go to one and all. You will find your way.*

Thank you.



## The Illusion of Time.

*What is time? While most people think of time as a constant, physicist Albert Einstein showed that time is an illusion; it is relative — it can vary for different observers depending on their speed through space. To Einstein, time is the "fourth dimension." Space is described as a three-dimensional arena, which provides a traveler with coordinates — such as length, width and height —showing location. Time provides another coordinate — direction — although conventionally, it only moves forward. <https://www.space.com/21675-time-travel.html>*

o0o

Most of our day-to-day activities are dictated by time. I would like our discussion for today to be on our perception of time.

*Then we go that way.*

Would you please clarify this perception of time as we understand it?

*Yes, the time line projection as you understand it is a furphy. It is also necessary for your understanding and growth pattern formation at this period.*

To my logic, events happen in a time frame as we perceive it. I don't understand how it can be any different to that way of thinking.

*It is perception; illusion and cannot be this way. You understand all the ramifications of time as you have created it. You feel events do follow a chronological order. How can it be any other way you state to others?*

*We are firmly trying to entrench into your newer learning abilities that it is not the way. If you cling to this outmoded law as you see it much will be denied you. Your intelligence goes another way. It is not to stagnate into the abyss of other 'times' and 'events' that were created for your amusement. You are now to go another way with your reasoning abilities.*

What you are explaining is not clear to me at present.

*We understand your dilemma but say wait, think about what we have said. Make sense of it to the best of your abilities at present and when the possibility, the comprehension is more solid, we can then proceed onto the next section of what is and what is not.*

I will need to finish our conversation for today. You have given me something to think about.

*Then we leave you with words of encouragement. The times ahead are not so difficult if you do not make them that way. Remember this always: you control events. You are not a victim, there are no victims. Look to your being for redress if events are not playing out to your liking.*

*That is all for today. Peace and blessings we offer one and all. We go now.*

Thank you.

# Is Life Like a Roll of Film?

*The true currency of life is time,  
not money,  
and we've all got a limited stock of that.*  
Robert Harris.

o0o

I have read that Buddha taught that there was no past or future and all that existed is the present. I understood that to mean that the past is only a memory somewhere in the neurons in our brain while any future is a probability.

If this is so, this explanation appears to be like a roll of film. Nothing exists on the roll as a past or future. What exists is the frame, the particular part we are looking at and focusing on. As our focus, consciousness, shifts to the next frame then that piece of the film becomes the present.

*It is your perspective, 'point of reference' as you say, that dictates to your consciousness, mind, what the way is. There is so much your finite mind is not able to comprehend at present. Much has been gained but more is to be made available to see you aware and comprehending what is about, what is 'real' as you say and what you can do to advance yourselves as you undertake your 'game of life' as you call it.*

*You already have it all but choose to be, go this way for the adventure. In choosing to be and go this way you are refining and gaining more.*

*You have done this before, rest assured on this. We do not mean as reincarnation because that brings to mind subjectivity of another kind. You are not in bondage in any way for misdemeanors from past activities. Only if you choose to experience, go that line will it be, but we state it is not for recriminations, bondage in any way.*

It seems that when I am having trouble asking the right questions, understanding something or coming to terms with something you have said, information is provided from someone or someplace else to make it clearer. This is the case now with reincarnation, time, mass, spatiality and other lives.

A friend send me an extract from a book by the spiritual teacher, Lazarus that succinctly explains the hows and whys just mentioned. I know you have your preferred way of teaching but would like our lesson for today to be on what I've just mentioned and include part of what Lazarus has to say on the subject.

*'Fire away', as you say. It may help unclutter your thoughts and those of others who read these missives; to have you understand more cogently what we state.*

Well, like Lazarus and probably many other spiritual teachers, you have stated all lives are simultaneous and what we see as a timeline procession is illusion, a construct we have on this third dimension for our convenience and to make sense of what would or could otherwise seem insensible or incomprehensible to us.

*It is the way it is portrayed for you by you and with your present stage of reality, cannot be any other way..*

You have also stated that what we see as the passage of time is the observation of changes taking place.

*It is the way. Please proceed.*

Lazarus, like your teachings, states that all lives are happening at the one time. He calls them concurrent and says our third dimensional way of seeing and making sense of them is by placing them in a line with the left the past, the middle the present and to the right the future but our lives don't go that way.

*That is so. The reality existence as you portray it to be in your mind is flawed but necessary for you to be here at this time for you to gain an understanding; 'come to grips' is a term we know many of you know and understand. To comprehend the reality of what is, as you see it portrayed, to be.*

And other selves and parallel lives; how do they fit into this image?

*It is all of accord. We understand your comprehension can accept the timeline as stated as a possibility, even a probability and what we have mentioned about reincarnation and other worlds, dimensions flow but you seem to be struggling with the fact that all lives are interlocked. They are indeed interlocked and one will affect all. It is the way and cannot be any other way.*

Well, what about what we term future lives? Surely they can't affect what we refer to as a past life?

*Yes, it is the way that they do. You are still thinking linear and we state that if all are happening now it cannot be any other way that one will cause a 'ripple' so to say upon the others being activated and will be felt by you in some way.*

You have stated that other selves we have created are affecting us and we them even though we don't consciously know of their existence and what they are up to.

*On a conscious level it is the way. On a more spiritual level you are well aware of what antics, events, each are portraying, activating and so it is there way with what you activate for your conditions and awareness.*

So, can a future life, my term, affect a past life, again my term? I am asking because it seems that all we have is what I term the present. If that is so any changes to any consecutive, concurrent life would be done in the present.

*Yes, it is the way. All changes, improvements to your concepts are made upon the now, as you see it to be.*

So we can go back, my term, to any lifetime and make changes if we see fit to do so?

*No, not quite in the way you are perhaps thinking. It is not the way that you 'go back' as you say and make changes to other time realities. We do not see it that way.*

*You are responsible for your concurrent lives and it cannot be any other way but each time you have incarnated to any realm, time frame reality, you have decided beforehand what you would choose for your gainfulness. You either succeeded in what you chose or went another way during the span you chose for your enjoyment and gainfulness.*

*There are no recriminations, no regrets. Nothing that recourse is needed. You set out, chose to go a specific way with a chosen persona for your needs. If you changed your mind, finished your game early there is no recourse to go back with recriminations. Your task you set yourself is finished, that is all, the way to see it now.*

I would like to finish for today and read the information you provided.

*Then we go that way. Peace and blessings go to one and all. We are done, gone for the day.*

Thank you.

## Thoughts on Karma.

*Contrary to popular misconception,  
karma has nothing to do with punishment and reward.  
It exists as part of our holographic universe's binary or dualistic operating system  
only to teach us responsibility for our creations-  
and all things we experience are our creations.*  
Sol Luckman

o0o

Today I would like to discuss karma and my understanding of the concept.

*Then we go, follow that way.*

As I understand it karma, as is currently thought of, deals more with other lives, other times. I have also read concepts challenging past lives as we understand them to be and we can discuss that topic more in-depth at another time. My question for now relating to this topic is, if there are no past lives and time, as we understand it doesn't exist, how does karma fit in?

*Karma doesn't 'fit in' at all. Karma as you understand it is retribution, a clearing of the slate of past indiscretions and misdemeanors. Right?*

Yes, and it seems fair.

*An 'as you sow, so shall you reap', and 'eye for an eye' concept?*

Yes.

*Isn't your God of All a god of compassion, of forgiveness? Wouldn't he just forgive? Why does he want retribution, seeking revenge for perpetration that is manmade?*

When you phrase it that way, it does seem a little strange, a little contradictory.

*It is more than strange, it is ludicrous. Have you not learnt anything in the changing energy shifts that are around you? Did not Jesus, a prophet, teach you another way? Why would a loving god cast temptation to his beings? Your god of religion is one of retribution but is it the way? We are saying 'no', it is not the way.*

How does our understanding and belief of karma fit in with this?

*Through religion; belief patterns learned and practiced down the eons. We are saying it is not the way. Spirit does not go that way. Uniformed beings go that way. They have structured their beliefs to fit in, accommodate, what is or was required by the law of the land, by societies to function together and a myriad other reasons. It is not the way. Now is a time to rise above this thinking and to start taking stock of who you are, what you have around you that is required for the 'new you' which, in reality, is always 'you.'*

Many great prophets, teachers and the likes down the ages to present day still teach of karma. A lot of people base their philosophies and live their lives based on the concept.

*It changes not one iota what we have just said. Karma, as you understand it, as it can be as claimed, does not exist. It is a misconception.*

*All the suffering, the indignities and the likes that you experience either personally or via your various media outlets*

*lead you to believe that the world is a wicked, wicked place. And for many that is their perception but listen well, they are not going through experiences, suffering that was brought about in any way by karma. It is, in fact, of their own making.*

*As we previously explained and will continue explaining, karma does not exist in the way you have been led to believe or in any other conceivable way. You do not have disadvantages that were brought about by whims of an overlord god. The Universal Spirit is loving, of kindness and compassion and does not seek to hinder or harm any of the little fragments of self. You do not get punished or rewarded for deeds done at any time. It is not the way.*

I am not arguing but many old cultures and religions are based on karma.

*Yes, it is the way it is taught but they are wrong. It is a misconception perpetrated down the line and it cannot be that way. There are no punishments, no rewards, no devil, and no gods as are perceived and taught. Would you be happy to know that you are doomed for all eternity? Would you choose to layabout on clouds doing nothing for all eternity?*

*We know and observe. We witness what is around your dimension and hear what comes forth from the unenlightened. It is of no relevance as to how long this falseness has been told: it is not true and is not the way that spirit behaves.*

Okay, I'll leave the topic for the moment and ask about our shadow side. There are books that speak of the shadow side, and that all the people we come into contact with representing portions of our psyche that needs reflection and maybe correction. Would you please elaborate on that topic?

*It is so that the shadow part of you is projected back to you by others. There are parts you like to see reflected back but there is also the other side of the coin. Here the not so desirable traits rear up and reflect the undesirable traits you see in yourself.*

*It goes either way and your choices are to do something and correct them, or not. It is again up to you. If you decide to leave them be as they are now, they will resurface at other times for correction; perhaps not during this lifetime on Earth but at other times, with other beings in other spaces, dimensions.*

*It is not directional where you have to do anything. It is merely brought into your awareness for correction should you choose to go that way. Again, no punishment: only an awareness where you choose what you want to do and achieve.*

What about if we feel an instant dislike for someone.

*Most times it is from you, from inner conflicts arising that need addressing. You are seeing what needs correction, if you choose to go that way. On the other side of the coin do not dismiss light-heartedly the qualities you observe in others. They might not be conflicting parts of yourself but are showing instead sterling qualities that are there should you choose to embrace them.*

Thank you. I was just wondering. I strayed a little of the topic I chose for today and will read back your answers offered. Tomorrow, if necessary, I will ask again about karma.

*Then we leave you to your way. Peace and blessings go to one and all. We are done, gone for today.*

Thank you.

## Additional Thoughts on Karma.

*I started to be free  
when I discovered that the cage was made of thoughts.*  
Author unknown

o0o

You have stated that karma cannot be if all existences are being experienced at the same time yet when I started doing consultations, 'readings' for clients, their spirit contacts and mine at the time, referred to karma in explanation of what was being seen. I have recently read old books from masters in spirit who refer to karma. We can't have it both ways so, please explain.

*Yes, it is so, what you refer to and saw. What we are stating now is that progress has been made and you now accept and go another way with this.*

*It was necessary at the time for you to comprehend what was about, what happened to you in explanation of events. For the truth at the time would not have been accepted by your clients and you. It had to be the way of explanation then. There is now a new set of energy enlightenment and with it is a newer understanding.*

*We seek not to confuse or to dismiss what you are referring, speaking about. We are now setting the way straight. It is possible now, where before there would have been much misunderstanding of what was said at the time.*

Many people, nations, still believe in karma.

*Yes, it is the way for many but it will change. Little chinks of enlightenment coming to the fore where even the most stalwart believer of karma will start to change. It is the way it is and the way it will be as more and more you will all start to see changes that cause you to think along a different way.*

*Stay with your beliefs until you are ready for the change is what we say. You can do no wrong if you follow with this until it will be a dawning of sorts. For others of your ken, your society, your understanding will open up chinks in your 'thinking armor' so to say.*

*Seek enlightenment along this line of reasoning. Much to learn is the way and you will succeed with whatever way you choose to tread.*

I don't want to appear dogmatic but we have people who seem to remember what we previously termed as a past life. They are also able to give information about others who have shared their life, the area, era and other information, some personal that has made it possible sometimes for their claims to be validated. Some people mentioned are still living and can remember the person and can confirm what was said.

We also have people who have birthmarks that they feel might relate to a previous life. Perhaps from an injury or something created in a particular time frame. Would you like to expand our knowledge on this? We know you have said karma cannot possibly exist because time is an illusion but what is being experienced here?

*It is as you say, time is an illusion. We cannot speak for these beings you mention but can say that what is possibly transpiring with them is they are undergoing that lifetime now and their memory is quite clear because it is concurrent to what is happening 'now'. Those you mention, who can validate whatever is being mentioned, can do so because they are also concurrent 'now' and they are existing within that 'time frame continuum' as you say.*

Is it now that we are becoming more receptive in our minds to other possibilities where we can see that what was considered past life experiences could not be? What we were explaining at the time was, in fact, another lifetime still being lived?

*It is the way and it cannot be any other way for the truth to be told.*

Then were these experiences mentioned because, in some way, they had a bearing on what was happening to my client in this time frame?

*Yes, your recall of what was transpiring is because you understand now. At the time you were ignorant of what you were recalling for your client.*

So, if this lifetime finished would we be able to access another?

*It could be the way. We are giving an overview here. We are not seeking to impart knowledge on particular lifetimes.*

Going back to me having consultations with clients. I could often see possibilities for them. It was shown to me like a road with branches going in different directions. It made it possible to offer suggestions of what would be the most advantageous path for my client to take. How was that possible?

*You saw ahead by overcoming your perception of the timeline and could give advice that way.*

But I didn't know about any of that then.

*Yes, it was your way. You did know, as do all participants, those who choose to read these missives and those who don't. You are all aware; all have the knowledge but see it not. It is only when outside stimulation comes to bear that you start to heed advice - but the knowledge is already at your fingertips and will become more so, clearer to you as time goes by and you acknowledge more of your greatness.*

*You, Annette, like others of your kind have taken it upon yourself, as part of your Earth's learning pattern to make others aware of their magnificence. You do this by rote, by explanation and by other means at your disposal to inform. It is your way and you have brought forward activities, what you see will advance your cause.*

I would like to finish now and read your information provided to my answers.

*Then we comply. Peace and blessings go to one and all. We are gone for the day.*

Thank you.

## **Karma and the Ascended Masters.**

*We are what we repeatedly do.*

*Excellence, then, is not an act but a habit.*

Aristotle.

o0o

I would like our topic for today to continue on the topic of karma. It is because of something I am having trouble coming to terms with and seek clarification.

*That is what it is all about, enlightenment of the being.*

Well you have consistently said there is not karma yet, from what I have learned about the ancient sages' teachings; they refer to karma as real. It cannot be both ways. These beings identify themselves, not for aggrandizement, but for identification so that those who seek to know are enlightened by the words they understand is coming from whichever personality spirit they choose at the time.

You, on the other hand, do not identify yourself. Instead you ask us to judge you by what you say and not by who you are. On the surface that sounds fair enough, but as I don't see you and have no idea who or what you are, have to keep listening and watching to see if what you say is cogent to me.

The karma concept you mentioned made sense with a loving god not penalizing part of itself, or that part being doomed for eternity on a treadmill of learning by mistakes made. I would like your right of reply to what I've just laid out for you.

*We can be that way. Yes, it is true that we do not present ourselves in a fair light, in any light, and we have stated our reason why this is to be. You are quite right when, each time you challenge us, it is the way it is meant to flow. We have no redress with this mode of teaching and it is our preferred way of imparting education.*

*We can tell you about karma. We feel that it is necessary that you understand and go the right way. It is important you have the grounding that suits you best and we go this way with this. We are understanding, but sorry that we are remiss when we are in conflict with what great sages and great ones say that relates to karma. We ask you to understand that what we are saying is for the new age that is dawning, and has no relevance to old, outmoded thoughts.*

Sorry to interrupt and I don't want to appear discourteous but either karma is real or it is not. I don't go along with it is no longer applicable for the new energies. You are not making yourself clear to me and for that reason I have to lean toward the opinions of the ascended masters because they identify themselves and offer logical explanations, while you don't. So, let's start again; is karma real or not?

*Karma is not real. Have we not already told you that? You are comparing us to others and it may be the way of old however, we cannot change one whit what we stated before, karma does not exist. It is a confusion set about a long way back, time ago and has persisted because it feeds humanities need for atonement, for fair play. It cannot be that way at all and we redress, recall to you that we have persistently attached our wording along that line. It, karma, does not exist. If you recall our wording, we gave the reasons why it cannot be.*

*You recall what we have stated that it is a confusion of what can be if you choose your life lesson. Part of the play is to grow how you have designated for yourself at this or any particular lifetime. You address, do what you choose to be, to attain, and it cannot be the way that you are punished for attaining your dream.*

*You may choose to be 'the baddie' in your experience. You may be the initiator, perpetrator of 'horrible tasks' you have set. Are you to be brought to task by and for this? You are the creator of your dream, your present life recall, this is what you sought, set out to do and be. Why would you find recourse with this when you are going the right way for your choice of experience gained, your recall?*

Then what about the ascended masters who help keep the energies flowing as they should be? Wouldn't you think they would know about karma and if it existed or not?



*We can assure you that karma does not exist. We cannot be in the know with the flow, understanding of why or what is about with other energies telling a different reality to what we are explaining. We cannot go or be that way. We can only reiterate what we have told you before, to all intents and purposes, in our reality, such as yours, karma is a figment of imagination. We can only follow along that way of stating the reality of all that is about.*

I don't know if I can agree or disagree with your answer. I will need to read and think about what you have said.

*Then we leave you to your way. Peace and blessings go to one and all. We are gone, done for today.*

Thank you.

# Reincarnation.

*I think,  
therefore I am.*  
René Descartes

o0o

If there is no karma, what about reincarnation?

*Reincarnation is also game play, an illusion. It cannot exist as is portrayed.*

Would you please enlarge on that comment?

*Yes, like the game of life we reiterate, it is a furphy You, as an entity in your own right, personality, do not reincarnate time and time again to disband any energy circles that may be seen or felt to be attached to any part of self. You gain credibility in other ways; other ways being to understand it is illusion; game play set up for the gaining of experiences. To limit yourself with this outmoded way of thinking discredits your uniqueness and your grandness. It is not, never was this way.*

*Your intellectual and spiritual advancement now seeks to look to other avenues of growth patterns. It seeks to absolve, get rid of the old to gain the new. This is coming into being but, like the Earth's shakeup for all those residing here at this time it will not come easy. It is necessary, yes, but one we feel will fail many who choose not to grasp the nettle of enlightenment. They will fall by the way and have other opportunities set up by themselves to join in the newer, more modern enlightenment somewhere down the track. We again use your vernacular for this. Lineage is not the way but it is offered for clearer understanding at this time.*

So, when people speak of past lives, including those who see them, they are delusional. Is this what you are saying?

*No, not in so many words that conveys illusion. What they are seeing is real; but we say it is part of the hang-over, what they can interpenetrate and understand from other parts of their self. It [physical life?] is all happening at the one time and so it is very easy to be able to be seen and understood by those astute enough. The lack of understand comes into being when the perceiver believes it to be a past event. It is not that way.*

It then must be like when I was contacted by other physical living parts of my elf who needed help and strength. The contact could be made because there was leakage of energy of some sort?

*No, it is not the way. It is alarming sometimes when you see parts of self, and we need to fracture our speaking in this way to make it comprehensible for this discussion to be your way; to comprehend that all is not well and right (with the other part of our being undergoing the experience). We again must speak of the (higher?) being impervious to all of this; loving each and every part of itself but still understanding the role play initiated for the learning and expansion.*

*This 'fractured' part undergoing the experience, still attached does not come with this supply of knowledge and needs to be another way. Because of the consistency of the 'band width', shall we say, of the energy forms, patterns, at a particular time or event it is easy for one to attach onto the band width of another part of self and gain the impetus, the extra need for energy sway.*

*You had the knowledge and expertise, the ability to respond, which you did and then brought the experience back into this part of your consciousness. All have this ability but it is stopped by themselves by their lack of belief. Do we make our understanding clear with this?*

I think what you are stating is that our higher being initiates game plays for more than one part of itself playing whatever the chosen games are. It loves all the little 'fragments' of itself playing the games but does not interfere. Somehow, like interference from one electrical system to another it is able to call on help from one of the other little fragments.

Perhaps a better way of thinking of it is along the line of a mainframe computer with other computers attached. Because they are attached to the one mainframe one computer player can call on another one of the attached computers for help. They have the ability to move energy and knowledge from one to the other. Is that along the way of what you are referring?

*In a simplistic way, yes. However, like the mainframe computer attachment they work on the common energy source which is self. Extend this further and see all the other mainframe computers attached to higher selfs and you start to understand the enormity and the simplicity of life; of all life.*

*There are no separations as you perceive. All are different energy bandwidths needed for the particular avenue dwelling game personality at any given time in history 'past' and 'beyond'. It is all this way; every life form that exists is connected to their particular mainframe computer with the acknowledged energy source abilities for them at the time. Again, in simplistic form we go this way with our explanation.*

Several times during our discussions when I have been complaining about how tough life here can be, whoever in our discussion group answered me agreed and said something along the lines of you can figuratively feel our pain because you have also trodden this path we are on.

We can assume that my question was answered by one of the tutors who had incarnated to this third dimension. Would you enlarge on that please? Who was speaking? Was it one spirit or more? Are they the helpers you previously mentioned?

*They are part of you support group who have incarnated here, many, many times your way. Their understanding is profound as they have enlarged their understanding, concepts, through personal experience.*

*They have, at varying times been both martyr, put upon and the other way, kind. They well understand the ramifications that unfold along your life's way.*

This sounds like reincarnation that you say does not exist or happen.

*We are not discussing reincarnation for it does not exist. We are referring to another kind, way that is of this dimension. We go that way with this information.*

Then please enlarge on that information.

*We are asking you to take your thoughts further afield, to think what we are referring to. We want you to extend yourself, your thinking here. We have told you in our discussions what transpires at these times we are discussing. We want now to see if you paid attention.*

Well, as remembered from our discussions it may be two ways; all lives being lived at the one time or it could be our thought forms we have created who now lead independent lives but are still attached to our energy in some way.

*It is not your thought form; we go another way with our discussion.*

Then it has to be all lives are existing at the one time.

*That is the way to see what you require. Your thoughts are leading you astray when you are rejecting our statements. We are stating it is a fact, a reality that you are coexisting, all lives at the one time. Past, present and future do not exist as you understand it to be. It is not linear even though your thoughts challenge our way.*

So, when we feel we have been to a place before and can identify the landscape or objects there, recognize faces perhaps, you are stating that it is not a past life and whatever, whoever we recognize is not because of reincarnation?

*If, as we state, all lives coexist, it cannot be the way.*

What about when we go back in time or forward into the future?

*It is your linear way of seeing what is existing in your dominion at all 'times'.*

I will finish now and think about our day's topic of discussion.

*Then we go our way. Peace and blessings go to one and all. You cannot fail.*

Thank you.

## Dream State Illusion.

*Everything is energy and that is all there is to it.  
Match the frequency of the reality you want and you can not help but get that reality.  
It can be no other way.  
This is not philosophy. this is physics.  
Albert Einstein*

oOo

A reader has asked a question 'if everything is illusion then what we see must be illusion too'? Your comments please.

*It is the way it is. You brought forward, manipulated, whatever it was you choose to learn from. You gain in this way.*

What about the planets we see in our night sky? Are we able to access these planets? Our astronauts go somewhere in space. It can't be illusion for them participating or to us who watch them go about their daily activities out there.

*It is illusion, yes. Those who see it all participate in the game, it is the way.*

Please explain what you mean.

*We say it another way. You have a dream pattern you have called upon for yourself to gain from. You see stars, galaxies; whatever exists to your sight is there for your gaining. You created it all. We cannot state it any other way.*

Well, when a monumental event takes place and the whole world watches are we all participating in the same dream?

*You are participating in a 'dream state' as you say. You are not privy to others images they have conjured up. Because you see the world's population stopping to watch a major event, for your sight, you may be the only one watching what you have created for your entertainment and pleasure.*

So, you are saying it is played out in my head? Others may not have experienced the moon landing, as an example, or see planets on the night sky. I might be having a dream with lots of people in it.

*It is the way. Your guidance has been on the illusion of this reality. It would serve you well to recall this advice, information. What is real to your senses is not the way in the true context, way of existence. All your angst, joys, achievements are there for your learning gainfulness. They go away because they are illusion but are necessary for whatever it is you choose as your learning game play.*

Then what is in my reality, my mind, may be mine alone and others have their own concepts of reality for their experiences?

*It is the way.*

There is a story, a hypothetical one that challenges our concept of reality. It poses the question; how do we know we are not only a brain floating in liquid in a vat while some mad scientist is probing parts of our brain to activate certain images and feelings. This activation has us thinking we are living a life, loving and doing all the day by day events which, in reality, are not happening at all. We don't know, that is the thing.

*You are not controlled by any outside force. You are created by you for the lessons you seek to advance yourself upon. You are there, anywhere in any time existence because you created it and chose to be participating in whichever event you conjured up for yourself.*

But it is all illusion?

*Yes, it is the way. You are gaining in so many ways but your lesson, your recall is flawed because you set out, made it that way. You would not be challenging (challenged?) in any way if you chose it to be different. You control at all times whether you see it or not. You have made your creation, your life as an activity you have produced by manipulating the energy source that is all around for your pleasure and needs.*

So, me sitting here in front of my computer, listening to you as you answer my questions, this is all illusion too?

*It is the way. We are real but not as you imagine us to be. We are now getting into a complex set of realities, one we would prefer to leave for another day.*

Then I will finish for today.

*Peace and blessings go to one and all. It is the way. We go now,*

Thank you.

## Part Two

### All Part of a Grand Plan.

*Everything you can imagine is real.*

Pablo Picasso

oOo

Many people from all walks of life, nationality and education who are interested in the unseen worlds have accepted the philosophy that there has to be something presently intangible to our senses that permeate everything. It is finer than oxygen gases or any others we know of and various ancient eastern cultures called it prana, chi, ki and the likes. Others, from the western cultures, called this unseen energy ether. I think some scientists now acknowledge that there is an intelligent field of energy that permeates everything. Am I on the right track with my thinking?

*It is the way. Call it anything you can think of, any word you come upon and it will be what you refer to in your intelligence circles as 'flavor of the month.' It does not change the reality one iota: there is indeed an intelligence, a unity that permeates all living energies. It cannot go any other way.*

*It amuses us to see you finally catching up with the status quo that had this knowledge for millennia. You, western societies, by being less erudite, placed your being squarely behind the eight ball of logic. Your choice to follow the Newtonian way was right in many forms; but so wrong in the natural order of events and logic. It did not automatically follow this way with all things. In this way your scientists at the time continued to; using the analogy of the child's learning, continued to play with their sandcastles in the sand formations.*

What about timing? Don't things, events happen with proper timing?

*Nothing is set in stone; we have previously mentioned this. In choosing one way over another only means you go along another path. Does this hinder your growth pattern in some way? If you are here upon your Earth plane to learn to grow and experience all that is to offer, no, we cannot see it that way.*

*If you understand, grasp the fact it is a learning curve whichever way you choose, there can never be a 'right' or 'wrong' way because it does not apply. If you accept you are master of your ship of life it is your choices that bring about your experiences. Some are advised but the pattern is not cast in stone. You decide once you vibrate harmoniously to this Earth pattern; always it is your decision whilever here inhabiting this world called Earth.*

There are many situations I see as out of my control. Earth events are one.

*There you go again; falling into victim mode. We reiterate; there are no victims at all anywhere in the universe or here. It is not possible. What you see as lack of accountability from those who 'should' know better are placed there by the conditions you sought to ameliorate; learn in whichever way you chose.*

*You are not victims of any society. All experiences represent growth, even what you perceive as unpalatable. We have enlightened you previously that you are here at this time for the game play. Go back and read our lessons if this logic has escaped your intellect.*

Yes, you have mentioned this several times and because we are covering old ground I'll move on but firstly will briefly go back to the intelligent field of energy, what I previously thought of as a sea of consciousness but realize now that cannot be referred to that because the term 'sea' denotes spatiality and distances which, you say, do not exist.

We can discuss the different levels that are a part of this intelligent field of energy and how they interpenetrate all or each other. In this way I am stating there is immanence, a higher form of intelligence permeating everything. To my thinking it has to be this way because everything is created from this intelligence. However, I do not consider or refer to it as any god, or higher deity. Is that the way you see it too?

*We cannot follow your logic with this for it is not as you portray it. We have no truck with your intelligence bit, information, but there is more here that is enlightening in a completely different way to what you have portrayed. It cannot follow along with your logic in its totality.*

Now I am totally confused. If it is as I state it, that everything that can possibly exist on any dimension is created in this intelligent field of energy, where do I go wrong with my thinking?

*Your logic is flawed because there is more here than you are capable of receiving into your finite consciousness at present. It is as you say to a point. However, your view is simplistic and we are having a discussion here trying to understand a way of logic you will comprehend at this stage of your development.*

*Many here feel it is to remain incomprehensible to humanity for some time yet. You, your scientists, some, skirt around the periphery and feel they are approaching a breakthrough of the totality of being. It is not the way. Your comprehension, even your most learned, is beyond the recall of what is required here. You simply do not have the apparatus; thinking ability. Your mind cannot comprehend at this stage of your development at present.*

It is probably because my thinking is third dimension that I am still having problems understanding your information about us not going anywhere because there is nowhere to go and that what we perceive as separation is illusion.

I can understand it is like when we are in a dream state and think it is real at the time because I can usually differentiate between what is a nightly dream state or when I am astral travelling or having an out of body experience. However, what we are experiencing at the time is, you state, a shift of consciousness. Now I come to the tricky part of gaining understanding. What about the extraterrestrials; the spirit masters, students and any others?

*They are all you in another form. It cannot be any other way.*

I am getting confused. Please enlighten me.

*It is all one and the same. You are getting yourself confused over nothing. Your logic is again flawed. If you perceive it as a game of life, any life is part of your game play. If you choose to see fairies, they are there. If you choose to see mighty beasts, they are provided (by you?) for your amusement and entertainment.*

*At this time of your development you are learning that you are not alone in the universe. Is this some furphy? No indeed; it is so. There are others intertwined within your 'universal energy field' as you call it and it cannot be any other way. We are stating whichever way you present to yourself, your game play; it is there for your amusement.*

It seems as if we, those incarnated at this time, are all part of a band of energy that comes into this reality at a particular time for whatever the energies are there to manipulate and work with. Are you stating that whenever societies are meant to or want to develop in a certain way, they bring in whatever it is to go that way? No, that can only be partly right. It has to be more than that.

*We are pleased to see you moving outside of your box of comfort zone. It is much more but you do have a say because you control what you receive and what you see. You are, all are, a vital part in the components. Without each and every*



*one of you, insignificant as you may seem to be, it is not the way. The game play cannot function without you.*

Who controls this game play?

*You do; by your thoughts. Each and every one of you is part of this universal energy field that is far beyond your recall, what you can comprehend. Without you the game would not exist. It is part of the play that you are here at this time. We are making this as comprehensible to your logic as we can so you understand the simplicity and the grandness of the play.*

*You are all part of the grand plan. As part of the grand plan you have 'slots' shall we say. These slots are not rigid which allows you some leeway to change one iota or all. It will not affect the overall game play but will do much to enhance your-self. Your being and all its little fragments or components; each and every one of you are undergoing the same game plan.*

*Is there a game plan or is it some illusive will-o-the-wisp furphy? No indeed it is not although to your perception of bricks and mortar thinking it may see this way. So we say, yes, there is a monumental game plan. All the universes; all the energies are involved.*

*Why would it be this way? For the joy and advancement it brings to all. There would be stagnation if this was not to occur. It is the way it is meant to be. You are all part of the master plan. Divine intervention is not needed in any situation for you all know your place in the universal game called life.*

*We finish now because we see we have given you much to think about. It is meant as an enlightenment but be aware, the game play is in motion and you are all involved.*

*That is all. Peace and blessings we offer you one and all. We finish now.*

Thank you.

# This Universal Energy Field.

*You need chaos in yourself  
to give birth to a dancing star.*  
Friedrich Nietzsche

o0o

Today I would like to continue our conversation about the universal energy field and how to describe it. Is that a suitable topic for today?

*Yes, it is permeating all other energies that function within it. The density or degree it is at any time is all there, is meant to be. Understand we are stating that it is a mix that has all intertwining, malleable forms that are there within this conglomeration of energies.*

*Bear in mind it is resonating, harmonizing energy, attracting and repulsing, whichever way they flow. As you type this message into your machine, you are also part of this mass, while all around you, in and between, are myriads of other energies that are also intertwined, coming and going doing their particular dance of life.*

*We are imprinting onto your consciousness that nothing is static and that all are pulsating with life. It cannot be any other way for it is life, just as all the energy forms contained within (it) is life. The whole cosmos is ablaze with life; there is not stagnation, not one little missing link of any form. All are here ready to incarnate, to breed, to change. Each is forming the existences they choose, and then they go on creating more existences that fit their desires.*

*Again, we use simplicity here for they don't go anywhere however, in not going anywhere, just like you, there is the illusion of space and distance and time. In reality, we say it does not exist as is portrayed by those undergoing the varying experiences. They don't, like sheep, come back to the fold because (in reality) they have never left. It is illusion they see and needed for the portrayal; experience they have sequestered for their delight.*

So, within this universal energy field energies form in whatever and whichever way they utilize by attracting to themselves whatever they desire to gain the experience they desire.

*That is the way it is.*

So, we see the end to physical life, in any form on this third dimension as death and we leave here. What happens then? Do other life forms in other places die like us here? I am using our terminology of time and space for understanding.

*No, other levels have their own ways for terminating each experience. It is not necessary by death. There are other forms, other realities that understand the machinations of coming and going and they choose to follow their way which is a more completeness. They understand what is required to utilize and take advantage of what they have mastered, which is, to go between levels, dimensions and stay for as long as is possible to follow their chosen way.*

What do you mean by 'as long as possible'? If they have mastered these energies shouldn't they be able to stay for as long as they like?

*No, it is not the way. Other levels require other learning, aptitudes, that develop their growth. It comes with a challenge though, different in many ways to here on this third dimensional time/frame. Part of this challenge is the magnetization, shall we say, of developing all that is required at this other dimensional swing, pull.*

*When they have learned, mastered all they choose at these levels they then drift off, 'cut loose', so to say, but first they*

*need to keep themselves in harmony with these other dimensions. Just as you are only able to be here for the learning; it is the way. You need to harmonize with the third dimensional requirements, the attractions, or you would not be able to incarnate or stay here for long. It is along this way; the harmony is all.*

Then back to our universal energy field element. Is it at all levels?

*Yes, what you term as a void, space, is this field for it is everywhere. It is partly what your mind uses to create form in whichever way it seeks it to be.*

I would like to finish now and read what you have given today. I may have more questions about the topic but, if not, we can move onto something else.

*We leave you now. Peace and blessings be upon you, now and forevermore.*

Thank you.

## Extending Possibilities.

*I may not have gone where I intended to go,  
but I think I have ended up where I needed to be.*

Douglas Adams

o0o

You say we don't go anywhere because we are already 'there'.

*That is correct.*

So when we look at the sky and see nothing, we are incorrect in our assumption because what we see as space, a vacuum, is a universal energy field teeming with various forms of life?

*That is the way to observe and understand.*

These are not microbes and such that we could see with a powerful microscope? These are inhabitants of other dimensions?

*Yes, it is the way.*

I am having a bit of trouble with the teeming life and going nowhere comprehension and would appreciate more information.

*Yes, we follow your discourse but are aware that you are following an old stream of thinking. It is time for you to change, 'get up to speed', as you say. You need to understand, be aware that not all life is 'here' (on Earth?) as we say.*

Please excuse me for interrupting but what are you defining as 'here'?

*Here where you are domiciled now. You perceive with your five senses and you are aware of what can be. To a certain extent you are aware for your scientists are now taking you along another road of consciousness thinking. This is opening up your physical sight to other events that limited vision before held from your awareness and sight.*

*Now you are extending your possibilities, your vision, because you have been taught, encouraged to no longer limit yourself. With this you are gaining on all fronts. You are starting to see that there are indeed many other levels of consciousness about you. You have your limited sight extended by the likes of the more modern technology 'bringing it to your door' so to say.*

We can assume it is the atomic way with all the substructures and the like. Is that correct?

*No, there is also another way you are informed. It is the interrelationship of all your 'kith and kin' so to say. You are being coached, brought forward to get further insights so that what was possible is now achievable because you are being taught and encouraged to go along a different format to what you previously advanced along.*

It would be helpful if you enlarged on that concept.

*You are being programmed to see beyond your nose. You are starting to involve yourself more in abstract thinking and needs that take you to other avenues of opportunities you had not breached before. These are being brought about, instigated in many ways by your scientists; also the energy changes that are modifying and distributing all changes to a format acceptable to your countenance. When you see the change is possible, achievable, you go that way. You are also getting prepared for other avenues not yet in your ken, your present understanding.*

Could you elaborate a little more please? It is like the donkey and the carrot where you tease me to think more but I don't know what to think or ask if it is all still to come into my awareness.

*It is there, rest assured. We want you to 'dig deeper' as you say. Bring forth what is already there and is waiting for your perusal and activation.*

Then some guidance is needed here. How do I go about what you are mentioning?

*You need to think, reach into yourself and gain that way; you need to do the work.*

Okay, then please prime my pump and put me in the right direction. I will do the work required.

*We follow your logic, understanding but it is not to be the way. We see you already have the knowledge but use it not. All have to apply themselves by delving into their consciousness and bring forward their desires. They are all at your disposal. You need to be aware of this fact before you start to delve. If you are not aware it will lead to frustration and maybe delay your choices of opportunities while here.*

Is this all part of us creating our reality? We need to form, 'make it concrete' so to say for it to come to our third dimensional awareness?

*That is the way. You are learning to construct, work with different forms of energy. You are learning this way because your choice before incarnation was along this line of reasoning. You chose this way and we comply with your wishes.*

*You know you can achieve your aim for you have programmed your way. Your resources are all there. You need to choose your way of accessing them and bring them to the fore. With this way you are manipulating your understanding of the control that is required to gain access to other limiting or challenging concepts.*

You have spoken about us manipulating energy, creating other forms while experiencing this existence. You have also mentioned that as there is no time and all experiences are happening at the same time. That concept is confusing but many of our scientists seem to agree that there is no time/line continuum. Is understanding this concept part of what we are working on achieving?

*There is more. For your scientists, many have shown you the way by their acceptance of what you see as an abstract concept. It has opened the possibility of it being, flowing that way.*

*We need you to see and understand that there are many more opportunities such as this but what you all need along the way is your faith in yourself. To believe what you see with you inner vision is correct and not some pie in the sky fallacy you have somehow latched onto with your thoughts.*

*We need all of you to 'be brave' so to say, to believe in yourself and understand that you are creating from the atmosphere all you dreams and wishes. You construct them with your imagination.*

*Let us be quite clear here, your imagination that you devalue and place as pipe dreams is 'your ticket', so to say to advancements untold. Release your imagination and give it the accolades deserved.*

*We go our way now and leave you with your thoughts. Peace and blessings go to one and all. We are done, gone for the day.*

Thank you.

## Within the Universal Energy Field.

*Life is growth. If we stop growing,  
technically and spiritually,  
we are as good as dead.*  
Morihei Ueshiba

o0o

Various writers imply we are within or part of an energy field of ions, free protons and free electrons. They state this is different to our normal understanding of our four known states of matter which are said to be solids, liquids, gasses and plasma. It has been suggested that this universal energy field may well be a fifth state of matter.

As one example, the Russian scientist, Dr Victor Inyushin, has done extensive study on the human energy field and his observations lead him to conclude that there is a life energy field constantly moving about and streaming off into space. That seems to be similar what you have been speaking about. Our discussion for today could be on that topic.

*It is the way it is. You all have this quality for it is part of your life, part of life itself. You manipulate, attract, repel this energy flow to suit your desires. You are all dealing with this energy flow; manipulating to suit your needs at any given time. You call upon, use this energy to change, charge, whatever suits your choices for you to understand and gain from this energy flow way.*

And we use this field to create other worlds as you have previously mentioned?

*It is the way. All come from this energy field.*

Your answer requires more thinking about for questions to ask. Would you like to continue with your information while we listen to what you have to say?

*We can give you more information but would you comprehend? We are listening to your words uttered and answering them to suit your needs. There is much more you could ask at this present time of your learning but we need you to see your way. You cannot be filtering our language, words, for you would not understand. We seek your understanding before proceeding. Please lead your way.*

Well, thinking about it, this energy field permeates everything and we are attracting, repelling different parts of it by our thoughts. Is this what is happening?

*To a degree you are correct but you miss a vital point here. You are always in this energy field because it is part of you, part of all.*

Even if we are at other levels, we are still in this field?

*Yes, it is the way. You recall we have many times told you it is by degrees. We are here all the time but you see us not. We are not anywhere else but in this field as all are. You need to change your perceptions to have you understand and consciously manipulate this energy field to suit your needs while you are in a physical, body. It is by manipulating this field that you gain, learn and be away.*

What do you mean by 'be away'? Where is there to go?

*Nowhere in your sight but you are refining, developing your aptitude, your way of changing, seeing things. This then brings to the fore other opportunities should you feel to be, go that way.*

*It may be, as an example, that you no longer feel the desire to take form and you will then be manipulating a different kind of rarefication. Form will no longer suit your needs and you will be attracting other elements of energy sway to suit your more 'refined' ways of change.*

*It is all there if you choose to see and follow that line of development. Changes then would bring in other 'forms' but not the physical way. To your sight (understanding?) they would not be comprehensible for you at this stage of your development but they exist just the same.*

But what about our game of life? Wouldn't we want to continue developing using a physical form? What about what you have previously mentioned about creating worlds and helping other species?

*It is still there for your experience should you choose to follow that way. It is your choice to follow any way you desire.*

That raises another question. You have said we are creators and cannot help but create. Whether we are aware of it or not, our thoughts are always repelling or attracting from this energy field. Is that correct?

*It is the way it is. Form is created in this way, by this. Other avenues also beckon from this form, way.*

You have previously mentioned we create other parts of our self, thought forms, and they live independent lives they have created for themselves. However, they are still a part of us and we all have an influence on each even though we don't know or are consciously aware. Is that right?

*It flows along that way.*

Well, those thoughts would have to be a strong emotion to create a being that can go on to make another life for itself. What about the other fleeting thoughts we have throughout our day? We have created them, perhaps fleetingly so if they are created they must exist in some way or form, Do they demagnetize from us and float in the energy field until they are attracted to something else?

*It can follow that way. They are always in the 'atmosphere', as you say. They are there for a purpose as well. They magnetize and bring into shape, form, other desires not strong enough to be formed alone. In this way, by this they are creating other challenges, ways to be undertaken.*

By whom? They weren't strong enough to stay magnetized to form so to what purpose are they now?

*Your energy field undergoes many changes throughout your lifespan, many daily and hourly. It is the changing perceptions that links to others and bring them into form. This form has taken on, magnetized itself into a growth pattern, just as you are in form as a growth pattern. It cannot be any other way.*

*These 'forms' shall we say are changing themselves because they have attached other levels of expertise, other ways perhaps not of your earthly existence but close enough in vibratory ways to make it possible for existence, earthly existence. They then go that way.*

I am confused by what you have said and need to read back our notes for clarity. Perhaps tomorrow, there will be more questions for me to ask on the topic. Is that suitable for you?

*Any way is agreeable, to see you thinking more along a different way. You have spent too many hours with the familiar. We seek to move you past your comfort zone into what is, for you, present you, new territory. We go that way.*

*We leave you now with your studies. Peace and blessings go to one and all. We go now, 'fly the coop', so to say.*

Thank you.

## Down the Rabbit Hole.

*Down the Rabbit Hole*  
*We know what we are*  
*but not what we might be.*  
William Shakespeare

o0o

Please provide further information on a topic you briefly mentioned about us not going anywhere. How does this fit in with us experiencing other lives, dimensions? Do we just conjure these experiences up and if so, from where?

*You construct something from your mind. You bring it into being and it flows in that way. You do not go anywhere but you are containing whatever is required and manipulating, projecting it forward into a reality - but it is not quite that way.*

*We understand you are relating this to movement but we are speaking of energy sway, bringing in and projecting out your desires. It does not mean, as you are mainly required to do on your third dimensional plane, to physically go and activate something, bring 'materials' so to say.*

*It is part of what we are seeking you to understand. You get what you want, what is required for your project, whatever that may be and on whatever energy level it may reside, you get that by your initiation, mind power, but you go nowhere in your achievement.*

Well, we are now on this reality plane and from what you say, in many other places as well. How does that fit in with what you are saying?

*Very well. You are achieving control on 'many levels' as you say, and all at the one time. It is the fact that you are doing all you desire at the one time without constraints of time or movement. You are initiating your desires and learning as you go along.*

To what purpose? If, as you say, we have it all and we don't go anywhere, why are we challenging ourselves? Why do we relate to past lives when you say they don't exist as we understand it to be?

*You are taking yourself, your thoughts to linear time lines and we have already said they don't exist. You progress, challenge yourself for the sheer joy of experiencing and growing along the way. It is the gainfulness, the experience as you function and learn to grasp different experiences along the way.*

*There is much you are struggling to comprehend. We understand for it is as you say 'like entering the rabbit hole' where previous understandings and constraints have gone away and what appears now to be bizarre and out of context to all that can be has now become your 'normal'.*

*This will all sort itself out as the old makes way for the newer understandings. With the newer understandings will usher in a more cogent understanding and application. All does flow of accord even, to your present way of seeing things it may not appear so, to be the way.*

For years we have always believed in cause and effect. It was quite simple to understand and observe. A ball hits a window and the window shatters. The preceded movement of the ball activated the shattering of the window. All easy to see and understand. Now there are experiments done that counteract that theory and what we see may not necessarily be what is or how it flows.



*That is quite correct. You are learning bit by bit through experiments such as these that what you take to be coincidental or follow a set formula of action/reaction may not be the way. In many instances it is not the way but it is your perception that leads you to your ultimate conclusion.*

It seems to be similar to people watching a car accident. I observed one and it was as if time slowed right down until the cars collided. Later what was understood to have happened as seen by various witnesses was totally different and it seemed as if each saw a different scene. Presumably they were watching the same accident scene and from the same reality.

