



# In Search Of Reality Book...

by Annette De Jonge





Energy Field Doorways: Bending Time:

# In Search of REALITY

## Book Two

Annette de Jonge

Interweaving Realities: Shape-Shifters



# *In Search of Reality - Book Two*

*By Annette de Jonge*

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*In Search of Reality, Books One and Two* were originally named *Other Perceptions of Reality Book One* and *Two* but were renamed as more information was forthcoming from the unseen teachers.

[\*In Search of Reality - Book One\*](#)

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

[\*Psychics and Séances - A Journey to Understanding\*](#)

[\*We Are Not Alone: Extraterrestrial Encounters\*](#)

[\*Star Beings\*](#)

[\*Insights into the Nature Spirits\*](#)

[\*Twisted Tales\*](#)

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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 of the teachers are offering humanity.

this book may not have seen the light of day.

Thank you, Pat.

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*A teacher can never truly teach unless he is learning himself.  
A lamp can never light another lamp unless it continues to burn its own flame.  
The teacher who has come to the end of his subject,  
who has no living traffic with his knowledge  
but merely repeats his lessons to his students,  
can only load their minds,  
he cannot quicken them.*

Rabindranath Tagore

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## Introduction.

I communicate with a group of spirit tutors, teachers and students who come from various dimensions and who are attracted by my quanta energy, light. They offer answers to the questions I ask but insist it is up to me to raise the questions first so they can comprehend the level of my understanding before giving their answers. Each gathering offers students of other realities the opportunity to learn the machinations of this third dimension as they watch my energy body changing to each question/answer session. The experience also extends my perceptions beyond this present existence.

I am not a scientist but a metaphysician gaining knowledge via the tutors' question/answer mode of teaching. This procedure is not my preferred way of learning however the method really encourages me to extend my thinking into fields presently unfamiliar. It also requires me to comprehend the answers given by the various tutors and continue in the same vein with cogent questions often requiring more answers.

Those communicating are not give names and instead invite readers to judge them by the inherent value of what they say instead of who they are. They mentioned that in the past people elevated them higher than their messages and beliefs, cults, religions, came to the fore and many times the communication became distorted. These spirit beings do not want that to happen again. They offer enlightenment to those ready and willing to learn, explaining how many of the inflowing new energies permeating all dimensions at this time are affecting every life form including us, human beings. We are now experiencing energy changes not previously experienced before on this dominion.

It has been explained that our study group is always in flux as different spirit beings from various dimensions avail themselves of what will be discussed. The constraints of time and distance that influence us do not have any effect on the other participants. They know what will be discussed before the study group starts and if it piques their interest will join the group for however long the topic suits their needs.

I was surprised to learn that no communicators use telepathy and different modes of communication are employed by various species. One type adopts sound waves while others gain information from each being's energy form. As was explained by one group *'We are able to communicate with you by way of words that are taken from your energy frame and made into pictures for us to comprehend then translated back into the way you comprehend'*.

It seems that not all tutors have had an Earth incarnation yet those offering information are well aware of what transpires here. Some in the group learn by watching my energy field change during communication and in this way they can modify their thoughts as I respond to the answers given. The knowledge gained in this way also serves as a practice run for those thinking of incarnating to this third dimension.

The tutors mentioned they are also gaining knowledge whilst bringing all participants more up to date information. When I asked what was meant by that comment, they explained that this dimension, our world, encompasses more dross, less perception of what is about to experience and understand and they choose not to go that way. However, they feel they are missing out on some vital knowledge to pass on to others who do choose to follow this path.

By participating in these classes they observe my energy field and can learn to understand some of what is available on this dominion. In this way they can feel and experience through my energy and gain knowledge of what it feels like to be domiciled for a time in a physical body. As they say, *'It is the way it is and works well for all. All goes as accord. No problems' as you say'*.



I was curious to know if there were any other gains for me during our class and was interested to learn that these other beings who impinge over my energy form gift me some of their knowledge. Part of the answer received was: *'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.'*

Intrigued I sought further information on what was meant by their answer. Their reply was *'There are many avenues for 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 have 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 soul, changes in your energy way. What experiences do you now undergo with the newer, to you, inflow? 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?

*'It is the way that 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?

*'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'.*

Is this further advancement with the science of 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'.*

Interspersed throughout *In Search of Reality, Book One* are mentions of 'selves'. In addressing the subject, I learned about how and why we cannot think without creating something someplace. This new knowledge opened other avenues for scrutiny and understanding. I had assumed that creating this life we live and our selves was all there was to our creating but the teachers have explained we also create other forms while in this physical body.