*It can be as you say but many strange events are for a purpose. All were there to gain, learn from in some way. We have previously mentioned there are no accidents and it is the way it is. Relate that to what you saw. Why were these strangers, supposed strangers, unfamiliar to each other, at the same place to have witnessed what they saw? Each was there with a purpose to observe. It cannot be any other way. Each would have gained something from the participation and then gone on their way.*

You are not going to tell me it could have been one of those 'rabbit hole' experiences and I only thought there was an accident?

*We cannot go that way for we are not privy to your forces, what you sought to learn from the activity. We can only point out, mention to you, that all gained in some way. You would need to process what you sought and what you gained. We are not aware of this event you have mentioned. We can only hypothesis and go that way.*

*We feel we have given you enough to think about for today. We take our leave now. Peace and blessings go to one and all. We are gone.*

Thank you.

## Drawing From Within.

*We can easily forgive a child who is afraid of the dark;  
the real tragedy of life is when men are afraid of the light..*

Socrates

o0o

On thinking about our discussions so far I would now like to talk about my conclusions reached. Everything is happening now. Do we agree with that concept?

*Yes, it is the way.*

I need to put my thoughts into third dimension speak to make them cogent to me.

*That is the way to understand your concept. Please go that way.*

To do so we have to think of us, everything, on this dimension as having form and a timeline. I also need to speak of 'up there' when in fact that is illusion too. It is a rarefication of energy and perhaps when we come here it is an exchange of energy somehow.

*No, it is not the way. You are starting to lose yourself, your thoughts now.*

Then let's try another way. We are spirit looking at everything, 'past, present, future' as we say but also looking at other dimensions, multi-dimensions, including but not only of this third world continuum. It is like a game that has all the props and ways to proceed already set out.

*We can see your logic and understanding and if it makes it cogent for you, please continue. We can fill in gaps if you choose.*

That would be very helpful because I am only feeling my way. Other dimensions, whatever can be imagined are already there created by the imagination of others - although, if we are all, in some way we are the others. We see these learning opportunities and know they are there to take our pick from.

*Yes, you are on 'the right track' so to say.*

Looking at a scene we can see how it will play out. Action is already underway so people are already there. Are you telling us that the action being seen we are already participating in?

*It is the way. You have no timeline constraints, you already exist. It cannot be any other way.*

You have already mentioned that we are a thought form from another self.

*That is the way. You are starting to get a different idea of 'what is what' as you say.*

Really we are not. We are trying to understand this newer, to us, way of seeing things. As a self, a consciousness, we see a particular game we choose to experience and participate in. We choose all the necessary props, energies, to work with us. This includes the earth elementals and their particular overseer who will create the physical blueprint we will use for our participation.

The relationship with the elemental energies is a symbiotic one because while they help anchor us here, on whatever level, they are also benefiting from the exchange of energy from us. As we experience and grow they also experience and grow.

*Yes, it is the way. Look from their 'viewpoint' so to say. They are not inert and have their own fields of endeavors. They benefit, as you state for they are of this level, wherever the game play is but cannot benefit or function without your input. You create the form and they oblige in their way.*

We create the form by use of imagination?

*We are endeavoring to simplify our thoughts here for it is only partly right with what you say.*

It is necessary to read back what we have discussed this morning. There is also the need to dig deeper into myself for more questions to the answers you have kindly provided today.

*Then we leave you to your thoughts. Peace and blessings go to one and all. We are done for the day.*

Thank you.

## Part Three

### The Earth Elementals.

*You don't have a soul.*

*You are a soul.*

*You have a body.*

C. S. Lewis

o0o

Just to recap: we are spirit seeking to have a physical, third dimension experience. To do this we have to have a physical body made up, created from the energies of what are here on this denser energy reality.

*Yes, it is how it is.*

And prior to our inception we are offered advice and guidance by our spirit helpers on what is needed to fulfil our chosen aims whilst here.

*Yes, it is the way.*

As we are a finer energy, a finer vibration than this domain we choose to experience we need help to stay here. This help comes from a third dimension being you have mentioned that is somehow attached to us and we work in a symbiotic relationship with this earth being. Is this so?

*Yes, it is so.*

We would appreciate more information on the earth elemental please.

*It is an earth elemental that needs to be attached to you for all the other earth energies to function. It collates them and keeps them moving in the way that you have decreed. If you did not have this little being, you would not function very well on this domain. It is what keeps you here, right in the body you have chosen.*

And we chose the type of body we wanted prior to incarnating here and the earth being complied and structured the body blueprint we desired.

*Yes, he complied with your desires.*

Again, more information would be appreciated.

*You are able to move about with the aid of this little earth being and you cannot function here on the physical plane without it. It is a requirement and part of that requirement is that you bring the little being along too. In this way it grows and learns and is part of the necessary inflow/outflow of the Earth's energy at any time, but especially at present when there is so much undergoing.*

You have spoken of this being creating our body form to our requirements but what shape does this little being have? What influence does it bear on us?

*It shape shifts as required to suit its needs and desires and the influence it bears on you is enormous. It teaches you things like self-control and in this way it also learns a modicum of self-control. In many ways it is a symbiotic relationship between you two. Other ways it is a taskmaster supreme as it teaches you much to do with self-control of your mind and control of other deeds such as gluttony and the like.*

Our seven deadly sins?

*Yes, it is along this way. You are learning self-control, as we said, but at the same time you are also learning to master, control other elements; of nature and of other realities we have not touched upon yet.*

*We do not go that way either with our teaching now. We want you to have a grounding, a proper way of understanding yourself, what you are made of, every fibre of your being and then we branch out to more abstract information.*

*It is one of the many tasks, challenges, you set out to meet; to conquer what you refer to as your 'base instincts'. It is a part of the challenge, the game you set as you struggle to overcome what is, to you, a far greater challenge than you thought possible before taking up your challenge.*

Again, more information, please.

*It may be the way that you have chosen greed, avarice and others to do you 'undone' as you say - but is it really? Once again, look to who is the instigator here. Nothing comes into your energy field, awareness, without input in some way coming from you.*

*The earth being is a projection of yourself; had you not thought that through? Can you not see the challenge provided here; to set it up by being into this third dimensional plane?*

You have stated that our mind control helps us, while at the same time it helps the earth being too. Is there more that we don't know about?

*Yes, the earth being is connected to you, not to do you harm, but to empower you. It also is connected to the other little imprint, energies, that are connected in this way.*

When we finish here on this third-dimension reality we leave. What about the little earth being?

*The earth energy being stays here.*

And what happens to it apart from staying here?

*It goes its own way. It is not here and then 'poof' gone. It also serves in other ways. It grows and develops and is part of the nature world supreme. It is part of Mother Earth divine. Its shape shifts and takes on other forms for it to experience and grow.*

So it could be one of the gnomes or fairies?

*If it chooses we suppose it could be the way but we don't think so with this. It has other ways to grow and develop.*

We have spoken about energies in different parts of the planet. How some are friendly to humans and some are not. Are these those you mentioned?

*No, an entirely different sort again. We need to stay with the format you have chosen for today before branching off into other domains. We do this by keeping your thoughts firmly here, so that you can think about what to say and then read our answers. It is the only way you are going to understand, otherwise you will be like the will-o-the-wisp gathering information but with little recall or inkling of what the truth is all about.*

Well, there will be lots of future questions once I read and think about your answers. We can continue on in this vein tomorrow or go onto another topic. Have we gained enough information for us to proceed to another topic?

*Read your notes and then decide for yourself. We are here to ply you with questions/answers format at all times, but we need you to choose the way. If you feel the subject matter is discussed enough then we progress to other topics. If not, we stay this way. Think about your questions, what you want to learn then decide. It can go any way you choose.*

Thank you.

# The Earth Elemental Connection.

*Live your life on purpose.*

Author unknown

o0o

You mentioned that this being is purely third dimensional, *'but is necessary for all the other little energies to collate and function as one while you are here'*. It seems as if you are saying that the earth being is a controller that collates the other elemental earth energies that make up my physical body.

*Yes, that is the way.*

You have mentioned that we form a blueprint of the physical body we want before we come to this reality. Are you also stating that we are formed from the particles of this third dimension, earth to earth and dust to dust sort of thing?

*Yes, that is the way. Go on with your questioning.*

Then when does this little earth being connect with us? Is it prior to birth, during gestation or after?

*It can be any way. The priority here is that the little energy has formed itself in the proper manner; the right way for you to attach and stay here on this dimension while you progress, learning and growing in whichever way it has been previously designated, designed by you.*

*You need to be here; to function, to understand and be of sorts with the energies that are in many ways foreign to your 'true self'. You cannot do it alone without the aid of this little earth energy form.*

Is that the reason why the question of when a being enters a body has never been clearly established?

*It can be any of the above. The main priority is the connection to stay. Prioritize this fact. It is the connection, the symbiotic relationship that is formed between you both, all.*

It might be necessary to jump a little with my questions here as I try to sort out things in my mind.

*We are capable of understanding and flowing any way.*

We are told we create our reality but how does this symbiotic relationship relate or form?

*You do indeed create your reality on Earth. You also connect with and create the form you choose to function in with this.*

Then how do we connect up with this earth energy to create the body we are to have? It would have to be prior to coming here.

*Yes, it is the way it is. You are getting confused here. This earth being is able to temporarily advance to other levels; you are temporarily able to come 'here'. It is a simple way we are speaking with this but we speak this way for removal of obstructions that might cloud your thoughts.*

*As we previously mentioned you are to unlearn much of what went before. Your prior knowledge, prior to us intervening to assist you, has much flawing to be eradicated from your thoughts, deeds and all. We choose with you the simplistic approach to help with this. You must always though forge on even when the answers seem wrong in your eyes. We want you to challenge, to think beyond preconceptions and this is the only way to achieve it. Now, continue please with your questions.*

Does this earth energy control or manipulate the lesser elemental earth energies that are also here?

*Yes, it is the way that the earth energy we discuss is the master controller while you are situated here. It does indeed bring in, attract, whatever other little energies are needed to have you stay and function as you are able and as you have designated you want to be. You connected up prior to incarnating here and it is an agreement of sorts between you all. All includes every portion of the earth energies that are also divine in their way and have amalgamated with your spirit to enable you to function here on this, their domain.*

Then how does that correlate with us creating our own reality?

*It is all of accord. There is no mistake or confusion here. All goes to your clockwork in the way it was chosen and designed. Prior knowledge of what you sought to achieve, your playground to function in, it is all of accord. Everything went according to the designated planning. It is the way.*

So everything has, or is consciousness and is progressing in its own way?

*Yes, it cannot be any other way. Take your thoughts away about inanimate objects. To your sight it may appear that they are inanimate, but it is not the way. All pulse, vibrate with life. They are all a manifestation of consciousness divine. It cannot be any other way.*

I once read that Albert Einstein stated we have been all wrong with our understanding of matter. His opinion was that 'matter is energy, whose vibration has been so lowered as to be perceptible to the senses. Matter is spirit reduced to point of visibility. There is no matter.' Is that what you are referring to now as well?

*That is the way it is and can be seen to be.*

What about once we are here and have the body we chose to represent us? Some of us get health problems, cancers and such. Some are even born with these afflictions. The ones born with them from what you have said want to experience the life with whatever the infirmity is they chose. But what about others who get things like cancer later in life? Is that still their choice or is it that some of the little energies have taken it upon themselves to behave in an unstable way, a way not compatible with the health of the physical body?

*Listen well. You choose your consciousness reality. You choose your reality. Whatever happens, whatever way it happens, you brought it about and the earth energy complied with your wishes and needs.*

*We need to make you clear on this. It is not some vengeful god: it is not some past misdeed. That is all superstitious rot and should be one of the events, thoughts that you cast from your mind.*

*You are, many of you, very conscious of your drugs, man-made drugs and of the pollutants that are about you. If you choose to have them affect you, it will go that way. If you choose to brush them aside, are ignorant, oblivious even to their events and choose not to be involved in any way you will not have one iota of effect on your physical frame.*

*It is again illusion that you have all these microbes ready to 'do you in'. If it is the way you have chosen, yes, it will be the way you go. If you have cast these thoughts from your mind it will not have any effect upon you and you will continue on in blissful ignorance that you could be affected in any way.*

*All that happens in your life is a prerequisite of your choices being fulfilled. Your little earth energy complies with this and you have a 'trade-off' so to say; a win/win situation where you all benefit. We have already explained in what way so will not go into this again.*

*We leave you now with your thoughts for today. Please read carefully our answers so that if you have any queries, any lack of understanding we go that way until we get it right in your mind. Then we can progress to other lessons divine.*

*That is all. Peace and blessings we send you, now and forevermore.*

## Patterns Brought About by Early Conditioning.

*'You are gonna be happy' said life,  
'but first I will make you strong'.  
Author unknown.*

o0o

I attended a meeting that had as their guest speaker a woman who discussed feng shui for the human body. She elaborated on how particular parts of our physical body are affected by certain thoughts we harbor. Would you like to comment on this?

*Yes, your finite mind is indeed a wondrous thing. How it can create maladies within your physical frame when it is dealing only with elements, atomic particle structures of energy pattern waves. Do you not find yourselves amazing?*

Well I never thought of it that way. Do you mean our finite mind is our brain?

*No, they are not one and the same. It is a different energy working in cohesion but is not the same way. Your brain works with pattern energies and rehashing; like a computer frame going over the one recall, instruction pattern. The finite mind is a different entity, energy indeed. It is able to resolve issues for itself on a limited scale therefore it is a consciousness, a thinking being attached to yourself for the duration.*

This is the energy that takes care of our physical body whenever our consciousness, our self, is somewhere else?

*That is the way. You are meant to work in collusion, one to the other but sometimes, most times you are led astray.*

*Your earth being is to assist you with your needs and desires. You fail to grasp that once you are connected to your earth energy it is a working component with you and it thinks it is in charge. You let it most times for it is the easier way and you go on in complete ignorance of a physical consciousness awareness that another is taking charge. When you realize your dilemma, if it ever is realized, it is a hard battle to replace your usurper with you self's domination. You then have lost the master/servant battle within your household, your physical frame.*

*Take charge and all will be well. How do you achieve this feat? Firstly acknowledging that within your finite body lurks another entity. Not one who seeks to do you harm for that is not the earth being's way. It is there to assist you throughout your earthly sojourn. Unfortunately it had become, most times, a little unruly in the way it sees itself as the boss, in control.*

*If you gain control by being aware that many times what you think is not really your own thoughts but patterns brought about by earlier conditioning and of which the earth being uses to manipulate each and every situation you respond to.*

*This is one of the reasons we ask you to meditate; to take back control of your thoughts and activities. It is your choice. We merely offer suggestions and instructions. It then becomes your way, or not.*

*The part that is the earth being is acknowledged as an entity in its own right. It therefore goes on to other avenues happy in the knowledge it has gained through its interaction with you.*

*Will it incarnate again? Perhaps; it is an entity and has the ability if it so chooses.*

*Is it a being pattern the same as you? No, not quite in the same way.*



*Will it evolve into the same form or pattern as you? It cannot be that way for its energy is more of the earth based and yours is more of the spiritual; a finer energy sway.*

*Do you comprehend what we are stating; how you are united but not the same?*

Yes, I understand what you are saying. The earth being is here as an anchoring for us. When our time here is over and we no longer have need of our physical body, the earth being is released to go and evolve in whichever way it chooses.

*Yes, that now leaves us with the 'higher mind'. It has gained much knowledge and that knowledge is never lost. This higher part is part of your Self; the part that is the consciousness that inhabits and motivates the learning processes you choose to undergo at whichever level you inhabit at any time.*

*Please be aware we are simplifying this to make it comprehensible to your present level of education. As soon as your comprehension is complete we will be stretching our learning guidance further to understanding the ramifications of the energy patterns that are a part of you and exists as a part of all.*

You have mentioned the earth being looks after our physical body whenever our consciousness is away. Yet, at earlier discussion also mentioned the going away, astral travelling, out-of-body experiences, whatever we choose to call these activities are not as we see them and that we don't really go anywhere.

*That is the way. We have previously also mentioned, like today, we are simplifying our words to make them more comprehensible at this time of your education. Once fundamental premises are understood we can then proceed on to other basic knowledge that goes further into your existential Whole and to other avenues that spring from those activities of understanding.*

Thank you. I would like to now finish for today.

*Then we are of one accord. We leave you as always with words of encouragement and cheer. In the times ahead for your planet and its inhabitants much will be seen and much is to be accomplished with all the new enlightenment flowing in. That is all. Peace and blessings. You cannot fail.*

Thank you.

## Health Issues and the Earth Elementals.

*If you are not willing to learn  
no one can help you.  
If you are determined to learn,  
no one can stop you.  
Author unknown*

o0o

It is difficult to understand and come to terms with is that whatever our health issues are we have brought them about in some way.

*Why would it be any other way? You create the malaise, whatever it is, big or small within your physical frame. Your cells do your bidding so there is no-one else to lay the blame if you believe blame is to be apportioned.*

*We would strive to ask you to think another way; what is the need here? What am I attempting to achieve through inconveniences, illnesses happening within my body frame?*

*We would ask you to think along these ways. It is a learning in some form. You have brought it into existence often through ignorance of your powers and obligations to self. Often too it is in collaboration with your self for the higher learning. We then say if you are suffering an impediment, a physical disability of some sort, look to the lesson to be attained here. Ameliorate it by lesson learned and then move on to other activities.*

It all sounds so easy and glib. People who are suffering and have suffered for years might find your answer questionable at best and insensitive to their health issues at worst.

*We are sorry to say we cannot speak truth and say anything different. You are master of your ship and in control whether it is apparent to you or not. It is your mindset that brings in whatever you physically achieve. If you think sick, you become sick in some form. Your needs and requirements are then provided in the best possible way for you to gain the knowledge needed for any particular ailment. Learning will go on in whichever way you choose it to be.*

*Never feel a victim. It is an impossibility and another illusion you shelter under not to take responsibility for your life. It is a coward's way of seeing activities but one, alas that is endemic in your world societies. You were created to think for yourself yet few take advantage of the opportunity.*

*Learn to release yourself from the illusion and self-deception; set yourself free to get on with structuring your life in the way it was meant to be. Whichever way you choose to be, to live your life, it is not a major issue for no experience is ever wasted. What you fail to understand and let into your awareness is it never was, intended to be doom and gloom with everything so hard it became impossibly crippling mentally and physically.*

*You are gods, co-creators here for a physical experience yet you deny yourself this knowledge. Change your lifestyle and images if you see they are not to your workings. You created the images, situation whether you choose to take the responsibility or not.*

*If you feel you cannot change a situation, that it is beyond you; then look to the lesson, the education inherent in all situations. You are in each and every situation for the activity, the learning so learn and if it is your choice then move on.*

*We speak now to beings that have chosen a different path and are fulfilling their life's mission through learning particular hardships. Again we say to the outside elements and perhaps to yourself; you are not unfortunate victims of some society, person or deeds. Again, we ask you to extend your thoughts outward and relish, embrace whatever impediment you have chosen for this lifetime lesson.*

*Be brave. We understand it is arduous for you many times but understand you are great beings, warriors, undergoing what will prove to be highlights of your experiences. You will have chosen to, first hand, understand the machinations of the human frailties and will serve as a great teacher with true fortitude and compassion to bring forward to your fellow beings; not only on the Earth sphere but be much revered here for your dedication and fortitude.*

*We wish to impart this to those who are undergoing arduous times: to reinforce within each and everyone you are masters of your fate; co-creators. That is the way.*

*We finish now and leave you with thoughts of your greatness. In your times ahead this will become apparent as you learn to see and understand the victim mentality is holding you back. Yes, you have chosen this for the needs of the time you see as necessary. We say there is a better way.*

*That is all for today. Peace and blessings we send to one and all. In the times ahead, as always, you will not fail.*

Thank you.

## Our Earth Energy Attachment.

*Your energy introduces you  
before you even speak.*  
Author unknown

o0o

My first question today deals with the philosophy of many of humanity believing in a silver cord that attaches our unseen, spirit body to our third dimensional body. Possibly just as many people, most, are not aware or see any attachment when asleep or having out-of-body experiences. We would appreciate your comment on this.

*There is an energy cord but is not the way it is portrayed.*

More information, please.

*This energy cord causes you to stay attached to your earth body while ever you are here at this third level. It holds you fast whenever you desire to remain here but it is flexible and allows you to flit from here to other levels you have attained mastery over.*

*You do not go far in distance for that is a perception, an illusion, but you do travel via this energy attachment to other avenues that let you investigate and experience whatever you desire.*

I am surprised by you answer. I thought in this day and age of quantum mechanics and such that you would have said the silver cord was a superstition, or something similar.

*No, we aim to set you right so we do not go the way you anticipated. We want you to know and understand that much of what was given, perhaps eons ago, still has relevance today. It is not gone because modern usage decrees it is superfluous or something primitive because that is not the way. It is not superstition but instead, based on fact; a fact that is still in use today.*

So, speaking simply, this energy connection has our consciousness at one end and the earth energy at the other?

*While ever you are domesticated here to learn whatever you choose it to be, this earth energy holds you fast.*

But what about wherever we, as consciousness, think we are? Isn't just the thinking of something or place what gets us there and then back again when we think of our third dimensional body?

*Yes, you are part way there but what about your physical body that resides here while you, as consciousness have flitted away? What is being done there while it is in repose? What keeps it 'ticking over' as you say? It still needs to function of sorts while you, as consciousness, is away. It cannot be left unguarded. It still has needs and desires that have to be furnished, complied with.*

Well, I am assuming that any desires such as bathroom needs or feeling cold or something along those lines would attract our attention and we would come back and answer the need.

*You have (temporarily?) quit your physical body for a time. How would you know to respond?*

I guess it would be via the energy cord connection.

*You have answered your question. Now you see the need for some form of connection, so that you remain in contact at all times with your physical body to take care of its needs as they arise.*

Doesn't the earth energy being controlling our third dimensional physical body do that?

*It is along the way but you have the final say. It is your creation, your body part that is signaling. All the earth energy being can do is make sure that all the components, the energies that make up your physical body are functioning along the right way you have placed them by your desires, your ways.*

I understand, and it makes sense, that there would be some energy attachment connecting me, as a spirit being, to my third dimensional body. It also makes sense to me that any indisposition from my physical body would travel via the connecting energy cord and bring me back to sort it out. I am assuming that this connecting energy stays with me at all times I'm having a physical experience until I terminate the experience.

*Yes, that is the way it is.*

Then what about someone else, another entity, being able to take over? Could they sever or destroy the cord and take possession of my physical body?

*No, it is not the way; it cannot be. It is impossible for another entity to take control in any way. They can influence you to deeds you would not choose if you were under your own way, influence, but it is not 'taking over your body' as you say. If you see it at all like that you are wrong, misinformed.*

But I have read books where people were in fear of possession, of losing their physical bodies while they were experiencing an out-of-body event.

*Listen well, it cannot be. You exist here as part of an illusion you have created for yourself.*

Is this then, like when we have another entity influence us at any stage of our conscious life? Are they able to infiltrate our energy body and influence us?

*Remember the glove over the hand. It covers but does not penetrate.*

So, when people speak of possession of the physical body it is an influence over the physical but is not like ejecting the original owner and becoming in charge as that persona?

*Recall how you have been persuaded to act differently to your normal way sometimes and wondered why. We are suggesting to you for your elucidation that at these times there was an influence that was spread over your energy grid that altered your normal behaviour or perception. Whatever you were doing or thinking at the time was not permanent so the entity could not hold on when you 'returned', shall we say to your normal way of acting and thinking.*

*We leave you now to your thoughts. Peace and blessings go to one and all. We are done for today.*

Thank you.

## Do Earth Energies Incarnate?

*What lies in front of you  
and what lies behind you  
pales in comparison to what lies inside of you.*  
Ralph Waldo Emerson

o0o

I understand we are able to go to other levels and we will speak about those at another time. My thoughts were that this earth energy stayed here because it was composed of the components of Earth.

*Yes, it is the way that it is 'constructed' as you say but it is also of the stars; a combination of other elements too. It can advance itself along these lines and can come and go at will without any loss to you.*

I would like to gain more information on that topic but will leave it for another day. Today I will stay with us, as a consciousness.

*Then we follow, go that way.*

We are a consciousness, spirit being, that advances along different lines or ways to the earth energy. Is that correct?

*As you like to say, 'got it in one'.*

Are you also saying that ...I need to think about this some more....

*Did we not previously state that it is unwise to your learning to think of all earth energies as inanimate objects? Why do you think this is so strange that others, also of the stars, are progressing along a similar line to your particular sort of consciousness?*

*Have we not also told you that everything you see, touch, smell, taste, hear, all, is also consciousness manifesting in different waves, ways? This is what happens therefore as all is one; all is consciousness progressing in their particular manifestation. It is the way it is and will continue to grow and expand even when you cannot see how this is possible. We aim, during your education, to show you the way and prove to your suspicious mind that it cannot be any other way with this.*

Does the earth energy incarnate or have other experiences similar to what we do?

*It is different to you so does not require the same modes of transport as you do. By this we mean that at every existence, dimension, you take a part of that element to clothe yourself in. It is not the way with the earth spirit because it goes a different way with its progression.*

Then those other little earth elementals that this earth being oversees, do they incarnate like we do or at some stage progress to being an earth element like the one that holds our physical body together?

*We think not. It is not along the same ways as with your consciousness divine. As we have already stated, they grow, go another way. It is not necessary for them to produce seed, offspring, at all like it is necessary for you to include if you want to experience the totality of what is on offer here. Their needs and progress is along a different path.*

What relationship or effect does this earth element have to our thoughts? It would have to be temptations and the likes that affect our body but how else? The question arises because I now wonder about us controlling our mind and thoughts.

*Yes, it is the way you are controlled if you let it go this way. It is different with your mind power. It issues a different need that is also prudent for you to heed. Thoughts of 'the seven deadly sins' as you described them are brought about by your mind and lack of ambition on your part to rectify and exert your will power. It is where the attachment, attraction ends.*

Please excuse my interruption but it is not clear what you are saying. Does the earth energy influence us and our mind follows on by creating images or impressions to further tempt us? Is that the way it is?

*Yes, it is along this way. You might see it as a collusion, where one works in harmony with the other. Without the self-control over the mind the earth energy is able to wreak havoc upon your physical body. It does this because you have not instigated control over any of the issues brought to court by your mind and so temptation is rife with you.*

*You have not taken control as you were required, meant to do to progress the earth spirit forward in the right and proper way. Nor have you offered any control over your thoughts, your intellect, your mind. We do not condone, we do not judge, we just say, state, what we see and any ramifications that ensue are upon you all; all being those who do not comply with what is meant to be.*

Then what happens to the earth energy if we have not done our part?

*As your sojourn, period here ends he goes away. He is not lost in any way. He will reformat into another form, another way and progress along those lines just as you, yourself will do. Opportunities, if you choose to see it that way, will be lost but it is really of no accord. As we have previously mentioned, there is no penalty for miscreants, or those who also chose another way.*

I will finish now and read the information you have provided to my questions.

*Then we leave you. Peace and blessings go to one and all. We are gone for the day.*

Thank you.

# The Reflection in the Mirror.

*The body achieves  
what the mind believes.*  
Author unknown

o0o

To recap: our consciousness, being, us, being of a much finer composition, does not resonate here and needs the help from an energy that is from here; one that is more in harmony with what we require. This is the earth energy being that is the image we see reflecting back from our mirrors. We identify with this reflection and speak of 'my body' with its different parts without realizing it a separate entity to us as spirit beings and is a collusion between the earth elementals and our finer or higher being. Am I right with my thinking here?

*It is what you state. You are not your body reflecting back from your mirror. You are far, far greater than that. You can come and go at any time while the earth energy being and any of his cohorts are required, by their very nature, to reside here on this physical dimension.*

You have previously mentioned we need a coarser, earth dimension covering for us to function here and I do understand that. We can assume then that the earth energy controls all of our body functioning, the autonomic system and all that go on 'behind the scenes' as it were.

*Yes, you are correct with what you say.*

All the sensations we undergo, any pain, ecstasy, these are all reactions of the physical but we, as spiritual beings, do not feel or get affected by them?

*That is so. You cannot be harmed, damaged in any way by what transpires within the earth energy frame.*

So, none of the earth energy dross attaches to us as a being?

*No, how can that be the way? You do not resonate to them so they cannot attach to you. Any feelings you have while here are purely earth related.*

In all the communication we have had on this topic I failed to fully realize this earth energy being is a separate being. Can we think of it as two in the one body?

*That cannot be the way. You are spirit, free; while the earth energy being takes the physical form you designed prior to your inception here. You have a symbiotic relationship. He is not here to do you harm in any way but has an indifference on what you decide is the way.*

But he will do what he can to keep us alive when we stray too far maybe in a meditation or wherever we have wandered off?

*Yes, what you have programmed for your life here. Should you change it, your decision will be abided by this energy. What is needed, what you bring in is acted upon but when you 'stray too far', as you say, it is not part of your program and he 'reels you in', so to say.*

We might get an itch or something might ache, requiring attention. That is the earth energy bringing us back.

*Yes, it is the way it is. He lets you know you have strayed too far and need to come back to 'the fold', so to say.*



Then what about the emotions we feel. As a being do we experience them or gain from them in some way? Does the earth energy being gain?

*You have your way of learning while the earth energy is of another sort.*

I would appreciate more information please.

*You do gain from any interaction but what you feel, the different emotions, that are real to you 'here' are not as you feel them to be. As a spirit being you are impervious to any of the earth feelings.*

*You understand and learn from them but they do not connect to you is the way. They are of the earth; emotions and such. You have moved beyond this sort of experience. It is part of the third dimensional experience.*

So, does the earth energy benefit? Is it part of that being's lessons? I thought you stated that the elementals were indifferent to our feelings.

*Yes, it is the way but listen well; they are gaining from the experience. Not feeling as you feel but in another, 'earth way', shall we say. All emotions you undergo enable other elementals, earth energies to flourish and grow.*

Are you saying that all the feelings of anger, hate and love, all of the emotions we can manifest and undergo are also elementals in some form?

*Yes, it is the way. Why do you act surprised? There is much that is going on, many elemental energies going about their business, growing and developing in their own inimitable way.*

And the earth energy being controls them?

*It is the way. Each of you has your own earth energy being. This you are aware of else you would not be domiciled here but you are not the only one that your earth energy works with. He develops and while he is developing, he brings others along, is the way.*

So the earth energy being is also growing by assisting other elementals, many of which we know nothing about.

*It is the way.*

I never thought of emotions and such as being elementals.

*It is the way.*

Then why are we instructed to learn to control our emotions? Surely without us having ... oh, you are referring to our path of learning control. The emotion energies are sort of a by-product and are somehow to do with the earth energy being's learning progress.

*Yes, it is the way. We feel we have given you enough to think about again so leave you now. Peace and blessings go to one and all. We are done, gone for the day.*

Thank you.

## Working With the Earth Being.

*Life has no limitations,  
except the ones you make.*  
Les Brown

o0o

It would be interesting and beneficial to us to know how to work with our earth being to our mutual advantage. Is that topic suitable for today?

*Yes, but we feel too much time has been invested in this sort of education. We need you to move on to other avenues not dealt with at present.*

But we don't know of those other avenues.

*But you do know the way. We finish now, today, with instruction of the earth being and then progress to more fruitful activities.*

Well, before we go onto another topic, I would like more information on befriending this earth being. How we go about it. Do we mentally talk to this elemental? How do we do it?

*Honoring your vehicle, your earth body would be one way. Other ways are acknowledging and giving credence to the work this earth being honors you with. You cannot reside here without his efforts and acknowledging them. Acknowledging 'feeds' shall we say, the 'ego' of this elemental.*

*They are not subservient to you while they do 'your bidding' so to say. They are of another sort of energy that is just as divine as you but they plan, go another way to keep the 'wheels of progress', of the nature world in alignment.*

*They are not the master controllers, we seek not to give you false information here but they are vital, a cog in the machinations that is part of the energy functioning all around this dominion.*

Not wishing to sound argumentative but if they are compliant to our wishes they are subservient.

*No, it is not the way it is. They function in accord with your desires but serve not as a servant. They have their own progress to undertake and it is by working with you and other elementals around that they perform their task. They are there as an asset but not as a servant. You cannot function here without their expertise on this domain and they cannot arrive at their objective without your needs to perform. Do you understand what we are saying?*

Yes, I do now. They have their own path to divinity and it is by helping Mother Earth in hers.

*That is the way to see it. Now, you acknowledge that this elemental being has its path to follow, just as you have yours. It is able to reason, to know what is required and what is available to bring to fruition what you desire. As you would communicate with one of your colleagues, friends, family and praise, acknowledge them, we suggest you do the same here with your earth being. Praise and acknowledge, speak and be at peace knowing he is doing what you desire or have brought into play by your thoughts and deeds.*

*Always you are the instigator. There is no one else to blame if you are remiss or fail yourself in some way. Acknowledge this fact and then tell the little earth being how you feel. He already knows more of you than you comprehend but acknowledge and give him credit for the work he does on your behalf.*

*Do not berate him by way of your body ails or physical countenance. He is only following what you have instigated.*

*Acknowledge this fact; that you are the recipient of your desires that he has faithfully completed on your behalf.*

*Take responsibility for your ills and believe in yourself. With this belief is a succession of poor choices you have made that can be eradicated from your system, your physical life frame. This could be in the parts of physical or mental. They will both have an effect upon your life frame and how you feel and see yourself.*

But didn't one of the other teachers tell us we had to tame this earth being and it was done by mental control, by being aware of what we were thinking because, as spirits we are creators and what we think about, we create?

*Yes, you were instructed in this way, with this but you are also, at the same time learning to control your mind by making a friend of your earth being. By being aware and acknowledging, talking internally, praising, you are creating a better rapport in this way with this earth elemental divine. You are not off somewhere thinking of other things because you are focusing, assimilating what you desire are and you need to do to complete your journey upon this frame, existence.*

*You are being 'proactive', as you say keeping your thoughts under your control and the ramifications for you with this are huge. You are taking control by this simple activity of mind control; for yourself and as an aid to your earth being.*

*We feel we have given you enough information to set you on the right track should you choose to take up the mantle, go that way. We leave you now to ruminate over our words.*

*Peace and blessings go to one and all. We finish now.*

Thank you.

## Changing What No Longer Suits.

*Life isn't about finding yourself.*

*Life is about creating yourself.*

George Bernard Shaw

o0o

During an earlier conversation you stated we are learning to control our thoughts. You also mentioned that in doing so we are helping the earth being who is controller of our earth body energies. I asked you if the earth energy is a part of us and if so, was it because all are one energy and it cannot be any other way. While agreeing with the concept you also said it was more complex than that. Would you please now explain how it is more complex?

*Yes, we can follow along that way, line of reasoning. It is connected to you, not to do you harm, but to empower you. It also is connected to the other little imprints, energies that are connected in this way. They have also been constructed by your thoughts prior to incarnating into any reality form. It is up to you whether you change them by your thought power once you have incarnated onto this earth plane divine or to let them flow as they were set up to function, be.*

We do have the power to change what we see as not being to our advancement?

*Of course it is possible. You have created the form. You, as creator, have the ability to change what you have created. Your problem is you vacillate or you do not take credit for your charges. Your charges, we are meaning to state, are the energies you have that create your form whilst upon this, or any plane.*

*It may well be that infirmities that strike you low, perhaps ones you created prior to this incarnation are not able to be shifted. We now ask you, why would that be? Why would you, as the creator, not be able to override your previous convictions of what you sought to achieve by this malaise if that is what is ailing you? Why would you not be able to change the conditions you had set up upon yourself? Why, if your needs have changed, you are not able to reconstruct your desires to a more salient outcome for yourself, your learning?*

Ignorance would be one reason. We were not aware we could do it or, if we were, it proved too difficult, to arduous when we tried and so we gave up instead.

*It is well that you understand this. You are able to change all conditions around and within your frame, should you choose to be, go that way. We are conferring upon you the fact you can change all you see that no longer suits your present, current needs.*

*We need firstly though for you to acknowledge your input is needed to do this. It is mandatory that you change your concepts, your beliefs that you are weak and not in charge of all that affects your being. We are stating it does not have to be that way. You can change, but it has to come from you, your mind power is the key.*

Not wishing to appear argumentative but a person who was born with one or no legs, as an example, is not suddenly going to sprout limbs are they?

*No, it will never be the way if that is your belief structure. Because it has not been seen before, been known before, does not change on what we are stating; you believe it to be achievable and it will be achievable. Your present mind structure, those of all of you we would say, states it is impossible. We are stating an alternative here.*

*You cannot achieve anything if your belief that it is possible is not there. Until you recognize the fact that you create your reality, here, all levels, it will never come to pass that you can construct, change whatever takes your desire at any previous time, before you enter this, or any, structure.*

Is this one of the reasons you keep insisting that we learn to control our thoughts and to monitor them to our needs?

*It is only part, a fraction of what we are teaching here. We seek to have you see, understand that all we have mentioned and other topics we will at some stage present you with need mental absorption by you so you can relate and act upon your desires. With the information we are imparting to you, we understand it may not be clear but once it is we feel it is in your best interest to heed what we have had to say and then your choice is to act upon our words or not.*

*It is all up to you. We, as the educators, bring it to your attention then you can choose wisely or not. Remember though, all we have given you in the way of learning will still continue unabated even if you decide not to take heed to our missives. You are in charge of your life and your thoughts. Be whichever way you see is better suited to your needs .*

I don't know what other tasks we, as third dimension individuals, have set ourselves but this taking control of our thinking, or even being aware of what we are thinking when we are 'not thinking' is a salient lesson in conscious observation. Speaking personally, I now realize some of my thoughts are scary and wonder why they go that way.

*Conditioning would be one reason we see. You are conditioned to think along a particular path and sometimes it is the easy option to allow your thoughts to go that way.*

*It is not easy; we do understand but imperative to your growth and learning that you do start to assume responsibility and be in control. If it does not happen sooner rather than later it will have greater ramifications for you when you do start to assume control of your thoughts.*

*We are not saying this as a threat or to disturb you in any way. We are merely trying to assist you to understand and go forward in your right and correct way of growth. You will find when you do take control and be as you are meant to be that events that seemed impossible to you now are child's play at a later date as you master these and other accomplishments you choose to undergo as part of your growth pattern chosen by you at any given time.*

*We leave you now with your thoughts. Peace and blessings go to one and all; now and forevermore.*

Thank you.

## Observing the Earth Energy Being.

*If it doesn't challenge you,  
it won't change you.*  
Author unknown

o0o

You have indicated we are spending too much time learning about the earth elementals when there is so much more you want us to learn. Even though I would like us to extend our discussions to emotions and how they are another energy form in some way will not go that way today.

Instead I would like to discuss how to see or understand that there is a separate entity we have thought of as 'us'. Is that okay for our day's discussion?

*Yes, we want you to finalize your notes here and move on to something more salient to your cause.*

Then we will move right on to discussing how to understand there is another entity within. Not sure if that is the right terminology but don't know that it matters.

We have been given instruction on various ways to meditate and the importance of mind control but this is a little different if we want to 'see' or 'sense' our earth elemental being. The way I recently found successful was to sit quietly and just wait in the silence. I needed to balance my quiet expectation with the 'passive mindfulness', so to say.

Thoughts did not intrude because they weren't instigated in any way. My inner vision was of being alone in a vast, dark, empty space. I waited expectant while still relaxed and passive.

After a very short while of no activity I 'saw' something lurking inside and at the edge of my vision. The image was not clear, like would be seen as a mirror reflection however, there was something there, still in my head but separate to me. It seemed to be thinking for itself along the lines of *hullo, what's going on here*.

It definitely seemed to be uncomfortable and unsure of what was happening. Unfortunately once I started monitoring this earth being's reactions I lost my passive observation, started to think which stopped the experience and experiment.

My question is, well, I don't have a question because I know what was felt and seen: there was another thinking energy there, inside my head and, because I am so familiar with it, hearing its voice, mostly negative, I never previously realized it was not 'me'.

*Yes, it is the way. You did well with your endeavors but others can also go that way and 'see' and 'feel' for themselves should they choose to oblige themselves along that way. You have explained for others to follow and it will then depend on their aptitude if they are successful or not. All 'grist for the mill', we say.*

*It is now time for you to move onto other endeavors we seek to have you attain. We choose carefully what is about for your knowledge and feel you have gained enough on the earth elementals and their being. If you continue on with your endeavors, all who read these missives, you will do well. Even if you do not follow our way of teaching you will do well.*

*Each one of you, little fledglings, will succeed for you have designed it that way. We wish you well upon your sojourn, Earth's journey. You cannot fail.*

*We leave you now. Peace be upon you all, now and forevermore.*

Thank you for all the enlightenment you offer us and especially for the information of the earth energy being; an energy

that is so necessary for our physical life here and an energy that was previously unknown to me.

o0o

(The spirit teacher, Kryon, suggests another way to connect and interact with your earth energy. He suggests that you use a pendulum. Instruction on how to use one can be found on one of the search engines on the Internet.)

o0o

Walter Last, in his book, *Heal Yourself* states that using a pendulum is an ancient way of communicating with our earth elemental he refers to as our subconscious. He also mentions that many times our subconscious answers our questions as we want to hear and not necessarily how it is. Last mentions that when working with a pendulum our answers may be only 80% correct in the answers given to us. He suggests it is better to keep an open mind and, if possible, get some other form of validation to what was said before acting on it.

It may also be how emotional or depressed we are when asking our question that will influence our answer. Nonetheless, once there is a trusting relationship between you and your earth energy being it can be valuable in assisting with things that affect your physical body.

It is not necessary to go to the expense of buying a special object to use as a pendulum; anything that is a suitable weight and length will do. However, something that has special meaning to you is often more successful with the answers given; perhaps a special piece of jewelry, a small magnet, a crystal on a string; anything that feels not too heavy or too light as it dangles from a cord. Whatever you choose to use is up to you. It could be a natural cord, a chain or something else that enables the weight to move freely as it is suspended from your fingers.

Hold the length of the cord and weight over the palm of your free hand and extend or tighten the drop until it feels right for you and allows free movement of the pendulum. The pendulum is suspended by your fingers of your hand, often using the index and thumb, but whatever feels comfortable for you. Keep clutter and cell phones away from your work area and, with your open palm under but not touching the pendulum it is time to ask the pendulum its preferences of movement for its answers.

Ask it which way is 'yes' and then watch the movement. It may rotate in a clockwise direction. Then ask it which way is 'no'. That movement is often anticlockwise and your pendulum may choose other ways to let you know which is its preferred 'yes' and which is 'no'. 'I don't know' may have no movement coming from the pendulum or it could be it swings sideways or back and forth.

Focusing on your question and not pre-guessing the answer you want will help with getting a more accurate answer and not what your subconscious thinks you want to hear. Last states that 'in order to gain the confidence of your subconscious, you must strike a balance between trusting the answers and checking them critically. Generally, all answers to questions with which you have an emotional involvement or definite beliefs (sometimes subconscious) are unreliable; so are predictions. Nevertheless, this is an excellent method to contact your subconscious self and hear its views about solutions to your emotional and health problems and to obtain its cooperation for your health-improvement programme.' p. 166.

Before purchasing vitamins or medications, I first check with my pendulum to see if they are needed. Holding whatever is to be my purchase in my open palm and with the pendulum suspended in my other hand I mentally ask 'is this good for me? If the answer is 'yes' I then ask, is this strength the right one for me?' It is amazing the response from the pendulum.

Last suggests a way to develop and test how accurate your pendulum is to use a number of containers such as several matchboxes each containing a small number of matches, perhaps one to six. Move the sealed matchboxes around so that there is no idea which matchbox contains how many matches. Select one box and then ask your pendulum how many

there are inside. It may not reply as you start from one and work up to the right number of matches. When the right number is arrived at it will usually signal 'yes'.

Another way to test your pendulum is with a number of playing cards. Choose several, maybe six, look to the front of the cards for identification then turn them over and shuffle them before placing them face down on a flat surface. Select one card, dangle your pendulum over it and say what you think the card is. Watch the pendulum move to give you the answer. Continue on with the rest of the cards.

Pendulums are sometimes used at parties and, depending on the operator, can reveal accurate results - for a short while then it can become like 'trash in, trash, out' as your pendulum functions purely as entertainment value.

When using your pendulum, you are contacting and working with your earth elemental, your subconscious and, as a separate, thinking entity, it is worthy of respect.



## Part Four

### The Challenge of Conquering Baser Instincts.

*Believe in yourself, Push your limits,  
Experience life,  
Conquer your goals  
& be happy.  
Author unknown*

o0o

I do realize, even if not really understanding, that modern quantum science is teaching us that we live in a vibrating energy reality where nothing is solid as our senses lead us to believe. How does that relate, if at all, to people are born, people die; does this affect the energy supply balance of any dimension?

*It has no relation at all to what is to be, or what is being. There is no shortage of supply, no glut. What you choose will be provided. Innumerable times this is and will continue to be the way. Your mind brings in what you need, even sometimes when it may not seem that way to you.*

*It is a fact, we do not deceive you. It is the way it is to be. All will be provided by your mind: control is the issue here though. How many of you decide to consciously make a decision to achieve something, some event perhaps that takes your fancy and makes you happy? How do you go about achieving your aim? Do you turn to outside influences to provide it for you and if it does not eventuate, do you get peeved over it?*

*We could instruct you more on this topic but feel our best thrust to logic would be to show, prove it to you, so that you can comprehend what we say and challenge the preconceived thoughts you may have that let you down. We aim to do this by letting you understand that you are in control, and once you learn this and master your control, which isn't easy we do understand, you will be better for it and all will start to flow harmoniously in the way you choose it to be.*

There have been many others who have stated along the same lines and for some it may work. For others who may start off following the concept and then finding it too arduous, give up before they have achieved their aims. It appears to be human nature not to do the 'hard yards' so to say.

*We can only support you, help you, by offering our words of encouragement but you, in reality, must do the task of getting your mind into control. Were we able to assist in other ways, do it for you, we would not go that way. It would, we feel, make you dependent on us and we abhor any thoughts along that way.*

*It is one of the many tasks, challenges, you set out to meet: to conquer what you refer to as your 'base instincts'. It is a part of the challenge, the game you set and you struggle to overcome what is, to you, a far greater challenge than you thought possible before taking up your challenge.*

You have stated that our mind control helps us, while at the same time it helps the earth energy too. Is there more that we don't know about?

*Yes, it is a complex subject and we are working, bit by bit, to bring you up to speed with the understanding along this way as well as other ways.*

And while we learn self-control, we are also helping the earth energy?

*That may be the way, but understanding and putting into practice are not the same things. Can you honestly say that you do not falter, do not at all times understand, be aware of where your mind has wandered to? Can you state that you give attention to your task at hand, what you have decided to do?*

No, of course not and I don't think any third dimensional entity could say they are in complete control of their mind, their thoughts, all the time.

*We do not ask you to set the task 'all the time' as you say. We are asking you to consider our words, be aware when your mind does falter and go astray. We are suggesting, as a help, to have your thoughts more under your control. Be aware when flights of fancy take hold.*

*We have impressed upon you that you are creators, and as such must create. It is your god-given task, your right. We have impressed upon you the fact that when your thoughts go away, awry sometimes, that they still create even when you are not aware of what is transpiring.*

*The reality still exists whatever is transpiring. We are asking you to have a consideration to our words here and be aware of your deeds for, make no mistake, they are your deeds. Your thoughts are your deeds, we want to impress upon you this fact. You do not need to be doing physical efforts to gain the same effect.*

It is very sobering to know we are creating our life's experiences by our thoughts as well as deeds. There are books that support the concept. These books, for example, advise athletes to imagine they are improving their game by mentally doing what they want to achieve. They are to feel their muscles constrict just as if they were putting in the physical effort. From my understanding it is very effective.

I'd like a little confirmation on what you are stating before we finish for today. We incarnated into this third dimension, to a life, a game our being has created for the experiences it wanted to attain. That is correct?

*Yes, it is the way it is.*

Are we able to change what was first decided without any problem or redress in any way with this?

*Why would there be any redress? We have explained previously that you can change to suit whatever you feel needs correcting to finalize your game. It is not so structured that you cannot change what is around you that ill suits your needs. You are all creators and as such can alter situations that are not sound to your desires.*

*Desires change and as you grow intellectually or in other ways you are able to absorb whatever the energy is that you require to change, to bring change about and so, if you desire it enough you change.*

How do we absorb the energy?

*You bring it in by your thoughts and it goes through all of your energy bodies divine until it reaches, becomes your third dimensional way. There it is malleable for you to change whichever way suits your needs at any chosen time. It can come in 'in a flash' as you say or it can take time to appear and bring about the desired changes to your lifestyle, your health, your ways.*

*It depends on the strength and willpower of your desires. Your lifestyle and other issues you choose to work on, with, will become apparent but how soon is hard to say. You are the instigator of it all and so it goes your way, is all up to you.*

*It may well be the other side of the coin. You lack the aptitude, the desire enough and so nothing changes and you keep going your way as at present. Again, there is no redress, no recall. It all comes to you and changes dictated by your being and you. The instigator is another part of you, what you call your being, but you see, you are all being, if that is how you look to it. You cannot be any other way.*

So we are not a fragment or a holographic piece of all that is our being?

*How can that be? We have explained that all are one and there is no separation between all. Your experiences direct you to another logic, way of seeing and understanding. All this will change as you start to recognize your abilities, your*

*control you issue forth when you understand that you are being, you are all and what you see and how you function is under your control. You willed it to be and you can will it to change to not be if that is your desire.*

*It is all there, the ability has always been in your control but it has seemed to be elusive, out of your control. We ask you to think another way and to get yourself understanding your magnificence, of what you desire you can be and can will into existence here on this third dimensional plane that you presently inhabit.*

Thank you. I need to read and study your information for today.

*Then we leave you to your thoughts. Peace and blessings go to one and all.*

Thank you.

## Perceptions and Holograms.

*We are all visitors to this time, this place.  
We are just passing through.  
Our purpose here is to learn, to grow, to love.  
And then we return home.  
Aboriginal saying*

o0o

I have been reading your information provided and would like to go back and clarify a few things. If all is what is stated, it is 'All' then there is nothing else, no separation even though this third dimensional 'me' sees there is.

*Yes, it is the way.*

Then when we see a hologram as separate pieces, shards containing all, is that only my part or is it what is stated 'all'?

*It is as stated. You see only what your senses, present ideologies portray to your sight and mind. It is not quite the way. There is a vast understanding that is beyond your present comprehension here but it is the way you instigated for your learning.*

What about when we see a shard of a hologram as solid and static. Is that what it is?

*Nothing is static and it cannot be that way. All is changing, even your perceptions change as you formulate new ideas. Illusions may be the way but it is still changing concepts that take you on different ways. As you change, you also alter patterns divine.*

Only for our selves or our changing affects others in imperceptible ways, like the butterfly effect?

*It is along the way. All have an influence of what is thought, reactions, even though it may be instigated 'out of your sight and ken' so to say, the influence is ever present, there.*

Are you speaking of others on our reality, most that we have not ever met or will ever meet, influencing thoughts and actions?

*Yes, it is so.*

Then how can that be?

*It is illusion you deal with every day, every waking hour, every 'nano second' as you say. You are failing to grasp, absorb a bigger picture here. If, as we state, you are part of all, and we are simplifying it here when we refer to you as a part, a 'projection' so to say, you must influence and be influenced by other projections no matter 'where' or 'when' as you say.*

Are you stating that these others that are part of our reality, this present third dimension reality, no matter how distant spatially, people we only hear about via our media outlets, they are illusion too?

*No, not quite as you portray. They are real; a projection of reality but their divinity is 'their own' so to say. They come in, are brought in to your illusion while at the same time they are undergoing their own adventures of life on this third dimension.*

*You set up the props and those who are here, present, in this illusion are here at your behest. They have taken the opportunity to help you while all the while they are assisting their own growth pattern divine.*

But these might be people who live on the other side of the world; we will never meet them and only know about them because of what has been brought to our attention by the media.

*Yes, we understand your dilemma with choices of what to believe, what to grasp as part of your reality. What you fail to comprehend is that you cannot have in your vision, brought to your attention, what you have not instigated for your learning.*

*So, even if these people appear fleetingly into your conscious awareness, they in some way will have an influence on your thinking. It cannot be any other way for they are there for a purpose. You brought them into your awareness for part of your learning curve experience. It cannot be any other way with this.*

You have previously taught that wherever we are we are in a malleable consciousness energy world that can be manipulated to suit our needs. This consciousness is not inert, it is teaming with different forms of life undergoing their own experiences and do not know we exist, just as we have little concept of their existence.

*That is the way it is. Please proceed.*

Then what about the nature world and all the elementals it contains who are functioning in their own growth pattern? They don't know we exist and many of us do not know of those other earth elemental energies that look after the natural world we take for granted.

*Yes, it is so. These 'little ones' as you say are taking control of what you take for granted. It still is in the frame of understanding we are imparting today. Nothing changes with what we say. They are also here at your behest. You have set up 'the props' as we say.*

*Are they your imagination bringing them into being? In some ways, yes; in others no and we will make ourselves clear here. The 'main props' so to say have been instigated by others, those who maintain the flow, the 'status quo' of all energies divine. They function, serve all species, energies, and are at call to make changes as they see fits the needs of those who choose to undergo their learning on any spatial way.*

Would you please enlarge on that concept?

*You see the world brought in for your amusement. You have 'a base' so to say and you tweak it to suit your desires. These others are divine beings who have learned to gainfully set up the 'main props' that make it possible for others, beings, to manifest upon any plane they see will enhance their learning, abilities. As energies change, nothing being static, many times the props are updated to suit the needs of the incoming energies divine.*

What about where a being can pick an era, timeframe, whatever is needed for their game of life? How does this relate to what you are saying?

*Yes, it is the way. You need to factor in your own growth pattern, what you chose to gain from any time on any dimension. As the energy changes you also change and what was your playground has now 'gone up a peg' as you say. You are now also more rarefied and what would have suited your needs now no longer exist for you. You have progressed to more adventures, learning gains along another way.*

*We feel we have given you food for thought today and no doubt you will have questions for us when next we meet. That is all. Peace and blessings go to one and all. We are gone, done for today.*

Thank you.

## Multitudinous Realities.

*When I let go of what I am  
I become what I might be.*

Lao Tzu

o0o

I would like to continue our discussion on what was previously mentioned regarding the other energies interpenetrating this third dimension.

*We can go any way you choose. We are here to educate you to what is the reality of life, which is far different to what you perceive. In fact, it is nothing like you perceive.*

*You have been instructed by those of your earthly teachers that you are 'top of the heap' so to say with education, advancement in many technological ways but while there is much achievement along those lines, the other realms you interpenetrate, and they to you, are not taught about. They are as real and as learned in their way as you are.*

*We are then stating, you are not 'top of the heap'. You are 'part of the heap' and each part interacts and interweaves making a concise whole.*

What you are saying is understandable but today would like our talk to be on some of those other realms that interpenetrate our known, observable, physical dimension. It would be interesting to know about the hierarchy, the 'pecking order' and who advances by looking after whom.

*We can comply with your wishes today.*

Thank you. Perhaps it would be a good starting point to go with the earth being consciousness that works to our mind power and puts what we have been thinking about, our thoughts, into play. How does he also influence the fairies, gnomes and the other little energies that inhabit this third world dimension?

*No, he does not go that way, have any influence over them. They are of a different vibratory energy shift and they have their own 'overseer' if you choose to call it that. It (theirs?) is a different energy, still connected to Mother Earth and her needs, but they function more with alignment to the animals, nature kingdom of flowers, fauna, that way.*

But do they have a hierarchy and if so, what is it?

*Yes indeed they do have a structure. It is part of their evolution that they follow a formula. They work with a more limited spectrum of opportunities and all go in their right way, of accord.*

I have read that angels minister to and control these little nature elementals. Is that so?

*The information you read is wrong. It does not go that way.*

Then please explain the correct way of seeing and understanding their formula.

*There are many of these 'energy elementals', as you say. All are working together to enhance life on Earth. All work in unison so that of those coming on behind, of a 'lesser' aggrandizement are uplifted by their thoughts and deeds. Just as you uplift all energies that are around and beneath you in energy output, sway.*

*You may not become aware that a reaction to an action anywhere in your reality on Earth can have a bearing on yourself, your energy grid. That is why, one reason why, we would like to formulate to you more of your understanding*

*so that you can learn and grasp opportunities as they flow your way.*

*We would like to see you all learning of your power, your magnificence and not letting outside influences that do you no service take over your life and your thinking. We would like to see you move away from the reality you are presently creating and go to a more salient, structured one that is more to your advancement and to all.*

We can agree with that but would like, for this lesson, as much as possible, to stay with the earth energies and in another lesson, we can move on to making a better reality for us, for all.

*Then we comply. Yes, what you are seeing with you inner vision is quite correct. It is a stream of energy that encases the entire nature realm. They, the nature ones, flow in this energy stream and work out their requirements in this way. They are able to utilize whatever is there in whichever way they need it, their requirements to fulfil obligations to their charges which can be in any form on their spectrum.*

Do they have finer energy bodies surrounding their form? Like we do?

*No, not in the way you do. You have much there in your energy field that is not needed with the earth energies. Yours covers the stars, other dimensions. The growth that is contained within your energy fields is not required for the needs of the 'little folk'. However, they do have their own energy dispersement body. Just as your physical body constrains what you have about by blocking it from your sight, it is the way with the little ones.*

I need to finish for today and reread the information you have provided. I would like to continue at another time but still focusing on the earth elementals before progressing to something else.

*Then we can oblige and be that way. Peace and blessings go to you, now and forevermore.*

Thank you.

## Different Energies Interpenetrating This Dimension.

*Whether you choose to move on  
and take a chance in the unknown  
Or stay locked in the past,  
thinking of what might have been  
Life goes on.  
Author unknown*

o0o

In thinking about the information you provided on the little earth elementals and how they work within a steam of golden energy it is different to what I've seen with the release of the ancient earth energies at different parts of our world. As I previously mentioned in my book, *Other Realities*, these languid spirals were a pretty light blue, like the blue color in a rainbow. Could you please enlighten me on the different color energies?

*Yes, while it is true that different spectrums are utilized by different energies, not all are the same. Their vibratory patterns need to be in alignment for all action required to take place. You see the rainbow and understand what it is about but many times there are other elements at your fingertips you do not see yet they are also there for you if you choose to look.*

*The nature realm works to varying bands (of energy?) depending on what is required at any time. They are limited to a certain extent by the range they can accommodate and what is available to their needs. You, as human beings, have a wider spectrum to accommodate your needs.*

*However, what you fail to see, to grasp is that others also inhabit and interpenetrate your present domicile, realm. If you could open your 'inner eyes' you would gain a greater understanding of what is around, what you have the ability to see and understand.*

*It is an easy interaction, the passing off, casting off what went before with logic and appearances of what is around and really taking the big steps to allow your mind, your conscious mind that vetoes all that you see and feel to take a backseat as it were.*

*You could then change your perception and what appeared to be empty space would, to your new images of reality, be a vast array of interactions you could avail yourself of at any time you chose. It is then a simple act, a (consciousness?) switch so to say, for you to move back to your present understanding of what is right in front of your nose.*

We don't challenge what you are saying but the question is, how? How are we able to see these other dimensions at call?

*It is not easy; we tell you now. You have been indoctrinated into seeing and believing only what is in front of your nose. You need to extend your awareness more, to a belief that you are not the only ones who are all around. That there are other dimensions interpenetrating your own and if you can make this perception shift, you will start to see the other activities being performed by the other inhabitants who share your space. As they go about their daily tasks set by them you will become very familiar with their interactions to each other.*

*Will they be able to see you? Maybe, maybe not. It depends on their aptitude and what they are able to attain with the energy flow at their disposal. You can watch but you cannot hurt or touch any of the little energy forms for their bandwidth is similar in a way but not enough for you to interpenetrate and disrupt theirs.*



Can we assume the first 'sightings' would be of the nature realm folk because they are on Mother Earth and, while in this third dimensional body, so, are we?

*No, that may not necessarily be the way. We would ask you to think along more ways of interacting, viewing firstly the different arrays of energies that extend through, beyond your own present reality. We would not like to see you become enamoured with the nature kingdom and miss out on what else is available as a learning experience to be had.*

*We tell you now; you have a vast array of understandings, of learning, from entities, other life forms you have no knowledge of as yet. They seek not to do you harm but will welcome you 'to the fold' as you say. Those that can see you are aware of you and many times have interacted upon your space, your Earth sphere but you see them not.*

*They have arrangements, understandings how they function with that will bring their reality more into alignment with yours, if you take the time, the effort to make yourself perceptive to what a portion is of the other life forms interpenetrating your own present reality.*

*At present you lack the ability but it will come, it will come if you advance yourself to the way we have suggested. Instead of your mind leading you a merry dance you will be able to take control and do parts of what you chose; to assist, tame the earth energy overseer for Mother Earth.*

*That is all we will discuss on this topic at present. If you take up and follow our suggestion of making yourself more receptive of other worlds interpenetrating your own you will start to see them. It is all up to you.*

*We leave you now for this time. Peace and blessings be upon you, now and forevermore.*

Thank you.

## Flexing Mental Muscles.

*I don't paint dreams or nightmares.*

*I paint my own reality.*

Author unknown

o0o

Your information is, as always, very interesting. I would like to flit in and out of other dimensions and learn from them. Would this be similar to changing our television sets, switching channels?

*At one thought it can be but the changing of channels only requires a modicum of effort on your part. This changing we are referring to will, in the beginning, be arduous because you will be flexing your 'mental muscles' so to say and this is like any effort that has not been done before. It takes time and patience, persistence and the very strong belief in the knowledge that you can attain what you are seeking.*

*This mental effort, acumen comes with two ways of advantages. Well, there are more but we will focus on the two relevant ones that we see. You will be gaining mind power concentration over the earth energy and so your physical and mental life will improve dramatically. Then you will be interacting, perceiving the other realms that intertwine with your own.*

How do you mean 'interacting'?

*They can be at call. Their development, similar in ways to your own, is not quite along that way. They can interchange information to you and you to them. You are constrained in many ways by your images of time and distance. They do not have these conflicts you perceive; necessary in some ways for your progress on Mother Earth but an encumbrance in other ways.*

Are these energies and their dimensions that interpenetrate our physical world, are they the normally unseen dimensions that interpenetrate and 'surround' Mother Earth, the realms most of us go to when we finish our lifespan time here?

*No, they are not that way. We are referring to another energy altogether that has always been available to your sight once you became aware of it. It does not cohabit, is not a part of your physical dimension in the way you are portraying it to be.*

*You do have these other avenues you aspire to, go to when you are no longer a member of planet Earth but you do not do it with a consciousness that must be trained. You automatically gravitate; your energy sway takes you to where you belong at any particular stage of your life's development.*

You have mentioned that this 'new' way of seeing is going to be arduous, but how do we start?

*Learning mental control is the way. Move your physical realm glasses from your sight. Banish the thoughts of all there is in existence is what you see with your sensory perceptions. Move your intentions, your thinking to the way of seeing by allowing your perception, your thoughts to go to other levels.*

*You will find conditioning will come to the fore and your earth energy will resist what you are attempting to do for yourself. How well you progress will depend on you being able to subdue the warnings, the heeding, the alarm bells your earth energy will be frantically issuing forth for you to desist and go the 'right way' as it sees it to be.*

Is this different to when we have a consciousness shift as in sleep, out-of-body and remote viewing?

*Vastly different we would say because this is a consciousness changing to other, unfamiliar, presently unfamiliar territory and your earth energy is not prepared to jeopardize your existence by the unfamiliar. It uses all persuasion in its vast arsenal to bring you back to what is familiar.*

Can we be harmed? Maybe go 'mental'?

*How is that possible? You are not going away vast distances where your energy thread connection will be severed, harmed. You are having an inner consciousness experience. You will be turning your energy 'inward' so to say. To make it compatible with others who share your energy grid.*

*There is nothing there that can harm you unless you make it that way. We are referring to feeling as if you will be terrorized and it will happen. It will be supplied because your wayward thinking has made it that way. You attract what you desire and need. You may not accept that you need to be 'scared stiff' as you say but it will be right for your experience because you chose that way (by your thoughts).*

*Can anything harm you? Of course not. How is that possible? You are not in your physical body and you are now functioning with a covering that enables you to function on this plane, whichever has been accessed by you.*

Would you like to give us a hint of what we'll find at this other realm? Do the inhabitants there look like us?

*They will once you are there because you will have a finer covering like theirs and their countenance will not seem strange. Should they choose to experience your earth sphere they will also have a covering that is similar, more in alignment to ways you are used to seeing. It will not seem strange then.*

Again, you have given us much to think about and, as always, I thank you. We will finish for today and read the information you have provided.

*Then we go our way. Peace and blessings be upon you, now and forevermore.*

Thank you.

# The Benefit of Turning Our Thoughts Inward.

*The energy of the mind  
is the essence of life.*

Aristotle

o0o

Is turning our thoughts inward the same technique we use with meditation?

*No, it is not the way. To still your mind, yes, but you desire to go inward in a different way. To do your task set by you requires a different form of introspection. You have to accept that there is more than the physical sight you call to mind in many meditations. Yours is to pass through what we see as a barrier to your learning. To quieten the mind in the way we desire to be your way is not to see anything relating to the images you like to conjure up and focus on in most meditations.*

*You need to transcend all images and sit quietly, expectantly, but not forcing any issues. By going this way we seek for you to feel more. The harmony of your body should relax, quieten down but we ask you not to dwell on your body and its workings. Go past all feelings, all activities that your mind is going to bombard you with.*

*You really need to 'feel' the silence, go about consciously welcoming it into your awareness but again, in a relaxed way. You may feel other sensations brush against you, trying to attract your attention. Let them flow. Do not get involved. What you are searching for, feeling for, is the quietness that goes beyond your recall, anything you have previously experienced.*

*You will know it when it happens because a shift will have occurred and you will notice something different to your 'common' thoughts, reality. There is a 'feeling', shall we say, a difference will be there you can feel. Again, do not let this distract you. You are nearly there but must go the 'extra mile' as you say.*

How will we know when we have turned inward enough and what will we find once there?

*You already know of this avenue, sight. You have been here before, many times. You know the way.*

But that is not good enough to explain to others who also seek this inner consciousness experience. Others would like to go to these inner realms too.

*You will find that there is a difference, a richness of thought, of feeling.*

We need to stop you for a moment. We are going with 'the flow' so to say. Not letting anything influence us as we hold the energy; we need to remain vigilant but passive. What you are saying does not make sense. Please explain.

*You will have changed your vibrations to make them more in harmony with the other 'inner' realm. You will notice a difference. Without the controlling influence of the earth energy there is a change you can, and do, observe. Now another element takes over, if you like to see it that way. It is somewhat the equivalent of this avenue's 'earth energy' for the fineness you temporarily require to be there.*

Even if we are only there for a short while; fleetingly if we can't control our thoughts?

*Even for a short while it is this way. You are consciousness, disguised in the fabric of the realms you inhabit for any particular deed and time. Even a short time requires you to function with this energy if you seek to interact here. Without this covering, how are the other relationships, connections to occur? Your intention is to connect, to relate to these other denizens who dwell here?*

Now, are we able to see and be seen by the inhabitants here?

*It will be the way. You will be able to observe and interact for a time as you are aware you do on the earth plane element. Because you are now, for a time as the other inhabitants, you will be seen and be able to interact one to one if that is your desire.*

*It maybe that some are aware there is something different to behold about you, for you will not hold the experiences undergone from this (other) plane. You will still contain all of your own elements that interweave and surround your physical body because they are part of you, your existence and on any avenue, you hold them to you. They contain much of your history lived upon the Earth sphere. They will register as a difference upon your countenance but should not alarm any energies you come in, interact with.*

So, even though we are still having an Earth experience in a physical body, we are able to access this other dimension that is not vibrating as the earth element does?

*Yes, because you are consciousness and as consciousness are free to come and go to wherever takes your interest. Your earth frame is 'abed' if you choose to see it that way. It is well protected by your earth elemental energy body who waits for your return.*

Then it is like a garment we take up again when back to the physical. What then happens to the inner dimension body when we return back to the third-dimension physical realm? Does it dissipate back into the atmosphere of the inner realm?

*It can be that way. It really depends on the strength you have given it. You can, at a later date, if you go this way, take it up again for you have the attraction required once you have set the form.*

And to return to our physical body is just like coming out of a meditation?

*Yes, that is the way but this time you will have much to ponder on. We leave you now with your instructions for the day, should you choose to go with it.*

*Peace and blessings be upon you now and forevermore.*

Thank you.

## Changing Concepts.

*If you talk to a man in a language he understands  
that goes to his head.*

*If you talk to him in his language  
that goes to his heart.*

Nelson Mandela

o0o

In a previous discussion you mentioned '*You can watch but you cannot hurt or touch any of the little energy forms for their bandwidth is similar in a way but not enough for you to interpenetrate and disrupt theirs*'.

*That is the way.*

It is not clear if you were referring to the earth energies or the energies we will encounter on this inner level.

*You cannot interact with any level's inhabitants if you do not resonate their way. It is as you have other dimensions entities surrounding your existence but you see them not. This is because they, nor you, vibrate in harmony, synchronicity.*

Thank you. Now I understand. Can we go back to what we can expect once we access this inner realm? We have created an energy form for this new existence but how does it all happen? We must be able to see in some way but what can we expect to see?

*Whatever your mind has set up for you to see; it is the same as existence upon the earth sphere. Whatever you sought to gain knowledge and experience from was provided, there for you to do as you wish in whichever way you chose.*

We can understand our finer consciousness has set up the game play it wished to experience and gain knowledge from, but this one is different. It hasn't been set it up that way.

*Are you sure on that? Are you really sure?*

Then please explain how it came about.

*You do not function in one dimension. You are multiple, however many you choose to be. Whatever you choose to experience at any energy level is provided by your thoughts. You are unlimited consciousness, 'free as the birds' as you say. You can come and go as you please. You are not fettered or inhibited from your desires, where you want to be or roam.*

Then why does this part we're functioning as still have to go through hoops to learn? You implied earlier in our written communication I already have been on this 'inner' journey. Why is there no memory of it? Why the need to go this way again?

*As you say, 'elementary my dear Watson'. It is because you chose this way. Can't you see you are a teacher divine and you chose to assist those not as far along the way as you have learned, progressed? You sought to bring others along 'in your wake' so to say.*

*There are many unenlightened beings who want to gain the knowledge and your choice to teach was to show them the way by you undertaking part of the way with them. Like a beacon of light in the darkness was your choice, mode of operation. To do this, much was taken from your sight so you could genuinely find your way back with your little*

*charges, those beings who found your way of reasoning, of choices suitable to their needs.*

*You have chosen this time as the right time for your purpose. There are 'upswings' so to say of energy empowering beings who would (previously?) not have been able to reach, resonate in the right way for them to take advantage of these opportunities. You have chosen to assist with this and the incoming energies divine. You sought to move them past previous preconceptions that hold many to the earth plane level of attainment.*

*You decided you wanted to do more and so you incarnated into the earth sphere with this in mind. It is one of the reasons you have experienced much of what went before with the energy sway and how you can encompass and go with the newer flow. You are changing concepts of what is available for beings, what can be attained in the new way of energy flow divine.*

So, those who read these books; are they, have we all been together before?

*It may well be the way but we are not privy to this information. What we do say as a measure of guidance is that you will attract those who resonate to your way. Your guiding light will reach them in the darkness of ignorance and they will shine, attracted by the glow you project out. They will find your books because there is a harmony that goes out from the information contained and it will flow to those who are ready and willing to advance themselves.*

This discussion has gone a completely different way to what was proposed for today. I need to read and absorb what you have just told me. Perhaps tomorrow we can get back to 'basics' of learning about the inner levels.

*Then we go that way. Peace and blessings be upon you, now and forevermore.*

Thank you.

## Existing In Other Places.

*Man cannot discover new oceans  
unless he has the courage to lose sight of the shore.*  
André Gide

o0o

Reading back on our recent discussions I gained the impression that these inner realms; we have an existence there already. Is this so?

*Yes, it is so. Why is it so strange? Don't you, can't you understand, realize that you are powerful energies and this earth plane existence is a fraction of many, many existences you cohabit within? Each of you, star beings, mostly have many lives lived, if you choose to identify with that report, see it that way. Many are undergoing experiences on other levels; some finer, some denser. It is up to you whichever way you choose, plan your recourse.*

So, many who read your information are perhaps like me. They already know the way but as part of the game of learning they have chosen also to block their knowledge from their present sight?

*It may well be the way you have mentioned. We cannot refer to their experiences but we can recall, bring to your attention yours. It is the way it is because our familiarity, yours and ours together, is very strong. We have interacted many times together. Sometimes the shoe was on the other foot and one of us was the 'new kid on the block' as you say. You then took the position we are holding with this energy that enables us to interact with you at your present domicile, planet Earth.*

*However, as we have spoken before you also interact, exist on other places, planets and dimensions. It is all undergoing, being at one time but we seek not to confuse you because your earthly time frame is linear and it is incomprehensible to you as to how it can be.*

You mentioned other places and planets. Are you now prepared to identify yourself? Who you are and where you come from?

*To what purpose? You already know us and we have mentioned before, whenever you ask, the reason why we do not disclose our identity. Listen, absorb our words and if they resonate with you follow through and learn from them. You can do no more to assist yourself if you chose our way of teaching.*

*If it does not suit your way then we suggest you formulate, in your mind, the type of learning you desire. Concentrate on the idea, the reason, and it will come. You have a saying 'when the student is ready, the teacher appears'. It could be 'out of the blue' or in strange ways or circumstances but it is relevant that you make the effort; 'put out there' as you say.*

How many of these 'inner' dimensions are there and are they similar in experiences we currently choose to undergo?

*They are similar, but not the same. The effort, energy that requires you to exercise mind control will become more apparent as you claim these other dimensions. You will find, as you have done when you access the dimensions interpenetrating and surrounding your Mother Earth, that you will be once again learning to manipulate more rarefied energies. You will be working to becoming 'as one' as you like to say. 'As one' is connecting more to your 'personal consciousness'.*

*We regret we cannot speak about the totality of being. Of how you interact with your 'All'. To try to make it sound as if you are incomplete and this is not the way divine. Nor do we wish to imply that you are singular in your endeavors, your attainment because this would be leading you astray and we do not follow that line of teaching.*



*We are sorting out ways, interpretations that you can comprehend with what we can give you to enhance your way and what you can, in reality, absorb. This is one of the many reasons we ask you to always choose the questions you seek answers to. In this way we are able to monitor all you can presently comprehend and we do not waste your time.*

*That is all for today. Peace and blessings go to you now and forevermore.*

Thank you.

## Sensitizing, Moving Beyond Our Five Senses.

*Yes, there is a plan.  
Your being knows what it is.  
Author unknown*

o0o

Today I would like us to continue with the presently unseen realms that interpenetrate and are around us; perhaps also learn about the ones that are closer to our third-dimension density. We have discussed the nature realms. Is there anything else there we should speak about before we change topics? Perhaps ways others can learn to see or interconnect in some way?

*Being aware is the way we would suggest. This then will make people curious as to whether they can attain what you have given of your experiences. They can then see for themselves, intuit to feel the energies.*

*We don't suggest that people suddenly become tree huggers for there is much more they can do than that physical action. We would suggest that they empathize, feel the energy of the elements. Just as you approach an area start to absorb what is around.*

*By doing this simple activity, it opens you, your senses, to a finer element and it enhances your attraction of what is there. You are reaching out beyond your five senses in this way and it will permit you to understand some of the elements that are there.*

*You can do this anytime when out in the forest, wilderness and it would be good experience and practice for you to take yourself to 'the next level' as you say. You will then be opening yourself to more of what is around for, make no mistake, there is much to be experienced, to learn from if you choose to be, go this way.*

What about if people are in a garden? Do you suggest they start to smell the flowers and maybe touch them and their foliage to assist opening to the nature kingdom?

*It can follow that way. We are not stating a particular format. We are making suggestions along the way. It may well be that others can already see what is about them and they can perhaps choose to connect with the nature realm. There will be much pleasure from any interaction but first is the learning, the ability being enhanced.*

*It will not be easy because many of the little folk are not aware of the activities of human beings and see you not. This is a form of protection in some ways, just as your mind shuts other dimensions that interpenetrate yours from your sight. It is the same for the little ones. However, by diligence you can make them aware and at the same time you can enhance your 'abilities' so to say.*

Is it possible then for us to see them before they become aware of us?

*It can be the way but we inform you, like with the other elements, areas you visit, cohabit, they cannot see you because your harmonies are not in synchronicity to theirs. This will change for you but will it be the same way for the others, the little people? We do not go that way but it interests us and makes us aware of the times and endeavors needed by you all to practice and perfect your abilities whilst here upon this third dimension.*

*It is part of a learning curve for you to hone your skills of mind control, energy control, in a different way. It is not necessary for you to have this ability but would be so enriching for you to learn and absorb more of what your planet Earth has to offer. Little of it is known at present as you pursue another path. One that is more in keeping with what you chose to develop in yourself before you incarnated.*

*We can offer you other suggestions you might like to try because overcoming your ignorance and enhancing your abilities, we see, as a product of what you can achieve. Part of your divinity, your choices will lead you many ways. Ways that are only now becoming apparent to your sight.*

*You have information of other energies that interact with you now. Much more is to become available as the energy upswing takes a better hold upon this dimension. We see it as all good but sometimes we wonder which way it will be.*

*Part of the restructuring of your world from the 'base up' so to say will, by necessity, change much of your way of life. Your thinking will enhance in some ways but be a challenge to control in other ways.*

*It is part of what you all chose, to be here at this tumultuous time of epoch history. Your fabric of many societies must, by necessity, change and for many they would prefer to stick with the old way but it cannot be. It cannot stay like it was. It is old energy that has served its time and newer ways are now to come to the fore. Yes, for you all there will be tumultuous times ahead but it will enhance what is meant to be.*

*With all these new energies coming in and the opportunities they present, will we be a little like kids in a candy store with too many options?*

*We cannot say with this because it will be your choices at any time. You will decide what you see as best to your needs. We can only suggest what is going to be and offer our condolences in some ways to those who little can cope and our encouragement to those who are risking all in taking chances. Then there are the middle range; those who go along with whatever is on offer.*

*I don't know what you mean with some 'who are risking all in taking chances'. Would you please explain?*

*Yes, we can be this way. They are the forbearers, those who forge ahead and bring in other ways of doing and seeing things to (on?) your planet. They will be the ones who run the gauntlet in many ways. In forging ahead they act as conduits for further information, enhancements to come to your way.*

*Cast your mind to different events that have changed the way your world sees itself and all that is around. It was from such as we are referring to now.*

*Many have put their life on the line with experimentation and choosing to be different to the 'common person'. Many have paid the 'ultimate sacrifice', as you call it when they have changed perceptions and ways to mainstream thinking and relating. In their way they have enhanced, opened up your ways to seeing and approaching reality.*

*None of you born now will live to see the stupendous strides that will be achieved from the small steps that all of you have gained for your fellow beings who come in your wake. Were you to return here in a short while, less time than the end of your century, you would find it very difficult to comprehend. It would be a world so vast in technology, so different to what you see now that it would overwhelm and be incomprehensible to you all.*

*We do not follow timelines but can follow, see what is to be for your planet Earth. Will it be annihilated as some have stated? We do not go that way in our prognosis of energy to your planet. For us we see what is ahead and while there is much that needs sorting, much restructuring that will evoke, bring to Earth other needs, we do not see any disharmony that will destroy your Mother Earth or the life forms here.*

*We leave you now to ponder on our words. We feel we have answered your questions and offered suggestions and enhancements of what lies ahead. Peace and blessings go to you now and forevermore.*

*Thank you.*

## Ignorance Is No Excuse.

*Do not judge me by my successes.  
Judge me by how many times I fell down  
and got back up again.  
Nelson Mandela*

o0o

To recap: from the information already provided I understand our physical body is not who we are but is a vehicle we require to function on the third dimensional plane. We need to be encased in this third dimensional energy to stay here and the physical body we have was pre-planned before our inception. To create this form, vehicle we have was done by collusion, working with the earth element you have referred to as 'the earth energy overseer'.

He, and I use the 'he' word for simplicity, magnetizes the other little earth elementals to hold our physical body together in the manner, way, that we desired before inception. Any health complaints we get once we are here, if they weren't pre-planned, are because of our mismanagement of our body. This could be through uncontrolled emotions, lack of exercise, poor food and whatever else we might or might not do that abuses our physical body.

We, in this third dimensional covering, make our choices and our higher consciousness, spirit, not incarnated, allows us to have free choice in the matter. If we go against whatever the learning curve chosen by our higher consciousness spirit we are not castigated, reprimanded or anything else negative because we are still accomplishing lessons; learning curves are being achieved. How am I going so far?

*Splendidly, we say. You have 'hit the nail on the head' as you say. Please continue.*

You are asking us to accept and acknowledge that everything that happens to our earth vehicle body is caused by us in some way and the earth energy overseer attracts whatever our mind has brought into play. What about the energies that comes in through our aura? How does that fit in with the physical manifestation of our third dimensional body?

*There is no confusion here. It all goes of accord.*

I can't quite see how this happens. I see the physical body and the aura, our energy body interconnected but with different, varying degrees of energy.

Am I on the right track? Our earth energy controls and magnetizes all the little elementals that have been brought in by our thoughts and deeds. They follow his instructions. Please help me with what I am trying to say.

*Your conflict is one of degrees. All, everything that influences you, your deeds, your understandings, your health; all things done by you and to you come from your perceptions which relate to what you can understand.*

*You are able to know, understand that all that touches you in any way is from the 'outside in' as you say but this is a misconception. You are going, looking the wrong way with this.*

*You attract any manifestation to you, yes, but it is not done as a separation although you might see it that way. Your mind does not only stay with your body but the magnetization also brings in from other elements divine.*

Not wishing to appear ignorant but have no idea what you mean. Please explain.

*We have previously spoken of all energies that are attracted to you coming from, through your energy field to attach and affect your physical body for good or ill. It still has to have been instigated first, come to you because of your attachment, attracting it there in the first place.*

Your answer then brings two questions to mind. The first one is when I have had psychic attacks from what can be seen to be unenlightened, malicious spirits. I certainly would not have consciously attracted such experiences.

*Ah, you see but you did. Ignorance is no excuse when you have experienced, left yourself open to such a way as this. You have done, or failed to do, basic precautions to which you lend yourself vulnerable in this way (by these experiences?).*

*By this you learned to protect yourself more in alignment with what your desire, lessons you chose to experience. No more, no less. The ramification for you was your physical body suffered an inconvenience.*

*Now, if, as we say, that the malaise was attracted to you from outside your element, physical body, but influenced your physical body, what was the way it accomplished this?*

Are you stating that everything comes to us through our energy, astral body?

*No, that is not the way it comes to you. 'Outside', and we use this terminology for convenience, comes this way but what you have instigated from unwise choices to your physical life-sphere comes from 'within'. You eat unwisely; you do non-physical activities that cause malaise within and around your body. This you already know but what is not apparent to your sight is that your energy overseer acts according to your instructions.*

In a previous discussion, you mentioned that if we did not believe in something it could not affect us. At the time you were discussing diets and medications we swallow. Are you saying that because our mind does not believe in whatever we ate or didn't eat, no matter how healthy or contaminated, we would not be affected?

*That is all we say on this topic. You have the notes to refer to. We go that way.*

Well, could we continue along the befriending of the earth energy overseer?

*For a short while. We do not want to hover around issues we have previously discussed. There is much you are ignorant about and we seek to set you straight. We see no purpose in 'rehashing' as you say old information.*

Okay, then as a reminder, how did you say we befriend the earth energy overseer? Do we do it through meditation? How do we do it?

*There are many ways to acknowledge and respect this being. He is there as your protector as well as your lifeline while you are here. He offers much to you, to have you function here. It is imperative in some ways that you befriend him.*

*One of the ways can be through acknowledgement in meditation. Another way is to honor your body because it is a combination, a work in progress, a collusion between the two of you.*

*He cannot act alone so it is with your influence that you collate what is desired by you. It is then to your advantage to acknowledge this fact and get on with what you desire. This will come about by acknowledging, giving credence that you work with another energy divine and stop letting yourself, your mind, be deceived by what you see is about, around you. You, all are being attracted in life by superfluous things that appeal to you but offer little worth to your development.*

*You can go that way; it is your choice but what you fail to see is how it limits you all. As children need to be entertained by outside stimulus; novelties, you are following the same way, line of reasoning. You can go this way, but much precious time will be lost as you connect to these outside stimuli.*

*Will it cause concern, a problem to your nature, your life here? In many ways it does for it fails to allow you to experience, complete the task you set for yourself.*

*You can choose another way; we are not stating that this influence will have a bearing on what you see and achieve. You will learn, grasp what is available by the forces, energies you engender, pull to you. It will be the way but what is failing to be understood is, your mind is being controlled by others when you go this way.*

*What impute are you offering to yourself? You are manipulated in this way as you take on the imaginations, personas of others that exist only in the imagination of those who created them. You can do much to assist yourself if you go a better way.*

You are referring to getting involved in shows on television and our cell phones?

*There are other elements here. You communicate to your friends, associates, family and reinvigorate the energy that is there (whatever show was watched?). You are living a lie in some ways because you are caught up in what only exists as illusion.*

*Yes, we understand all on the physical plane is illusion, meant for your entertainment and education but this is not what you are meant to be. You are not progressing, bringing in what you desire and accept as your way.*

*We leave you now. We desire for you to ruminate, think over what we have stated. As always, choices are open to you. Choose wisely and it will go well for you.*

*That is all we will say on this topic. Peace and blessings go to you now and always, forevermore.*

Thank you.

## Growth Patterns and Dream Realities.

*What we think determines what happens to us,  
so if we want to change our lives,  
we need to stretch our minds.*

Wayne Dyer

o0o

During a discussion you mentioned '*It is the changing perceptions that links to others and bring them into form.*' What did you mean by that sentence?

*You understand magnetization, what is required and done by attracting and repelling. We are stating that it goes on all the while and as you sleep even it is still enacting, enabling other thought forms to cohabit with 'like minds' so to say. They, in turn, create other necessities, lives for growth and learning.*

Even while we are sleeping and not in a physical body?

*Yes, why would it be any other way? You are still 'living' as you say. Still magnetizing to yourself, creating all the while. You are still active while awake or asleep and the same laws apply all the while.*

So, what you were meaning when you said '*This form has taken on, magnetized itself into a growth pattern, just as you are in form as a growth pattern*' you are stating that our thoughts are still there but not intense enough or strong enough to create a form by themselves. They float around until they connect and magnetize themselves to other thought forms floating about and they continue doing so until the combined energy is strong enough to go whichever way it is attracted or attached to?

*That is what happens to your thoughts. They construct for themselves out of the ether, energy field, what is required. They continue to input, grow and form into another entity in this way, by this.*

*It is not so strange. It happens all the time, from eternity and will continue along this way because it cannot be any other way.*

You also spoke about when we are asleep; some of our dreams can be related to events that have recently happened in our life. Some can be relating to past events in our life. How does that transmit to what you have just mentioned?

*It follows the same way. Once you go to bed and fall into a slumber does not alter what we are stating. You are still the same person as before when awake. Your dreams you are undergoing are still on another level.*

*They have been created and have a life-force of their own. They then can be accessed by you, now, while abed, and can continue on as before. If you see they are different now to what you previously understood you had been flowing, following it may be the way. We are stating they are still continuing as a life form experience even if, to your present understanding, they have gone away or are in the past issues.*

Do nonsensical dreams follow the same way?

*Of course. You created form and so they exist. Because you see a different way of reasoning in this existence does not automatically dismiss the dreams as illusion. They exist as you see them exist and will continue on as form, in another existence from you but still interconnected because they are from you.*

What about the nightmares we sometimes have? Are they just as relevant and have we created them too?

*Yes, it cannot be any other way. They are form existing and as such will continue to exist until changes occur. Just as you are form and will continue for the same way, reason.*

But aren't they from places sometimes referred to as the lower astral, a realm close to our own present reality?

*It is the way it is but you are getting yourself confused again. These places exist for all times. They are there for a purpose which is for their inhabitants to grow, just as your present existence is for the same reason.*

*You go there sometimes with a purpose. Sometimes you are not so clear on your purpose for being there. At all times you are attracted, pulled there by your thoughts. You may not notice, understand why you are there but again, we say, you cannot attach, magnetize to yourself some form unless you instigated the way.*

But some of these areas are distasteful and frightening. We surely wouldn't have voluntarily gone there?

*We do not change what is to suit your sensibilities. It is what it is. You do go there. Some of you choose to dispose themselves there to be of service, just as some of your saints choose to come to the fore to move you along.*

*Do not think of it as a punishment for it is not the way. There is a purpose in what is attracting you there. Accept and follow your desires. That you do not understand and cannot see is not an issue. It flows as you choose the way.*

Thank you for your information. I will need to read it through to gain from the knowledge you have provided. As always, it is very thought provoking.

*Then we flow our way. Peace and blessings go to one and all. It is done.*

Thank you.



## Part Five

### The Law of Attraction.

*The only thing that scares me more than space aliens  
is the idea that there aren't any space aliens.  
We can't be the best that creation has to offer.  
I pray we are not all there is. If so, we're in big trouble.*  
Ellen DeGeneres

o0o

My next questions seem to be in conflict with our previous discussions on the law of attraction and I seek clarification on the matter.

*Then that shall be the way.*

Last night I was not dreaming but in an altered state of consciousness. Suddenly, a less evolved spirit energy rushed into my bedroom baring long, sharp looking teeth and leering as he leaned over, right into my face.

Quickly regaining normal waking consciousness where I knew he could not physically harm me and, to get rid of him, I mentally projected both the universal white light and love around him. After a matter of seconds, he disappeared.

My question is on the Law of Attraction. I did not think negative thoughts, watch, read or do anything negative before going to sleep. The nuisance was an opportunist who must have found a chink in my energy field that enabled him to access me, if that is the right way of saying what happened. How could he do that? What about the magnetization of energy needed?

*He did find a way, this you are aware but not all the times there is the pull, the attraction from 'your end' so to say. There are other possibilities that could have occurred to enable him to access your energy grid. It is not all the one way.*

Please explain what you mean.

*He was able to attach to you and mayhem, emotional mayhem was his intention. He was well aware he could not physically harm you for you do not resonate to the same vibrational sway. You understood this even as you sought to banish this entity from your presence. It is done and he is away.*

*What you achieved with this is you put a better way for him to traverse. You gave him an opportunity to advance himself even though he sought not to be or go this way. It was his time for progress and he sought you out little understanding what was being instigated on his behalf.*

There were often experiences such as this and again, to my mind, they were without provocation. Is that what was happening at those times too?

*Yes, it is the way. You put out a light like a magnet to attract such as these. We all do and it is the way we move 'laggards' on as you would say.*

But don't they have a choice in the matter? What if they don't want to go? Aren't we overriding their free will?

*Yes, it is so but it is not always to their interest to be 'stuck' as it were. If this happens, sometimes others 'more advanced' shall we say, step in and assist them over the hurdle. They are then guided, taken to a better way for their advancement. They can then choose for themselves after a time what is available for them at their stage of learning, growth pattern recall.*

How then does this relate to their game of life and making choices for themselves just as we do?

*It is the way. All do make choices for themselves but these ones have become 'stuck' shall we say and they need guidance for their choices. They are oblivious many times of the way, what is available to their recall.*

*Not all are at the same level of advancement. Yes, you do have certain advantages 'up your sleeves', as you say. You have already progressed a certain way and this has given you insights to what you can achieve.*

*We are saying that not all are at this advancement stage and oft times need help even if, at the time, stage, they are not privy to this. Other beings make it their mission; choose to offer guidance to others such as these. Metaphorically speaking, they take them by the hand and lead them on to a better way. There are many who choose to offer service such as this to those who are in need.*

Doesn't what you are stating deal more of the old energy way? Aren't we all going a different way?

*You are still thinking of going forward as a linear action. We are stating that while the 'newer' as you call them energies do offer much enlightenment for you all there is still the 'past' shall we say where you can dabble to your understanding's way.*

You have previously stated that the energy has always been there but we were not able to access it because we were not ready.

*That is the way.*

Well, are you saying that what we can now access is a finer energy which gives us more access to other knowledge, levels, while at the same time still being able to manipulate the previous energy?

*Bingo! As you say. It is not one way. You can manipulate any way you choose to gain from. You can harness whatever is there available to your countenance.*

I will finish for today and thank you for the information you have provided as to why these experiences sometimes occur.

*They are provided that way for your understanding and forbearance. For you to attach to you these entities and take them 'forward' so to say.*

*We leave you now. Peace an blessings go to one and all. It is the way it is and we are gone.*

Thank you.