It is a salient lesson to learn we are all creators and cannot do anything else but create. Our thoughts we harbor that we think of as out of sight, out of mind do not go away. We learn that whatever we have thought about is now created and goes on to an existence of its own. Because of the ramifications as well as the effect in what happens by our wayward, often negative or uncontrolled thinking this topic will be expanded on in this book.

When transcribing what I am hearing at each discussion group it is similar to listening to a conversation in a human group meeting and I am recording what is being said. Selves and thought-forms information created a dilemma until I realized they must be one and the same. To save any confusion I have recorded them that way.

At all times the tutors sought to extend our knowledge past our third dimensional way of seeing and my knowledge and understanding has gained enormous insights while working with these unseen tutors. One of my biggest lessons is that when something appears unbelievable to my present understanding it is better to keep an open mind until further information comes along to either validate or dismiss it.

As the communicators stress, we are all gods and there is no separation; we are of the one consciousness energy manifesting in different forms therefore there cannot a higher or lower. For this reason, and to use the newer information, All has changed to all and One is now one.

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*If you wish to create a new reality  
you must first release the one that no longer serves you.*

Author Unknown

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## **Part One**

### **Waking up to Who You Are.**

*Waking up to who you are  
requires letting go  
of who you imagine yourself to be.*  
Allan Watts.

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Quantum mechanics is educating us, humanity, about subatomic particles and having us understand that the reality of all we see is nothing like what our eyes are recording for us.

*It is the way.*

So, if we were to stand on a mountain overlooking a valley admiring the vastness of the view, of open sky and a lush carpet of various green hues below, it is third dimension observation seen through our five senses but the reality is vastly different to what we see and understand.

*It is the way, what you see is illusion.*

Then there is no space per se yet we cannot see are all the countless other realities that are said to intertwine our third dimension one.

*Yes, no objection to what you say.*

Are we also right in understanding there is no 'out there'; no 'anything else'? All consists in what we could term a minuscule point of powerful energy divine.

*It can be seen to be that way but it is only part way correct.*

Then please explain where we are incorrect with our thinking.

*There is still more to comprehend before you can find your way. Your choice of understanding is sound as far as it understands but your mental resources, what you can bring to mind, are not there. We do not cast dispersions on your aptitude but to say none of you existing now have the understanding of 'all'.*

Yet you have stated we are all god, all, so why are our mental resources not there?

*You have chosen to not acknowledge your magnificence so that you can exemplify your greatness. You have taken upon yourself the role of educator whilst being among those who are being educated.*

*You enlarge yourself is the way we are explaining. You do this by gaining other experiences that you can magnify and enlarge. You are bringing into form other realities and existences that you can enlarge yet again.*

And if we are god as you have previously stated, you must also be god.

*Yes, it is the way. Form is again a part of your reality, but we are formless and being without form we come and go all the while. As we speak this way to you, we are also in many other realities for others seek to advance themselves with our instructions. Yet, as you find yourself doing, you are reaching out and enlarging your concept of the area, part you exist in. In doing this enlarging, and we are simplifying our meaning here, you are magnifying, extending others in your wake.*

You have mentioned '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, something you have brought in for your understanding'. At the time we were discussing space beings, extraterrestrials and you added 'They are separate in their way but are also you, a projection is the way.'

If everything is god, of the one energy in its varying form they must also be god, of the one energy.

*Yes it is so, the way. All are of the one source.*

You have stated that we exist in many places while on this dimension.

*Yes, that is the way.*

We are all third dimensional while we are at this dimension?

*Yes, no form here with what you say.*

As the space beings are third dimensional and somehow a separate projection of us, is it possible or probable that we exist as a space being on another planet whilst domiciled here?

*Yes, it is so. You exist in many avenues while domiciled here yet your understanding, comprehension only shows you this way, this reality.*

And that is because we have blocked our magnificence from our perception whilst here?

*It is so, the way.*

Then why are there different levels of beings; the galactic and spirits, those from the other dimensions?

*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 to upliftment of greatness. It was deemed necessary for a division, a fractionalization, to lift those still involved in perceptions and activities that were not advancing their way.*

Stuck in the mud with their mindset hindering their progress?