## What Other Realities Do We Create?

*Waking up to who you are  
requires letting go of who you imagine yourself to be.*

Alan Watts

o0o

You have mentioned that we, as creators, by our thoughts, create other selves who exist in other realities. I would like to now learn about these other dimensions and the fragments of 'self' I have unwittingly created by my thoughts. Do they work their way up to master the different dimensions like this part of me typing here chooses to do?

*They do not have to change anything because they are taking a different path, slightly different path that requires a different way. You are exonerating them by your uplifting of your charges, and in doing so you attach them back to you, back to 'the fold', so to say.*

If these other parts of me have been created ever since I could think there must be lots of them and some, many of them have not been dwelling in happy places as my negativity came to the fore.

*That may well be the way but malice was not your intention and they have suffered no harm. Instead, they will bring back to you much valuable information, much learning of a different way. You will absorb it and go on as you choose. All will come back to 'the fold', so to say. All will be good for you will have achieved much and learned more.*

Your information leaves many questions needing answers but unfortunately it will have to wait until next we communicate.

*Then it will be the way. We will close now for the day. We serve you well and wish you peace and love forevermore. Blessings to you all.*

Thank you.

## More Understanding of Parts of Self.

*Yesterday I was clever so I wanted to change the world.*

*Today I am wise,  
so I am changing myself.*

Rumi

o0o

You mentioned we do not have past lives and what we are recalling or being emotionally affected by is one of our other selves still existing and going through their game of life.

*It is how it is. If, as we say, there is no past per se, then it cannot be that there are past lives. It cannot be done.*

You also said that we can be, or often are, experiencing emotional events that may come from one of our selves. But you made a distinction between emotional and physical. Is that right?

*No, we phrase it another way. You change your concepts, ideas to suit whatever is around your present understanding but we are saying the present understandings may not have come from you in the first place. You might have an irrational fear of something that seems unfounded to you and you cannot understand it or source the awareness.*

*We are stating that it might have come from another part of self who was emotionally taxed almost beyond their endurance of fear factor. It pulled to itself whatever it needed to overcome whatever the fear factor was. You all do it because of the interactional flow from one to the other. Do you understand what we are explaining?*

Yes, and if we didn't want this to happen, can we prevent this flow?

*It is for you to decide whether you choose to not abide by the needs of other parts of self, not come to their aid. We are explaining the flows of energy input and output between you all. We are not privy to whether it would be hindered or benefited by your interactional sway of objections.*

You also mentioned that we are affected by the energies, emotional energies of our selves but not our physical body.

*Yes, you construct your physical body from the seeds, the essences that are here. You come this way.*

Then how are we able to access areas where other parts of us exist, or are playing their game of life at or in?

*You access them but do not stay. You do not have the vibratory rate that is required. You come and go.*

My thinking needs to go into your answer to gain a better understanding. Meanwhile, I listened to a recording made by a doctor and psychiatrist Dr David Hawkins who said that one of the complexities psychiatrists have is some of their patients come to them with just about all of the ails known to humanity.

Their patients also suffer from split personalities and when the second personality takes over they often reject the medication prescribed and the ailments suffered and the patient becomes well again. Is this something of what you are speaking of?

*No, it is not what we are referring to. We do not go that way with this.*

We know you do not accept reincarnation but I have heard that it is possible to access other parts of self that might be in another epoch and whose energy might be influencing ours. If this is so, then it might be possible to assist the other part of us to abolish whatever their malaise is.

*We cannot see the way here. We do not then agree with that concept. Other parts, self, are learning their own way they have brought into their being for the lesson to be achieved. It does not suit them in their development to have changes made by another self not of their kind.*

What do you mean 'not of their kind'? If we had a thought form and created another identity, a self that is part of us, what you are saying doesn't seem right. Especially if it is having some sort of effect on this present 'identity'.

*Then we go another way with our tutoring. It is so that you may have created another form, 'self', as you say. It is also correct that this form has developed another life of its own. However, we are stating that this life form has a dribble effect, 'a bleed' as you say from one to the other. It is how it is because you remain connected 'for all time' as you say.*

*It is up to them how they live, conduct their life form but you are swayed in some ways with whatever it is they create for their existence. In this way, by this, you are always 'there', so to say.*

*They also have a bearing on you but you do not change their life purpose in any way even if you feel the calling they sometimes make for assistance. You go then, as an invitation sent, and assist with this but you do not change whatever it is they have chosen for themselves.*

That part is understandable. The part that is not is how can they affect me, my energy?

*We previously mentioned that. You can feel their emotions sometimes and act accordingly as if it were your own.*

You did mention that if we felt depressed, elated or any other emotion and could not understand why, it could well be coming from another part, a self.

*Yes, it is the way. The 'shoe can be on the other foot' so to say. You also have an influence, a bearing upon others not of your kind.*

I would like to stop now and read back the information you have provided in our discussion.

*Then we go away. Peace and blessings go to one and all. We are done, gone for the day.*

Thank you.

## On Creating Other Worlds.

*If nothing ever changed  
there would be no butterflies.*

Author unknown

o0o

You mentioned to be mindful of our thoughts because they are attracting and creating worlds and other selves. Perhaps you didn't say creating other worlds, I am not sure now. Would you like to elaborate on what you previously mentioned?

*Yes, we can explain what we have previously mentioned, you do create worlds. Not perhaps as you understand them to be but still create, nonetheless. You are manufacturing abodes that are available to other selves to investigate and harmonize to. It is easy for this to be - taking part in these new developments and you do this so that other structures, not only of self, can grow and not be limited in any way.*

What sort of structures are you referring to?

*Structures not of the earth kind that you can create and bring forward. You are forging forward, ahead and creating worlds in this way.*

Could you be more specific please?

*You are all connected to all. Agreed?*

Well, you are teaching we are all and it makes sense.

*You are not the little frames you are inhabiting at present: nor are you only creators of other parts of self. You are also, by your efforts, mind efforts, also creating other avenues that are not so developed along your way.*

Are you referring to animals and vegetation?

*And more that are unknown to you at present. There are worlds being created all the time by you, by others. All are achieving this endeavor as part of your gainfulness, learning. All this while you still continue here, where your present consciousness abides. You are experiencing, learning, understanding other venues, what you need for your advancement.*

*You are still 'here' if you choose to see it that way but you are also 'there' creating other domiciles for those who are 'beginners', so to say, who choose to be and go another way. Their progress is assured for they are following their natural energy flow but you have set up the props that allows them to be and go that way.*

Then please give us further information on these beginners who choose to go another way. They must all be spirit.

*Yes and why would it be any different to what you yourself are about. You are not the only citizenship of this energy flow. Others, not looking like you, also have this advantage.*

We can understand that part but not what sort of worlds we are creating and for what sort of other species. Are we also creating the forms of these other species?

*It can flow either way. When the 'species', as you say, have gained sufficient understanding in their expertise, they are able to construct whatever it is they see fits their needs. Then they go this way with this.*

*You are all under guidance, 'construction', so to say. It is not so strange to think you are taking stewardship of other*

*charges and helping them along on their evolutionary path, way.*

Where you say we are all under guidance and construction, this is because we were created as a thought form of another energy?

*It is how it is. You all are. None of you just popped up from a cabbage patch as we know you say. You are all constructs of one energy. You go on from there and so it will be with these other charges you are formulating and creating. They, in turn, will go on their way.*

Will they work their way up to become humans?

*It may be what will transpire. We are unfamiliar with their agendas so we do not go that way. We are explaining to you what is about, what you do. You create. All the while you create but it does not only flow to creating other selfs. You do that all the time with your thoughts but your thoughts also take another turn and go another way. You are discovering and creating. Learning as you go forth in whichever way you see best fits your desires.*

You have mentioned that we are influenced by and also influence our created selfs. Presumably it is the same with the energy that created us. Will there still be a connection with these other energy species?

*It will be of accord. You are 'interconnected', so to say. What is affecting one will, by needs, affect all.*

I will finish now and read back the information you have provided for today. It is going to take a change of perspective to understand and follow what you have said.

*We understand but did we not say we were informing, bringing you 'up to speed' with your awareness. Changing previous concepts that you have followed that no longer suit your purpose.*

*We leave you now with your thoughts. Peace and blessings go to one and all. We go now.*

Thank you.

## Replacing Old Theories and Energies.

*And those who were seen dancing  
were thought to be insane  
by those who could not hear the music.*  
Friedrich Nietzsche

o0o

You are not only changing old concepts you are replacing them with newer ones. Ones never previously heard about. Can we assume this information is made possible because of the newer energy changes we are experiencing?

*The energies have always been there for your perusal and learning. What was not there before was your comprehension. Your understanding had not progressed to gain in this way, with this. That changed. Slowly for many; swiftly for others, comprehension came to the fore.*

How we reached this stage of comprehension is another topic previously unknown. It would be interesting to learn about but today I think it more prudent to continue our dialogue from yesterday where we create worlds and other species.

*You set the course and we follow.*

We can assume that these other worlds being created are fitting into a reality close by in vibratory energy rates. You have said we don't go anywhere so it has to be a slightly different change in harmonies. Is that right?

*Either way is acceptable, how you refer so we go that way with what we are explaining. Please proceed.*

We must have gained the knowledge of manipulating the energy by a subtle shift of consciousness. Is that the way?

*You are getting ahead of yourself here. You do as you say but there are other options you need to consider before making a sweeping statement.*

*You already have the knowledge. You are working on reclaiming the knowledge. This is part of what you have selected for yourself, to regain the understanding and forge on.*

So, we have it all but have forgotten that in what we have chosen to experience in our game of life?

*Yes, it is the way, what it is. You climb mountains with this understanding. You are elevating yourself with more knowledge and experiencing other ways, avenues, challenges. You have achieved it all before but see it not. You are deceiving yourself into believing it is a first-time trial for you but it is not the way.*

I am sure others, like me, would like to understand more of us creating worlds and species. Are the species already known? They can't be if we are creating them. But if there is no forward or backward in time are we creating the species that are familiar to us now?

*No, it is not the way. You are creating; make no mistake along that way. You are creating different species in 'other realities' as you say. You are not pulling them up already formed but are manipulating, creating their form for them to go this way with this.*

But don't we have to have a blueprint of what we intend the form to be? And is it a joint effort with my other selves?

*We guide you this way; you create form but it is illusion to see it as being any way you are presently familiar with. Each 'reality', as you say, has a particular energy sway and you use what is available to you 'there'. It is marginally different to what is 'here' but different enough that other methods come to the fore. You are working, learning to control these*



*other elements that are malleable and held under your sway. You are learning this way.*

So, are my other selves helping here?

*It is the way.*

Even if they don't know they are doing it? What about any laggards?

*All are the same way. You all control, bring into being at the same time.*

How do we agree on a form? You no doubt have heard of committees and the more people that make up the committee the less gets done. Is it along that way, confusion and some trying to dominate the show?

*No, it does not, cannot flow as you stipulate. The form is a prerequisite of the species. You are following a bloodline plan in going this way.*

Please explain more on this topic. There is already a blueprint species specification and we are learning to create it from that specification so that it becomes a species bloodline and it continues on along that way. It is a prototype of a species?

*It can be seen to be along that way but it is already formulated, brought into being. You are learning to control the energy flow that created the being. It has already been achieved by you, all of your selves, but you have masked this fact from you sight so you can start again.*

*It is the challenge that sets the way. You do it on other levels, with other energies for the same purpose. It is like a child playing a game over and over but with different challenges and results.*

How do you mean 'different results'?

*You choose the way you will manipulate, construct your play. For you to have success every time is not the way. You know you always win; it cannot be any other way but you change the struggle for attainment where possible and you challenge yourself to see how long, how far, whichever way you set your challenge for yourself. It flows along this line of seeing and reasoning.*

*It is all a game. A game you produced by your energy flow. The knowledge is already there because you contain all that is required. You choose time and space to set your goals of play. You then follow through in this way.*

*It is not so arduous for you to understand. You have 'blinkers', so to say, upon yourself and your magnificence. It cannot be any other way and for to lose those blinkers knocks you out of the game so it does not happen very often. When it does you have change the game play and go another way.*

I would like to finish now. You have given us much to think about and there will be lots of questions to ask when next we communicate.

*Then we go our way. Peace and blessings go to one and all. We finish now.*

Thank you.

# The Illusion of Reality.

*All that we see or seem  
is but a dream within a dream.*

Edgar Allan Poe

oOo

We are moving from one epoch and entering another. We have been told we are here to help anchor or bring these newer energies in. That logic isn't sound because whether we are here or not these energies will still continue to arrive. Your comments please.

*You have your way of seeing things, events as they come to pass. You are correct when you say that the energies will manifest whether you, humanity, is here or not. However, what you are possibly not factoring in is, which way would these newer energies manifest if you, as an observer, were not here to observe?*

Other energies would be here and they, the newer energies, would be their way?

*It is all in degrees of observation. You do attach to you other learning, other ways of seeing and bringing in whatever you desire. It is your way and is meant to go along that thread. But, as we said, other energies also have their ways of progress and they will manifest whatever is needed for their way.*

If we bring in what we desire by use of our imagination, how do the others, other forms attach whatever it is to them to manifest it? Do they also have imagination?

*It is the way it is all constructed. Others, not of your energy, also have their desires and their desires are met as a team effort.*

This is how the earth elemental energy overseer works? By magnetizing and creating in form what we have imagined?

*Yes, he has his day along that way. He initiates, brings in, collates whatever your desires have been in a creation. He grows along this way.*

What happens if we, as spirit, decide not to come here?

*Then it is a fait accompli. He goes on to other learning that is not of your way.*

What about the other earth elemental beings, the little folk such as the gnomes, fairies and others of the nature world who tend to the trees, flowers and insects? They are also a consciousness energy so what happens to them when their day is done? Where do they go? They seem to have a hierarchy and learn along that way. What happens here?

*All learn in their own inimitable presence, way and it all goes of accord. Their progress is assured but they resonate to another level divine and go another way. They work in cohesion, is a way of stating their aims and needs.*

Do they get absorbed back into their energy format?

*It may be the way. What we are attempting to offer you is what you asked about firstly. It is how the intending energy flow comes in if there are no humans around to anchor it in. We are answering your question by stating that it still manifests from 'the ether' as you say.*

*All you have initiated is there for your understanding in some way. You have created form, all form that is in your existence at any 'time' so to say. Everything is there at your behest.*

But we may not ever meet or come in contact in any way with these people mentioned. Are they there as energy props?

*Everything in your 'dream sequence', so to say, you have initiated in some way for some purpose. We follow your question but are unable to be more specific here than what we have offered as our answer.*

*It is not our way that we are able to ascertain all efforts, all experiences that you or others undergo on your earthly sojourns. We can only point the way of needs, requirements and what you achieve and bring into yourself, your energy flow experience. We cannot personalize it at all but can give you the blanket sweep of what takes place at any 'avenue, time' as you say.*

You have previously mentioned we might be sharing our dream sequence, game, with other beings who also seek to learn from whatever we are initiating with our mind power. That is correct?

*Yes, it is the way.*

So, all antisocial behaviour, despots and the like are there too, brought in by us for whatever we choose to participate in and learn from?

*It is the way it is but not all times you are plagued by these sorts. Other times you may choose a time of bliss, of freedom from cares as you absorb yourself in other pursuits. You may, as an example, seek to experience life as a creator of paintings and establish yourself along this way.*

*You may choose a life of caring for others, of servitude, all the while you are gaining, learning ways, other opportunities that may enhance you and take you far along your life's experiences. It is all up to you. You initiate, instigate and it follows through.*

*We feel we have given you answers to your questions and enough to ponder on. We leave you now with best wishes for all your earthly sojourns. May you reach in and find what you are searching for, working on. We leave you now. Peace and blessings go to one and all. We are done, gone for the day.*

Thank you.

## More Than The Butterfly Effect.

*If you can't explain it simply  
you don't understand it well enough.*  
Albert Einstein

o0o

Wherever we are prior to incarnating and, as a thinking consciousness, we are able to see everything?

*As consciousness you see all opportunities that you can enhance yourself with. You encompass all, no separation so what effects one affects all. Do you understand what we are imprinting onto your consciousness here?*

Is this the butterfly effect in some way?

*Much, much more than that concept. You are all, no separation.*

Then to explain my thoughts: we, as spirit, are somewhere, wherever our consciousness, our personal magnetic energy field has been activated by our thoughts. We are not doing much, perhaps just drifting, looking at what we want to experience next.

Our choices are many, other dimensions, planets, whatever we have the ability to access. We see there is already activity in each of the areas and we can encompass and see all time frames at once. Is this going okay so far? It is simplified for my comprehension.

*Yes, we can understand and see your plan. Please proceed.*

These people who are already in the action? Who are they? I have not incarnated anywhere yet so they can't be mine or anyone known to me.

*And why not, we say? Why would they not be a part of all you contain? We go this way, explaining this. You are all therefore they must be a part of your divinity.*

Maybe I didn't explain myself very well. Action is already in place and I am watching as if at a play or movie. None of the participants are familiar so how can they be a part of me?

You have also previously mentioned that all characters, players in any of my lifetimes are there because of me in some way. My understanding of what you said is that none are strangers, even if I don't recognize them.

*Yes, we recall our words and it is the way. You do instigate, bring in whichever, whatever you see to see and enhance your incoming flow of energy with this.*

So, the people being watched, they are a part of me?

*All are there at your instigation.*

Looking at the action, period, area, all there, even though I have still not incarnated, have brought everything into existence to see if it unfolds how I want it to be?

*In a very simplistic form, way, yes.*

Then if I decide not to go that way, participate in a lifetime there I can let the energy go and it floats away?

*Simplicity again, yes. You have temporarily discussed, brought it into being and it has not been created with the full force of the character personality energy you would use. It 'floats away' as you say for there is no energy construction to hold the form in place.*

Well if nothing is 'cut in stone' so to say, how do probabilities work once we have incarnated?

*Your choices, aptitudes will bring in the sway, form required for your needs. You have choices and, as you say, nothing is cut in stone; your changing desires will mark the way.*

*You are gaining much along this line of reasoning for it is taking you past your preconceptions, your comfort zone and we see much to be applauded and gained by this and along this line of reasoning. It is to be, meant to open other ways of seeing, of possibilities unknown before this channeled information came to the fore.*

*We feel we have given you enough to think about so will go our way and leave you with your thoughts. Peace and blessings go to one and all. We are gone, done for the day.*

Thank you.

## It's All a Game.

*When I let go of what I am  
I become what I might be.*  
Lao Tzu

o0o

When we spoke recently you intimated, that all is illusion, even the other realities and worlds we seek to explore. Is my understanding correct here? If so, where do you fit in to the overview? Where do we all fit in?

*Any way you choose. It is all illusion. We have already explained this fact to you. You can understand it better if we see you as children playing with their toys. They have chosen their game play and are totally involved in whatever world they have created for the time at large. They are oblivious to what is around and the needs, desires of others who may call them away.*

*It matters not which way they end their game. It is the challenge, the game that gets them going. They live in their own little world and for the time anything else becomes second play but they can accommodate their desire.*

*It is like this that we see and explain. You choose to go this way, be like this and it is achieved. It is illusion, yes, but while the play continues it is real to the participants. It is the way it is now with you all. You see yourself limited by your senses, little realizing, acknowledging it is a play. When your game play is over you go to another way, level.*

*It may well be created before you have finished this game play. It is not linear where you have to quit this frame body and formulate another before it all begins again. You are accommodating many lifetimes while inhabiting this avenue of play. All are illusion but while they exist they are real to you all.*

But when we finish our lifetime here we need to be, go somewhere.

*And why would that be the way? To ease restrictions upon yourself you may decide to go to another avenue to gain what you sought to achieve. You may not be along those lines at all and choose instead to be 'floating' as you say; learning, educating in this way.*

There are several queries to what you have just said. What is this 'ease restrictions'? It sounds like there is a limited space out there.

*No, that is not what we chose to be comprehended. We are remiss in our dealings, to answer your question if that is your understanding. We do not go that way.*

Then please explain what you are meaning.

*Ease restrictions is what is about; what is needed is provided but it all seems to be the one way. One selection of choices has become overloaded; imbalanced perhaps might be a better way for your understanding. It is almost like a glut of what you have chosen and need to go another way.*

*'Stuck in a rut' is a term you use and it follows along that pattern, way. Your choices for yourself may have become limited with what is happening. You need to move on, get fresher learning, ideas, to go another way.*

*It is not so important or vital that you do comply with your choices. It will not matter in the scheme of things but it is a better way if you are advised and helped over the sameness that you may not be aware of.*

Well, this 'floating' bit. Where do we float and how do we gain lessons by not interacting and instead, presumably, being a spectator of others who have incarnated?

*It is perhaps erroneous to think of 'just being' as somewhere. For reality is there is no 'somewhere'. You have spoken of 'home' but it is also a fallacy. You exist; that contains it all.*

*As an existence you follow your dreams. You know it all; you have it all because you are all. You cannot be any other way. You are in contact every moment, are at call every moment because you are part of every existence of all.*

*You are connected to all, every infinitesimal atomic structure; you are all, a part of that combination. We all are and use that wording for your comprehension.*

I would like to stop now to read and understand the information provided today.

*Then we comply. Peace be upon you all. That is the way. We go now.*

Thank you.

## Part Six

### Information About the Class Forums.

*There are two ways of spreading light:  
to be the candle  
or the mirror that reflects it.*  
Edith Wharton

o0o

**I understand I act as a conduit for other non-physical beings who are learning, to see and understand, by way of my physical body, the ramifications and limitations of incarnating here. They can observe my reactions at our discussions and it helps them decide if they would like to interact on this third dimension. Is that still happening?**

*Yes, it has opened up opportunities for others who, as you say, are having a trial run, through your third dimensional energy body to see if they would advance themselves, their aims along this way.*

The discussions, information and answers given in any of my books are also provided for the interest of those who are already living a life on this third dimension. I am happy to be of service with this but wonder, am I asking the wrong questions? Is it all getting too abstract for readers? Am I the right earth being to be in conversation with you? There is so much I don't know.

*You underestimate your advances along with this. Continue on as you are doing, as is your way. Behind the scenes much that you are unaware of goes the way. By this we mean that they, others have their own advisers, spiritual forms, who seek to work with them. Hinder them not by cessation of your words. Opportunities prevail for each of you with what you say. You underestimate your logic, time and effort with your books and your 'blog' as you say.*

*You see so little from your stage, where you are presently seeing from. It is gifting you the sight for your knowledge that brings all on. 'All', we say are the little fragments upon your line, your energy family is the way. All benefit from your progress just as you all benefit from each and every little spark your way.*

It is not clear what you mean by the 'gifting' part you mention. You have spoken of it at other times but what you mean still eludes me. Who gifts me something?

*You do not do the 'hard yards' as you say alone. There are others with you, 'belonging to you' so to say who also do the 'hard yards' on their activity place of gaining. They bring to the fold the requirements often and you, unbeknown to you where they come from, extend, take them further. And, as you say, ' the shoe goes onto the other foot' and it extends along this line or way.*

It is very difficult to comprehend with third dimensional linear time/line.

*We understand but listen well; there will come a comprehension in the 'not too distant future', as you say, where what is incomprehensible now will be understood along the way. It is not so simple for you now, we understand, but it will become 'blazingly obvious', as you say. It will all fit in nicely and your comprehension will see the way.*

Is this going to be one of our epiphany moments, what we see as our 'ah-ha' times?

*It may follow along that line of reasoning. We are bringing it to your notice that you are going the right way and soon, as you learned with your technologies and your quantum questions and answers point of view it will be proven as told and shown.*



Ancient Greeks and possibly others were working on the theory of atoms aeons ago yet it took ages for the quantum information to come further to the fore and be accepted by many. A monumental shift in our thinking and probably our consciousness was in understanding that our world is not solid as our senses tell us it is.

*It is third dimensional thinking that brings you along with this logic; that the world you see with your senses as true is a fallacy. You can, for the main part, accept the validity even while your senses tell you it is not the way.*

*The change took a long time in coming for it was not the time of advancing along that reasoning way. Yet, we say to you, that on another lifespan close to your others have learned and advanced themselves along and are learning now other ways of seeing reality that is not along the atomic line of seeing and reasoning.*

*It is all which way you choose to be and go. It is all there, at your 'fingertips', so to say. It is your choice, up to you before incarnating which way you seek to experience and advance your knowledge.*

*We feel we have answered you questions today so will leave you now. Peace and blessings go to one and all. We are done, gone for the day.*

Thank you.

## Learning Different Ways.

*I cannot teach anybody anything.*

*I can only make them think.*

Socrates

o0o

I understand our forum is an opportunity for the students, those not incarnated, to gain experience in communicating through someone incarnated in a third dimensional body. My understanding is this is to give them an idea of the limitations they will face should they choose to incarnate here.

Occasionally the topic I have chosen has taken a different turn when the spirit speaking at the time has given their alternate point of view which may not necessarily be what I accept as valid. They have strongly stated their case giving their reasons and while I may or may not be swayed by their logic now want to know, why are they discussing their topic at our forum at all? Don't they know my view on a topic before they speak?

*It can flow any way. The experience gained by the entities; spirit beings who access your energy field serves them very well in their aspirations. They gain insights as to what reactions can be forthcoming if they say what is on their mind but not necessarily on the mind of the one who speaks with or for them.*

So all know my point of view on a topic before they speak?

*Yes, it is the way. You emit certain 'spectrum colors' so to say and they see and ignite a flow between you all.*

Please expand on what you mean by that statement.

*You have harmonies, body energies that ebb and flow all the while. They connect to 'a thread' so to say of these spectrum colors and it ignites within them their words you receive. It is necessary for them to learn this way for with this is the connection that you hear that enables communication to take place. We are here assisting sometimes if the need arises but most times it develops by the aptitude of the one communicating.*

So communication is done by color or by connecting to a color spectrum? Do my hearing sensory receptors identify the wording needed and translate it to something I understand?

*It can flow that way but different needs meet different criteria. This is one of the ways spirits communicate.*

Then why did this spirit referred to connect with me when we don't necessarily share the same point of view?

*It is the way of the harmonies. You are able to understand even if, as you say, you do not necessarily agree with the point of view given. You allow them to access; use your energy field to give their reasons for their understanding. Yours was 'a teaching exercise' so to say. They took advantage of the opportunity presented and aired their point of view.*

*It is of no consequence to you and much was learned by them of the ways, the understandings and the manipulation of energies that flow into all communication such as these. It gives them the choices of what is around, enabled by your interests which, in this intention is only mildly so in your thoughts but activated well enough in their thought processing.*

Once they said their piece, did they go someplace else to more fertile grounds or are they still a part of our little forum?

*All who share our introductions to the third dimension are here because of their interest in learning the ways of this field of endeavor. You act as their 'mouthpiece' so to say as they struggle with the intricacies of a field of energy they*

*have yet to understand the ways of its achievements. They may or may not be influenced enough to feel the exhilaration, the need to learn more along this line or way.*

*Others may continue to learn but from 'the sidelines' so to say. They may meet a responsive medium; a conduit between the different realms and a partnership may kindle and grow.*

What about all being pre-planned before inception, no accidents? If this is to happen, wouldn't it been organized beforehand?

*Again, you are speaking third dimensional timeline ways. We do not go this way. It is a lot different to what you aspire to understand. You cannot, with your present limited abilities, begin to follow the reality of the ways life, all flows. Once shed of your third dimensional skin you will start to see much more than you do now.*

Thank you for answering my questions. I will finish now.

*Then peace and blessings go to one and all. We finish now.*

Thank you.

## Spirits for the New Era.

*I am not a teacher,  
but an awakener*  
Robert Frost

oOo

It appears that we have always had teachers advising and assisting humanity. Some are in physical form and have gone amongst the people and are venerated by societies as great prophets and sages. Others have no earthly form but still assist with words of wisdom. Some take on a temporary third dimensional covering and appear in form that is acceptable to the watchers, us.

As an example, they may appear to a believer as an angel or some other acceptable shape. Others choose not to be seen and work with people sensitive to the emanations or parts of the light bodies of these ones.

It seems that as societies change so are the type of contacts and the information given. Where once the spirit beings were presenting as men in white robes, American Indians or Eastern sages now space beings or those from other dimensions are offering guidance. Is this because of the incoming energy of the Aquarian Age?

*It is the way it is meant to be so, yes; it is the way. Previously you would have been unable to accept the words of wisdom being offered to your kind. They would not comprehend and so the words would have fallen on 'deaf ears' so to say.*

*It has made a change to your perception, understanding, these 'incoming' energies that are bringing forth much enlightenment to you all. Not only 'believers' will succumb to the information for all will change as they understand and work with the knowledge.*

*They will benefit by the sciences and by other forms of logic that are to come your way. Your way, we need you to understand is societies, all upon your globe divine. It is not just to be functioning in one section of society for it will impact and effect all.*

*Changes that are past your comprehension will be normal place for those of your future world. You presently would not understand the enormity of your advancements. Your kind is to go ahead in leaps and bounds once they understand the part they play in their life, their consciousness and how it impacts on all.*

In this instance who are you referring to as all?

*All of societies; where now you have fragments, 'pockets' so to say with vested interests and their way of seeing reality. Much will change along their reasoning as they start to encompass, embrace the newer forms put before them.*

*It cannot be any other way. Where before many presented, lived isolated forms of existence your world changes will bring about a change within them and with this will make inroads into their divinity. They will take upon themselves changes that will only be to the good of all.*

Are you speaking about more primitive tribes in the different areas who do not have the technology we have and want to live life as they have always done? Maybe people from places like darkest Africa, the Amazon rainforest or the wilds of Papua/New Guinea?

*They cannot stay that way, what you are referring to be. More and more inroads to come about; more ways for them to be brought forward with technology to enhance their existence, their way of life.*

It seems that many like their old way of life and don't want to see it change.

*We understand your logic here, for what you see upon your world societies, your primitive man. We are saying that technology will not leave them behind and they will come the way of advancement. They will start to see an improvement in their quality of living when they embrace more of the modern way of existence.*

But won't what you are saying also mean they will lose their rights to their lands and advancement? Land clearing will kill off or make extinct the animals that live in these forest areas?

*It is to be the way in many instances. Many of your life form animals will cease to exist or only be seen in your zoos, nature parks. It is the way it will be but for the progress to be needs must change for many of your denizens and with them the animals that have roamed your land freely for so long in your time span years.*

*Old energies that have existed for eons must go by the way, 'forced out' so to say by the newer influx. It is always the way. That is what you are here for at this time. You have all agreed to be here at this momentous time for the opportunities it presented of your experiences of out with the old, in with the new philosophy.*

*You are all gaining in knowledge and experience but what you need to be aware of that your experiences here are third dimensional. The feelings you have for your livestock, your animals of the forest and for the fauna of your world still exist. They, the animals still exist as energy in another form, another way. Just as you humans, must, by needs go another way your progress is, remains assured.*

*We take our leave now and leave you to your thoughts. Peace and blessings go to one and all.*

Thank you.

## The Communicators.

*The mediocre teacher tells.  
The good teacher explains.  
The superior teacher demonstrates.  
The great teacher inspires.*  
William Arthur Ward

o0o

In reading back our discussion notes I now realize that some of those offering their information might not have come from or experienced incarnating here on this third dimension. Am I right with my thinking here?

*Yes, it is so but listen well, those who offer information are well aware of what transpires here, on your present domain. They see and understand, can feel even, by use of your energy field. They can modify their thoughts to understand what is being understood and experienced by you with the enrichment they bestow upon you, upon all.*

Why wouldn't a teacher who is more familiar with this domain be the one to offer advice or education?

*It may be the way that the choice flows along that way. It cannot be just one form, one existence that gives information. All here, and there are many other energies also involved, are learning while you are being educated. We prefer to have all who are interested avail themselves of the topic of the earth energy and the ramifications they may experience should they choose, at some stage, to incarnate upon this plane.*

Would we be right in thinking that the communicator at the time of discussion can offer further information that perhaps one teacher or those teachers who have only or mainly experienced life here can offer?

*It may be the way. We are bringing, more 'up to date' information while at the same time undergoing other experiences we have yet to undergo.*

We would like more information on that please.

*Yes, your world encompasses more dross, less perception of what is about for you to experience and understand. We choose not to go that way but feel we are missing some of the vital knowledge that we can pass on to others who do choose your way. They can learn in these classes to undergo much of what learning is available through your energy field.*

*We go the same way. We then can experience through your experiences and knowledge of what it feels like to be domiciled for a time in a physical body. It is the way it is and works well for all. All goes as accord. 'No problems' as you say.*

This third dimension is where all beings that choose to incarnate here come because they want to experience the five sensory emotions. Is that correct?

*That is so.*

Don't other dominions, dimensions, have emotions they need to learn to control?

*All have lessons to understand and learn to control. It is part of the learning experience wherever a being seeks to be. Lessons, as you understand them, are continuing on all dominions. It is part of the being's growth, what they choose to be and experience.*

*Each level has its ways, of what is to transpire to be able to manage, to control. It is not that there is a glut of one way or a discipline that makes it so. You choose, at all times you choose the way you seek to be and go to accomplish your goal. The choice is always yours and what transpires; your successes or failures are yours.*

*When we speak of failures it is an accomplishment not achieved at the time of inception. It is of no matter for, as we have explained before, there are no time restraints or curriculum that is to be learned upon and extended.*

And what do you, or any of the others 'bring to the table' as we say? I am limited by my knowledge whilst here on this level and need to think of questions to ask you. I feel many times they are cyclical and am stuck in a rut of thinking with no help forthcoming.

There are other beings that impinge over my energy field and get an understanding from that. I am happy to assist but it seems to me it is a one-way road we travel. What do I gain from these experiences?

*There is much that goes on behind the scenes that your third dimensional body is unaware of. You are getting information because while these other beings are impinging over your energy form, they are leaving to you, gifting some of their knowledge divine. Just as you are informing, helping them so 'the shoe is on the other foot' as you say and you are also gaining for this interaction.*

*In this way, by this, you are experiencing other avenues you have yet to investigate. You have not investigated them because they were unknown to you but with 'the overview', so to say, they are now in your awareness and, should you choose at some other date, to venture there and experience what life holds on their levels, you are so much wiser than you would be if you stumbled upon them yourself.*

Could you enlarge on this please? This is something we have no knowledge of.

*Yes, we can go that way. There are many avenues for you, all of you to choose should the inclination be upon you. However, before this energy shift that is penetrating your life forms upon this planet divine, they were not available to you because you did not know of them or had the way forward in what was required to gain 'a foothold' so to say. The energy combination and compatibility was not right so you could not stay, even if your knowledge was abounding there.*

*You are all undergoing tremendous shifts in awareness upon this third dimension; that you understand for you are all experiencing this energy sway that is moving you on. You do not understand what is happening most times but it is all flowing of accord. Even your Mother Earth is shaking her mantle as she moves up, along in harmony with the rest of the cosmos.*

*We have explained this all before. What has not been explained to you is the way you are changing. Yes, we understand there has been knowledge offered on how the physical body is undergoing its metamorphosis to accommodate the incoming energies and many astute entities are aware this is the way. What has not been explained is what happens when you, as a being, change in your energy way. What experiences do you now undergo with the newer, to you all, inflow?*

Well, you have just explained that other dimensions, if that is what they are, have opened up or we have now become aware of them.

*Yes, it is so but there is more. There are other opportunities that beckon that take you away from being domiciled in any physical body.*

Doesn't that happen now?

*No, not as we are stating is for you all now. You encompass much more than were previously available.*

On this level we are electro-magnetic beings or that is what appears to be the way. Do we move from this way of attracting and repelling energies?

*It may be the way that what you are experiencing now is no longer suitable for the other dominions you seek to advance yourself upon.*

Then what would be available to us then?

*The energies are making it feasible for you to learn more of what energies are available for you to manipulate and gain from. They may resonate to a different way.*

And what way would that be?

*It is understood by some of your teachings that there are other avenues that are not of this third dimensional kind and they are to come more to prominence as your professors change their way of seeing and understanding. They will then pass their information, knowledge on to the masses and it will be learned by all as a newer way of understanding life in all its glory.*

Are these further advancements with quantum mechanics and such?

*Yes, your understanding is in its 'embryo formative years', so to say and many accomplishments have been achieved so far but many more are to open up and challenge your present advancements. It will be, go this way and much of what was taught before will undergo a radical shift of perception.*

I would like to finish now and read back our notes.

*Then we take our leave. Peace and blessings go to one and all. It is the way.*

Thank you.



## Why Spirits Don't Interfere With Our Choices.

*Educating the mind without educating the heart  
is no education at all.*

Aristotle

o0o

When we start our communications, I am not sure which way to proceed. Are you able to advise me?

*No, we do not interfere. You have already set your course, way you want to proceed. You know the way. Not only do you know the way, you have set up blocks for yourself so it will not be so easy to accomplish. You do it this way because you have trodden this path before and you know what is required. For you to make it easy for yourself your quest would not be as successful, as challenging, so you do not go this way.*

*You will sort it all out to your advantage and you will then challenge yourself along another avenue. Have you not already done these many times in this indwelling lifetime? You have always found something else to gainfully attach to yourself and go along that way for as long as it amuses and challenges your mind. If you no longer gain from a topic, a subject, you will move on. It is the way you are programmed.*

But with previous communications with you there were students as well as teachers moving into my energy field. That doesn't happen anymore.

*It does indeed continue along that line of teaching. You still have your little fledglings around and they watch and listen as we communicate. In this way, with this you have always succeeded and many are enriched by this endeavor of yours.*

*They, the students, are still studying many times how you learn, how you react to earthly situations and the angst sometimes you create for yourself over triflings. We show them, explain how, once upon the earth sphere all they have now, their possessions they have gained that has become part of their experiences will be stripped from them by them as part of what they seek to learn and achieve.*

*It is little different to what you achieved when you decided to incarnate upon this frame. They are getting firsthand knowledge via your energy field presence so they are able to make up their mind if it is the way they want to be.*

They have other options rather than the Earth reality?

*It is indeed the way. They choose any area they resonate to. This you already know but vast areas of energy acumen is available for their quest, their learning. They seek to see what avenues offer the best learning incentives for their aspirations. They gain on many fields and endeavors for they have many avenues that advances them and many are not within a physical time-frame opportunity experience.*

You mean in a physical body in whatever avenue they choose?

*It is the way. They can come and go, just as you can come and go but the mask you have placed upon your knowledge stops you from gaining this way. If you wish to be, go this way, you can enlighten more of your kind as to what they contain within their physical frame and how they can access other levels while still in their third reality frame.*

We started to do a bit of that when we were discussing the earth energy overseer. An option you suggested was to befriend all the elemental energies that make up our physical body and attempt to work with them to the mutual benefit of all. I realize it is not just a matter of saying 'I have gained enough and don't want to be or go that way anymore'.

*No, we do not say it is as simple as you say. You firstly, most need to ask yourself why you are feeling, choosing to be along this line of learning? What are you gaining from the experience? There is always some gainfulness in progress or you would go another way because this way has run its course. You need to find and resolve the issue 'from within', so to say.*

That is a lot easier said than done.

*We know the way you progress. We have all advanced along the same way. It takes frustrated effort many times until the contact, the key is found. From this learning you gain much for it takes you past the third dimension reality way of seeing and thinking and gives you control over your third reality frame. This is a pathway that gives you much in learning mind control. We say mind control but it reaches far more into the experiences; you gain forward contact with others of your kind.*

*We see you are thinking along a way we are not meaning here. We mean your bloodline but also more. You will contact, forage amongst all that you are, always will be, all you contain.*

That sounds to be another interesting topic to discuss and learn about but it might be prudent for me to stay with the topic under discussion. Going back to mind control: you have mentioned many times the importance of mind control and in thinking back it goes beyond this life. Meditation, focusing and such get us so far but we seem to need more if we are constructing other realities or species. Am I right in my thinking here?

*It is the way. Attainment is achieved by mind power, understanding what you can do and control. It is in this way that you gain much for you gather to yourself other nuances, understandings, which change your concepts and you learn more this way.*

Is this similar to our forum here with the other energies that come to see what is offered and required should they choose a life on this third reality?

*Yes, in a way there is a similarity. The difference is they are over your energy frame and can feel and understand through you.*

So, these other energies, their information when they are connected to my energy field is sort of second hand?

*We do not see it like that. It is a difference of energy control, sway that lets them access your energy frame and gain the knowledge along that way. It is different. They are assisted 'here' where 'there' you achieve it on your own by your mind power way.*

I would like to finish our discussions for today. Thank you for your guidance and information.

*Then we flow our way. Peace and blessings go to one and all. We are gone.*

Thank you.

## Where Do We Go From Here?

*Logic will get you from A to B.  
Imagination will get you everywhere.*

Albert Einstein

o0o

What happens to humans when we finish our life here and leave this third dimensional world?

*Perception again is what you see. What your belief structure is at the time of death is where you will find yourself for your next incarnation. Make no mistake. It is another incarnation you have accomplished by your grace, your thoughts of where you will be and what will get you there.*

I am familiar with some of the dimensions that are intertwining our third-dimension world and can accept that people's thoughts on what will happen, where they will go to next have a strong bearing on what they will see and experience. I do recognize that people who have no belief do not just disappear; are annihilated in some way or obliterated for all time. I know that their expectations of what will happen is what they will see but blackness, void, is their own mindset that stops them from seeing those in spirit who are around and ready to assist them to wherever they vibrate to.

My question then becomes; the spirits who tend to these 'lost' beings. Why haven't they gone on to their next step, or wherever they want to experience their next 'game'?

*Have you not shed a thought that these spirits are exactly where they want to be? Have you thought out that there is a divine plan to all of life, the universe and all? Have you not thought out for yourself that those who have trod your third dimensional earth plane divine are there at their request, for the learning, the attainment, of what they can do and further be?*

Are you speaking about great teachers, like Buddha, Jesus and the other ascended masters?

*That is the way it is achieved; to help humanity on to levels not yet attained. They are there with a purpose divine, which vets all integrity and purpose to those they serve. Service is not servitude as you might insist. It is a giving all of what they have to extend in the service of love.*

What you are saying sounds very 'religious'. Something, our concept of religion, you aimed to set us right with?

*You are confusing yourself. Think beyond what you have learned and all you recall about religion. It is not the way and certainly not what we are alluding to.*

Then I have no idea what you are referring to. Please explain.

*We are referring to an entirely different concept. Your term 'religion' has become debased over time. It, in its true measure of the word, is more altruistic, of service without gain to self. It does not flow that way most times with what you recognize now as religion.*

But there must be a gain to these sages of old. It can't be any other way. It may not be financial, but in balancing of the energy books they have to be in the black?

*Their personal motivation was not to 'put themselves in the black' as you so eloquently said. They work with a purpose that transcends their 'own needs', shall we say. They do not do it with thought of personal gain. As part of the greater spirit that oversees all, they work in unison that way.*

*No-one, no spirit is ever abandoned or left somewhere. True, you do create your own reality for your personal pleasure or pain but they hover, metaphorically speaking, and bring about changes if you are 'not getting it right' and your 'not getting it right' can do harm to many of god's divine gifts.*

*We do not debase our wording of god in the same way you may perceive. Ours is more encompassing, more divine, more tolerant of any misdemeanors, perceived misdemeanors that can be encountered along the way.*

*You have a term, 'the bigger picture'. It is what we are referring to here with this. We are simplifying our wording right down, so that it does not 'flow over' what you can understand. It, in reality, encompasses much more, but we feel for today we have answered your question of what happens at death when a third-dimension entity departs this third world dimension. Is that to your satisfaction now?*

*I have just had a quick read of your information today and I think so. However, your answers most times open up more questions to ask.*

*That is the way it is meant to be. To extend you past preconceived opinions to a more encompassing reality of what is and what you can attain should you choose to be, go that way.*

*That is all for today. We leave you now. Peace and blessings be upon you, now and forevermore.*

*Thank you.*

## **We Are All Multitudinous Beings.**

*Wherever the life is [the world]  
bursts into life around it.  
Ralph Waldo Emerson  
o0o*

You have previously stated *'This knowledge you seek is for rarefication, of understanding more of this world's realities. It is like, in many ways, a revision course while at the same time you are picking up nuances, other ways of approaching your project divine.'*

For further clarification, we could start our discussion today on that paragraph.

*It is, as always what you choose to learn, understand. We have told you; you have it all because you are all but you cannot grasp the fact in this way, with this.*

That is correct and the other normally unseen realities interpenetrating, around Earth; they are presumably illusion but exist in some way. They are where many, maybe most third dimension beings go there when they finish their sojourn on this reality.

My previous assumption was that their energy vibration was what attracted them there as a magnetization but that doesn't seem to be the case. You have said there is no karma so it can't be something in their personal energy field that decides where beings go after their time here. More information from you on this topic would be appreciated.

*Can't you see they choose their way divine? It is the pull, the attraction that gets them to places, sometimes previously unknown to their conscious sight. They are not cast adrift if they have not 'owned' their perfection and need a course, an understanding of what is there for them at any time.*

*It is more comforting for them to be there with 'kith and kin', friends and environment suitable to their cause, their needs. It is 'part and parcel' as you say that draws them along but it is still illusion.*

*Your fineness, rarefication, lets you see and cohabit at these different realities that interpenetrate the earth sphere. Which one you choose is because you have gained the knowledge from previous encounters and this time it is returning to something familiar to your senses.*

There are many questions needing answers. My understanding is we are atomic in some way. Without getting involved in the intricacies of how it all is; quantum complications or mechanics not really understood by me, I want to keep my questions to suit my needs; simple and to the point. Are we in accord with this today?

*Yes, all is of accord.*

If we have the right energy vibrations or covering, we go to a different reality and we are able to see and interact there, on any level. It is by taking a covering of these levels that makes it possible to see what is at other areas. If we hadn't taken on a covering here on Earth we wouldn't see or function here for long either. How then, if we become 'floaters' presumably of this universe, are we able to see and learn?

*It is not arduous for you are not shackled anywhere and whatever you choose to see or experience, you attract. It is the same with each level, those you know but you are unlimited in your desires when not in a physical atomic structure. You are able to access whatever you desire and partake of whatever you see at these levels.*

*You are not participating in the physical body so you are not restrained by the need of atomic structures. Like a will-of-the-wisp you come and go with whatever you choose to see. You don't need any covering for you are not 'there' as such. You observe, learn and then go to the next avenue to attract your needs or desires.*

Then is it by being able to go to these different levels as an observer that we are able to see what is there and maybe choose to participate in a life there at some time?

*It can flow along that way but not necessarily so. You can choose if you want, or just observe, take what is there you fancy for learning and then move on to more attractive, fertile places you are called to.*

What about the other planets we see when we look into the night sky? You said most of us were from the stars, what happens with this, if we choose to go that way?

*You can access the stars, planets, any dominion that calls. You are able to do, achieve this with the same alacrity that you have always had. It is not so difficult to succeed along this line.*

*We have previously explained you have it all so you attract what you already have and use it, go along that line. Your reasoning many times is flawed. You still see yourself tied to the third reality plane without means or resources. It is not that way at all.*

Thank you. I will now take a break and read the information you have provided.

*Peace and blessings go to one and all. We are gone for the day.*

Thank you.

## Accessing Other Realities.

*The intellect has little to do on the road to discovery.  
There comes a leap in consciousness,  
call it intuition or what you will,  
the solution comes to you and you don't know how or why.*  
Albert Einstein

o0o

There seems to be a lot of accessing different areas or dimensions unfolding, making contacting them possible without going through all sorts of spells, drugs and other activities.

*It is the way. We have told you, primed your pump by way of first acknowledgment and then of encouraging your natural ability, curiosity to take hold. There is nothing to fear and much to gain with this expansion we offer here. It is all your way and up to you whether you achieve what you set out to achieve. We merely prime your pump, having you understand what is available at this tumultuous time in your life.*

There appears to be so much knowledge coming to us. Where before many of us thought only of karma, past lives and the different places we, as eternal energy, spirit, gravitate to at any life's ending here on Earth. We are now given knowledge that there is no karma, no past lives and the explanation of that impossibility if all lives are being lived at one time. That our thoughts create other projections of ourselves living someplace, maybe parallel to this existence, is a different mindset to the one we're used to and to comprehend.

*We know the way your thoughts run. They are, for the most part, attached to this reality divine. However, there are times when you go to other realities and they have the ability to create illusion, possibly what you see as you are hallucinating.*

*Everything you can see in your reality is in some form or way initiated by you. You would not recognize its dynamics if it were not so. You vibrate, perhaps temporarily, to whatever you see or whichever way you access your 'dreams' so to say.*

*You may well be daydreaming. It could come to you as a focused thought. All we say is that whatever you bring to your understanding, awareness has its way because of you, something you have instigated for it to appear.*

You have previously mentioned that because of the familiarity or closeness to our personal energy grid we interact quite frequently with other parts of self but because of the familiarity and ease of doing so we are mostly unaware of this happening.

*Yes, it is the way it is instigated. For your way, access is assured as they to you is assured.*

There are many questions I seek your comments on but will finish for today and start again with a clearer mind.

*Then we see you go your way. Peace and blessings go to one and all. We are gone for today.*

Thank you.

## Going Beyond the Camouflage.

*We are beings dressed up in sacred biochemical garments  
and our bodies are the instruments  
through which our beings play their music.*

Albert Einstein

o0o

You have always maintained that this third-dimension reality exists as a playground brought in by our thoughts. Anything that happens, any feeling we experience is still part of our creation and part of the illusion. Other teachers have also spoken about this illusion and it has also been referred by another teacher as a camouflage we have created.

*That is the way. It is so.*

Then, if we were able to see beyond the illusion or camouflage, what will we see?

*You will start to see more of what you do now. Of who you are and what is available to you to grow and prosper in the way you choose at any stage, time.*

There is no empty space as such and you have mentioned we are drawn to what we resonate to but that is only partly clear. I am assuming, from what you have said, that we continue our learning at the reality we are drawn to and sometimes we don't know we have transitioned to another reality. Is this right?

*Yes, it is the way. You go on, continue delving, understanding whatever the level of aspiration is you gravitate to. It is all there for you. Sometimes, depending on your learning requirements, you are oblivious to these needs as you 'soldier on' as you say.*

Another question that has puzzled me for quite some time and your answer on it would be appreciated.

*We are here to help you advance too. 'Fire away' as you say.*

Sometimes when sitting on my lounge chair in the evenings reading or doing something relaxing a pulling feeling starts from at top of my head. It feels as if another energy is tugging me out of body by way of my crown chakra. It is a very strong, unpleasant feeling that doesn't happen too often but my question is, what is it, who is it and why is it happening at all?

*You have nought to fear with this. It is indeed someone plucking you from your physical body but no harm was to befall you whilst you were away.*

More information please; who was it, where were we going and why?

*You are chasing after experiences and this 'energy' as you say is there as your protector or as your ally. It is a combined effort that is here is the way we are explaining.*

Why on earth would I need a protector?

*Parts of places you go to are not of your kind and they need many times for you to go there with others who are more in alignment with what is around. You are aware of this at these times and aware of the underlying energies that can have a disharmonious effect upon your countenance.*

*You have many times been to these areas alone and it had caused you consternation. This consternation need not flow to your physical frame but has an effect upon other parts of your 'existence' shall we say.*



It has been mentioned at another time that we, as a being, are unsullied by anything so how does what you are saying relate to this statement?

*Listen well; you are not only of this one energy seeking our advice. There are many 'parts of you' so to say that undergo certain endeavors and they may be in the firing line of your desires. It is not that you set out to cause consternation to them and their energy field but as all are one what is affecting one will, by necessity, affect all.*

You are referring to the 'butterfly effect' that interacts, permeates all?

*It is along the way divine.*

We are all living different experiences on or in different levels, what we see as different times, epochs maybe, how does this slot in? And why should others be affected? I understand the butterfly principle but am having trouble comprehending the rest of what you are stating.

*Then we go another way. You are affected, we cannot change that way, but we ask you to understand a basic gain. You are growing and as you grow you are gaining much along the way. As you do these, your minions also benefit and gain an understanding of how you are forging forward.*

*They are gaining the experiences by way of your gainfulness so must take the 'good' with the 'bad' as you say. There are no good or bad we seek to state. All are merely experiences perceived from whatever vantage point you are experiencing from.*

You make it sound like I am leader of my energy group.

*You have made enormous strides in bringing your energies 'forward' but you are not 'leader of the pack' as you say for, in truth, there is no leader. You all set out to achieve something in your various inimitable ways and all bring what was learned back to the fold. The fold encompasses much more than what we are referring to here but feel we have given you enough insight for you to follow through with understanding.*

Then, if any of us go to someplace to learn from or help and the energy vibrations there are not harmonious, we can get a helper, someone who is more familiar and better able to control or work with the energies at that level?

*That is the way, what it required.*

So the times I've been there and had disturbing interactions I went alone?

*It may be the way. We are illustrating for your perusal, understanding of what was required, what happened at the times you have mentioned. It may be that you have chosen to undergo the experience to 'test your mettle' as you say. We are not au fait with this so cannot say.*

*We are stating that you choose or have chosen to undergo the experiences you seek at these areas, that they be undergone with one who is more familiar with the undertakings needed at these times and experiences.*

And this is where the butterfly effect comes into play, something affecting one affects all?

*It is the way and will continue this way because of the 'butterfly effect', as you says.*

And it goes the other way too?

*Yes, we follow this line of reasoning. For you to understand there is always interaction between you all and you all are only infinitesimal fragments, thread of the 'all.' Therefore, as you see, it is all good for the information, experiences gained go and exhilarate all with the joy the realization of the experiences, the 'gainfulness of the extensions', so to say.*

*We leave you now with your thoughts. Peace and blessings go to one and all. We are gone now.*

## Part Seven

### Star Beings

*'There are far better things ahead  
than any we leave behind'*

C. S. Lewis

o0o

I seek to understand how and why we have been formed from the energies of the universe. To learn about this subject might be needed, but in order to do that we would also need to unlearn preconceptions.

*It will be along the ways you have just mentioned. You do have many unfounded preconceptions of what the universe is all about and how you all function within it. We will attempt to set you right with this, but first we need 'the clean sheet' so to say, where we can obliterate from your mind the ideologies and misconceptions that already exist on Earth.*

*For too long there has been an assortment of delusion purported to be true by learned academics. We are to set you right, free of the illusion of what exists, can exist, and how you fit in and function here on Earth. We seek to dispel the illusions, the misconceptions that exist within your understanding about your other realms of existence.*

*You function at the same time in many realms, not only in your perceived universe. There is life on other planets. While it may not be the functioning form that is here on this existence called Earth, there is life, make no mistake about that.*

*The life that you live here, exist in, is little more than a shadow of what exists on other parts of the universe, yet all you see there is shallow; where nothing exists at all. We are telling you now, you are wrong and while ever you hold firm to these concepts, it will always remain that way in your understanding.*

We have been told for years that there are space beings, and that their craft have been seen by many down the ages. Normal, uneducated people have spoken about this and some artists have paintings depicting them in the sky, in the background of their paintings.

Many have spoken about being taken on their craft and we have ancient writings that speak of this. I have had experiences along these lines, so believe and know that different space species exist. They must live somewhere and there have been planets mentioned so some of us do know about these beings. Is that what you are referring to?

*It is along the way, but there is more. Have you ever wondered why these 'beings', as you call them, are not around for all to see? Why they choose secrecy and to communicate only with a few of you?*

We were told by one being that they did not trust us Earth beings because we were too emotionally volatile and could change very quickly into behaviour which threatened them, the extraterrestrials.

*Yes, it is the way, but there is more to this saga; and make no mistake, it is along the lines of a saga for it has, as you stated, happened where other beings have invaded, visited, observed, whichever way they sought to function here on Earth, they obliged themselves along their chosen way.*

There are also said to be some of their extraterrestrial bases within our Earth. Some myths and fables of ancient cultures speak of the visitations and interactions of space beings. We have what is thought by many to be evidence transcribed in ancient text where different extraterrestrials have seeded us, and some species have fought battles here for control of Earth.

*You do know this, many do, and it is so. However, did you know what you are all about here? You have heard about space beings that visit your planet Earth, but what about the other side of the coin where you all visit their planet Earth; the equivalent of your temporary home? Are you not curious to where you go, why and to what purpose, event, advantage you might gain here?*

Yes, and it seems to be a consciousness thing, where we mentally come and go.

*It can flow that way, but for you to co-habit there even temporarily, these other dimensions require you to have an outer covering of their energy force otherwise you do not interact, see what is there, nor are they able to establish any communication with you. You can see them perfectly plainly when you have this covering because it makes you vibrate of accord to their realm and way.*

Then those who visit here, they have this earthly outer covering to communicate and to be seen by us?

*Yes, they have developed technology that makes them impervious to your elements because, for a time, their outer covering is like yours. They may not look quite the same, but they vibrate at the same resonance to your kind.*

What about their space craft? They would also have to be of the same element, otherwise the ships would not be seen by us, and would not be compatible to their occupants, who now have the earth element vibrations.

*We do not go that way today. We are interested in educating you to what other species inhabit your time-frame existence. We do not choose to get involved at this juncture with the dynamics of what is about with the technology of sorts of machinery. We are interested, as we stated, with bringing you forward, introducing you to your kind. Your kind, to our way of explanation, are other beings who exist on your timeframe.*

*These are your kind, make no mistake about it. You are all composed of the stars. Some are vacating the earth-frame existence to experience, take up temporary domicile at these other levels of planetary existence. You will be interacting more with these kinds because you are all 'shifting up a gear', so to say. You are all preparing for a shift of energy divine that will make you more understanding and receptive to all that is about.*

*These other beings will bring you along, for they are also 'shifting up a gear'. It is part of the changing conditions that are about and all go as one.*

We have been told that since the end of 2012 there was a big energy shift that took us all forward.

*Then we do not enlighten you there, but where does the energy flow come from and to what purpose, what advantage does it contain?*

It is said to awaken us, make us finer of spiritual body and more able to work with the newer, incoming energies all will experience. All was understood to mean every living energy thing on planet Earth, including the Earth.

*That is what it is. 'All' is inclusive to all energies divine.*

I would like to stop now and read our notes from today. Would you mind if we continued this discussion at another time?

*Then we go that way. Peace and blessings be upon you, now and forevermore.*

Thank you.

## Masters of Destiny.

*Tell me and I forget.  
Teach me, and I remember.  
Involve me, and I learn.*  
Benjamin Franklin  
o0o

After reading your notes wonder about the extraterrestrials, star beings that come here to Earth. Some are said to be friendly, some not so friendly. We are told, warned by others, that we have had our DNA changed and we are being manipulated and have been for millennia. We are also told that there have been great battles fought between different extraterrestrial races over the sovereignty of this planet. How does this fit in with what you have been telling us regarding illusion and creating our reality?

*It still fits in. Comprehension is there for you all, those who choose to see and be a part of this way. It does not change what we have previously stated and continues that way; you are still masters of your destiny. If you interact, or see, or communicate in any way with those not of your earth sphere it was not just something that happened.*

*As we told you before, all that comes into your experience is there because of choices; your choices. It is still part of the grand plan you have designed for yourself to understand more and experience more.*

*It is the way it is for all of you. If your Earth was taken over by some other species, and we say again, the other species will be a part of you because you are all, you will have programmed it into experience this.*

*Tumultuous times, yes, they might be but you are only there participating because of your desires. Nothing can befall you if you have not programmed it in for the experience.*

*You are not scapegoats, victims of anyone, any other energy. We have told you so and cannot reiterate it more to you; you are not victims. You are at all times in control of your destiny.*

You have also mentioned or issued a caution about us getting too involved with our different attractions such as cell phones, television and other electrical things that are slowing our body and dulling our brains. The body is affected by just sitting and watching our media outlets and the brain by the banality of many of the programs.

There is also a suggestion that this is done deliberately by vested interests; some not of this planet or perhaps their third reality minions who seek to take over Earth by dulling the population so they cannot see what is happening or think for themselves. Is this the way?

*It may well be the way. We do not allude to or get involved with this issue. Should you choose to be or go that way, along that line of reasoning it will be as you say. For again, we state, you cannot experience what you have not programmed to yourself to be an experience for your learning and understanding. If you choose to participate along this way, you will gain much for it is impossible for you not to gain, to learn and understand more.*

Well, if we see something along the lines we have just discussed and participate, if we don't like the experience, can we change it?

*It may be the way. We are not privy to your strengths or desires. We are generalizing here when we state what we say and offer to you. You asked our opinion and we gave a clear understanding to you. We recall we did not say possibilities were endings.*

*If you choose to change your learning it may be the way but if you recall, we cannot state how strong your motivation is, or how strong your desire is to not complete your course you set. Again, you are thinking as a human being. You are limiting your desires and self in this way.*

*We feel we have answered your questions succinctly as you asked in the start of today's missives, we have kept all we answered simple and to the point.*

And we appreciate it. Now I will read back what you were kind enough to explain to us.

*Peace and blessings go to one and all. We go now.*

Thank you.

# The Chicken or the Egg Conundrum.

*Life is either a daring adventure  
or nothing at all.*  
Helen Keller

o0o

Something that has baffled those who chose to think about it is the conundrum of the chicken and the egg and what came first, the chicken or the egg? To look for an answer I think we need to go back to when our Earth became habitable for life.

In my opinion and for various reasons life could not have just naturally appeared as we are led to believe. There had to be assistance from somewhere, possibly other entities not of this Earth. I would like to now discuss this please.

*Then we 'fill you in' as you say. This planet was designed for life but life did not exist here because of the tumultuous planetary existence that evolved. It (all?) needed to settle down so that existences, primates and the like could be transported there with a success rate opportunity.*

*All life, existences, were transported to Earth from other places, avenues. They were not seeded here (on Earth?) from one particular planet but were experiments from several species not of this Earth planet. The several species (space beings?) were undergoing experiments of life but did it also as 'a gift', so to say. A gift of life not capitalized on at their existences. It was to be an educational way while at the same time to bring life to the Earth and the sanctity (sanctuary?) there.*

*Your Earth was undergoing tremendous changes but had settled down in many places enabling it to sustain life. However others who saw a way of advancing their causes, experiments, and the like that could not be achieved on their or other planets nearby intervened. So Earth became a source field of all sorts of experiments upon the primates, the life forms of this new habitation.*

Perhaps I didn't make myself clear with my question. I would like to know about the very first life forms that went on to become human. With the magnificence and complexity of the human body, it could not have just happened without some sort of intervention.

*No, and it didn't happen as you describe where the magnificence just happened. We seeded you all. The first human beings, the first primates, the first of everything were brought to this planet for its survival. Without life this planet would cease to exist because all life brings life. Do you understand what we are saying?*

I am not sure I do. Please explain.

*We are telling you that you do not live in a vacuum; each energy feeds into the grid and creates more energy. So wherever you are, whatever you do, you are creating energy. You are needed to continue 'the force', shall we say. To create more of what makes the cycles spin. You all need to harmonize, to create your own ways of development for in doing so this will enlarge the scope for all who follow. It also enhances those who are already existing, domiciled upon this third dimensional plane.*

*Your Earth Mother is a living entity who thrives upon the energies supplied by her little charges. Be it human, animal, vegetable, mineral as you say, she needs the energies that are engendered by each and every one of her little charges. She survives and puts out her own energies that enhance this particular part of the energy grid, the Universe.*

You have mentioned that you seeded all including the first human and the primates. Does this mean we came from monkeys?

*In no way are we implying this. We are merely stating that humans, as a special species, came along with the primates, that is all. One did not evolve to the other as you say.*

Then what were the first humans like?

*They were prototypes, an experiment. They did not follow a path that others had formed before on their domiciles. The early humans were a unique breed made special to adapt to the needs of the planet. We seeded them in various areas to give them a better chance of survival and then we watched to see their success rate with that survival.*

*Many died as the climate was still harsh and survival was grim but we continued because we believed in our success rate in the breeding program. We had achieved success and were loathe to see it falter and die. We achieved success and little by little our colonies survived.*

Are you the Anunnaki from Nibiru? The space people that Zecharia Sitchin, the Russian American author spoke about?

*No, we did not achieve our way along those formats of the Anunnaki. We see and understand but we did not experiment as was done by others. Our way was to enhance, to bring life to this planet in forms we felt were best suited for survival. We did not experiment with living entities already upon the planet. We went a different way.*

You mentioned that you did not experiment with living entities already upon the planet. Didn't you previously say you had brought all life forms here?

*Yes, we did go that way but we did not alter in any way what we had created that was now domiciled on Earth and doing well. We chose another way which was to harmonize, to observe and wonder at it all. We did not interfere with another source of power, of influence for to do so would put us at constraints and that was never meant to be.*

So, there were others, space people, who came in and tinkered, changed what you had created.

*Yes, that was the way it was, happened. We watched, observed but did not interfere. To do so would have denied those who chose to experiment their path divine and it was not to be the way it was to be.*

I am really getting confused here. You have created a new life form that is meant to develop, prosper and enhance the planet they have just been seeded on. They are going well and then another group of space beings see this and come in and start experimenting on the new life forms, our ancestors.

What about our path divine? We must have had a spark of divinity, of God if you like, or we would not have lived?

*Yes, it is the way but you are looking at a very basic with ignorant eyes. Your understanding is primitive and your thoughts take you away from a situation you still do not understand.*

*The Council of Elders (democratically chosen interplanetary beings?) decreed that we do not interfere because to do so would have rendered issues that were unstoppable if they had proceeded. We felt, the elders felt, it would be better and more astute to stand back and watch what developed with the primitive life forms we had created.*

*They would survive, we were sure of that because what was being done would not have caused their demise. Therefore we would observe and see what would be achieved when 'our charges', so to say, went another way to what we had envisaged. It would still serve us well for we had achieved our aim which was to successfully seed this planet Earth.*

*We did not see harm as such for our charges to be altered to be a slightly different way which would take them onto a slightly different path of evolution. You do it your way with your experiments on your primates and other animals. Was it, what had happened to early humanity, so different to what you are perpetrating upon those who also share this planet divine? You have created changes within their frame, their lifespan has now taken a turn with the change, but they will go on and become what they are meant to be. It was along this way with early humanity.*

I never thought of our experimentation on animals like that until you just mentioned it. You have given me much to think about and I would like to finish now and read the information you have provided today. Thank you for your guidance.

*Then we leave you now. Peace be upon you all, now and forevermore.*

Thank you.



## Early Human Prototypes.

*All of our dreams can come true,  
if we have the courage to pursue them.*  
Walt Disney  
o0o

I have read yesterday's information and found it very interesting. As always though, what you say brings in other questions. Can we continue on with what was discussed yesterday?

*We abide by your desires.*

Firstly, different space beings created a prototype of the first human? I will stick with humans for the moment.

*Yes, it went that way.*

Okay; we are not machines and need some form of spark or energy to get us going. How did that come about?

*You have always contained the spark of the divine.*

But not at the start when we were being created. How did we get activated to be able to think, to move, to do all the things us as humans take for granted as part of our humanity?

*It is true that you needed 'a spark' as you say. We have the technology that provides that spark. We can activate non-living tissue and get it going, able to reproduce itself in any way it is programmed or desired.*

*We do have the technology and in the near future your scientists will create living flesh from an inanimate subject. You will then understand and see for yourself for it will be broadcast and published over all media recalls. You will understand then and those of you astute enough, will acknowledge this is part of the upward swing of education that is being fabricated and brought down for your understanding.*

*It is all a part of the conditioning going on in and around your planet Earth; to those in existence there. Much is to come into your existence that has lain fallow but is ready for reactivation.*

Then we had it before?

*That is the way. Yes, you had more advanced technology in your Earth's past for we did not just drop you here and forget. We observed, that is so, but we also advanced you along the way when we felt the desire was there. Where you could understand and work with what we offered we brought it into your consciousness, your existence. We expected with this that you would change and be uplifted to gain what was your right. And many times we succeeded with our aims and we saw you prosper.*

*Yet some of the energies (humans?) were warlike and strife broke out between different nations. Families fought families and this wasn't meant to be. However we had given you your divine right to be free creatures and this meant we did not interfere with your decisions, your choices. We watched and waited for sanity to come to the survivors and we speak this way for there were mighty battles fought upon your earth plane. Not only by the residents, the local inhabitants but others not of this world who sought supremacy over all.*

*So we had complications but still we resisted the temptation to interfere with your choices. We watched and we waited until the turmoil died down and then we approached the survivors of our little band. We guided them to a better way by showing them what could be and they mostly complied. Unfortunately for our little band of survivors there was still what we refer to as the rogue element that interfered with our desires for the upliftment of all.*

*There is an element of needing to succeed in many of you and it is not always to the betterment of your kind. We do not interfere, we observe and then, when we see we have a chance of success we again look for survivors. What we are referring to has not been a recent event for we have been conditioning the survivors of our little band almost since arrival here and survival establishment was secured.*

We have plenty of archival evidence from all around our globe to show that our distant past was, in many ways, far more advanced to what it should have been, or was expected to be. In some cases we now appear to just be catching up. It is also said that many of the technologies we have now we have because of space beings and their technology.

*There are many of your species who are in contact with 'extraterrestrials' as you like to call us. We are still in the background influencing those who are receptive, but we do not interfere. We do not program others to do our bidding in whichever way, for to do so would influence them to our way and they need to develop their own way.*

Are there still other space beings that do influence us? I do know from personal experience that my non-physical body was sometimes taken into a space craft and examined, maybe also experimented on? Others speak of their being taken in their physical body but I don't remember that as my experience. I know that on these space craft was there were two different species of space beings and other experiences I've had were with other species. Two of them were friendly, helpful ones.

I communicate with you but don't know what you look like or where you come from. Are you of these space beings I've mentioned?

*No, we are not of their kind. We are different and if you allow us a feeling of 'fatherly love', shall we say, you were created in our image. We are not gods but to those early prototypes of humanity, we were perceived as gods. We no longer show our ways, our countenance fearing that this emulation could once more proceed. We do not see any advantage to either species so do not go that way again.*

I also understand that you have said you prefer not to identify yourselves or give names but could you at least tell us what planet you come from? Is it in this universe?

*We do not go the way you desire. We feel it is best not to get involved with who is who, what species and from where. As we stated, judge us by what we say and what we offer in support. It serves no purpose to seek us out.*

Then I will leave it at that. I will also finish our discussion for today and we can take up again tomorrow.

*Then we go that way. Peace and blessings be upon you, now and forevermore.*

Thank you.

# Why Do Beings Choose to Incarnate into Physical Bodies?

*A mind all logic is like a knife all blade.  
It makes the hand bleed that uses it.*  
Ratindranath Tagore

oOo

I have been thinking about what you have said and the information given and now seek more information about when you 'seeded' this planet. I would like to know when spirits, beings, came into the prototypes that were here and why.

*Yes, we can lead you forward with this information. Beings came into physical bodies when they choose their way. Their way was to sort out the avenues and adventures they wanted to attain. It is not one swell (wave? group?) of beings that entered physical bodies for much deciding had to be undertaken. This was a new existence and for many the way, the source was not clear.*

*They understood what was about at the time and what they chose to experience, undergo, was limiting in many ways to what they had previously experienced in other avenues and on other planetary existences. They needed to be careful and choose wisely for their demise could have been imminent if they had gone the wrong way with their choices.*

I understand what you are saying but would it have mattered? From what I understand many did perish because of the conditions and the way the Earth was itself undergoing changes. As spirit, they could not be destroyed so couldn't they come back in another physical body and try again?

*While it is true what you say about spirit being indestructible it not as you say. The physical body is not made entirely of the same magnitude of energy that an abiding being is or contains so it can be cast aside. However in doing so there is a certain decorum to be followed; a 'process' as you say. They, an incoming being, cannot just pick and choose at will. There are other considerations to be met to cover needs.*

Surely there wouldn't be a shortage of spirit beings wanting to incarnate, to learn and experience what this new destination had to offer.

*The course, once set, was to be obliged. The being needed to be able to attain a certain level before it became eligible to incarnate here upon your earth plane existence. If they were knocked out of the game too soon, they had not attained that level and so had to go back and learn more of what was required.*

So, did a being have to meet certain requirements before they came here?

*Yes, that is the way. There were many beings eager to incarnate and experience what was here (Earth) on offer but many of those beings, we felt, were not ready. Gung-ho, we understand is a word used on your earth frame and it suits what we mean to say quite well. To try was a challenge they wanted to meet but it did not go that way for many who sought to avail themselves of what was here.*

*Many who came here, or wanted to advance themselves with the experiences here came from other ways, other planets and other dimensions that were compatible with what was offered here. They felt they had the necessary requirements. All could see the pattern of what was developing here and each wanted to extend their 'wings' so to say and achieve their aim which was to gain more experience that could not be attained at other levels.*

*Each planet, each level, is unique to itself but many times it becomes arduous.... No, that is not the way. Many times it becomes lax, the opportunities are very familiar; been there, done that, type of experience so something new to advance and to learn from is always eagerly sought but those who are still struggling to learn and gain more experience from all avenues they can attain.*

So while this selection was happening were the physical bodies already here or were they waiting in the wings for decisions to be made?

*No, it didn't go as you say. We had planned carefully and nurtured our little prototypes and they were 'okay'. We needed the selection cleared for the incoming beings that would undergo the experiences they chose and what was on offer.*

So, who took care of the prototype humans while this was all going on? I am assuming that the physical bodies were already here.

*Yes, they were already here and they were taken care of by the earth elementals divine. It is the way it is but listen well, this was a period of unrest, of unfamiliarity and part of the being's journey here was to learn to manipulate all that was on hand. We gave them 'a start', so to say. A physical body was provided for them and they were, as you say, 'on their own' with the learning.*

*As we have told you before, we watch but do not interfere with what transpires. If what we have planted, seeded, meets untimely demises then we are obliged to begin again and reseed if it has been a major cataclysm or the likes. This was clearly understood by any being choosing to incarnate for the earthly experience and they still choose to experience whatever came along.*

*You need to understand that what you are, your personality, your thoughts, 'you' remains when you incarnate into any existence. The body changes but you do not unless you choose to claim another way.*

*It is all part of the learning curve you choose for yourself. When you seek change, you change but your basic nature, personality does not change.*

I would like to ask another question before we finish for today. You mentioned the earth energies already here. How did they come about? Did you seed them too?

*No, that was not the way. Their progress is earthly therefore they came up in this way.*

As bacteria and all that sort of stuff?

*Yes, that is the way. It is a fact that we are all part of the one divine energy supreme, but we are, in other ways, like 'chalk and cheese' as you say.*

*We seeded you yes, but we were not involved in the process of procreation where physical (sexual?) contact assures more progeny. Ours was a different way to what you are used to or call your own. We did not go that way.*

*We used parts, fragments of ourselves combined with energies we had at our disposal, knowledge, and we interwove them, split and combined so that we had a prototype to us; one that would be useful for our purpose which was to seed this new planet Earth.*

Wasn't our planet Earth already around at this time?

*Yes, it was the way but we are referring to another kind of new. To us was given the task to seed this new planet, one that was becoming habitable for humankind, the early kind which, we say, is, or was not, too different to what you see walking your streets and avenues at present.*

So we were not all caveman types who walked with our knuckles dragging on the ground?

*No, that was not the prototype we introduced. Other experimentation may have brought about such as your describe but our prototypes were another way.*

So, if I understand what you have mentioned earlier in this discourse you used part of your DNA and some other energy or source to create our prototypes. We were like test tube babies.

*It can be looked at along that way but we did not change the DNA as is done with your scientists at present. Yes, you were seeded, manufactured firstly in test tubes (laboratories?) or the equivalent for you to show life so we could proceed with the next vestige of change. It was a long process, one we devoted much of our time in correcting before we felt we had the prototype completed so it would be fit, able to survive on this new creation planet.*

*New creation planet we see has you confused so we will explain, elaborate. It was a time of change and challenges were all about for incoming beings to this planet. As we previously explained they, those that complied with 'tests' so to say, had the necessary requirements for survival were seeded here for what was about, new experiences they sought to undergo and enhance themselves, their skills in this way.*

*It was not an ad hoc selection for we had to be careful here. Much agitation, much sorting and deciding for those who answered the call and those who were responsible and able to partake of what was needed to continue life unabated.*

*We needed those sent to survive. We needed the seeding to succeed. Much rode upon our venture. All was at stake for we had been chosen, our race, to find a prototype that could sustain what was required to survive. This we did successfully after a few mishaps but now we see you all learning and growing and soon to take another 'quantum leap' as you say toward your inheritance which is, to be your self.*

*You mentioned that you see the future and we have already achieved success with this. For me now I see more restrictions, more denial of our basic rights as human beings under the guise of the necessity of protecting us. I do not see a freeing up of restrictions and conditions. Instead I see a containment of freedom of speech and liberty now.*

*We do see and understand what is about but it is the last vestiges of those who seek to control coming to the fore again and usurping your needs and responsibilities; responsibilities to your self and your fellow beings in the way it ought to flow. We see but we do not change our wording for it will all flow of accord. It cannot be any other way. The energies are bringing to a head what should always have been but took another way, path, when you were adulterated, changed.*

*And you saw and knew of all of this, still do, but will not interfere?*

*No, we cannot go that way. To do so interferes with what has been cast. You need to advance yourselves as you should. To change what is about will take some time but we tell you now, it is coming. Perhaps not fast enough for many but the shackles that chained you for so long will be gone. We do not interfere for to do so go beyond what you understand and it interferes with other ways of development. We do not go that way.*

*We leave you now. Peace and blessings be upon you, one and all, now and forevermore*

*Thank you.*

## When Did We Get That Idea?

*The important thing is  
to never stop questioning.*

Albert Einstein

o0o

You have mentioned that some, perhaps you said all of our religious beliefs, were given to us by third dimensional aliens. Is this so and if it is, would you please enlarge on it?

*Yes, we can understand your consternation of what you have always believed of your religious path. We are here to say that what you believe was not our way of teaching yet we were unable to alter your concepts because they were chosen by you to follow the way to divinity.*

Then when did we get that idea? It must have been early in our inception here?

*Those who influenced you are what you refer to as a master race and we clarify what we mean. We wish you to understand that there is no master race per se nor is there anyone's master to serve. It is a furphy brought about by an arrangement of desires of others not of this planet's calling. You have been subjugated by others not of your kind but also of (those of) this dimension you presently call home.*

*There has been collusion, an understanding is the way. You have had 'aliens' as you say, present here since your inception. It was part of their desire, way to progress along the lines that are similar but not quite the same way as yours. They went the way of technological marvels that advanced their kind and as was stated, much was lost in the 'interlude' so to say.*

*Because they had the technology and could come and go, they were seen by previous incarnating kinds to be gods who could produce marvels seemingly out of the atmosphere. They could come and go at will and this created awe to those who were here and did not understand the ways of the technologically enlightened beings. They were adored, feared and set up on pedestals by those who were incarnated here at the time. They were worshiped from afar and for most of your incarnation here revered and feared.*

*Others of your kind were chosen and colluded with the aliens and became the reigning puppets for the aliens, those who chose their learning to go this way and so the furphy was perpetrated as was the way it was designed to be; masters, subjugators of kind.*

How did those selected get chosen?

*They had a way of sorts; a way that singled them out as potentialities of their kind. They could master other primitives while they were also primitive ; a 'leader of the pack' so to say. They exhibited the kind that drew the aliens to them and so they became the puppet masters for their kind. They then became revered by the primitives of their kind and this was supported and exemplified by those aliens who chose them to lead. They, the aliens, were able to take a 'back seat' so to say and monitor from afar. Manipulation of your minds, your ways was achieved and continued suiting those who subjugated you through 'illusion' so to say.*

*This illusion continues to this day but now it is time for intervention. For us to now step forward and assist you with knowledge that will lead you to your rightful heritage. Where you realize that the only master your kind recognizes is the master within which is your self divine.*

What about the people in our holy books? Surely, they weren't all puppets of aliens.

*No, we don't go that way with our wording. We are speaking of your inception to this plane. Others were rightfully in charge as leaders as their ability decreed. They became leaders of their flocks through their abilities and sense.*

We have records of aliens helping early humanity of the different nations of the world with education on various topics, such as agricultural knowledge, urban planning, astronomy and in us becoming more of a cultured species.

*Yes, that is the way it was decreed; that you would be helped. You also have renegades in your societies, those who oppose rules as laid down, set out by others who have the intention and wellbeing of those who were coming on with their chosen way.*

*We do not say all aliens are what you refer to as 'bad' but we do say that not all have your best intentions. It is still the way but much has changed since those early times we refer to and we have accepted that we could perhaps have been more proactive in caring for our changes.*

Isn't what you have just said counter to what you stated in the beginning of this discussion? Your words were 'we were unable to previously alter your concepts because they were chosen by you to follow the way to divinity'. Please explain.

*As guiding lights is our way. We work by encouraging; a thought, a word in your ear sets a train of thinking and you are able to see another way. We did not suffice at the time and you were misled by what you saw as magic. It was not magic nor was it any of the other enticements that came your way. Your own kind acted as 'spokesperson', so to say of those who, from far off, worked the strings to manipulate your thoughts and ways.*

*By this, in this way, they advanced themselves while all the while their intention was for power and to keep control over the populations they had gained control over. It became a fait accompli that you would all follow the guidance and way of those you saw mainly as superior in influence and intellect little understanding the way they gained and held their control over you all.*

*Now all this is to change with the new bringing in a new dawning. Where you take more responsibility for your kind and move to claim your rightful inheritance upon this planet divine.*

I would like to learn a little more on this topic but will leave it for when we next have one of our discussions. Thank you for your information today. It has given us much to think about.

*Then we leave you now. Peace and blessings go your way. Until we meet again.*

Thank you.

# A Composition of Star Beings

*Nothing is IMPOSSIBLE.  
The word itself says 'I'M POSSIBLE'*  
Audrey Hepburn

oOo

Just to recap: all we see whilst here, the planets, the nature world, everything is all third dimensional?

*Yes, it is the way.*

So all the space beings that come here and are from some of the planets in our night sky and perhaps beyond what we can see with our naked eye and powerful telescopes; they are all third dimensional?

*Yes, it is all of accord.*

You have also stated that we are a composition of some of them.

*It is what it is. You have interacted, interrelated with many of the cohabitants of the planets you see in your night sky. It is there, recorded in many of the civilizations of your world's populations. You have intermingled, sperm to ova and over the time it has penetrated your psyche and you have gained, become in many ways, of their kind.*

If we are of different genes or whatever is required how is this achieved?

*Again, you fail to see how you were seeded and what has brought you forward with increasing your needs. Your primitiveness was designed by you prior to your incarnation upon this planet. What was needed then was more of the nature kind, those who worked with the soil and the animals to increase yields, propagate with your kind at that time.*

*You were needed to bring on others in your wake. You were needed to increase the yield of others who were to incarnate here in larger numbers. There had to be a certain level of intelligence and natural ability for them to survive. For this to occur others were needed, a 'breeding stock', so to say.*

And where did they come from?

*From the stars, other planets divine. Their inhabitants, with the sanction of their elders, chose a time that was suitable for your propagation and, with your permission, increased your yield. They made those of you domiciled (here?) fertile to help those who were to incarnate here.*

How does this relate to us creating our own reality and our game of life? All illusion we chose to play?

*It is one and the same. You chose your reality; time and it went that way. What you chose and the mode of play was to be productive and instrumental in many ways with helping get things flowing. That was your game of choice but all the while it was productive in making way for others not of your kind who also sought other ways to learn to play their game of life with you.*

Had they not learned how to work with the earth elementals to create their body?

*No, they were not of this waveband and were coming into it. They had 'images', so to say, of what their production was to be but they had not learned how to construct a body. It was part of your learning to take these energies under your wing and give them the impetus, guidance for them to find their way.*

If there is no timelines and all lives are being lived at one time, how does this relate to what you are saying?



*No problem at all. It is the way it is played. All have vast resources, guidance to help them along yet, all the while they are presentational, as they choose to be. Each is gaining in their way while each is training, learning different ways to construct and control the various energies that are at any particular way they choose to be.*

You mentioned we, early civilizations, were seeded here on this planet to help those coming behind.

*Yes, it is the way.*

You have also mentioned we are a combination of some of the extraterrestrials, star beings, and that was done to speed progress and intelligence of the early arrivals, presumably the first humans here. As already mentioned, we do have records from different civilizations stating they have the genes of another species, star beings.

You also state '*You have intermingled, sperm to ova*'. My question is, do you mean how we, earth beings procreate or was it as stated by people such as Zechariah Sitchin, through a laboratory procedure?

*It can be either way. What was of relevance was that the intermingling took place for each species to leave behind some of their genes to help bring humanity, at that time, forward with knowledge and 'general know how' as you say. They could not have survived and moved on to technology and the likes without the interaction of those not of their kind but enough of their kind to be able to harmonize their energies and interrelate.*

Is that why many of us, humanity, have alien implants; to monitor our needs or way by extraterrestrials?

*Your needs now are fulfilled by yourself. It is now up to you to see what can be achieved. We are speaking of a time when you were coming to terms with what was here. You needed the impetus from those not of your kind to bring you on.*

And now there is no longer the need for the mixing of genes?

*It has gone the way that you are progressing forward again and new technology is required by you all. You have the knowledge of events that are beyond, not in the star beings recall. It will be a gainfulness for you all if the intermingling continues so each can be enlightened 'one to the other' so to say.*

Is that why there are more visible signs of visitations from the star beings in their space craft?

*It can be seen to be along that way. However we do not see it quite like that. There are many who are not consciously aware they interact and have interrelations with star beings and this is to change. It is here already and has been for some time but you have, for varying reasons, sought to block it from your conscious sight yet, you do still know it exists and continues.*

There are people who say they interact with different space beings and you have stated that star beings are very cautious around us because of our instability.

*Yes, it is so. They are very well aware of your mental instability which can have you 'fly off the handle' as you say. Fear factor, of the unknown or unfamiliar, is also a great problem star beings encounter with interactions of any kind. Yet, as we have stated many times, you influence instigation willingly for what you can gain and also offer a service of kind.*

You are stating it is a win/win situation for all concerned?

*In every way we see.*

Don't we have hostile star beings who want to hurt us or take over our planet?

*We do not see it that way.*

Well there are records and primitive art depicting great aerial battles being fought here.

*Not for your kind. It is the way that battles have been fought, territorial if you see it that way but again, the interaction between species was not a priority. It was a dominion thing where each sought dominion of their kind. Behind their motive was one of supremacy of their kind, 'star beings' as you say.*

Why here on Earth?

*Because the land, area had much to offer; much to yield to advance the knowledge of those at war, in skirmishes.*

So they sought to plunder Earth of whatever riches the planet contained?

*It went that way. It was not dominion of the species presently here. There was no comfort in what was seen to be an inferior breed. They sought the riches that the earth held firm. They sought to gain from the knowledge it contained.*

In what way?

*There is much that can be learned about planets by the earth, soil they contain. Much knowledge of the universe and all it contains.*

The topic for today is very interesting to me but it needs to be read through before we continue. So I will leave our discussion for another day.

*Then we shall continue another day. Peace and blessings go to one and all. We leave for today.*

Thank you.

## Why Are Implants Inserted?

*Those who say it can't be done  
are usually interrupted by others doing it.*

James Baldwin

o0o

Years ago I had some kinesiology, energy work done on my physical body. It was then I learned about implants when told I had one in my ear. Others have also been found in different parts in my body by alternative health workers. The topic I would like to discuss today then is about implants.

*Then we oblige with our discussion for today.*

I've since read a book about a doctor who, on performing x-rays on some patients, found different types of implants. He then surgically removed them. From memory, they were mainly in his subject's limbs. My question is, why were they put there, or in any part of the human body in the first place?

*For the same reason you place them into your animal's ears. To monitor where they are and what is desired by us to facilitate whatever is required by us for health, monitoring. It is along the way. We do not interfere with your decisions, of choices and bodily issues but we do need to regulate our research. Our monitoring is not harmful to you but is necessary for us to manufacture whatever is needed by us to make sure we progress in the right way with our instrumentation and the like.*

I do not understand what you are referring to and would like clarification please.

*Then we oblige. We also need instruction of what is transpiring to you and upon your planet divine. We need clarification as to what is progressing and what needs changing for others who come along, are seeded upon other planets divine.*

I don't want to leave the first question I asked but do want to know, you do seed other planets too?

*Yes we do. We are prototyping other avenues that will sustain life. We are going along that way for eons for we are like gardeners and we take pleasure, delight, in bringing forth other prototypes that flourish and survive on other avenues in other galaxies, other utilities divine.*

Dolores Cannon, the regression hypnotist, spoke of the gardeners who seeded planet Earth. Are you of those species mentioned?

*It may be the way. We do not project ourselves; our thoughts are as we stated; judge us by what we say. We delight in communication with our protégées but we do so from behind 'a veil' so to say. We do not want to be included in any way with what you see or emulate or desire to copy. We leave you be to be yourself, to be able to set your course and be as you ought, choose to be. We seek no fame, no glory and no adulation. Instead we are behind the scenes monitoring, watching and taking our specimens, learning in this way.*

*Yes, we are also learning for each prototype from each seeding required different avenues with different physical requirements. We see and are about providing the requirements as needed to get our 'families' to being sustainable where they can fend for themselves in whichever the situation is provided for their needs.*

If you are monitoring with implants, why do you need specimens?

*We require all the way. We monitor your soil, your air, your pollution and we take stock of what is happening to and around the nature ways, kingdoms. We take sampling of all we require and collate it to what we already have existing in our laboratories. We have been doing this, going about our ways ever since, no before, you were programmed here.*

*We monitor what is required for our learning. As we previously mentioned all is required to be learned for many times it covers new territory for us, learning territory we mean to say. We need to see all is going to accord, the way we programmed it all to be so we take sample; nightly we take samples and we also monitor your bodily needs, your health program you have set for yourself.*

You take samples at night? Is that so we don't get frightened?

*That is the way. We all take our samples then and you, if you are aware (of what happened) , put it down to a dream experience and cast it from your thoughts as a strange dream coming perhaps from something you ate. It is less intrusive for all concerned to be, go this way. We fashion our thoughts and ways to minimize our contacts with you for, as we stated, we do not intrude or interfere in any way more than is necessary for us to gain the insights we require for our calling.*

About ten years or so ago I noticed one morning that I had a red mark on the tip of my nose just above one of my nostrils. I thought at the time it might have been an insect bite, maybe a mosquito had bitten me some time during the night. However, around the same time, when out and about, I noticed lots of other people, all ages and all sexes had these red marks on their noses too. Over time my red mark has faded but has not gone away. Were they, are they implants that were done to a lot of the population?

*Yes, that is the way it is. We did do a fell swoop (?) type of implant to many of you, different species and nationalities. It was not only from your sort we sourced our information. We needed to get our figures, our ways forward for our requirements. Many still contain these 'implants' as you like to say but it serves no harm and is, in many ways beneficial for our little charges. We can control, adjust many of your needs to suit the better conditions that are around for your survival.*

I would like to have more information about this topic.

*Then it can be supplied. You ask and we fill you in as much as you are able to comprehend at this stage of your development. It will not always be this way, this arduous way or communication but we will fill you in as this is our obligatory supply channel to give you your requirements.*

You mentioned you planted implants into us in one fell swoop. How can this be, how did it happen to so many at a time?

*We are aware and able to do many things that to you would be impossible. We are not restricted to the laws of nature as you are restricted. We are able to change much of what is about to suit our needs and then we withdraw again.*

Do you mean you are able to change time as we know it?

*There are many avenues we undertake to achieve our desires. We do not go any particular way for our desires take many forms depending on whichever way we choose to delve, activate our needs.*

If, as you say, you prefer to work with us during the night, our planet is dark in different parts. How do you achieve your aim then?

*We prefer to work when it is dark but it is not our only way of attainment. We have ways that to you would seem to be illusion and in some ways, it is the way. We change what you understand to be and achieve our aims in this way too.*

Do you mean like an optical illusion, a mirage, or something along that line? If I remember right, you said you do not tinker with our minds.

*We can change what you perceived, think happened or you saw. We do not tinker with your minds when we do this.*

I am not sure I can agree with you on this comment.

*You achieve this to yourself many times without any recall, harm. It is illusion, what the mind saw and registered as what was seen. It flows along this way.*

So, as I understand what you are saying, you are able to go to different races all over the planet and do what you require and anyone who was aware of something happening you are able to somehow create an illusion so they think something else did or didn't happen?

*It is the way it is if we feel the necessity of this action.*

You spoke about controlling or adjusting our needs if it became necessary. Your exact words are: "*We can control, adjust, many of your needs to suit the better conditions that are around for your survival.*" Haven't you previously mentioned you monitor, take samples but let us get on with being 'us'?

*Yes, it is so. We can see cataclysmic activities ahead of time. We can monitor changes not so obvious and we can act upon our instructions. We are conditioned to be always vigilant, to see what is necessary for life to continue. We do not interfere unless there is some sort of catastrophe, global, we say. Then, and only then, are we able to change what could wipe you, all principal life (out) on this planet.*

I would like to finish for today and continue again tomorrow.

*Then we go that way. Peace and blessings be upon you, now and forevermore.*

Thank you.

## What Is Discovered by the Implants?

*The future belongs to those  
who prepare for it today.*  
Malcolm X

o0o

Again to recap: you mentioned that you had planted implants into many people at similar times. These implants were put into people, different races at different places on our globe?

*Yes, it went that way. We attain our direction, what is required with our specimens and act accordingly so we can have our results.*

And in this instance, you are referring to us as specimens?

*That is correct.*

Why then, was it necessary to implant so many at different parts of our Earth?

*Because your body, was undergoing changes and we needed the results for our research. Much has changed over the eons, to your body, to your Earth and we keep score, what has changed. We saw that upon the Earth was a great shift; an energy shift and many of you were unaware but changes were about that had an influence. We needed to research, find out what effect this change had to you, your body, with this, in this way.*

And did your research find anything?

*Yes, there were twofold changes happening. We saw that many of you had attained another way, a lightening of being, if you see it that way. Your energy had shifted, become more rarefied, and there was, as we stated, a lightening of being. This brought about changes to your body which was able to undergo changes and much of what was dross around you fell apart, away. Your thoughts then brought in other issues that could be recalled, refined and changed.*

And was this change important to us?

*Indeed for with your lightness of being it also brought about changes around your planet Earth. You see only 'the tip', so to say; what is beyond your nose if oft times not there into your awareness. Much has happened and continues to happen to your Earth and while the protégée is being researched then all will go as accord.*

Please explain the part about the protégée. Who is or are the protégée?

*Why all. All of you living upon this planet divine. All of you are protégée in the way you live and function with your limited abilities. We are impressed and in awe sometimes of how well our little protégées have survived and continue to be so.*

I will finish now and read what you have given me for today.

*Peace and blessings go to all, now and forevermore.*

Thank you.

## How Different Species Assist Each Other.

*Somewhere, something incredible  
is waiting to be known.*  
Carl Sagan  
o0o

I have been thinking on your words: of all the people of all race and ethnicity, from different parts of our globe who have implants, all of them, whether they are aware of it or not, have agreed to this prior to incarnating?

*Yes, it is the way it is.*

I see. There is a clear memory of two occasions of going to someplace unfamiliar to me on what appeared to be some other planet and having difficulty understanding what was there. At one area it appeared devoid of other life, barren and covered in a red dust. As to whether what was been seen was accurate is not clear to me.

There was a friendly alien with me who was trying to help me understand why we were there. Held in my hands was what appeared to be a box or something similar. It also seemed important to the little alien for me to understand what I was holding

Now, after your information it is obvious; I have been unaware of some of what has been transpiring and why. I would like to correct that and in doing so, perhaps enlighten others who may be undergoing similar experiences and are as unaware as I was. Is that okay?

*Yes, we see much can be achieved by this way of progressing. Many of you are in ignorance of what transpires. Many of you see your dream state sometimes when you are abed and 'taken away' as you say to be no more than a dream state. We seek to correct you all and set you straight.*

*There are indeed many of you who have implants but again, we state, they are there with your approval and serve a purpose to you all. You gain along the way as well. You are not, as you refer, like your animals, beasts of burdens, who are tagged and have no knowledge or education of what is transpiring.*

*It is not the way for your selves. You have agreed and, in some instances, instigated the terms of the conditions of you being 'tagged' as you say.*

Could you be more specific please? What do we gain and how do we instigate the implanting?

*You go the way of your being. You understand and work with others not of your species sometimes and you all gain by the knowledge they impart for it is not a 'one way street' as you say where all is taken and nothing is given in return. To your conscious mind it may seem the way but your recall is there if you elevate yourself to understand what has transpired and continues to do so in many instances.*

Please clarify your explanation for us.

*We can go another way. You have instigated this deliverance before inception. Are we in agreement here, with this?*

Yes, if everything is pre-planned it must be the way.

*Then we enlarge and ask you why you would do this, be this way?*

We can assume it is because the other species we deal with have something we don't have and we have something they don't have. Is that the way?

*It is much more than that. It is as if to say you can excel, gain more by this, in this way. You can plod along any way of your choosing. The harmonies will always be present but unless you have the knowledge, the recall, you will be oblivious of much of what is there and possibly available to you at some stage.*

*There is no 'right' or 'wrong' as you say. It is an enlightening of all. They, other species not of your kind, have a technique, an understanding you cannot presently recall. They are able to offer their expertise to you all and you gain in this way, with this. You on the other hand can reciprocate to them and this is the way with the implants and the going away for a temporary 'sojourn' so to say. You all gain in this way, with this.*

And the implanting is monitoring our earth energy bodies?

*Yes, if you recall there has been enlightenment with this. Once it was more implants than what are used now in your bodies. Many of you are still unaware that they are producing valuable information to others not of their kind. They are enlarging the scope of the 'aliens' so that one day they will produce what is denied them now to receive from their bodily flow. They will access, be able to come and go with more of advancement than is available to them now.*

*They, like you, are restricted in many ways but with the new found knowledge they gain will be able to come and go as a way of understanding for themselves. As it stands at present, they can only gain through your earth body. You in turn, can only offer them 'a piecemeal' so to say. They cannot experience as you do. They can only gain from observation and from semen, other bodily organ functions so they get their understanding in this way, by this.*

My impression was that the implanting was to study our energy field or electrical magnetic bits?

*It may be the way. We are speaking, referring to what is achieved here and for what purpose. They will at some stage start to frequent more in a bodily way the earth energies. At the present, to this stage, they can only come and go, be away from their own energies for a short while. You are the same way with yours. Once gone for too long your being abides. It is the way. They are seeking to extend their time here for what is offered; to channel their information along this way.*

Don't they incarnate like we do onto this reality?

*No, it is not the way, will not be the way without the impetus, the information. It will then be a conscious experiment, exercise where they have more control and understanding than you presently can recall.*

Is that what happens to us when we go to their domain? We are gaining from the energy they have for their area? Is it not one of the areas we could access by ourselves? One we might choose to incarnate to at some stage?

*It may be the way with this but they are 'speeding things up' so to say. They are giving you the knowledge of the way and achieving for you the understanding of where and how things are 'there'. They have already gained much for they are an advanced race and you still have a way to go. They are prepared to uplift, help you here but there is an understanding, a 'trade-off' so to say.*

I am aware of having gone someplace with an alien thought of and referred to as my little friend. She didn't have a large head or eyes. Was she a different species to the Grays?

*You have interacted with many species over your time. We say to you now this one was not one of the Grays. You have knowledge that allows you to breach 'other sources' so to say. You are familiar with other species for you are of their kind. Some of them are much loved by you and reciprocate in kind.*

Yes, there is an innate feeling of what you are saying so I do understand. However, before asking you about my little alien friend would like to know why are the Grays around me? I now accept that they are not here to harm any of us and there is an interaction, exchange of energies and knowledge but why are they the only ones here at present?



*If you recall, you made a pact before inception. It is the way. It is their time to be here and learn your way.*

I forgot about that. Well, my term of 'piggy backing' is my primitive way of describing the interaction when we go off on learning sprees. Could you make it more understandable for others as well as me? How is it done? Others could also be experiencing the same sort of thing and may have no conscious knowledge of it happening to them.

*Yes, it is the way it is. Many of you do go to other levels, understandings and gain in this way, with this. You (Annette) recall that you have experienced other levels and have been able to hold and bring the knowledge back so it can be shared in your books for others to see. It has been achieved with this purpose in mind but in other ways you also achieve.*

*You are gaining insight to other species and their kind and enlightening them with your kind, your energy presence. They, in turn, seek to learn more, to educate themselves by gaining the same insights as those of their kind who make the exchange of energy with you to enable you all to gain and understand by this, in this way.*

How is this done? Do they impinge over our energy field and we go that way?

*No, there is another kind of energy you control and they go the way with that field.*

This opens up for me other questions but it might be better to leave it for another day. I will finish now to read back your information for today. As always, thank you for your guidance and help. It makes me realize how little I do know.

*All have chosen this path, this way and for you to attain your goals, the experiences here you have had to place 'blinkers' so to say upon your countenance. The knowledge you all contain is vast. Much more than you allow yourself to divulge. It is there, never fear.*

*We leave you now. Peace and blessings go to one and all. We are gone for the day.*

Thank you.

## Learning to Love.

*'Act as if what you do makes a difference.*

*IT DOES'.*

William James

o0o

Today I would like our discussion to start on clarifying something you stated on two previous occasions because to my mind two of your answers appear to be in conflict with each other.

*'Fire away,' as you say.*

You mention that the other species of star beings developed another way, more scientific and technological but do not understand or experience emotions like love.

*It is the way.*

Yet, at another discussion you mentioned that I am well known and loved by one or more species and I reciprocate in kind. Are we now discussing more than one species?

*Yes, we can understand your confusion but listen well. It is the way that there is great love between you and other species of 'aliens' as you say. Yet it is also so that there are others not able to understand the emotions your kind portrays. They do seek to understand and oblige themselves along that way. They have come to a realization that all they have attained is lost without the emotion of sharing and complacency of understanding; of knowing what can be achieved.*

And some alien species are capable of emotions such as love?

*There are indeed others who do have the accompaniments of love and do understand and feel. They are not of this dimension but come as 'visitors' so to say. They have mastered much wisdom of kindness and understanding and compassion to all species. They come to assist at this time.*

So one species is of the third dimension and one isn't?

*Yes, it is the way.*

Then the alien species here on this dimension, how are they going to learn about emotions? Emotions for us start by experience and learning from the time we incarnated here as babies. What is going to guide the star beings to feeling emotions?

*They watch your ways. Even now they watch your ways and see what motivates you, how you react to different sensations. There are specimens who are 'implanted' as you say and much can be learned from this. They move about you and gain from the energy pattern you portray as you move about and interact with your kind. They have projections who relay what your species, kind is achieving by your emotions to each other and to those you love.*

Can they see our aura, energy field?

*No, not yet. They have other ways of understanding all you portray. You are not of a mind to learn and go this way so you are oblivious to other 'remedies,' shall we say that bring you closer to understanding what else can be achieved by those who cannot see or feel your energy field yet are able to understand much because of their technology of kind.*

What you are describing sounds more abstract, more clinical.

*Yes, it is the way but it is(also the way they learn and function. It is the only way they understand at present.*

And are you helping them too?

*Yes, it is our way to assist all who require our aid. We do not pick and choose who is to be helped by us for as you understand to help one helps all. You all progress on to greener fields this way.*

You have just mentioned 'They have projections who relay what your species, kind is achieving by your emotions to each other and to those you love'. Could you please enlarge more on what you mean by their projections?

*Yes, their projections are like your thought forms. They are without substance but look real until they are activated and brought more into alignment with whatever the achievement to be obtained is.*

Then do they become real as our thought forms do?

*No, not the way of your thought forms. Those thought forms become real through the emotions you have engendered and of which they can utilize to create their reality existence. These others lack that ability so remain a projection without concept.*

Somehow like a robot?

*It can be seen to be that way but there is more at stake here. Presently your robots lack drive, what it takes to make them human. These energies also lack the drive but can provide much information, the kind that is lacking in a robot.*

You mean the star beings' projections?

*Yes, it is so.*

You just mentioned you don't pick and choose who to help and we all move on to greener fields. Is it because the star beings, us, all energies on this third-dimension transition at 'the one time' so to say as we are moved on because of the incoming energy swell?

*It is the way. All at this level whether human or not, will go their way at the same time. While though, and we feel we need to explain, some of you will decide to stay and be a comfort, help to those who are not quite of your kind as yet but are moving, growing that way.*

*You will stay but you are no longer as previously. You are no longer requiring a body to exist here and will function without one. Because this has moved you past your previous misconceptions and taken some of the glitter... no, illusion from your sight, perception, you no longer think or function the old way. You have changed. Your caterpillar has become a butterfly.*

And can now fly?

*You could always fly but knew it not because of the constraints you placed upon yourself. Now you are aware and can do more to oblige yourself and those you take under your wings.*

You said at the beginning of this book that we all need to open our mind to the reality of existence. Some of the answers you have provided to my questions seemed unbelievable to me at the time you stated them but because of more of our discussions I can now understand further and acknowledge their validity.

*And that is where we will leave this topic. You do know of your greatness, of your kindness to encourage and cosset others who need your kindness. It is the way it is, will be for existence.*

*Peace and blessings go to one and all. We close now and leave it for another day.*

Thank you.

## Enhancing Each Species.

*'If not us, who?  
If not now, when?'*  
John F. Kennedy

o0o

You have previously mentioned there are those, space beings, who do not want us to take our rightful place in the universe.

*Yes, it is so but again, we reiterate, as a democratic council, the elders have the last say. They would not tolerate such behaviour for we have all moved past such primitive needs and deeds.*

And the Council of Elders are involved with this third dimension's planets and beings?

*Yes, it is the way it is conducted.*

Another question on a slightly different theme: our scientists speak of the universe, black holes, anti matter and such. Is this part of the third dimensional illusion and part of the game construction?

*Yes, it is the way, part of your game play.*

Do black holes lead into other dimensions?

*We do not see it that way, like that.*

So they are not short cuts for space beings in their craft to access our planet?

*Again we do not see it like that. There are many space beings in their craft that interact with you now and it is to increase. They do have ways to shorten the way but it is not through black holes. We do not see it that way.*

*Their technology is far advanced to your way and your understanding. If you gain the knowledge, you will also take advantage of technology that allows you, humans, to come and go with alacrity. Your way of understanding is short and you need to fix this lack for you to also come and go.*

*There is much to gain by all to have you advance and take your place with the other occupiers of the stars. You are being programmed, helped to achieve it in the rightful way. Rightful way we state is not by overwhelming fear and intimidation as has been your way.*

*When we see that you are capable of civility to others we will imprint more of our ways, technologies to help you along. At present we are monitoring carefully how you respond to what has been given to you to enhance your knowledge, understanding.*

And we can also contribute, offer things to enhance each species?

*It is the way.*

Do we have abilities that the other species presently lack? You have spoken of one of the gifts we have is emotion.

*Yes, it is the way. There are wondrous abilities your space beings have worked through and mastered but alas, in their haste to progress one way, the other was not developed and the knowledge has remained closed to them. They study you lifestyle, your blending each to the other and wonder what it would be like to have the rare, to them, emotions of love.*

Would you please elaborate on that?

*Yes, we go this way. They are far more knowledgeable in their deeds and have 'swept through the universe', so to say, with their wondrous technological machines but they lack the empathy of their kind, to their kind. They see the advances you have made along this way, to family, friends and other beings and wonder how it would be to feel such a success.*

*Make no mistake, your emotions and love you show to your kind, your animals, have set you on another path to the other beings that also inhabit this third-dimension universe.*

Haven't they had a look at how many of us treat each other? For many it is not loving or kind.

*There will come a time when everything settles down. It is because of the changes being felt that all are 'betwixt and between', as you say.*

Not meaning to sound disrespectful but we have had centuries where there has been wanton cruelty perpetrated upon people, animals, flora and fauna. As examples not in any particular order; our world wars, the Dark Ages, wars over differing religious beliefs, tribal territorial skirmishes, extinction of animal species.

*Again we take you back to our dictum; you cannot have anything brought into your awareness that was not first instigated by you. Your referrals you mention have been seen and perhaps felt for a reason. You would need to see the way you brought it into your conscious existence for what you sought to gain by the melee.*

Our game of life we instigated?

*Yes, it is so.*

Thank you. I would like to finish now and continue tomorrow.

*Then we leave you to go your way. Peace and blessings to one and all. We are done, gone for the day.*

Thank you.

## Alien Offspring.

*The ability to observe without evaluating  
is the highest form of intelligence.*

Krishnamurti

o0o

From what I understand you are stating, it has not only been the Anunnaki, the race that is said to be recorded in some ancient scriptures, which have come here for different reasons. Were any others who came here doing it to help our advancement? Or, was it left up to your species?

*No, others have also had a 'tinker' as you say. The race you refer to as the Anunnaki were the long-standing ones, the ones who came and stayed.*

Are they still with us now?

*How can it be any other way? As you are aware from your ancient texts that they 'mated' as you say, inbred with some of your kind and their offspring, their progeny live to this day.*

I have wondered about this inbreeding with early prototype humans. We have been taught from our history books that our ancestors were beings barely able to walk upright and to have limited speech. No disrespect intended, because you did say you made them in your image but from what we have been taught, they sound like little more than the primates that were also here at the time.

*Yes, that is the way. We do not digress or say we are the most attractive species that ever-set foot upon your Earth but we did not look as you portray us. Neither did our 'offspring', so to say. They were attractive enough, passable in their way, to be attractive to those who sought them out for purposes, not only for mating, as you say, but for experimentation.*

*They were not as the beasts of the field, the wild animals or the primates inhabiting your domain at the time. They were of a similarity that could be utilized and procreation did take place. Some intervention was needed at times for there was a dissimilarity, not too distinct, but could and sometimes did cause complications during the birth of their progeny. This interaction did take place and continues to this day.*

I am sorry but don't mean to be discourteous when I say I find that difficult to believe. You will need to explain that to me.

*Then gladly we go that way and inform you for you have much to learn that brings you up to date with what is around, what is going on, what is still being perpetrated with little knowledge coming to you.*

Are you referring to those who are taken on board space vehicles?

*Yes, but there is more to tell. You all think that interaction only takes place at times such as this but there is more. There is physical interaction not only in this way but is being perpetrated along the way, the lines of intercourse between beings with little knowledge of one being exploited by the other in this way.*

But what you have just said doesn't quite make sense to me. You mentioned one is being exploited. How can that be?

*We are stating it is the way. In their mind they are consenting but they are being led astray. Deluded you might say. This is what we refer to with exploitation one to the other.*

To what purpose?

*To gain control again; keep the foothold in 'the door' so to say. It is not unusual for this has been activated, going on for centuries. You have many 'high flyers'; we think that terminology is the way. Those, many, are hybrids, mixtures of two races (species?) combined to make a certain influence upon your planet. To gain control, mastermind what is seen to be the best avenue to ply their way.*

*It is not finished; they have not finished yet and we watch and wait for the change to occur. For the shift in consciousness, a ground swell, if you have it that way. It will recognize and change much of what is about at present. Long gone will be the way, the influence that controls you all now.*

What do you mean by long gone?

*It will flow to all and the 'shackles', so to speak, will be gone. It will be a distant memory in your recall for you are all changing and your needs go another way. You will start to see and take responsibility for your cause, which is, development of 'self' your self. What you desire and program for your needs will be coming to the fore without intervention of others not of your species.*

I am assuming from what you previously stated that it is possible and happening to people that they are being mentally deceived, deluded, and controlled by another species. What is to stop this from continuing?

*The incoming energies will shift much of what has been holding you fast to your illusion and you will see and react accordingly.*

But what you have mentioned is like a form of hypnosis or mind control. If a person is in ignorance of what transpired ...I'm getting myself confused here.

*It is the way it is to be. You will change. You will notice untoward activities, experiences. Little subtleties that were overlooked will now come under scrutiny. You will cease to be deceived like innocent, ignorant children. It will be gone. The cloud of misinformation, of being misguided, will be cast away and you will finally see what is about.*

*The last vestiges of control will not want to 'shake the boat' as you say. They choose to hold tight to what has been their right, their way for too long. You are seeing the upheavals upon your planet. Where unenlightenment, surrounding issues, events, are now coming to be recognized for what they are. People are starting to reclaim their inheritance, what should always have been their way, their path divine.*

*We are explaining and telling you in no uncertain terms that it will all change for the betterment of all concerned. Even for those who have held the reins of power for too long. They will undergo their own metamorphosis for they also have lessons they choose for themselves that take them along another path to upliftment of all.*

I will finish now and read what you have told me. There will be more questions about this changing of the guard, if that is what is happening. I also have to tell you I am very sceptical of a golden age many speak about and this may be what you are alluding to.

I can accept the energy changes and people starting to wake up to what has been happening but those in power, or with influence wanting voluntarily to surrender that power and influence; no, sorry, I just can't see it happening.

*Then we leave if for another day. Peace and blessings be upon you, now and forevermore.*

Thank you.

## Manipulating Matter.

*When you change your thinking,  
you change actions.  
When you change your actions  
you change your future.*  
Zig Ziglar

o0o

Your answers lead to so many more questions to ask. Are these aliens who didn't have our best interests still controlling any of us?

*It may be the way but it cannot last. It cannot be for you are taking the blinkers from your sight and are becoming more erudite, educated to what is around and going on. It is not so easy for those not of your kind to pull the wool over your eyes as before.*

Just to be clear on this; are there still puppet masters or controllers of part of humanity now?

*It may be the way but, as we stated, any control will be taken from them by the education of those who once stood in awe of what was transpiring.*

We presently have books and movies that predominately show the aliens to be unfriendly and wanting to subjugate humanity. Is this part of the wake-up call?

*No, we do not go that way. It is there, rest assured it is still there that others not of your kind would like to revert back to the old ways of subjugation but as we have spoken before, it cannot be.*

Times have changed and whatever lesson we chose to experience in the early days is no longer applicable to us?

*That is the way to see the outcome.*

But we do have a spirit family that support us? We also can call on our other selves?

*Yes, it is the way. You are never without recourse, never cast adrift. It all goes of accord. You learn eventually, in this way that you are stronger than you ever supposed. You eventually gain an understanding that what you feel is dis-empowering is, in reality, making you strong.*

So, all who we call upon, who can offer support and encouragement is more like a supportive parent. They, metaphorically speaking, console us, dust us off and encourage us to try again?

*It can be seen to be that way.*

What other way can it be seen?

*You are learning to see and understand that all that comes into your life is there because of your intentions. Your learning capabilities are extended and rest assured, your magnificence is heightened by each revelation. You are learning to manipulate matter and your emotional effects are profound.*

As that is not clear would you expand on your last sentence, please?



*You have, in one of your missives, spoken about the ascended masters and their ability to manipulate matter to suit their needs. It is not a special trick, no sleight of hand situation where it has been demonstrated down the aeons to those enraptured by the learned ones' presence.*

*They were basically showing what could be achieved by the masses, that anyone who had the ability never needed to feel want again. They demonstrated their ability, not to 'show off' as you say but as an encouragement to others to aspire to. To follow their way was meant as guidance, an upliftment of kind and they achieved it in this way. They did not intend to be placed up high upon a pedestal. It was not their intention to be seen or go that way.*

Jesus is said to have told his followers and the masses words to the effect of all that I do, you can do and more.

*Yes, it was to inspire them to greatness.*

Then why are the ascended masters now out of sight?

*We do not go that way for we do not know of their present intentions for the masses, if at all at this juncture. We were merely having you understand that all can be achieved as was their way. You all have the ability but see it not. It is your lack of faith in you ability that sets you apart from your ascended masters. All they are, all they contain, is within you.*

But they came with a plan to help and educate those of their times?

*Yes, it is so. They came with a plan, 'a pledge' so to say that was to assist those who lacked the faith in themselves by showing them a better way of living and growing within.*

A pledge? That is a strange word to use. Would you mind explaining what you mean?

*They pledged themselves to be a guiding light to others who were not yet in the light of knowledge of kind. They sought to be guiding lights to illuminate from within what all have within. Unfortunately many times, those who have come with the enlightening knowledge have not had their way as they sought.*

Not all have gone that way?

*It is what you refer to as 'tall poppy' syndrome. Where someone comes along and challenges the status quo to think and behave another way. It is not, for the most part, tolerated by those who control the power and so the enlightenment is lost to most until another day.*

*Now that is all to change and much upheaval is upon your planet and those domiciled here. Changing patterns of energy enlightenment are flooding into your planet forcing all those who live here to change. It cannot be any other way for all who exist here at this time are here because of the opportunities existing upon this plane divine.*

Now, in this era of the water bearer, Aquarius, do we have or will we have anyone incarnating as teachers like Moses, Jesus and others to assist our development and teach us?

*No, this is the time for you all to understand your magnificence and 'internal power' so to say. It is now your turn to shine the light upon yourself and all you are.*

What about guidance for those who don't understand or go that way?

*We tell you now, all will find their way to understand their magnificence and the part they play in this or any incarnating reality.*

*We leave you now to your thoughts. Peace and blessings go to one and all. You cannot fail.*

Thank you.

## Cosmic Responsibility.

*Life is not a matter of holding good cards,  
but of playing bad cards well.*

Robert Louis Stevenson

o0o

I would like to refer to a book written by the Englishman, Edmund Harold. The topic is about numerology and how we have chosen numbers in our lives, such as our birth date and name numbers for the vibrational learning they offer. I do not disagree with his teachings here and acknowledge he knows much more on the subject than I do. The section I would like to discuss is from page 19 and is about the Illumined Ones:

*‘The ultimate goal for mankind is to seek to become the master of self, and of matter. Such acts leading eventually to be conscious acceptance of a portion of Cosmic responsibility relating to the planet upon which we gather our experience. As the very early races of mankind showed a marked reluctance to accept such responsibilities, Elder Brothers - or Illumined Ones - drawn from the other Galaxies, appeared upon the Earth, guiding the slowly evolving races toward self-realization.*

*Their unselfish devotion to the requirements of humanity has borne fruit in the form of a group of beings who, of themselves, have sought to control the illusions which abound in the worlds of matter, accepting therein the many hardships and disciplines attendant within the search for total self-mastery. The Bible refers to these Souls as “The Very Elect”, but today we refer to them as The Masters, although they themselves, now beyond the pull of personality, prefer to be known as Elder Brothers and Sisters’.*

My question is on how there are two levels of beings; the galactic and the spirits from the other dimensions. Is that so?

*Yes, there was a division created to form another logic; a way of seeing things that were Earth bound for the time. Erudite beings incarnated for the express purpose of bringing others through or from the mire to upliftment of greatness.*

*They were incarnated from all other avenues, galaxies; such was the need for the embryonic population of the Earth at the time. We seeded your race with species of our own to grow and learn in the Earth way. We adopted much of our technology with this to bring it into being. It was done with a structure, a purpose to enlarge the scope of all in this way. Those who worked tirelessly 'behind the scenes', so to say, and those who choose to incarnate, to be the guinea pigs for future enlargements. This was successfully achieved and many times we have watched our flocks grow and prosper with enlightenment and enlargement.*

*Finiteness, yes, it was the way. We could not structure the body; prolong it to the greatness of timing; of length of duress we required for much more to be expanded so we had to settle for what we could achieve at the time.*

*Those hardy beings who prospered, many of them your teachers, masters, learned how to control firstly their own energy and then share the knowledge with others to learn also to control and develop their talents.*

*Forms changed over time as more was added to the melting pot of atoms and structures of the races of humanity. Much has been left behind. Much had to, by necessity, fallen by the way. You are now at a stage of your evolution where your mastery has gained impetus and needs go another way. We are here monitoring, blessing, moving, sifting; all these sorts of activities are required for the newer energy times to be infiltrating not only onto your planet, but into your very being. It is the way.*

*We are here to monitor your progress. We have always been here in one form or the other since your seeding; your growth pattern was established here on your planet.*

*It is time to grow another way. We finish our words today in accord. The Earth brothers and sisters are ever present to guide and advise. We leave you now with words of cheer. In the times ahead much knowledge, much advancement, spiritually, intergalactic and technological will be brought forth with the change.*

*Go in peace and love understanding, knowing, you cannot fail. That is all for today. We wish you well in your journey forth.*

Thank you.

## Interaction With the Grays.

*Just as there are those who accept every UFO report at face value,  
there are also those who dismiss the idea  
of alien visitation out of hand and with great passion.  
It is, they say, unnecessary to examine the evidence,  
and “unscientific” even to contemplate the issue.*

Carl Sagan

o0o

I would like to discuss an experience from last night and get your understanding of what was happening at the time.

*We can go that way.*

I was asleep in bed until a loud bang sounding like something being dropped by the tenant in the apartment above woke me. With my inner vision I saw a group of several space beings we refer to as the Grays were in my room. The one closest to me appeared to be agitated and all seemed to be in a hurry. It has been some time since I have been aware of their presence. Why were they there?

*Many times you issue 'a command' so to say and they comply. It is all 'okay' as you say. You are instructing them and working along their sights, the way it is to be. It is not for naught they come around for you have a link that binds you fast in this way, with this.*

What sort of command would be issued and why? There is no conscious knowledge of calling them in or desiring them to be with me.

*You called them in. Perhaps not as you desired in your waking state but nonetheless you called them in. You understand the terms set down by you all. Combined you get 'things done' as you say. You are working together is another way of stating the situation for your recall.*

To my mind they are the ones who might have abducted me into a space craft to be examined while my physical body was asleep in bed. I didn't then and still don't want to go that way.

*It is so that they did 'abduct you' as you say but we now instruct you to understand, ask yourself why? Why would you acquiesce to another energy divine to 'spirit you away' as you say? It is as you say, 'a fait accompli'.*

*It is forewarned, decided before you incarnated here that you will instruct, work with these energies to the betterment of all. It is not some accident thrust upon you and you are mistaken if you think, go that way with this.*

Please explain what you mean.

*You have pre-planned, agreed is what we are saying. It is a fait accompli. You have initiated, agreed to work with them in this way. It is not a problem where you are not in control. Each time you have interaction it is pre-planned. You initiated it each time is the way. Many of you are of accord, go this way in this endeavor.*

Why? What purpose is achieved?

*We are saying that you work in accord with what you chose to achieve. You set out with a purpose to gain knowledge along these lines. You work, collude with these entities for the goodness, achievement of each species.*

*You work, collude and gain in different ways. You are able to access much of what would be denied you where you delve*

*into other avenues not yet set out for you. You do not have the aptitude, the set way of achieving yet these entities are of accord to 'piggy back' you so to say and you act in kind. They learn from this as well as you are gaining the 'thrust up' so to say.*

*We are explaining by this that you are changing energy for other endeavors by the grace of these beings. You, in turn, allow them to experience what they have not achieved by themselves. They can then use this information to advance themselves and like-minded others of their kind. You transpire the same way with this.*

Then if we are so familiar to each other why do they make me feel uneasy?

*They are not of your kind and this brings uneasiness to the physical part of you. However, the other part, the spiritual has not thought along that line. You achieve, as we said, and you go on, each to their own way with this.*

These grays seemed to be in a hurry last night and one seemed stressed. Why?

*It is of accord. They were serving their purpose and it followed the right way.*

What was their purpose?

*They had a prearranged agreement with you. It was not a surprise. To your conscious mind may be the way but it was pre-planned. You were to go off with them and sort out conditions that previously had caused consternation. It was to be, go that way, along that line. We cannot say any other way.*

It wasn't for more implants or examinations?

*We do not see it being that way. What was chosen, the way to be was designated beforehand. We do not understand why you are making such a fuss.*

*It is not the way that they sought to be, do you harm. You have preconceived plans to set in place. It cannot be the way that they were there to 'do you in' as you say. They had no intention of harming you. It was not their way, their intention.*

Then what transpired?

*You were not harmed and learned a lot, much of what was previously unknown to you. It was again a win/win situation.*

*Would you react the same way if you saw our countenance? Would you cringe, stand back in horror because we are not of your physical kind? We are not to harm you either yet we are so different to what your countenance requires that we feel you would treat us, react the same way as you have to these entities who seek you no harm.*

*It is the way it is. 'Each to his own' you say but there is more afoot here with learning, gaining from other entities not of your physical kind yet still of your kind. You provide and receive a service; it is the way.*

Thank you for the information today. It will be mulled over and perhaps somewhere I went or what happened will become clear to me.

*We wish you well. Peace and blessings go to one and all. We are finished now.*

Thank you.

## Further Interaction With the Grays.

*Understanding a question  
is half the answer.*  
Socrates

o0o

There has been a lot of thinking done on your answers to my questions. I always thought the Grays were one of the 'bad guys' of the universe. What we refer to as being like 'guns for hire.'

*No, it is not the way it is at all. Your preconceived opinion is onerous, wrong. It is not at all like that.*

Well, as a child there are memories of being in a space craft and tests of some sort were carried out on me. The Grays might have been one of those species helping the insect race as they did their tests.

*No, it is not at all as you like to recall. To your mind, a child's mind it was the way. You saw and delved but not deep enough to see what was actually transpiring. You were not there, taken without consent. You went there willingly but once there when 'reality' your term set in you became afraid.*

*Again we say to you, you cannot have anything happen to you that you have not previously in some way instigated. That is the reality of the form.*

So, whatever transpires or transpired was all pre-planned before my inception?

*Yes, and carried through as accord. You don't go anywhere against your will when out of your physical frame. There is always a plan instigated even if, to your present understanding it is wrong, not as you seek to comprehend.*

Then what about the implants? There are some in my energy body that are affecting my physical body. What about other human beings who also have implants? Some are in their etheric energy field. Others have had x-rays showing them embedded in different places in their physical body. Some have had them removed while others have chosen to leave them where they are.

*Again, we say, they are not 'implanted' as you say, to do them harm. They are not planted there as a relay. They are there with your consent. They are not given where you will be harmed. They are there with your grace even if, to this consciousness part, it is not the way.*

But it can have an effect on this physical part?

*Yes, that may be the way but it is still pre-planned, with your consent. Again, we ask you to think beyond preconceptions. If, as we state, that all that happens in your life at any time is in some way instigated by you for whatever learning characteristic can be achieved, you are the instigator. It cannot flow any other way.*

*Nobody else is to shoulder any concern, blame for what you instigate. It cannot be the way, where others are at your beck and call and you command them to injure you in some way.*

*All have their instruction, their mission they seek to achieve and they set about it in their own inimitable way. If you change your mind and add enough impetus to the thought it will change your situation, what you had pre-planned and it will go that way. It is all of accord. You instigate whatever comes your way.*

Before we finish our discussion for today would like to ask: when the Grays came for me the one closest to me seemed agitated and they all seemed to be in a hurry. Was that because of the noise that woke me enough to make me conscious of their presence?

*It may be the way. Many times events take place where there is the preplanning yet little evidence, knowledge is given to the earthly consciousness by this, in this way.*

So, if there hadn't been the loud noise, I might have been oblivious to going somewhere with the Grays?

*It is the way. We reiterate, there are no accidents and it may well be that you chose to receive the information in this way so that you could relate it here, in your missives, to let others understand that much goes on 'behind the scenes' so to say that is rewarding to them and brings them to no harm. It is how it is.*

I will finish for today and read back our discussion. Thank you again for your information.

*Then go in peace and peace be upon you all now and forevermore. It is done and we are gone.*

Thank you.

## Part Eight

### Two Previously Unknown Species.

*If you judge people,  
you have no time to love them.*  
Mother Teresa  
o0o

A reader asked about two different appearances of non humans she has experienced. The first appearance was of a pipe-like individual who appeared after the reader admitted she had perhaps concentrated too long on a blue light on her bedside iPod player. Can you inform her on this please?

*Yes, it is only the way of perception. She understood that it was more than the blue light she envisioned. It set up a condition that made it easy for her to access what is always, already 'in her orbit' so to say. The area around her is filled with other species, entities such as this.*

It was another energy species?

*Yes, it is the way. There are many interpenetrating your form, reality; at present and always.*

Thank you. We might come back to that. The next question asked was about another small individual seen by the reader. She said he appeared to be about three and a half feet tall and was crawling on the floor at the bottom of her bed.

The little entity had a childlike frame, 'hair' that was like an arched helmet, but rather than in one piece, it had sections similar to a cock's comb. Like the first entity this one was there for a little while then disappeared. Both of these little beings were seen in the same house. Could we have your comments please?

*Yes, it is the way it is in that property and we will explain. There are many areas that are susceptible to infiltration of different kinds. If you are receptive enough, or become receptive enough, you will see all sorts of different more diverse entities than you would normally espy in other areas. It is as if the veil is thinner at these times and places and events as well as positions, entities will be present.*

*They are there all the time. There is no obstruction but you see them not most times and because they are not of your kind, a strangeness that can be inhibiting to you all.*

So they had their own reality they exist in and for a short while it became accessible to this reality the reader was at or in?

*It is the way it is. At all times it is the way. Were she able to access these dimensions on a daily basis she would find much to entertain and learn from. They have their ways, their activities, their doings that progress them on in the desired way for their growth, just as you go your way.*

This woman was an observer. Could she have interacted in any other way to these entities?

*It may be the way. We are not of her kind here yet she interacts with us with your knowledge, 'forecasting' so to say. She could, we suppose, achieve the same for herself if she chose to be and go that way.*

To give further information to her, what would you suggest she did to achieve connection and communication with any other entities she sees and might want to learn more about and from? You said I put out a call and you answered my call. Should the woman go that way if she chose to learn by interacting with one of the spirit teachers or beings?



*It could flow that way. The woman would need, most times, to make a conscious effort to connect with us or with other species set out to aid humanity on their journey to completion. The belief pattern needs to be strong for the connection. Without this, interaction could not be achieved.*

It is not clear to me what you mean here. I have read information from other humans who interact with unseen energies. Some of these unseen energies are human form and some not. The information says or implies that there was no previous thought about it.

*No, we cannot agree, go that way. We are stating that at all times there is an interaction, a 'web' so to say, of energy that is intertwined between all who communicate in this way. It is a spiritual connection that has been instigated before this inception; that it may happen late in life or earlier on is already predetermined. It is the way it is meant to flow and the energy is instigated, placed in the right and proper way for it to be experienced by all who are connected in this way.*

Then going back to the reader, she saw but did not interact. How does this relate to what you have just explained?

*She observed and saw. It was enough for her at the time. Now other thoughts come in and she wonders what is about, what was the purpose. We are stating that it was not an accident. We have explained that there is an energy grid that allows parts of this property to sometimes be available to those not of your kind to access for a short period of your energy field grid. They do not have the right earth energy covering so are only able to stay for a short while but while here they are privy to your activities.*

They were aware of this reader and her surroundings?

*Yes, it was the way it was. Many times there are events like this and are placed as hallucinating if even espied. No harm came and interest was achieved.*

For clarity, I understand about the thinning of the veil but what about it being preordained? Is this still applicable to this and other events like this happening?

*Always it is the way that the preconditioning has been put into force, play. It is the way it is that learning comes in many ways, this you are already aware of. You have pre-planned your way, what you wish to achieve. If it is not 'in your brief' as you say it is mostly not of interest to you to recall, to understand and go forth with messages and the likes. It can be changed if the interest changes and learning can be achieved by this, in this way.*

There is confusion here. You have suggested that this reader could, if she chose, call in and connect with unseen spirits or species. Yet, you have also said that it has to be preordained before this inception. There seems to be a conflict here.

*There is no conflict and we are remiss if you see or understand it to be that way. The interest would be attracted that would be 'the trigger' so to say for bringing in what has already been preordained to be accessed in this way, with this.*

Thank you. I will stop now to read back your information.

*Then we go our way. Peace and blessings go to one and all. We go our way.*

Thank you.

## Relearning Earth's Requirements.

*If we don't change, we don't grow.  
If we don't grow,  
we aren't really living.*  
Gail Sheehy

o0o

Sections of yesterday's information left more questions needing answers and I would like to continue gaining those answers.

*We structure our tutoring in accord. Our teaching is incomplete if you are unfamiliar with our wording or do not understand portions of our discussion. We understand your dilemma and seek to clarify some of your queries.*

Thank you. The original questions I intended to ask was forgotten when the other energy being spoke.

*It is the only way to get his message through at this time. Yes, he did utter words of enlightenment but we assisted; unfamiliar he is with the Earth's doings and the structuring required.*

That then poses another question: if he is one who is monitoring our earthly progress shouldn't he be familiar with what is required?

*Yes, it is one and the same. However, understand; many times other activities bring the lessons undone. It has been a long time since this one has spoken in any way. He found it arduous and once again unfamiliar to his ken. It was along this way.*

Are you saying having to speak in the way he did was a relearning for him?

*It may be that way but we are not stating it was the way. We are stating that much was to be gained, the knowledge by utilizing the previously learned experience to gain the trust and understanding to flow between the two, you and his presence. He needed to experience again, to relearn the requirements to speak to a physical being from the planet Earth before he could impart the knowledge he sought to attain. It was for you to attain as well as he to acknowledge the ability lying unheralded within himself.*

If we were not communicating with telepathy, well, somehow even I know it's not. It's another form of mind energy transference; possibly along the lines of telepathy. However, I don't want to get off on another tangent about this. What I would like to know is why did I 'hear' what seemed to be strange breathing? Surely from wherever he was speaking from did not require oxygen?

*No, it was not the way. He learned to use his abilities in another form.*

I don't understand.

*Then we enlighten you. His framework is different to yours and where you come from, by necessity is different to his. His structuring therefore needed modifying to accommodate the newer format required for this time of presence and communication.*

But he wasn't standing in the room with me as flesh and blood in the earthly terms. If he is in one of the closer dimensions, surely he didn't need special requirements?

*It was the unfamiliarity once again being understood; being adopted. He was on the earth plane but not at the level you require.*

Is that like a portal, an opening, a doorway to beyond?

*It is a level. We explain it this way. If you saw the strata laid out like ribbons of energy there would be a level, a way station level, for gathering at some stage of evolution. The ability you have obtained will decree your aptitude for attaining particular energy forms at these levels, as indeed your attaining of the different strata.*

So, as I understand what is being explained; this entity was able to access the level required for us to interact but because of disuse was now unfamiliar with the energy there and needed to remember what was required. I have a vague stirring in my mind that we have had similar discussions on this topic years ago.

*It is the way. You have the knowledge already but like your communicating partner have forgotten the needs. It is to be relearned.*

I will finish now and read back your information.

*Then we leave you now. Peace and blessings to one and all. We are done, gone for the day.*

Thank you.

## Communication.

*Keep your eyes on the stars  
and your feet on the ground.*

Theodore Roosevelt

o0o

You have mentioned that our way of communication is antiquated. Well, you didn't exactly say it that way but I gathered that was what you meant. I can understand you would think along those lines because we even have trouble communicating with some of our third dimensional counterparts, especially other nationalities. As an example, if we don't have similar frames of reference for understanding, speech is little more than just making sounds.

*That is the way it is. However, it has served you well in the past and even if you did need some sort of reference, it was oft times worked out without language; just what was required at any given time. Now though, times have changed and with the change you must also go another way. A way that is more constructive to the 'new you', the one that is appearing more and more each time you look.*

How will this new way come about and what will it consist of? Will it be something like we have now, where speech is made by vibrating sound waves? Will it be telepathy?

*No, we don't see it along that way. We are feeling more of a conditioning of sorts, where you acknowledge much of what you are capable of achieving with communication and this will open up receptacles in your brain. Your consciousness will then take you further along the way you can next rekindle(?) what is desired for you.*

As what you are explaining is not clear to me. Would you mind enlarging on what you are saying?

*Yes, along the lines of communication where you rekindle what you already know on how to advance your knowledge and relate to others of your kind and also to others not of your kind, but still able to let you see they understand what it is you have to communicate to them. It will advance you along another way, another line of understanding where you will connect with more than what you are capable of receiving and understanding at present.*

*Also with the primitive gone will come a realization that you are not alone in the universe and others also inhabit your space. This is then going to open up vaster horizons for you, for your understanding will increase and those things that appeared to happen to others but not to you or were seen by you to be, as you say, 'pie in the sky' will start to materialize into form for your perusal and way.*

*It will not be a fell swoop that it happens this way, for to do so would be harmful to your countenance, but it is more the 'softly, softly' approach where little by little you will see the changes about. Others will speak of the 'strangeness' for that is what it will appear at first. Then, as more and more become aware of what is transpiring, it cannot be denied. This is how it will be but for some more astute spirits abiding in flesh, they will understand far sooner than the modern man and beast.*

*We understand that you balk at our wording when we said 'beast' but do you think for a moment that you are the only species that is undergoing change? Do you think that your brothers and sisters not of your kind but also inhabiting this vast earth plane existence would be left out of the change?*

*No, it cannot be and will never be. All and we state this again, all make their way to enlightenment along the way.*

What will be the way?

*As there are now, there will be many ways this is achieved but we are stating that communication that you have now, verbal, voice to voice communication will cease to be for it will no longer exist as a necessity. The beasts of the field will also go through a metamorphosis for this change affects all.*

Will this change in communication be to telepathy?

*No, we do not see it that way so do not give credence to it in that form. It will be a more subtle blending of energies where you are able to render the other energy's thought forms clear to you and they will be able to comprehend, understand yours. It will be instantaneous so no vocalization, no telepathy is required.*

Presently we have different nations with different languages; will there be any difficulty understanding other nationalities?

*No. Why would that be the way? You will see their energy patterns surrounding them and understand straight away what is desired, what is about. You will know instantly and there will be no subterfuge, no deceit for it is all there on show for each to see.*

Is that the way you communicate now? I know you have to use the more primitive telepathy when you communicate with earth beings, well, me anyway, but what about with yourselves? How is that achieved?

*We go another way divine. We do not reside here, upon your earth plane frame and our way, needs are different to what you hear and see at present. When the change, the upward swing of communication change comes about and is upon you all, we will still not be that way.*

*For us to explain what is about for us would not serve any purpose for we feel that it is beyond what you can comprehend at present and would not be any way to your advancement, advantage. Sufficient to say, that we are going along a different path to the one you have chosen and our way, by needs, takes a different slant.*

Before you go, I would like a little more information about the 'beasts of the field', as you called them. You said they will also be changing their way of communication; how will they change?

*At present they have an advantage over many of you for they go by their intuition that is already cultivated. They understand more of what is about than you give them credit for. With this, in this way, they will desire more, to be able to tackle what is about, ahead for them also.*

*They are more astute than you see or are prepared to acknowledge. They know more of the nature's way than you do and are already preparing for a change to come about. Again, for them, it will not be 'here one day and gone the next' with their present form of understanding and communication. They also have to undergo a transitional period but they know something is 'in the wind' as you say.*

*Will you see a change come over, is upon them? No, not with your domestic beasts of burden but you are starting to see changes coming about with communications between more of the nature animals; those who are freer to be and to do; to act as was meant to be.*

I agree that we are starting to see it more and more and the phenomenon is being studied as to the reasons why. We are learning about species, some on a mainland and others on islands without any opportunity of communication or interaction learning the same, or similar, by developing new skills pretty well at the same time.

*It is the way it is, changing energy sways. You will see this increase over times and it is meant to be the way.*

You mentioned that more astute people would know something was changing. How would they know?

*They would see firstly that others were not communicating quite as they had before. They would also see that others understood or knew of events, words before they were uttered.*

*It won't be telepathy. It may be misconstrued as telepathy but it won't be that way. It will be more of an intuition as this also goes through a change where events, preconceived ideas will come to the fore without any prior indication or knowledge.*

*It will be tuning into 'the grid' so to say; where more that is around will be available for your comprehension, your understanding. This will be the first inkling that something is 'in the wind' as you say.*

*More and more people, of all persuasions, nationalities, will undergo this change at the same or similar times. Much of what is about now is misconstrued and misunderstandings abound. This way, this 'premonition', shall we say, will bring about a clarity that is not there now and has not been seen before.*

*You advance yourselves and, in this advancement, comes many changes; not only in communication but many changes will take place that alters the very fabric of your third dimensional being. No static, no changes without finding out more about yourself and your needs, desires, within this earth frame existence. It will open up vistas, more avenues for you to investigate and so it will be a changing of all that is now known to you.*

*Anticipation will take place within your thoughts, your mind, your very existence here. You will start to long for, to desire for more change and this will bring about what you desire. It is all there for you with this new sweep of energy persuasion and what you can achieve because of it.*

*Much that you will achieve has been lost to you for too long. Now it is time for you to claim what is yours, what always was meant to be yours but took another path to your destiny. This other path changed then the fabric of your existence and made unattainable to you much of what was about.*

*The path will come to you now because of this energy change. Communication is but one of the advancements you will undergo.*

*We feel we have answered your questions for today and have given you something to ponder on, about. We will draw the line here and finish for today. That is all. Be in peace and blessings, now and forevermore.*

Thank you.

## Part Nine

### Stranger and Stranger.

*If you could touch the alien sand  
and hear the cry of strange birds,  
and watch them wheel in another sky,  
would that satisfy you?*

William Hartnell

o0o

I would have liked to continue yesterday's discussion but something has also happened that requires another kind of information from you. It may relate to your mentioning near the beginning of this book about windows opening between realities. Do you mind if we go a different way?

*No, it is your way that you speak. We supply the answers to your questions.*

Recently there have been experiences where I see with my inner vision, quite clearly, unknown people living their lives and talking to each other. The images are not from my mind as daydreams or imagination but are unbidden and I have no idea who the people are or what reality they exist in. There is a subtle difference in energy and light that enables me to realize they must be in an area closely interlocked or overlapping this dimension.

I am an observer, a silent participant, standing next to these people as they chat. A man spoke to me. His mouth was moving but I couldn't hear or understand him. He seemed to expect an answer or some reaction but I had no idea what was being said.

Yesterday, while resting, presumably in a slightly altered state but quite aware of where this present physical body was, some Asian children, female, about 10 or 12 years of age, presumably from another dimension, came over and looked at me. It was as if they were peering at me through a window. They looked, giggled at what they saw and then moved on out of my range.

My question is, what was happening at these times? There is no doubt in my mind that these strangers, unknown to me, could clearly see me, even if I couldn't converse.

*It is as you say. They could see you for 'the veil' as you say, is lifting and making this possible, for the two different dimensions to interact. Expect to see more of this and also maybe communication, interaction between you all, the different realities.*

*They are there, 'at your finger tips' so to say. It is only a need, a change in consciousness awareness that makes them believable, observable to your sight and needs. It is all 'okay' as you say.*

They, wherever they are, seem to be more astute than me. They were able to observe me first. I'm aware it is not a competition or a race but they seem to be more advanced than I am.

*You understand it is not a competition but you are presently unaware of what advantages lie here 'at your doorstep' so to say. They have another way of understanding that is to your advantage, all of you, to comprehend. They can offer much of advancement, knowledge that is presently out of your understanding. You will soon be able to communicate with these other reality citizens and them with you. It will be a 'win/win situation', as you say.*

You have previously mentioned that for us to access any dominion requires us to have a covering of that sort of energy. Is this still so and what sort of covering do they have to come here, if it is coming here at all? How does it work?

*They have their covering, true to say. They come here because, as we said, the veil, the separation between realms is lifting, shifting, making it achievable, possible for one to the other to interact.*

So they are already here but in another slightly different energy form than this third dimensional one?

*It is the way. They have always been where they presently are but you saw them not. They are able to access you and fully understand the machinations of all that you have here. They will show you a way that is unfamiliar to you all; a way that offers much enlightenment for your growth pattern divine.*

Is this what we have programmed in for us to experience during this incarnation and with the incoming energies?

*Yes, it is so. There are no accidents and much to learn along your way. You 'gift yourself', may be one way of seeing your advancement. You had to reach a certain pinnacle in your development for you to see this and understand what is all about.*

*There is more for you all 'up ahead' as you say. It is all good for you are progressing well, as you stipulated you will be. It was achievable, what you set out to achieve in this lifetime recall and you are starting to see it unfold more in 'your lifetime', as you say.*

Will they be communicating with us as you do, or by telepathy?

*No, we do not see it along our lines of interaction, communication. We are a rarefied energy that does not work with telepathy, even though, we believe it has been your way to understand our discourses. It is another way.*

*Their way may well be as you say, 'telepathy'. We have no knowledge of this form of communication. It is beyond our ken, understanding. We do know of it but work by other means without it so we cannot say what will flow, in which way.*

Well, are you able to tell us just how the communication will eventuate? Do we need to be in an altered state? I have to say if it is so, from my experiences, it is a very light altered state and very achievable.

*It may be the way. Our discourse does not include you being in a light state of awareness. You understand that the flow between us all, our little group we refer to, is not a light state for you are able to go about your daily duties and come back and type our missives by sitting at your computer and wishing it to be so. We give you further information for you to 'prime your pump' so to say. Ways to take you on to other ventures that are not included here.*

*We come with you is the way we feel might be acceptable to you for some of 'the places', so to say, are not of your vibrational way but we are able to assist you to lift your energies and get absorbed into the other ways of seeing and learning. It advances you further by giving you a better understanding of what is about. You will then take it, whatever knowledge gained and extend it, offer it to others and it will then become their way.*

*It will open their eyes to other possibilities and they will be intrigued and often eager to absorb whichever way they can understand the energy flows that are always there but previously not accessible to these other beings.*

*We feel we have given you something to think about. We also answered your questions asked today. Our mission accomplished we leave for the day. Peace and blessings go to one and all. It is done and we are gone.*

Thank you.



## A Bridge to Other Realities.

*We have no proof, but if we extrapolate,  
based on the best information we have available to us,  
we have to come to the conclusion  
that other life probably exists out there  
and perhaps in many places.*

Neil Armstrong

o0o

It is interesting to continue learning about the alternate reality citizens we discussed yesterday. Since then there have been no other experience but I seek to know, how do we access their dominion and gain from them? You have said we all will but how? My understanding of what you said was it would be relatively easy and we don't need to go into an altered state.

*Yes, it is so. The way will become as you say 'blazingly obvious' to you once your try. Stipulate to yourself that it is achievable, that others there can contact you and you know the way to set it all straight for this participation to get underway.*

So it is an act of faith?

*Faith in your self; that is what we say is existential. You have the knowledge and the means and it will all come together in this way, by this activation.*

Not to be disrespectful but it all sounds too easy, too glib. Without leading us by the hand can you give further instruction?

*It is the way, what we have stated. We know the way. Have seen the likes happen to others. It will flow the way we have stipulated for it is a progressive path you flow to and cannot be any other way.*

It is not necessary to recap my previous experience because they are already recorded in one of our other day's discussions, just to say at all times I was aware of being in my normal locale but also somehow in theirs. It is not clear how it started or if there was a trigger that brought it on. It seemed to be spontaneous.

*You have an aptitude, as you are aware, of 'coming and going' so to say. You do this frequently but oft times are not aware what is transpiring.*

*For others we would say, listen to what has been written, included here and be vigilant to your 'daydreams' so to say. Watch and observe, not intently but passively, note what transpires. It is always there, information, understandings, but you see it not many times.*

*There are many, varied reasons why it may not be in your ken as yet but we offer you this thought. It is there if you take time to observe, to look and (attempt to) understand why are strangers in my mind and why do I go that way with what I am experiencing? This starts a reasoning, an attachment of sorts where you gain by opening your field of endeavors, of understanding that not everything you see in your (third dimensional) conscious sight is all there is.*

*By 'throwing out this line' so to say, you attract to you 'curiosity seekers'. It attracts others who do have the understanding, the ability and they will forge the way for you as they make contact.*

*You have gained instruction from us today. We are of no minds as to the way you seek to advance yourself. We give you a bridge, a way possible for you to access other realms that are your way. Your choices are many; much advancement to be fulfilled. It is all your way.*

*We leave you now with peace and blessings. Whatever you choose, at all times, you are beings advancing yourselves along your chosen way. Peace and blessings go to one and all. We are gone, done for the day.*

Thank you.

## An Energy Thread Attraction.

*Reality is merely an illusion,  
albeit a very persistent one.*  
Albert Einstein

o0o

There was another experience in or with this close reality and, because I am interested in knowing how to make contact with the people there, would briefly like to discuss it.

*Then it shall flow that way.*

Again, unbidden, I was standing on the outskirts of some village looking in at this other dimension. There was a water fountain in the centre of a town square. The scene looked very much how it could look in various parts of our world such as Spain, Greece or maybe even Italy.

A little boy, a busker, maybe ten years old had just finished his act nearby. As he was getting his gear together, he looked up, saw me and came to me expectantly, hand outstretched for money. I tried to communicate with him but without success. Then the image faded away.

My question is, are these other dimension people attracted to me because of my personal energy field? How or why do they appear as they have been doing recently?

*They gain the interaction, energy field source emanating from you by light waves that attracts them to your physical form. They can see and interact. It is now up to you, should you seek to go that way, to be informed, to go their way.*

What do you mean by their way? How would we achieve it?

*It is already there else they would not be able to see and communicate your way. It is up to you, as we stated for you to gain access, knowledge on ways to achieve this advancement of communication with them.*

I am prepared to go that way but need access or information on how to achieve it. It is very hit and miss at present. Well, all miss on my part.

*Yes, we see and understand your logic and frustration here but have we also told you we are not here to 'spoon feed' you as you say. It is up to you and by needs must go this way. Without your input, understanding doing 'the hard yards' as you say nothing is, can be accomplished by you in this way.*

You have stated they see my personal energy field and it attracts them.

*Yes, it is the way. Please go on with your understanding.*

Well, apart from relaxing each time, maybe daydreaming on something inconsequential, unimportant and forgotten now what caused the change in my personal energy field?

*You changed it by 'your attitude' shall we say. You changed it by being passive, not obstructing what they could see. This then enabled them to impinge, come closer and be seen in this way.*

*You all have talents, learning you have brought into this existence with you. Many of you have been to these other endeavors, placed yourself there in a domicile we say. It is easy for you then to access these places now because there is, as you may say, an attraction, an energy thread that brings you along the way.*

That would mean we are still in that reality. Is that a correct assumption to make?

*It is the way for many, but not all. Those who have reached this level of communication are that way because of the attraction divine. They already share 'lifetimes' so to say at these other dimensions and may well exist there to this day.*

*We are not setting out to confuse you because you seem to be having trouble processing the information we are providing. Our instruction today, as always, is meant to bring you past your third dimensional way of understanding and seeing form and all there may be present advantageous to your comprehension.*

How do we know the difference between other self's existences that we slip in and out of and other levels such as this one being discussed?

*It is the way of the energy divine. There is a subtle difference. Not that it is 'huge' as you say but enough for you to recognize there is a difference.*

*There is no confusion is what we say. You interact many times with different accesses, levels. It is a misconception on your behalf if you think you are solidly in this third dimensional frame. It is not the way at all. Reality is in flux and you ebb and flow with the way.*

Well several times you have said wherever our thoughts are is where our consciousness is. Our consciousness understood by me to be this fragment of my existence.

*Yes, it is the way it is. You are divine, unfettered. Whatever you are observing, fleetingly, more concentrated, it is where it is.*

How about when we appear to be working several levels of consciousness at the same time? Say, for example, I am typing here, my mind might wander and in the back of my mind am looking at a scene somewhere while also listening to you while typing. This just happened now. Are you saying that we can do more than one thing at a time and flit about in a nanosecond of time?

*It is the way. Whichever way your thoughts take you, no matter how far or fleeting, you are there for that 'nanosecond' as you say. You are your thoughts. They are your construction. Your world you see is your construction. It is in your mind even, to you, it is not the way at all. It is illusion, constructed by you all. You need to see it that way to apply yourself to more fruitful endeavors, should you seek to go that way.*

*It is not mandatory that you are busy, busy, busy all the while. It is up to you but it seems to be the way that once upon this third dimensional 'timeline', so to say, your endeavors, what you sought to achieve whilst here, have mainly gone by the way.*

*This earth existence holds a powerful sway, more than you imagined before you took up residence here. It has become your way for the time you have chosen to be incarnated here. Much will be learned but much you sought to achieve might succumb to the attractions here and go another way.*

*Again, we do not condone, do not judge. We are simply showing the way. It is up to you whichever plan you choose. It can be, go any way for you are the master of your way of choices. You cannot fail in any endeavor you set upon. It is your chosen field at the time. It is the way and will exist, be the way for your learning.*

*We leave you now to mull over our words today. It is to your advantage to listen, heed what we say for we are setting about enlightening whichever way is advantageous to your kind. We leave you now, Peace and blessings go to one and all. We are done, gone for the day.*

Thank you.

## The Shadow People.

*The future belongs to those who prepare for it today.*

Malcolm X

o0o

We have discussed my experiences with people able to access this reality and can see us. There are another type who accesses our reality and seemingly, knowingly can flit in and out anytime they choose. There are reports of their being seen by others in this, our dimension and are referred to as the shadow people, presumably because of their color. I would like us to briefly discuss the shadow people today.

*Then we go that way today.*

The sightings are of something darkish in color, often small and usually seen from out of the corner of the eye. Whatever it is, it is floor height and about the size of a rat, cat or small dog. One minute they appear and 'zip' are gone again leaving the observer wondering if they did see something.

The shadow 'persons' noticed are a little different because they appear to know they are being seen. They seem to move in a conscious direction apparently through part of our dimension; in my observation through a particular short route in my lounge room.

There have been reported sightings from inhabitants in other parts of the world who mention seeing these shadowy shapes and refer to them as shadow people. I watched a TV program where a camera was set up to film a shadow person in an area of a home where they were frequently seen. The camera caught the image of a shadow person stepping out of a wall at the end of a hall then, being aware it was being videoed, quickly moved back into the wall again.

The shadow person videoed appeared not to want to be seen but my home experience is with a male who knows he is being observed and appears to be grinning as he emerges from nowhere and walks maybe six feet before disappearing through a nearby wall. Would you like to explain what is happening at these times please?

*Yes, it is as you state. They are of another dimension that interpenetrates your own, present domicile. These beings are more astute at present than you perceive to be because they are aware of what transpires at these times. They can be as you say like will-o-the-wisps without leaving a calling card.*

And why are they showing themselves now?

*It may be the way that they are bringing to your attention that other ways, dimensions, interpenetrate your own and can be accessed. It is of accord. There is no need for concern. It is an opening but also an opportunity for you to acknowledge and go that way should you choose or desire.*

And what about the animals that are also seen?

*They are part of the 'roll play' as you say. They are there because it is easier for this dimension to be influenced by your present one. The animals are not aware they are accessing another reality but it is more of a normal occurrence to their needs. Their needs are not of your way but more of a 'by product' so to say of the enmeshing, interlocking energies at this juncture.*

So, you are stating that the animals are going about their business oblivious of accessing another way?

*Yes, it is so. They have no need to interaction or desire for it to be, go that way. They are set about doing what is best for their way with little regard, should it be known, of yours.*

Thank you. I was just curious.

## A Gentle Nudge.

*Success depends on using your talents,  
not just having them.  
Author unknown*

*o0o*

It has been a little while since I've had any more of the experiences in the other dimension but on reflection don't know if my experiences are at the one dimension or maybe at more than one. Anyway, yesterday there was another at one of these other dimensions. An elderly woman dressed as if she may have been a European country peasant saw me and, smiling, started talking as if it was not uncommon for her to do so to a stranger. It was obvious she could see me but as has been the case with the other experiences mentioned, I could not communicate to her.

In thinking about it I have come to the conclusion that I have the ability to see at this dimension but for some reason lack the ability to hear and speak whilst there. My question now is, do I have to learn these attributes whilst there?

*No, that is not the way. There is more at stake here for you to understand. More than your comprehension decrees. You are tasking yourself with gaining what is required to access these dimensions but you also need to understand that not all that is there is accessible to you at this time.*

More information, please.

*Yes, it is not only necessary for you to understand, comprehend what is there and to learn, communicate with those inhabitants, you are also learning your requirements whilst there. Each time you access these avenues makes it more telling, easier for you to come to terms with the understanding of the how and why it comes about.*

*The not being able to communicate whets your appetite for more; how to gainfully interact for it will not only be a case of understanding and being understood. You also seek to extend your horizon upon this and other dimensions that enable you to move about with alacrity; to go amongst the people domiciled there and achieve what you cannot achieve at the present.*

At the moment my way would be to consciously get myself to whichever avenue I choose. Yes, it would be good to move about and see what is available; the scenery and such. I would like to be able to interact and chat with those who are there. They seem to be a friendly lot and are not much different in appearance to us on this dominion. Are you prepared to show me the way?

*We leave it to you to figure it out for yourself. We are not here to teach you, hand to mouth. We teach by encouragement; by encouraging you, to have you understand events and emotions you can see and feel and what activates them and brings them into your orbit. We support your efforts and encourage you as we said, but it is up to you how you proceed with your development.*

Well, would I be able to touch and interact the inhabitants there?

*Yes, it will be the way for you will have a covering of their way. You will have developed the 'know-how' as you say that enables you to mix, to go amongst those domiciled here and be of their kind.*

I am consciously aware that so far, any interaction, such as it is, is done from here, where I am now. It must be time for me to get more information to bring back to be used for the common good of all. Is that what is happening? I have had a gentle nudge to start learning again?

*It is as you state. You are meant to be attaining more than what you are at present. We nudge you to go forward. It is not from your 'being' as you say. It is part of your choice, your mission to advance yourself to other avenues and gainfully achieve whatever obliges you there, meets your criteria of what you set out to understand and achieve.*

*We do encourage you to go forward and we assist by this, in this way. We seek for your natural curiosity to gain a foothold and move you forward. You have been vacillating and we needed something to 'whet your appetite', so to say, to have you understand that what encompasses you here is little in the way of the ways you sought to investigate and achieve. You set out to do more but have fallen by the way as you became involved in other pursuits not so advantageous to your purpose divine. We sought to aid, to assist you to address your situation.*

I am now speaking with the group I will re-join in spirit when my time finishes here?

*Yes, it is the way. We seek to help you over the hurdles your vacillation has set upon you.*

Yet none of you, the other dimensional tutors, the spirit communicators or you as part of my spirit group are prepared to smooth the way by helping me; putting me on the right track?

*No, that will not be the way. You have your plan already underfoot to gain what you set out as your program divine. We do not show you the way for it is set for you by you. You already know the way. Application is what is now needed for you to oblige yourself, your way.*

And this would be the way with all of us incarnated upon this planet?

*And all other ways. All have set their course before they incarnated to any dimension. All understand and know their way. If they choose to follow their way, instructions while upon any dominion it is upon themselves. There is no one who will interfere with their task they have set.*

So, we are back to we are never victims of others and no use blaming others for any lost opportunities.

*Yes, that is so. It is incumbent upon you to learn this statement of fact. It cannot be any other way.*

We rise and fall by our own efforts and bring to us whatever we need and have decreed for our journey upon this planet or any other way?

*Yes, it is the way.*

One final question: what about me straying from my chosen field? If there are no accidents how did that come about?

*There are other ways of development and you will follow these. We are offering you sage advice when we remind you of your mission you chose before you became enamoured with this earth plane and what was offering here. You choose, always you choose but we are offering you a better way by bringing you back to your fold, your choices before incarnating here.*

*We leave you now with messages of cheer. You may have temporarily lost your way with what you sought to achieve but what is there, important to you will meet with success.*

*Peace and blessings go to one and all. We are gone, done for today.*

Thank you.

## Part Ten

### A Major Shift in Perception.

*One time, the teacher was the storehouse of knowledge.  
That will no longer be so.  
So what would a teacher do?  
A very good teacher will play the role of augmenter.  
Also, the teacher will be located anywhere and helping students*  
Shiv Nadar

o0o

While hearing your words I don't see your form and when asked about this your answer, in part was that you have designed it that way because you only want to be thought of as tutors. More comments please.

*It is the way of your world's population that many revere; create idols of those who they see to be an aggrandizement, much more than themselves. Our mission is to learn about you earthlings while at the same time impart knowledge that is lacking at your present juncture, time of learning.*

*We pass it on with 'good faith', as you say, and universal love. We seek nothing from the interlude except what we say. It is, as you say 'a win/win situation' for all benefit from the discourse.*

o0o

### Saints and Martyrs

I have been thinking on your words and am wondering about beings we refer to as saints and now would like further information about them. In particular people like Buddha, Jesus, Mohammad and others.

We can assume they would have had many experiences and gained much knowledge to pass on to the world. How do they relate in the scheme to what you are referring? I was under the impression, or have read that they were special and well, in Jesus' case, decided to be a sacrificial goat to lift the Earth energies to the new level.

*You have built many illusions surrounding your 'saints' as you say. It is not warranted. Many, all, are setting about fulfilling their chosen vocation. They did not program, factor in, that those who worship them would be this way. They were fulfilling what was chosen by them for whatever reason they chose. We cannot go any other way than to state this fact.*

*They had agendas, yes, it is the way but they did not incarnate to become saints or martyrs as they are presently portrayed by many of you. It was not the way, their choice. They got on with their task at hand and when it was completed, in whichever way chosen by them, they came back to 'the spiritual fold', so to say.*

Then let's go back to Jesus and his incarnation.

*We can follow what you say.*

Well, for starters, surely Jesus and other great teachers would have known the ramifications of what they intended to do during their earth life? One event would have led to another type of thinking.

*It may be the way. We are not privy to their agendas. We are stating that they did not incarnate to become 'saintly' or 'martyrs'. They got on with their task chosen their way.*



So, those that we think of as saints, those who came to Earth to fulfill a special task for themselves and others, their growth desires prepared themselves to achieve their purpose.

*Yes, that is the way. They chose the time most advantageous for their mission and combined it with the elements available and went ahead with their desires, their purposes. It was the way. It is always the way. You, all of you incarnated in any reality, level, do the same thing. You all can see ahead the desires needed and choose accordingly.*

It may well be because time, as we understand it, doesn't exist in the linear way that events can be decided in that way. What about the other way? Can we go backwards in time?

*If time does not exist in a linear way then there is no backward time per se. It is all one and you choose the level, opportunities, 'times' and we use that term exponentially so that you comprehend. The epochs are all there from time immemorial. It is part of your choice, your decision to make use of what suits your advancement. And, in using the word 'advancement' conjures up going forward but again, it is not the way.*

*You choose whichever suits you best. Technological, cave man, it is all the way. Choices are made and followed through. You have choices and you have all the knowledge needed; you know the way of using the advancement at your disposal but block it from your present sight for not to do so would not suit your purpose of gaining all of what is offered at any place, time, event.*

*You assume each lifetime as an adventure to unfold as you go along. Sometimes, most times, what you chose and sought might not eventuate but like all games it goes away, finishes and then there is a repeat if you choose that way or a new beginning someplace else. It doesn't matter to you for you have choices to do it again or not at all.*

*We have fulfilled our requirements for you today and will finish our discourse. Peace and blessings go to one and all. We are done for today.*

Thank you.

## Teachers All.

*Success isn't just about what you accomplished in your life,  
it is what you inspire others to do.*

Author unknown

o0o

I have been reading an old book, written about the life and teaching of the masters of the Far East (*Life and Teachings of the Masters of the Far East*, by Baird T Spalding. Free copies of Books one to five can be found at [https://archive.org › details › life-and-teaching-of-the-master](https://archive.org/details/life-and-teaching-of-the-master) The books are said to be a factual experiences of a group of I think American men who venture into Himalayas with a small group of spiritual teachers. In the story they interact with consciousnesses many of the world's religions venerate and have built their lives and spiritual values upon.

These ascended consciousnesses, male and female, who were no longer incarnated, had learned to manipulate the elemental energies of this dimension and were able to materialize at will and relate as if they had a physical body. By their physical presence during several interactions, they demonstrated to the group that they have overcome normal earthly limitations.

What is stated is similar or the same as you have said, that we don't go anywhere. It is just a change of consciousness - a fineness and if we have developed the technique or ability we could see what and who is around us at any time we activated our finer sight. Am I on the right track with this?

*It may well be what you state for we are here at all times. We don't abide here nor do we transpose ourselves away. We come and go is a way of stating what we are about but it is a change of consciousness that is required. If you understand this and remember what we taught before where you could access other realities by a change of vibration (consciousness? rarefaction?) and will it, you can change and learn of other realities that interpenetrate your third reality area you exist in at this juncture.*

In the story is a group of physical, spiritually advanced guides travelling with the men. These guides are said to have the ability to leave their physical body and appear to others many miles away in a duplicate body they had constructed out of the ether or universal energy field.

It is apparent that they must have had the knowledge to be able to work in some way with the earth elementals but why the necessity of leaving their normal physical body somewhere and take up another one of the same sorts?

*We do not go that way with our teaching. We do not denigrate or detract from other teachers who have their way of teaching. Ours is different; that is all. If you gain from what you are being taught, be it words we utter or from those words of others it is not a recall.*

*You previously chose the way you would abide at this juncture and if you choose to go another way, to encompass more 'fineness' shall we say, it is not a problem per se. We see the need to understand what is given and whichever way achieves this aim is suitable to go that way.*

*It is up to you whether you choose to follow our way or get encased in the physical domiciles, where you are abiding now and choose to stay and be that way. We offer suggestions and have come in answer to your call but if you choose not to follow or be guided in any way by us it is of no consequence. It will all work out in its own way and follow its own design.*

*You have a saying on your earth sphere dominion, 'you rise and fall by your own efforts' and that is what occurs. We*

*cannot, would not, were we able, take up the mantle for your personal growth. You came here, to this reality and to others to gain from the experiences.*

*You all have a limited time here in this lifespan and you will abide by your decisions. If you fail in your conquest of what you choose to evaluate, learn from, it is not any dire straits. You will still have gained much, learned much with the interludes and maybe, if you feel to go that way, what was available in this juncture will rise again because you will make it so.*

Thank you for your information, not only today but always.

*It is our pleasure and joy to be of service. We are here as teachers, that is all. Peace and blessings be upon you, now and forevermore.*

Thank you.

## Part Eleven

### Remember the Creed.

*Life is 10% what happens  
and 90% how you deal with it.*

Author unknown

o0o

I would like our discussion today to relate to what is happening overseas. My concerns deal with what we are being told by various media outlets. Unfortunately getting to the truth seems to be more problematic now as we have what is termed false flags and fake news where news and information is distorted or altered to suit a vested point of view.

*Then we address our next section, part, to those concerns. If you take into consideration what we have mentioned on more than one occasion, there are no accidents. Nor are the Earth's societies to remain stagnant as they have been for many, many Earth years.*

*While you are unprepared to accept the furphies levelled from your media and other vested interests, bear this in mind before you gain the angst you are presently undergoing; it is not of your business except as an observer. If you were meant to participate you would be involved in some way. You are not involved except as a spectator, can do nothing, therefore you are not to concern yourself.*

*Look to a much larger canvas here. We have relayed to you the information of the Earth's needing to change. This will never happen if the status quo is not given some imperative to action. You see them as tribal wars and the likes but if you were to delve more deeply, go further into the plans for your planet, the energy decrees it comes in in this way.*

Are you stating that wars are necessary to get action and prevent stagnation?

*It is not necessary in every case or situation. You see a larger picture with the information provided for your sight and intelligence (what is being shown by media coverage). We are saying this is a covering blanket but is still there to feed the flame of unrest so necessary for change to occur.*

*Remember the creed; there are no victims. All perceived victims are survivors, heroes in the aftermath. What you see happening that is horrendous is only from your finite site. You are not encompassing the larger picture. Those who you see as perpetrators are also heroes. They also have a part to play in the plan of the game of life. It is preordained, much of it and will go in accord to this.*

Is this why you suggest we don't watch the media reports?

*Yes, it is part of what we refer to. The lies are being perpetrated and extended each time you turn on your television and watch media reports. They are not factual per se and delve into the rights and wrongs of other nations abroad.*

*We are meaning to say by this that your media portrays part of a scene, an avenue with mostly vested interests. The interests are not of your concern but lets you see what is meant to be relayed, not necessarily from the truth of the matter.*

*We then look to 'truth'. Whose 'truth' are we relaying here? Each one involved has their own programming, their own vested interests created over time. Is anyone of these vested interests, yours included, right or wrong?*

*We then must ask what is our perception of 'right' or 'wrong'. We couch it in the term 'perception' for that is what it is; a word to base an assumption upon. You, all societies, make many assumptions because of perceived perceptions that most times have little dealing in fact.*

*We then move to the wording 'fact'. What makes something a fact? Is it because it has gained the popularity of the status quo who believe it therefore it must be so?*

*If, as we state, portray, your finite world is a construct, an illusion, none of these apply or really matter. Therefore, get on with the game. Learn what is meant to be understood by the situations you have created for self in your game of life. It always goes this way. Do not take yourself, or others, seriously. They are all your playmates you have created in your web of illusion you call your life.*

*Do not hold yourself fast in this manner. Stretch out, extend yourself beyond the web of illusion and deceit. You are meant to be a part of the cosmos. It cannot be this way if you see yourself under guard of others; a victim of society and with a lack of your own abilities. None of these exist except in your mind play.*

*Always everything comes back to us but then, if it is our game of life and our construct, why wouldn't it?*

*That is the way, the philosophy to look at. We leave you now to mull over our words. Peace and blessings go to one and all.*

*Thank you.*

## We Are One.

*Your life is a reflection of your thoughts.  
If you change your thinking  
you change your life.  
Author unknown  
o0o*

I have mentioned my concerns about what we are being told by various media outlets but what about how our schools and other outlets are rewriting world history. Why is this happening?

*Much of what is already written is a fabrication, lies perpetrated to confuse and deceive. Whilst we do not say this is any better to what happened for in many ways it is not so, this is refreshing as it changes what was thought from the past and recreates a future not (based) of the past.*

But not all recorded is incorrect to what transpired. As one example, we have had wars and have casualties to prove it.

*Yes, it is the way it is but listen well, we understand that what has been perpetrated upon your masses was not always as was quoted or seen. Many times you have been influenced by emotion on what you have read or been fed to you via other media outlets. It is all part of the conditioning of that time. Now the time has come to change.*

I don't know that I can agree with you on that issue. In my country, Australia, there seems to be an upsurge of patriotism while at the same time we seem to be, in other ways, denying our heritage, our legacy of being Australian.

*We do not deny what you say but listen well, have you not see much that has been in the past being obliterated, cast away? This groundswell of 'patriotism', as you call it, is part of what we refer to as the energy shift that is around you all. It is not favoring the past as you seem to see. Instead it is bringing in other issues that need to be exonerated and healed.*

I don't understand what you mean.

*Then we explain the way. It is there for all to see, yes, it is the way but in doing this it is not only referring to your continent. It is also bringing to the fore other nations who fought with, and against you. You are being made aware of them as issues that are not hostile. You are starting to acknowledge they, like you, are human beings and acted with a purpose. It is a softening up for all concerned, we say. Much good will arise from this sorting of thoughts. You, in your mind, may see it as hostile or insidious but we say it is not the way.*

I really will need to think on what you have said. I don't know if I agree.

*It matters not if you agree or not. It is the fact we are stating and you will see it for yourself, eventually.*

*Many are now 'globetrotters' as you say. Opportunities have arisen to enable many to access parts of the globe that were once inaccessible to their kind. With this accessibility has come, in many ways to many, enlightenment. Enlightenment is the purpose of 'these are of our kind' our species. And with face-to-face contact there is an understanding coming about. It will change what we have stated as more and more find other ways, avenues of thought.*

Yes, people are travelling overseas more, I can agree with that but as to becoming more accepting of people not of their race and vastly different in lifestyles and opinions, I don't agree with you there. Let's put it another way, I have yet to see it.

*Then we leave you to your thoughts and opinions here. We see, we watch and see many changes coming about that is to*

*the good of your planet Earth. You are perhaps a little slow in your way of seeing and thinking but it is coming about. For us this change we see has already happened. It is to the good, the advancement of all we see and rejoice that it is part of your change, your groundswell change as you claim your rights to be.*

At this present time of our development I can only see, in many places, hostility to change for themselves and to others. I see opposition from various groups who are working diligently to stop us all claiming our 'rights to be'.

*Have we not already told you that with change comes revolt, opposition and fear of change? Have we not already spoken about the why this comes about, is brought into being? It is the last vestiges, remnants of energies long gone or being on their way. They cannot survive with the changing energies and there is opposition to the change from some quarters who seek to maintain the status quo as has been the way.*

*To advantage themselves at the expense of other has been a test of sort for those who were denied their basic rights from those who sought to suppress. It is not going that way; where suppression remains. We tell you now, it is not going that way at all.*

I don't want to sound like a stubborn child but until I see evidence of this change my thoughts and opinions will remain.

*Then we leave you with your ways. Peace and blessings be upon you, now and forevermore.*

Thank you.

## On Playing the Game of Life.

*Tell me, and I forget.  
Teach me, and I remember.  
Involve me, and I learn.*  
Benjamin Franklin.

o0o

I would like to continue discussing several of the topics mentioned yesterday. We are the creator of our world as we see and understand it. Well, partly we are; there are also global issues that are meant to happen that we cannot change but of which we decided to participate in for the advantages to be gained. Everything we observe is through our senses which are only patterns we have previously learned at any earlier age of this lifetime.

Previously you mentioned we are not restricted to our physical body while having a physical experience and can come and go at will. However, we usually are not aware of this fact because we are caught up in the smaller picture and don't see the larger canvas. We also do not know where to go. Am I right so far?

*We have no objection to what you have mentioned.*

We do not know or realize there is a bigger picture we can transcend to at any time while still inhabiting our physical body. Once we realize this and do it we can then become the watcher watching this portion of our self. Am I right with is?

*Only so far. Your activities are well monitored, observed and acted upon if need be.*

I think I might have explained my question poorly. I don't mean the self as watcher. I mean the self, this part of me having this physical experience.

*It is all the same, one to the other. You can transcend this physical sight any time you choose. You come and go all the time, as you are aware. As to watching yourself in your daily activities, it can be done. You have fractionalized a part of this being and gone on and consciously done just that. Others are the same way; those who are more aware.*

*To some it may have not had the ramifications intended as they saw it as a sort of dream sequence and without validity. It was not the way. You are able to observe yourself, this part seen from your mirror projection and understand all the doings, the ramifications going on at the particular time of the event. It is not necessary to be 'on high', to be especially enlightened in any way. Just the ability being brought about by the desire and the belief it can happen. Of course your self sees a much larger picture from a different perspective but is well aware of all that transpires with the little fragments of itself.*

This is where our brain lets us down. It only sees what it believes is possible and anything else, even if we achieve it, is not accepted in some way.

*We tell you now; there is much around you, interpenetrating your kind that your brain is totally unaware of. It is not geared up to the task of these abilities at present.*

My buzzer has just rung letting me know I have to finish now and go to an appointment. Hopefully we can continue later in the day.



*It may be the way. We will see. Your timing is important, ours is another way of seeing the logic of the movement of time. We are not restricted in this way. That is all for now. We wish you peace and blessings. Go on knowing you cannot fail. That is all.*

Thank you.

## Functioning on Auto Pilot.

*The energy of the mind  
is the essence of life.  
Author unknown*

o0o

I recently spoke with a woman who was concerned about consistently going onto auto pilot when she drove her car. She was always astonished and a little alarmed believing whenever this happened, she might cause an accident due to her inattention. Could you explain what is happening at this time?

*Yes, consciousness only stays with the body when focusing is achieved so wherever your attention is you are. Does this mean you transcend your body; time and space? Indeed it does.*

So basically wherever consciousness is, we are?

*Yes, that is so. You are consciousness. The outer covering you decorate yourself in is only to hold you to a particular field of endeavor or area you have created. Once the need is gone, the lesson learned, or not, you are gone and the suit, like one being attacked by moths, breaks down and goes back to the elements of that particular field. It is this way at all the avenues you frequent.*

Is that why we sometimes find ourselves at another level but can't stay there for long; we have not learned the particular needs of that field?

*That can be the way but is not always the way. Sometimes you are living presently at that avenue and you drop in to see how that part is functioning. There may be a calling, a need and you answer the calling.*

Is this happened to me the two times I had the calling to help the other part of myself?

*Yes, however there are other ramifications here. You, (everyone?) a fragment of self; lives in multitudinous realities at the same time. You see it all as linear and for your convenience and understanding at this period of your evolution here it is so. The reality is not the way of your seeing it.*

*There is a vastness of understanding way beyond your most intellectual of scientists. Many are now opening their minds to possibilities and eventualities. This will bring the mainstream thinking into play with this and the understanding will grow within the masses of humanity.*

How will this affect humanity?

*Many technological marvels are waiting for this. They are suspended within the ether ready to be produced into your world activities. Your opening up of your mindset will bring in a swell of information that will enable you to see the activities of those who also inhabit your universe with you.*

*You will understand how they transcend time and place to activate the cells, molecular needs to bring about appearances, solid activities within your earth sphere. You will understand the other dimensions interpenetrating your own and grasp the concept of how these other planets within your galaxy contain life; conscious life, many far in advancement to your own limited efforts at this time.*

*You will learn and understand all this and more because it is time for your scientists. Many of them now are receptive to the knowledge flow that hovers outside of reach until the timing and expertise is engaged within.*

*We have previously spoken of what is to transpire, all the marvels to open up to humanity. As you understand and grasp each concept and make it your possibility and your actuality, we can then usher in more knowledge of what is to eventuate.*

I need to finish now for the day. Perhaps when next we communicate, we can continue discussing this topic.

*We leave it for you to decide. Peace and blessings go to one and all. We are done, finished for today.*

Thank you.

## A Change of Consciousness.

*All that we are is the result  
of what we have thought.*

Buddha

o0o

For today's discussion I would like to enlarge on our perceptions of leaving the physical body. You have previously mentioned it is an illusion, that there is nowhere to go because we are already there. In thinking about this it seems as if our mainframe part, our self, is able to extend portions of itself for whatever the learning or experience wanted to be attained. If this is so, what are you referring to, and others refer to, as the other dimensions we 'go to'?

*It is a change of consciousness, no more, no less. You fail to grasp the enormity of what you are saying here. You speak of the silver cord connection and other avenues of growth, and the other avenues of growth and expertise are well understood by those who access them. It is through a consciousness bringing in the knowledge that makes it pliable to all. You extend yourself, your consciousness in this way. That is how you attain the knowledge and growth.*

*We see you are not understanding so will simplify our wordings. Go back to the scenario of the game of life. Let us for convenience make it a computer game for in reality, there is a great similarity. You create your game play by accessing the world set up for you. This time the setting up is done by the 'higher' self to understand how and why things exist and how its influence can affect the game play. It is just like your computer games, yes?*

Yes, I think so.

*It is all fiction; something you have created. Now, in the game you are totally absorbed as your alter ego flits about slaying dragons or saving damsels in distress. You are totally engrossed in the play as your alter ego takes on the world. There may be great consternation as battles are fought and won. When the game play is over you are complete. No damage done because you are impervious to the activities of the game of life but you have altered much of your consciousness with this simple analogy; and so it is with your consciousness. That is how it expands and grows.*

*We simplify our logic in answering this calling from you for in truth your self plays many, many games at the one time without distress. It is also learning its game of life and extends; projects out fragments of itself for the gaining of experiences at whatever level and whatever time period it chooses. That is also why we say dismiss the thought of karma from your mind. It cannot exist unless you choose to see it that way.*

*If you choose a situation or a game play and you dwell upon it so that it changes your thinking pattern in a disharmonious way creating existences and situations that you feel is karma, it is in fact you are attracting the situations and periods to you to try again.*

*It is an illogical way of seeing life patterns but by all means, if you feel the need, experience the circle of time, of disillusionment over and over again until you come to the realization it is a furphy. You are only playing over and over the game of life in the same way with other situations to enliven it for you. The illusion is the game play. What has been set up by you...*

(A surprise visit from a friend interrupted this discussion and communication with the tutors it was not continued that day).

## Thoughts First, Action Follows.

*Be the hero of your own story.*  
Joe Rogan

o0o

I have read some of our last few days enlightening information and my understanding from what was explained is that while this incarnated part of being is undergoing the games of life our 'higher' being is also learning too. Is that so?

*You are all changing energy forms. The being energy, like the physical energy typing away here is not the same as the presence that once began the typing instructions today. It is not the way. You are all changing every moment, every event and every lesson. It cannot be any other way. This is brought about by the energy shifts taking place in and around your form and within your intellect. All the time you go this way. Your 'higher' self as we delineate it, call it, is the same. You are most times not consciously aware of these events but they continue all the same.*

Is this what is referred to as creating our own reality; by our thoughts as well as our activities?

*Thoughts come first, action follows. That is partly why we issue instructions and warnings about not controlling your mind play. If you keep dwelling on the same old thought patterns you create nothing of value. You merely create activities that are as you say most times 'past their use by date'. If you have not learned the lesson, instead of repeating it ad nauseum, look to why you seek to keep repeating the event. Make it a blessed release and let it go if it serves no purpose.*

*If you feel it does enhance you in some way, look to the need here also. Is it productive to your thoughts and actions? Do you gain in some way positive from this? Are you master of your ship or merely making lip services; pandering to someone else you seek to influence?*

What are you referring to with cyclic forms of enlargement of energy presences?

*That is the way. Keep challenging our wordings. Yes, all are cyclic events, learnings; epochs as you define them come and go. It is part of the cyclic process of all life forms here and everywhere in existence being.*

So the energy is expanding, contracting, expanding, etc? Is that with all energy forms?

*It is the way, yes. You grow in this way, or pattern. It is how expansion of consciousness is created; the learning flows this way. We reiterate as we have previously mentioned, nothing is lost with this. You do not suddenly become unenlightened. A part of you has transcended the needs it once had for the learning and goes on to 'better things'; other avenues open up for the requirements to be supplied. As we previously mentioned, nothing is static; lessons, guidance from others who have preceded you continue on always until you then become one of the illumined ones who seek to instil the beauty and synchronicity of all to others.*

Then what happens?

*We cannot say because we are not of the illumined ones, we relay the information about. We can say we feel that as*

*energy is always expanding and enlarging, they do not sit somewhere comfortable and gaze at their navel as may be portrayed in some of your literature and teachings.*

*We cannot say with truth but we feel, surmise, it is to another advancement should they decide they want to be that way. If they have not moved forward with this, they oft times offer their services to helping those others also on the path to enlightenment but [who are] a little behind the way.*

I feel I am now speaking to one of the students and, if so, no offence is meant but I'll take this opportunity to finish now.

*Then that can be the way. We leave you with peace and joy; words of encouragement. 'As you sow, so shall you reap'. Sow thoughts and words of enlightenment and cheer you and your fellow residents on your planet Earth and watch yours and their lives start to enhance.*

*That is all for today. Peace and blessings in your times ahead. You cannot fail.*

Thank you.

## Part Twelve

### Looking For Other Ways

*'Life is from the inside out.  
When you shift on the inside,  
life shifts on the outside'.*

Kamal Ravikant

o0o

There is no emptiness or void in space, so if one advances, all do in fineness of vibration. That sounds like this is shedding off some of the dross that has been around us. Am I on the right path with this thinking?

*Yes, it is along that way. All are changing, getting lighter in being. 'Being' by our interpretation is the ability to come and go at will without the impediments that held you fast before. You are becoming more 'educated' might be a way to say it for your comprehension, so you now are able to ascertain what you are about, and what else is about.*

*You are moving away from preconceptions that you held before. You are no longer accepting the dogmas of the past and are now starting to query, to look for other ways, other avenues, to get your understanding of life and what is about to grow and learn.*

*Some of you still remain with the old, the last remnants, vestiges, of the past, but that way of thinking is fast fading for the majority who will, by their change of thought bring the others to the fold.*

We do notice changes but also resistance from some quarters who still cling to the past. My next question then is, where do we go? Where is the next adventure awaiting us all?

*Ah, yes. Moving along; now, do we go to other planets, other dimensions, other avenues of experiences, of growth that might beckon? You know the way. It is up to you to decide for yourself what beckons, and to follow through along that path.*

*It is not different to when you came here to Earth. You decided what you wanted to achieve, chose the mode, way, system it required and then proceeded to enact your dream. It will again be this way. You have done it many, many times. There is nothing new for you to achieve. All you desire has already been done, but first you need to become aware of that fact and then it is all steam ahead.*

If we have done it all before, why do we bother?

*For the experience, the learning, the chance of adventure. True, you instigate it all, but it is still an adventure where you play out your dreams.*

It seems inconceivable that we, as spirits, would decide to activate into a life of misery, pain, disillusionment and all sorts of negative experiences. Why would we choose to be that way and want to undergo such an experience?

*For the learning, the exhilaration of it all. It is an adventure, a game that many times you have already undergone. As we have previously stated for your understanding, it is not a punishment. We reiterate that and want it to be foremost in your way of seeing things. It is not a punishment and thinking that way is part of the conditioning of old. It cannot be and never was a punishment.*

We will need to keep coming back to this concept until it is clearly understood. I have read that everything, all energy forms, including planet Earth, the planets too are going up a level in consciousness. What about those we perceive as inanimate objects? Do they also advance too?

On reflection, I can answer my own question. If everything goes together of course they must too. Then if there is no emptiness or void what takes the place of all that is going up?

*It is not the way it is and you lack a basic understanding of physics here. There is no 'up' as you perceive. It is a changing, a rarefication of energy here. It is along the lines of you are playing a game and this gets you closer to the finishing post. Yet, as we state this you have not ever left the starting post.*

*It is not the way at all that you have gone anywhere. It is illusion you have created for your fun, pleasure, to experience and grow, but it is also truth that you cannot grow because you have it all; you are all.*

We must still have old concepts because it is hard to grasp and come to terms with what you say especially about choosing pain and suffering to be our experience.

That also raises another question; what about the perpetrators of these deeds? Do they willingly volunteer to be vile and abhorrent? What about whole races, nations that seem to always be in conflict?

*We reiterate again. You have provided all you need for your adventure. If you chose to be one of these kinds you mentioned, you would have created the way. If you choose to be one who suffers at the hands of such as these, it would also be there for you. You are the creator of all that happens in your life. You created the life the exact way you chose to experience all you sought to be, to accomplish, to interact along the way with.*

*It cannot flow any other way. You are creating all the time. All your wishes are fulfilled. Sickness, misery, health, wellbeing, you have provided it all for yourself, to accomplish whatever you desired. It cannot be any other way.*

Then the injustices and harm being done by those in power and who do abominable things to others, perhaps on a large scale such as in a war zone or closer to our home hearth, you are stating they are still spirit beings clothed in physical matter and are undergoing experiences to enhance their learning while those being affected by these abusers of power are there for their gainfulness?

*It is the way it is to be understood.*

So, we see these things that are abhorrent to us happening to others, how are we meant to feel and react to this?

*Whatever way you desire. If it is of relevance to you for your gainfulness you will be involved in the fray. If it is as a periphery learning experience where you see and acknowledge but if it is not part of your desire for gaining more of this experience it will flow from you.*

That seems to be a callous way of acknowledging what is happening to others but on reflection, that is what most of us do now.

I will finish our discussion for today and after reading our notes will continue tomorrow with this topic.

*Then it shall be the way. Peace and blessings go to one and all. You cannot fail.*

Thank you.



## De-cluttering Minds.

*The best kind of people are the ones that come into your life  
and make you see the sun where once you only saw clouds.*

*The people that believe in you so much  
that you start to believe in you too.*

*The people that love you  
simply for being you.*

*The once in a lifetime kind of people.*

Author unknown

o0o

After reading our notes of yesterday it seems all of our beliefs need to be reconsidered in a more significant light and one of our beliefs in particular needs to be unlearned; that we are, in some way, victims. I would like our discussion to follow that line of understanding.

*Yes, it is the way to approach our discussion for today. .*

We see others who are worse off, others who have much more, We see much injustice perpetrated from others who appear to be intent on doing us harm whilst we need to acknowledge that our words and actions occasionally do others harm.

Those we see in power and doing abominable things to others are doing what they chose as their learning. In fact, all involved are undergoing experiences to enhance their learning.

*It is the way it is to be understood.*

It is important that we comprehend that they are only enacting what they choose, prior to inception just as we are acting out the situation, we ourselves have chosen to experience.

*That is the way to see and understand it all.*

Yet we are all constantly being encouraged, led to believe that we are all victims; of circumstances, of others, where whatever is happening is never our fault. You have explained this cannot be but the question is, why are we being encouraged to think along these lines?

*It is where you are at this juncture. It is a process, a clearing out. You have a saying, 'it's always darkest before the dawn'. Your dawning will arrive, but not yet we see. There is a wealth of de-cluttering that needs to be achieved here as well. It will come. It is part of 'your inheritance', so to say; remnants of what went before and needs to be cleared from your consciousness.*

*It will come, perhaps not fast enough for some, but it will come. People will start to become more aware that this is an unrealistic encumbrance that holds them fast.*

*There is much to bring to your attention. There is much here that needs to be sorted in your mind. We understand and are patient with this.*

*For too long there has been an impasse: a way forward needs to be found. We feel we are giving you what you deserve, have attained through logic and sometimes through experiences and hard work. It is now time to re-frame, to get together all you have amassed and use it to your good will. We are helping with this.*

*Now, we need your attention and not your perception of what could be and what should be. Pay attention, please. We say it again. We need your attention and not your perceptions because much of what has gone before is learned and is flawed. We need to 'unlearn you' so to say; to change a lot of your superstitious concepts before we can move on properly. We need you to ask so we can explain, but we also need your attention. We need you to stop and think to go another way with your thoughts.*

*You are constantly challenging us and that is good but be aware that you sometimes reject what is given in good intent, faith, and you miss out on what is there in front of your nose. It is well past time you opened your eyes to the truth of existence in ways that are out of your concept at this juncture. But first you need to open your mind, to let in possibilities, some that have not gone, paraded before you. It is our intention to change this but we need your accommodation with this.*

*You have mentioned I sometimes throw the baby out with the bathwater and it probably is the way. It is just that what you are hinting at, as understood by me, is different to what our quantum scientists have to say and what Newton and probably Einstein had to say too. I don't know any of these things you are speaking about; don't know anyone else who does either.*

*It is what we were alluding to when we said you need to de-clutter your mind of past learned concepts. It is right and proper that you challenge but listen well: we are not here as time wasters, for you or for us. We give a service, to teach those who are willing to learn. Part of the learning will take you into unfamiliar, probably uncharted waters with this, but it is the way. We cannot change what is nor would, should we try.*

*We give information to learners, those who seek the truth. You have sought and asked for this. Do not now throw it away because others have not spoken of it first. Listen to what we say then make your choices. It is prudent to be this way. Your choice at present is foolish and we seek to have you rethink and be, go another way.*

*You have always encouraged us to go beyond our third-dimension restraints and it is one thing to perhaps understand the concept but another to actually put the information into practice.*

*Yes, we know your way and understand the complexities you undergo. You are so mentally entrenched here that to reach beyond your present concepts is arduous and a task you see as eluding you all.*

*We are stating that is not the way at all. We need you to move forward by allowing this third dimensional section of you to reach out, metaphorically speaking, to extend your thinking instead of what is now, seen to be an interesting concept but an impossible philosophy to one of I can do it.*

*If you take this chance with a change of thinking you will start to make efforts, to 'challenge yourself' so to say to get things moving in the direction we see you need to be. You are all vacillating now where before there have never been so many opportunities for your growth and development divine.*

*Get out of your illusion shell and start to accept who and what you are. You are divine, unfettered spirit, beings here on your present sojourn to learn and grow by extending yourself and all you can muster at this time with the limits you have placed upon yourself here.*

*It is not impossible for you to succeed. Only if you decide it is all too hard, can't be bothered, or let some other being get involved and we will follow along in their wake way of thinking.*

*We are asking you to think and become active by your own efforts. You will be pleasantly surprised by the outcomes if your oblige yourself and go this way.*

*We leave you now with your thoughts and will continue with our lessons another day. That is all.*

*Peace and blessings be upon you, now and forevermore.*

Thank you.

## Changes of Perception.

*A seed grows with no sound,  
but a tree falls with huge noise.  
Destruction has noise,  
but creation is quiet.  
This is the power of silence...  
Grow silently.  
Confucius*

o0o

We are going through tumultuous times at present and it seems to be dividing us as societies and people. We also seem to be influenced to live in fear. Fear of others in our societies where we lock ourselves into our homes to keep others out; fears that we are not capable of taking care of ourselves and our bodies; fears of others who are different in some way to us be it color of skin, point of view or other ways that don't fit what we, as a society have become.

Our societies and beliefs in all shapes and forms are being challenged and many are feeling the strain of not being able to cope or of being separated from others. Can you offer any salient advice to us apart from we brought in is what we chose to experience?

*We don't offer you words of platitudes when you understand and realize what is about at present is a time of upheaval and necessary for you to have fall away from you the old to allow for the new. We have mentioned on more than one occasion that this was coming and is a necessary part of all evolution upon this planet divine. We cannot drive away the darkness as you see it to be.*

*We see success is imminent in your desires. It may not seem that way to you here undergoing this present upheaval but it will be the way. It will continue until the dawning comes into play. Then you can look forward to a change in perceptions of all upon this planet divine.*

In what way will this come about? What changes of perceptions will we see?

*You will start firstly to see much grace upon your planet; those of you, 'others' as you say will get recourse. They will start to see and change their ways of thinking. Those who control nations and their livelihoods, matters that encompass their living and understanding will change as they learn, lean to a more humanitarian approach to all. This will come about by a change of thinking and acting. It will go as of accord.*

And what will bring in this change of accord? We are used to seeing people of all colors and nationalities exploiting their kind and using them to their advantage. We are used to seeing others with more power and persuasion of any nationality taking advantage of seemingly anyone they can in order to gain more power, prestige and a bigger profit. None of those mentioned are likely to be willing to give up their power and easy lifestyle.

*No, it will be the way that others make 'arrangements' so to say. They will give up their control over others for it is the way it will be arranged as we say. There will be much behind the scenes that is unknown to you at present that will persuade those you speak of from continuing their present way.*

I don't want to appear to be argumentative but really cannot see it happening. We are too entrenched in our way of thinking and behaving. It has been bred into us to follow the way, often one of servitude or to give credence to others who appear to be better in some way than we are.

*It is, we state, all to change and you will see your dawning. It cannot be any other way for the changes are upon you and*

*what you are seeing now is a fragment of the old letting go, giving way to the new.*

Are you aware that we have recently had what has been termed a pandemic separating nations and families? In many countries there has been forced inoculations imposed upon the unwilling. Life as we know it has changed and may not go back to what it previously was. We are encouraged to live in fear and despise others who are not thinking our way. Our life that was once ours is gone and this way of totalitarianism may be the way of the future for us all.

*It cannot be the way. We need to reinforce this. Militant understandings will not survive the way. You are going through a 'rough patch' as you say as the change gives way to a newer arrangement of thinking and being. You cannot instigate what has been as you term 'marshal law' and have it survive. It is not sustainable and we state that it will change as the old gives way to the newer way of seeing and developing your tasks you have set for yourself upon this planet divine.*

*You see only doom and gloom but we wish to inform you, reiterate, it cannot be sustained. All will change and it will bring in much relief to all. We want to advise you that as the energies around you and your way of thinking change, much will change upon your planet divine.*

*You are starting to see it happen more often and more proactive as people start to consider other life forms that also inhabit your planet with you. You are starting to see the changes in opinions and thoughts of those who have always had a love of nature and of the natural world being able to, by their efforts, change the thoughts and opinions of many of the masses. These of the masses will start to bring a change of thinking to others as they encompass a different lifestyle culture. More respect and understanding will be brought about to your landscapes and your beasts of burden and other kinds of livestock and life forms here.*

*We see great changes are upon you now and are to exceed your expectations, those of you who already go this way. Others who will share the gifts that are upon this planet divine will find much joy as their world blossoms with the fruitfulness of all endeavors.*

And what about the divisions we see and have between the different people of the world? Many live in poverty and are disrespected and treated as less than human. Surely you are not implying that these people are going to wake up one day and all is well?

*No, we do not go that way, say what you state. It will be an enormous change to what you are already used to and for many there will be times of upheaval but not like before. We are trying to have you understand and see that the social impediments of your kind's treatment to all will change as the energy upliftment shifts come more into alignment.*

*Will you presently domiciled upon this planet live to see it be? We cannot say for we can only see the change is upon you and seek to uplift your thoughts as you wait for your dawning.*

From my vantage point it seems we still have a long way to go. Thank you for your words of inspiration and upliftment. We are going through trying times at present and if we are here at this time to learn and take advantage of all opportunities that come our way, we must be doing well. I will finish now and read back your words.

*Then we leave you be. peace and blessings go to one and all. You cannot fail. We are done, gone for the day.*

Thank you.

## Pain and Ecstasy

*'I am always doing that which I cannot do,  
in order that I may learn how to do it'.*

Pablo Picasso

o0o

You have previously mentioned that all pain, emotional experiences we undergo are our choices but they are the earth elementals' entire domain and we, as a being or consciousness, do not get affected or tainted by the experiences we have chosen.

*It is how it is.*

Why do we want to experience these feelings when they are only third dimensional?

*You have lost your way with your logical thinking. You are gaining advantages that are not at any other realm, dimension you may choose to undergo, experience. This will stand you in good stead as you progress on to your way of endeavors chosen by you.*

*You will, to use a physical earth saying, 'be in the box seat' to help others along their way. You will come to each endeavor because you will have an understanding of what is required at each level of expertise.*

You have mentioned our way of progression is one of service; of gaining experiences to be of service to others, other energies coming along. I can understand great beings, sages of different ages and cultures being that way but from what I can see here, we seem to fall short on that concept or ideal.

*It is not what you portray. There are many beings who are already working behind the scenes in many instances to make this reality better for incoming beings and those already domiciled here. They are the 'unsung heroes' as you say. There are many here at this time but always it has been the way.*

*Those who are domiciled here are working to give the world a better way of living, of seeing and understandings for their needs are this way. They willingly offer service to humankind and to the other worlds that interpenetrate your own.*

*Some work to make this world a better place, living habitation for your domiciled and wild beasts and their habitation. There are those who are passionate about the way they see the human inhabitants abusing their domain and all that are in it. All are providing a service, a wake-up call if you see it that way.*

*A groundswell is gaining momentum in many ways and places. They are projecting out their thoughts and actions to make this world, as they see it, fit a better program of life and living for all.*

And you see them as teachers?

*It is so. It is their way of expending their energies to change concepts they see as harmful and wrong. They are teaching others to think, to rationalize all that is underway and has been for, in their image, a long time.*

*You tend to imagine teachers in long white robes and it may be the way for many but not all follow this way of divinity. There are many who are more proactive, who choose a more confrontational way of getting their thoughts, ways across to the multitudes. They set people thinking of other ways of creating a better way for all here upon this domain.*

We are entering or are in this new epoch we call the Age of Aquarius and what that sign represents appears to be the way many are following. They seem to be breaking down old concepts, barriers that no longer suit this present reality - but they do it from their perspective and not all here agree.

*It is to be the way that a lot of changes will make it difficult for many for a time. Then all will settle down and peace will reign.*

Unfortunately it seems that we, many of humanity, are an aggressive lot and choose their way of learning to the suffering and detriment of others.

*Did we not say, have we not instructed you many times that this is illusion, not the way? Unless it was chosen by the recipient to be the way of their understanding and experience it will not be the way they gain their knowledge. It cannot flow, be that way if you bring in whatever, whichever way you choose to gainfully get your understanding and growth pattern.*

It seems that the epoch we are leaving, the Age of Pisces, could be seen to be more of one of service - but it didn't bring in peace and joy to all. There was, and still is, humanity's inhumanity to many of this world's populations.

We have mind control in its varying subtle ways; the dumbing down of whole populations who have not been taught or encouraged to think for themselves. We are led to believe via media outlets that there is more world slavery happening now than at any other time. You have stated on several occasions that it couldn't happen unless the slaves and slave masters chose that way as their learning experience.

*It is as it is. You see only doom and gloom for many, anarchy in the streets and it is the way in many places on your globe. However, you are failing to comprehend that all this breaking down of 'energies' as you say, is bringing in a new enlightenment.*

*We do not see the doom and gloom scenario as you portray. We do not dismiss your concerns but ask you to think logically here. With the changing ways and concepts there will become a change of thinking in many and this thinking will bring about a swifter change than you seem to see at present. Their thoughts will magnetize the needed changes and speed up for all concerned a better way.*

*We feel we have answered your questions for today and leave you to ruminate, think over our words. Peace and blessings go to one and all. You cannot fail.*

## Part Thirteen

### Another Adventure Unfolding

*If your dreams don't scare you  
they are too small.*

Sir Richard Branson

oOo

You have suggested on several occasions the benefit of meditation and mind control. In my opinion meditation, while it is very helpful in controlling our mind, only gets us so far because it mainly keeps us in this third dimension. You are encouraging us to go further in our understanding of what is available to us, especially with the newer, incoming energies affecting all.

*Yes, it is so. You need to 'extend your horizons', so to say. To understand this reality is only a very small fragment of your whole. While domiciled here you fail to grasp that concept and so keep yourself trapped here by your thoughts.*

We would appreciate your help and advice on how to go about what you have stated.

*Then we go that way. We can show you, follow along with what would suit your present concepts for we feel that you are treading, metaphorically speaking, over new ground. A ground that was not possible for you to access previously. Because of this inroad into the unknown we are prepared to help, to suggest ways, alternatives to what is available in your mind, conception, at this present juncture.*

That would be very helpful but my mind is already putting forward resistance as I even think about learning another, newer way.

*Yes, your being sees its time as limited as many of you will never return to this third dimensional experience. It will become, as you say 'old hat' as newer, more interesting opportunities reveal themselves for your experiences and gainfulness. We seek you to understand and move along those ways of learning now. To prepare your selves for what is another adventure to unfold.*

It can be assumed that as we all embrace the changes from the incoming energies there will be others who take our place here as we move on. If that is so, won't any newer, incoming energy, beings replacing us require a physical body to stay here and the earth elementals will accommodate them with their physical needs?

*Yes, it is the way it will be but your elemental being will have other energies to accommodate as it, all, move up an 'energy slot' so to say. For eons it has worked with the energies at its disposal, but they now go another way as the incoming beings, energies dictate other ways and avenues of growth and learning. The earth elementals will go another way.*

*You will be free as you see this for yourself and set about structuring the energies that are now required to understand and conquer. This opens other avenues and opportunities and these opportunities show you, allow you to conquer what is required at other levels of divinity. You will open your mind to the possibilities there and expand yourself even more.*

What will be offered at any of these newer levels we may choose to experience?

*There will be other energies to develop and work with for that is part of your way of learning but these will not be the forms of old. These also will be pure energy that requires different modes, ways of understanding their energy flow.*



*Many of you have chosen your way to be one of guidance, to assist other forms of life, humanity, other spiritual forms clothed in matter in ways now available to their lessons and experience in their divinity choices. Many of these incoming energies will not have formed an earth body before and are unfamiliar with the machinations and ramifications that enfold. You will be their 'guiding lights' so to say, to encompass what is little understood by their present needs. You will help them along for haven't you, all of you, trodden this path divine?*

*You are learning the ropes of 'a different way' so to say. You have much to encompass as have those you take under your wings.*

*They are a primitive life form existence and will undergo similar experiences to what you all have undergone with the progress, learning of who they are and what is about for their reasoning, learning capabilities.*

*Is it because of the energy shift that they are now able to access this third dimension that many of us are going to leave? One you state we will not come back to in a physical body because we are past it now and greener fields beckon?*

*Yes, what you have stated is the way. They are not one of your animal species that have gained the impetus to go your way. They, the animals, have their own way of learning, of divinity.*

*These incoming beings have been in other involvements of their learning and now seek to experience this third dimensional way for their progress divine. It has been presented, opened up for their learning and experiencing and they have taken up 'the mantle', so to say, and chosen this way.*

*And many of us, as part of our growth pattern, will help these incoming beings?*

*It is how it will be. You are undergoing changes yourselves. Your forms will be representational for that is the way you have all chosen to be for the advice being offered.*

*These incoming beings will be undergoing a primitive existence, just as you all encompassed with your sojourn here upon this third dimension. They will have choices to their 'upbringing', so to say, as was your offering. It may not be that they encompass your ways with this. They may decide to follow another path of their education and divinity.*

*We, as once incoming beings to this third dimension, chose the religious way and all that entailed?*

*Yes, it is the way it was thought out and constructed for your changing needs.*

*And that the incoming beings might not go the same religious way we did?*

*It will be their choice which way their herd mentality progresses at the start of their inception upon this dimension.*

*I will finish now and read back our discussion.*

*Then we leave you to your thoughts. Peace and blessings go to one and all. We are done for the day.*

*Thank you.*

## Incoming Beings.

*Each person comes into this world with a specific destiny—  
he has something to fulfil,  
some message has to be delivered,  
some work has to be completed.  
You are not here accidentally—  
you are here meaningfully.  
There is a purpose behind you.  
The whole intends to do something through you.*  
Osho

o0o

There is no problem in understanding that some of us no longer incarnated would choose to offer service to others who are just starting out on this third dimension but in what way would we offer service?

*The incoming being's way is less of the knowledge of this reality and more a need to be guided gently along their way.*

Then where do these other incoming beings merging into the third dimension come from?

*We can portray them as of the stars for it is their way but it extends further in insights for you all.*

Are you stating they are star beings from other third dimension planets we see when we look into the night sky?

*No, we cannot attest to what you say. We are stating they have not previously undergone experiences of this dimension. For the others, star beings that you look out and see their planetary existence already abide here. It is not the way.*

*Those who cloth themselves in the body of each planet's being in whichever, whatever form already go this third dimensional way. These we are discussing at present, are not of this way, this inclination. They are able to access this dominion now because of the energy exchanges, shifts that are about for all to comprehend and avail themselves of.*

*The incoming beings are of your kind, that is the way but they have not incarnated upon this dimension before. It is all new to them and for us to say they came from the lesser dimension would not be the way.*

So it is not like they progress, go from the flat, first dimension, then second to third?

*No, nothing could be further from the truth of the way. It does not follow a linear path line on any dimension and no, to answer your question, none of you worked your advancement way along what you have described.*

*We would like to say it is similar and give examples that many of you would understand but it doesn't flow that way. We cannot call up imaginings within your mind for you presently lack these images to connect to. We are left to state what was said, they are different spiritual beings undergoing a spiritual growth period they have decided to instigate and learn from on this, your third dimensional plane.*

*Many of you will go to 'greener fields' so to say. Where new adventures, advancements beckon and it is the way you have planned for your learning. Many, as we stated, choose to stay here in the representational form of helpers to those who are metaphorically speaking, only dipping their spiritual toe into this reality.*

Each nation would have their own interpretation and representational form of helpers.

*Yes, it is the way but all will be accommodated in whatever form requirements are needed.*

So, will these newer, incarnating beings undergo similar Earth experiences to what we chose? Perhaps as cave dwellers or primitives as we did?

*It may be the way. We are not familiar with the desires of these incoming beings. We are answering your questions to give you 'an overview' so to say. Each one will have their own agenda of how they choose to experience and proceed. We cannot say their journey will be as you chose.*

*Each of you created your reality in whichever way you found would best suit your needs at any way. You followed through, abided by your wishes and it went that way.*

*We do not say that all achieved what was set out by them for their experiences for it is not the way as presented. Many fell short of their desires and went another way. It is of no consequence to behold. All learned a different way, is all. At a later stage in their direction, they may choose another way should their desire go, follow that path.*

*We feel we have answered you questions for today. It is of no significance for you to understand now for sooner or later, as you say 'the penny will drop' and you will gain the understanding of the newer flow, way.*

*We leave you now. Peace and blessings go to one and all. We are gone now, flown the coop.*

Thank you.

## Our Support Group.

*For beautiful eyes, look for the good in others;  
for beautiful lips, speak only words of kindness;  
and for poise,  
walk with the knowledge that you are never alone.*  
Audrey Hepburn  
oOo

We will leave yesterday's discussion for the moment but I may come back to it at a later date. Now we would appreciate your information on our support group. You have mentioned others, still part of the whole, all, but being identities in their own right who are here to assist us in our game of life. They may or may not be seen to be helping us depending on what part we chose for them in our game.

You have also several times referred to our support group as being family. Are they the ones you refer to now?

*It can be the way. There are also others not of the kind you have mentioned. They are also here with you all.*

Please explain.

*You are 'composites' shall we say of myriad existences and, like the butterfly effect, you are influenced by them all. You have information gained, not by you, per se, but by others who have never domiciled upon this plane but have been instrumental in your 'objectives and directions' so to say.*

We do understand the butterfly effect and from that realize we are influenced in many imperceptible ways, maybe important ways, by events and people we have no conscious knowledge of. However, that we gain and are influenced by others not of this dimension.... don't we have to earn our knowledge in our game of life?

*It is not as you are stating. As you understand the butterfly effect, we follow that way, that line of reasoning. You must, as part of all, be influenced in so many different, infinitesimal ways by the thoughts and actions of others who are not presently in your ken, understanding. It is not the way that they necessarily come from this third dimension but it can flow that way divine.*

Then how far does this influencing extend? You just mentioned it can be from beyond this third dimension.

*Have we not already told you all lives, as you see them, exist at the one time? Have we not already told you everything that can exist already does? Therefore, is it in your concept that you are existing in many, many other realities that this third dimensional part has no knowledge of?*

I had never thought of it. You state that we are also being influenced by consciousness, energies not only of this third dimension. Please explain more on this topic.

*Then we flow that way with our tuition today. We have discussed that all are one, that there is no separation of any energy, from the humblest to the strongest. You chose your learning to be in a band, a group of beings who chose a particular time frame existence and follow that way with you goals of attainment.*

So, for comprehension, we as a group or band of beings incarnated into this third dimension to gain from whatever the energies of a particular epoch offer us. Any new, incarnating beings, as a band of energies, are doing the same only they are working with the energies of the Aquarian age.

We went with the Piscean energies at our inception to this dominion and have been working with what they had to offer with our learning whilst here. Because we no longer resonate to them in the way of old we are moving on to something more in alignment to what we now want to achieve.

Some of us, as a band of beings, will continue on in other avenues of learning and some of us will choose to stay as helpers to those who are incarnating here to gain what they want to understand and experience on this dimension. To the incoming beings our form will be representational because we will no longer require a physical body. Instead we will be what we are, pure energy. Are we on the right track with this way of thinking?

*Yes, it is the way it will be, designed to be for all beings concerned.*

Then what about those of our group of our band of beings who have gone to other fields of endeavors?

*They have chosen another way.*

So we don't have to stay together, those of us who incarnated as a group, band of beings?

*No, it is not the way. They choose their existential way as you have done. They can come and go in any way they see fits their needs or desires for growth. They learn another way with what is offered 'there'.*

And what they are learning has an influence upon us?

*That is the way it will be.*

And what we gain, experiences with the incoming beings they will also gain from us?

*Yes, you influence all.*

Then we don't have to wait for the last of the beings that incarnated with us to die out?

*No, it is not the way.*

To think that way is a linear time way that doesn't exist except in our way of making sense of our reality?

*That is so.*

All energies here, everything we see including extraterrestrials and planets in our solar system and beyond are all of this third dimension?

*Yes, it is the way.*

Even the animals and nature world?

*The nature world is part of 'the props' to say yet they do have their divinity to this area and are progressing as they see fits their desires.*

And all are moving up in energy as they are affected by the Aquarian energies?

*Yes, it is the way it is happening.*

Even the planets, everything we see in our universe and are in other universes of this third dimension, what we understand is our reality here?

*It is the way and it cannot be any other way for all are being affected by the energies you refer to as Aquarian. Many will change their concepts, ways of being. It is how it is meant to be in their progressive journey.*

*It is the way it is instigated for your learning. They also join in your deception to yourself while at the while participate in the deception to themselves. You grow that way.*

But we already know it all and we are playing the game we chose, in a camouflage reality world?

*It is the way.*

Then we are like children who play a game over and over but always know the ending because it never changes.

*It is not like that. You do know the ending but your play is devised by you for the excitement, the stimulation and the gainfulness. Each time you undergo your challenge to yourself there is a subtle difference to your 'mood' so to say.*

*Different games may be played at different avenues that require modes of play but the end result is the same; you are growing and learning more of the restraints and what you can do, manipulate with the energies here upon this plane, dimension.*

And that is why you say we cannot fail. I now understand and so will continue tomorrow with more questions to ask.

*Then peace be upon you, now and forevermore.*

Thank you.

## A Band of Angels

*Life isn't about finding yourself.  
It is about creating yourself.*  
Author unknown

o0o

It is plausible that as every energy is in flux and going forward 'up a peg' but what about the angels? We haven't discussed angels yet many of the world's populations believe or know they exist.

*We can go that way.*

Thank you. Why I ask is because I have seen my angel Peter and felt his wings enfolding me during a meditation. Was that my imagination?

*No, we do not see it like that. You did experience your guardian angel; bring him closer to your being. All who take the opportunity during a meditation can follow that way.*

By believing it can be done it is done?

*No, we don't say it is as simple as your way. You brought Peter into your awareness by your understanding of what could be and it followed from there. We are stating that you believed it was possible, achievable and it changed your perception to one more harmonious to your needs. It came about in that way.*

I am Caucasian and Peter looks Caucasian. Is it that whatever the nationality is of a person they would be accommodated by an angel of their nationality?

*Yes, it is the way. No confusion with your thoughts on this.*

And all in the group that incarnated at the very beginning of coming to this dimension were given or had an angel? My question now is, how was that decided? Who chose which angel would go to each being?

*It is the way of the attraction, of the harmonies. You all attract, magnetize the harmonies and it flows.*

And each fragment of our all is with an angel? Is it the same angel?

*No, we feel you are again losing your way with your logic. It is not the way.*

Then please explain what the way is.

*Each and every one of you is quite capable of attracting the energy you require. Angels come in this form (angelic?) but are more than what they portray. They are not of your 'bloodline' so to say but they are involved in actions that involve your bloodline.*

Please explain what you mean.

*They exist independently of you but there is the attraction of the 'higher being' so to say. They work in collusion with the intentions and instructions of that desire. They have their own form, way of divinity that is similar to yours. They are also on an upward learning curve to their divinity. They will form another 'offshoot', so to say of your development and go that way.*

*They are not you, but they are of you, your energy divine. They, like you, progress by service. At their most recent stage of their service it was to support you, earthlings, to give you courage when you needed it; to emotionally shelter you from the 'storms of life', so to say.*

*They served as your cohorts in bringing you on while at the same time they were learning and bringing themselves on with the knowledge of the vagaries of this third dimension. They have never incarnated here for their way is different to you but they do intertwine.*

It seems that angels may have been with us since the beginning of our incarnation to this reality. Ancient texts from different cultures of the world speak of angels. The Bible, as one example, speaks of people seeing and some communicating with angels.

*Ah, but that is a different way. We are stating that those who typified your impression of angels did so from another way. They were third dimensional beings from afar, other planets within your third-dimension waveband. They portrayed themselves as angels because they were aware of your affinity with the form.*

What do you mean?

*You felt comfortable with what you saw and it went that way. It enabled those who portrayed themselves as angels to have their way. Their thoughts then became your thoughts, what they sought for you to understand and achieve.*

So our belief system was of angels and other third dimension star beings took advantage of this understanding and shaped, or manipulated our beliefs at the time to what they sought for us to understand and achieve?

*Yes, it is the way. Angels have been with you since your inception upon this dimension. They prepare to go, to leave for your lessons now go another way and they are also of a mind to another way.*

But aren't angels on a different wave length, band to us? 'And never the twain shall meet' was one of the statements you made in answer to a question I had asked.

*Yes, it is the way but listen well, they have achieved their trajectory and now go another way, 'further afield' so to say. They have supported humankind for all the time you have incarnated on this third dimension.*

*Different forms for different times were needed but always they were angels. You will follow; go their way of supporting the incoming energies to this domain. When you feel you have learned enough of understanding and controlling what is required here with your endeavors, you also will quit this third dimension for more fertile fields of endeavors.*

Do we have to attain a certain level of divinity to portray ourselves as a helper of incoming beings? I am thinking that my life would perhaps not qualify and with what is read or heard in the media about various others such as the despots in the world, neither would they.

*No, you have it all wrong; your assumptions are falling short of what it is to be. Your 'despots' as you call them are fulfilling what they chose, set out to be and learn about in this, their present lifespan. It is not as you portray at all.*

*These beings are fulfilling their mission chosen by them and may well be clothed in and behaving as you say, 'despots', but nothing can be further from the truth. Have you not factored in that by their horrendous activities, as you see them, they are fulfilling not only their own needs but others who are in their 'wake' so to say. What you see as abominations are far from the truth of the way.*

*You need to shed your third dimensional vision, outlook and see beyond the veil of illusion. Have you not already been told and shown that all is not as portrayed to your sight?*

Is this like 'judge not lest ye be judged'?



*No, that is not the way either. You are never judged by your kind, spirit. Why should you then judge others when they are fulfilling their mission as is the way with you?*

So, just get on with our life as others are doing? If what we see relates personally to us we decide which way to react. Otherwise we go our own way.

*We feel you have already been instructed enough along this way and would like to proceed to another topic for today.*

Before we proceed to another topic there are a few more questions that need further clarification.

*Then we follow your way with this.*

Thank you. We surely won't hover behind or around our protégées waiting for them to do something. We must also be doing something else as well. Do we also help the animals of the world in some way?

*No, they, the animals, have their own 'helpers' so to say. Again, you are getting yourself confused here. It is not as you see. You are engrossed in third world thinking of time and distance and it is not the way.*

*You do not sit or hover on a cloud waiting for some action to take place from your protégées. It is not at all that way. You have your other avenues you choose to investigate while also helping here. We do not want to see you stuck in your thoughts of what is not reality as you portray. You are also learning and gaining other ways at other avenues of experiences. You do not vacillate, not move ahead with your desires. It is not the way.*

So we are able to do more than one thing at a time?

*Myriad tasks can be your way. Again, you are thinking linear time frame here. Your existence is not that way.*

But you did say we would not incarnate here to this dimension again.

*Yes, it is so. The energies will not resonate harmoniously to your 'new' way.*

Well, do we, as a group of beings, all have to finish this lifetime for it to happen?

*All will progress of accord in the new way. We again take pains to stress to you that time is not the factor here. It is more of the way of the resonating energies lining to suit 'all' we say. As it is meant to be, to flow, it will follow that pattern, way.*

Thank you for your patience in answering my questions and when next we communicate, we will move onto a different topic to discuss.

*Then, peace and blessings go to one and all. We are gone for the day.*

Thank you.

## Guiding Lights.

*'When you are evolving into a higher self,  
the road may seem lonely  
but you are simply shedding the energies  
that no longer match the frequency of your destiny'.*

Author unknown

oOo

Just so it is clear to me I would like our discussion today to be more information on the incoming energies; those that will replace us on this third dimension.

*They are not of your kind as yet. They exist in other dimensions and will come to this third reality to learn and grow here. Their energy is not quite the same as yours but enough for them to proceed 'this way', so to say.*

Are they something like specimens out of a Petri dish; those flat dishes that some scientists use to culture bacteria and other microorganisms? No, that can't be the way. Please explain further.

*They are a consciousness life form. It is what they are, exist as, but they are not of your kind as yet. They will form more along that way and will become more like you, your kind.*

They don't have human form?

*Not as yet but they will merge that way as they master the elements here and what is required to form a human countenance. Part of their growth is to harmonize the energies here to form a living, human body. They go this way with the earth elemental supreme. It is not quite the same as your earth elemental that you constructed, engineered with to bring the form that became your earth body.*

Do you mean by supreme that there is an overseer of sorts to the earth elementals who are here?

*Yes, all have a guidance of sorts. One who makes sure all flow of accord. Not a master as such. More of a guiding light that guides and helps those life form energies that harmonizes its way; an instructor, if you like to see it that way. It is the way that all have guidance at their call. They construct this for the needs are universal; to form whatever and whichever way is needed for their growth pattern divine.*

So, is it one energy of supreme being or a group?

*There are bands of energies that administer to beings such as these we refer to here. All have their counterparts that minister to their guidance and needs.*

And was this what we were when we incarnated here?

*It was not quite along that way. You did have construction, knowledge of what was required. The primitive forms we are referring to are not presently of your way. They, as part of their learning, require the knowledge of who (what?) to attract and 'assemble' the energies of this way. To procreate and live as you do will take many times of learning to gain what is required for progress to be made and have them, like you, develop and produce form for you sojourn here.*

Then the ones who are to come here, those we will look after are already able to form a body?

*Yes, it is the way. Their 'previous', so to say, learning was vastly different to here for the energies there resonated a different way yet they were able to construct a body that required finishing (furnishing?) and they did it the way that the requirements and needs were then (there?). They now go another way and learn the requirements here.*

I appear to be asking of two different energies so will separate my thoughts and focus first on the very primitive life forms.

*Then we go that way.*

As all is consciousness manifesting in their particular form and there are no beginnings and endings to consciousness, nothing is static, and energy cannot be destroyed, is it cyclical in some way? Perhaps the recycling of energy within the cycle of life?

*It is constructed by the needs required but all that is required is already here, wherever the desire to be is.*

How do you define constructed as you state it?

*It is always divine wish, divine growth that is there. It is never, as you say, destroyed but merely changes in shape to whatever requirements is needed at any juncture.*

And what activates these requirements at any juncture?

*It is the way of the needs of providing the resources. It is all there for all to avail themselves of for whichever way they choose to manifest and grow.*

And part of their learning, their game of life, is to learn to manipulate, to magnetize and work with the energies at their disposal at any dimension they seek to be?

*No, it is not quite as you put it. They already have their divinity because it cannot be any other way. These consciousness energies we discuss are already divine. They know of their divinity but in their chosen primitive form have let the shutters come down over their countenance for learning more of what is about.*

*They, like you, as everlasting beings cannot be without knowledge or resources. The way they choose to manifest those resources may require advanced beings with the knowledge to instigate, provide their needs but their needs, should they choose to be or go that way have already been provided by themselves.*

Are you stating that these primitive consciousnesses, as part of their chosen way, are offering a service to others?

*Yes, it is the way. All learn and grow in their chosen way with this.*

How do the advanced beings cosset and protect these primitive life forms?

*It is their way to monitor their needs and supply them until these forms are able to sustain their own growth.*

Is that what happened to us, humanity?

*It was the way*

You have previously stated we come from the stars and as such can be considered star beings.

*Yes, it is the way. You are, all of you of the stars, 'star beings' as you say. You are compositions of many sorts, other energies divine. You collaborate with others, star beings, to fulfil your needs whilst here. You also collaborate with the primitive energy at your call and you all advance your way.*

The earth elementals?

*Yes, it is so.*

You have mentioned that all is consciousness manifesting in whichever way and form chosen at any time and place. You have also said that all consciousness is sentient.

*Yes, in whichever way or form they present themselves they are sentient in their way.*

And all the while what we are doing is playing a game we have envisioned?

*Yes, your perception is flawed, by you for you. Otherwise there would be no game play to act out. The reality, if you choose to see it that way, is you are all advanced beings undergoing your game.*

*You are undergoing your game to understand and work with, master the knowledge of what is required at any particular level and, at this stage, it is the third-dimension way. You already have the understanding, but you are placing yourself under duress for the game. You do this by keeping the knowledge from your present understanding for you to gain.*

I will finish now and read what we have discussed today.

*Then we leave you to go your way. Peace and blessings go to one and all. We are done, finished for today.*

Thank you.

## Tying up Loose Ends.

*All endings are also beginnings.  
We just don't know it at the time.*  
Mitch Albom

o0o

In an early part of this book it was explained that prior to inception we, as beings, decide what we want to achieve and experience in an incarnation on Earth. We put this desire in place by use of our imagination, attracting to us the necessary universal energies to form an energy blueprint of the type of physical body most advantageous to our desires. We also decide on the most beneficial time, date, area and epoch to fulfil our purpose.

*Yes, that is the way.*

And does it always happen like that; with each new band of incarnating beings?

*It is not always the way. What is needed is formed from the energies at hand at each epoch.*

Then with each new epoch coming in, does the energy shift at each of these times bringing in another band of beings who choose to avail themselves of the energies on this third dimension?

*Yes, it is the way. As each 'changing of the guard' so to say occurs when the incoming energies change the old ways of thinking and being new activities are activated and this brings about fresher modes of seeing and opportunities for being.*

Does each epoch also bring in a new, fresher band of spirits who choose to work with the energies at hand?

*Yes, it is the way. All avail themselves by this way of changing energies.*

Then, have those beings incarnated on this third dominion now who were once an incoming band of spirit beings, have we been together for 'all times' as we say?

*No, it is not like that at all. Each spirit entity has opportunities they see and seek to avail themselves of. They do this by 'joining up' so to say with other like-minded beings who also seek to advance themselves with the newer opportunities.*

So they could have come from any way or dimension?

*Yes, it is the way.*

But what about you previously mentioning we were once prototypes for this Earth plane?

*No, it is not the way as you understand it. We gave a general overview when we explained about the inception of life upon this planet divine. We did not mean to include you within it but it might have been the way if that had been your choice at the time.*

But the earth elementals were here and they are in their own band of energy they chose to experience and learn from?

*Yes, all were accommodated in their inimitable way.*

And they have chosen to move on to whatever else is being offered to them or for them?

*Yes, all go the way.*

What about the nature world? Aren't they one of the props for this dimension?

*No, not quite your way as you see it. Props are needed to create this reality you see but again, it is illusion. These props will remain but not of the kind that you see and are familiar with. Other needs will bring to the fore other needed*

*requirements and they will be accentuated, provided.*

So the nature world we see also goes onto better or greener pastures?

*Yes, all changes and go on in their quest.*

You have said we came in as a band of energy, presumably lots of beings, at the same time.

*Yes, it went, flowed that way.*

You also said that all we can see here is third dimensional so my question is, is it like a package deal?

*It can be seen to be along that way but it is not quite as you state. You came in with props already here and you made use of what was offered. All that you see here is third dimensional but there is more to what you can see at this present juncture.*

*There are intertwining avenues for you to investigate that are also third dimensional but the props you see block these images from your sight because you choose the way you see. You have limited yourself to what is available at this time but there is more here to investigate if you had extended yourself to go that way.*

And have we lost our chance now because we are becoming more rarefied and moving on?

*No, that is not the way. It may be that you choose at another juncture to investigate what is offered here. We are speaking linear/timeline here but it is not the way. It is said to be this way for your comprehension but is not quite that way.*

I am assuming then that another of our selves or being can avail themselves whenever they feel they would like to be or go that way.

*It can be that way.*

All we see at this time and what we have worked with is third dimensional?

*Yes, it is the way.*

Even the extraterrestrials and other energies we can come in contact with?

*It may be the way. Many of you now are 'bridging' so to say other avenues and they are not of your sort, your vibrational sway. You are changing and that has enabled you to reach into other avenues and interact there.*

I would like to learn more of that but would like to focus on tying up loose ends as I see them,

*Then we go that way.*

The extraterrestrials came to this dimension with us?

*It is the way.*

And they are us, a part of us? You said we are all of the stars.

*Yes, it is well that you understand that what you see as alien is a projection of you, of all. You are dissimilar in many ways but you are all one. You, those you see or interact with are personifications of all and of you. To your present sight they are strange and alien but they are you. Can you see what we are saying here?*

Not really and I would appreciate you explaining what you mean.

*They are a projection of you. All you see in this domain is a projection of you, something you have introduced, brought in for your understanding. They are a projection of you because you have created the form, they personify themselves to be.*

Then they are not a separate identity in their own right?

*It is not as you state. They are separate in their way but are also you, a projection is the way. You are creating, forming in many ways and in many guises whilst inhabiting this dimension but all you see, can see whilst here is a projection of you.*

Because your answers will take a little time for me to comprehend, I will finish now and read back what our discussion has been today.

*Then go in peace and love. It is the way.*

Thank you.

## Greener Fields Beckon.

*Ride the energy of your own unique spirit.*  
Author unknown

oOo

I have read through our last discussion and as this is my attempt to tie up loose ends need clarification on one or two answers you have provided.

*Then we go that way.*

The first question is in relation to a comment you made '*This illusion continues to this day but now it is time for intervention. For us to now step forward and assist you with knowledge that will lead you to your rightful heritage. Where you realize that the only master your kind recognizes is the master within which is your being divine*'.

My question is how are you going to do that? We are so entrenched in our religious beliefs. Even agnostic or atheists are said to call out for help from a god when they feel almost too emotionally taxed or at physical breaking point.

*We do not go that way. We seek to have you understand that nothing outside of your being image exists. You understand much of what exists here is your creation but have not learned or understood how it came to be.*

We used our imagination before and after incarnation?

*That is only partly the way to understand your situation. There is more that is unfamiliar to you and we seek to address your ignorance by 'filling you in' as you say.*

I am happy for that to happen.

*It is that you have grown past your preconceived illusions and now seek greener fields. Fields that will again challenge you to greatness but by this, 'this time' so to say you will it to be and it will materialize to your sight.*

*You are gaining here by learning to manipulate form, energy in whichever way you choose to magnetize it to be. It will bring about changes; much that is beyond your present understanding but you will be learning, working with 'pure energy form' so to say.*

What about the ascended masters. Don't they already know of their greatness, of their being god? Don't they already have the ability such as you are mentioning? Aren't we already ascended masters too and if so with the same abilities and understanding of our greatness or god within?

*Yes, it is the way but listen well, when we say you are god the 'ascended masters' as you say already understand their greatness, they are your kind. Make no mistake about that. They are your kind and understand their greatness. You have set your way to illusion but this will be removed from you by you and you will 'stand tall' as you say in acknowledging your magnificence of your god within.*

*It is always the way. You have done this many times before, acknowledging your greatness. It is not illusion. It is fact we tell you now.*

And then what happens? If we have it all, are all what happens next? If we are pure consciousness as I think you are stating, what happens next? We can't just sit around for all eternity basking in our greatness.

*No, that is not the way. Always you are changing, forming new avenues for your greatness and learning. Always you are 'moving', so to say but that is illusion. It is all a construct of your thinking of your creations, what you choose to learn and magnify.*

This choosing to learn has me confused. Don't we already have and know it all? What else is there to achieve?

*It is not the way you stipulate it to be. You are again speaking third dimension way and there is a vastness here that your*



*comprehension cannot abound.*

*It cannot be the way you stipulate. For your mind it is the way of leverage, going, gaining, but when we speak of the going somewhere we are bringing our form, way for you to comprehend. It is not progress as you see and understand the wording to be.*

I need to think some more on your answer so will move on to the next question I have. You mentioned ' Many of you now are 'bridging' so to say other avenues and they are not of your sort, your vibrational sway. You are changing and that has enabled you to reach into other avenues and interact there'. Is this bridging what I was doing when there was a silent interaction with energies from another of the dimensions interpenetrating this one?

*Yes, it is the way. There are many avenues for you to investigate and many are being investigated by all beings. You are not the only species, beings, which are this way. All opportunities have opened up for all and it has increased your inventiveness, understanding of what is now available to your kind.*

*For many of you it is understandable and they know of their way to oblige themselves and come and go, metaphorically speaking. They knowingly interact and enjoy relationships with others as they bridge these nearby dimensions. Others do go the way but are not on a conscious level understanding it is the way.*

More like 'hit and miss' as is my way?

*It may be that way. We are enlarging your scope of understanding for we see that many on this dominion are unfamiliar with their mainly nocturnal learnings as they come and go in this way. This is to change and many, as you have done, will bridge the other avenues whilst still here, in a physical body.*

What about those of us going on to greener pastures and not coming back here again because the energy no longer suits? What about those who choose to stay to help others? How does that relate to what you are saying?

*You choose to remember only what convinces you of your limitations. We have explained that you are not here looking after your protégées to the detriment of other avenues you seek to investigate. We have previously told you it is only a change of attitude and perception to open yourself up to see and interact with these other dimensions that are on your doorstep, interweaving this one you are presently domiciled upon.*

*We have stated that many of you are also inhabiting these dimensions while living upon this domain. We have explained that you are multi beings living, enhancing, learning on many, many avenues in many, many ways, while all the while not 'leaving home' as you say.*

All honouring the god within?

*You have your notes for you to reread and learn, gain from them. We cannot continue offering you more when you do not heed what has already been given.*

*We leave you now with words of cheer. All you see upon your existence now is open to change. We are of the opinion that the way you have chosen is the way, the 'right way' as you say for you to grow so follow your logic and your way. Whichever way and whatever you choose it will all serve you well. You cannot fail. And that is where we finish.*

*Peace and blessings go to one and all. It is the way.*

Thank you.

o0o

*Be...Just Be*  
*There are no mistakes*  
*Everything you are you have always been*  
*Everything you will ever be, you already are*  
*As you are all that you have ever been*  
*And are all that you will ever be*  
*Live in the now and enjoy each breath*  
*Each expression of life*  
*Live life now without expectation*  
*Nothing exists outside the greatness of self*  
*for all things reside within you.*  
*Be...Just be*

by Gail Gallagher



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