*Yes, it is the way.*

And some erudite beings chose to uplift those incarnated on planets in our third-dimension universe?

*Yes, you are not the only life form existences upon any planet in your solar system. Others, spirit beings, took on the persona, body, (shape?) of those inhabitants who were already enlisted upon other dominions, planets. You, those here at the time then went that way.*

In my book *Star Beings*, you, or one of the other teachers, spoke of how you seeded Earth. 'All life, existences, was transported to Earth from other places, avenues. They were not seeded here (on Earth?) or 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.' You do not say that space beings took on the persona, body of those inhabitants already here.

*No, it is not the way. You are getting confused. We are referring to form. Not invading another entity's space. It cannot be. What was required was an infusion of a different mindset way of seeing and behaving. Other identities, souls (space beings?), went with a different way of progressing and were, in some ways, more advanced than humanity at the time, were.*

Can we then see their cultures as older than Earth's?

*Yes, it is the way. A long time ago in your annals, 'space beings', as you say, came 'here' with the express purpose to move you, to advance your cause, way. They created a great deal of enlightenment to the various species that were here. In being this way and doing this they took you from the mire you had become stuck in and uplifted you to seeing a better way forward.*

And is this why you refer to space beings as our interplanetary brothers?

*Yes, it is the way.*

And you refer to us as star beings, because we came from the stars?

*Yes, there is much that you are unfamiliar with. Your heritage and lineage is far greater than you perceive. It is only now you are becoming interested in this part of your lineage and what might be.*

And some spirit beings stayed as they are, without form and maybe went to other dimensions while some chose to incarnate to bring inhabitants of each planet along? Or even to start a race on some of the planets?

*Yes, it is the way.*

Because we, all beings, are needed to keep the wheels of progress spinning.

*It can be seen to be that way.*

We do have ancient records from different Earth civilizations with evidence of space beings coming to Earth to assist the then cultures progress.

*Yes, it was necessary for those domiciled upon this planet that were not ready or able to make the shift themselves. It took an agreement of sorts to come here and assist them on their way.*

That explains those ones who assisted the people here but were there other species from other nearby dimensions who also offered help?

*No, it is not the way. They did not know of your existence and you would not be their way. The evolved spirit beings (being mentioned) are always 'here', so to say. They minister, guide all species along their way. They do so by encouragement and offering sage advice to those given to receiving the advice and help.*

So, no physical help is offered and is that because, as spirit, they could not physically do so? They would not have the earth substance to create a body form.

*Should they have a mind to go that way and take form it is possible for them to do so but they do not take form. To do so would emasculate those recipients to not learn how they, the beings, can fend for themselves. We do not go that way.*

And the spiritual beings continue and will continue to assist all species and forms as an emotional support?

*Also, with encouragement of what can be achieved if you continue on having faith in your abilities.*

Do they let us see into the future in some way?

*No, that cannot be the way. You decide what will be.*

Because we have possibilities, probabilities and we decide?

*Yes, always you must decide. It is your journey to greatness and you lead the way.*

Then how are we helped by encouraging us to have faith in ourselves and our aims with any probabilities and possibilities?

*It is the way that you get your mind in order and you make choices best suited to your needs at hand. You do not become emotional, unnecessarily so, and 'go off on tangents' as you say. You have a rudder to your ship*



*of life and act as master of your vessel which brings with it untold gifts you bestow upon yourself. Your mind becomes clearer to your needs and desires, and you can then, for yourself, formulate and bring in what you seek to achieve.*

And this helps us to see the possibilities for our self and to bring them into form?

*Always it is so. You attain your desires by projecting your thoughts along the right way and they come into being.*

Not all of our thoughts come into being.

*No, it is the way that those that have momentum, structure, come to the fore and they create for you your reality then.*

In clarifying this in my mind I will refer to one of the discussions we had in Book One. At the time you were encouraging us to extend our thinking horizons and understand how we don't go anywhere and recognize there is no empty space as we see it to be.

You stated 'You change concepts, ways of seeing things and with this change is a change of comprehension which brings about a change in energy. In other words you go another way. Your magnetization changes and you move into another 'slot of existence' shall we say'. I would appreciate more information on how to become aware and how to move into another slot of existence while still in the present one I exist in. I am assuming you are going to tell me to believe I can do it and it will happen?

*That is only partly the way. By your belief you set up a 'chain reaction' so to say. You manipulate your energy field that magnetizes your desire and you achieve it this way. You change your consciousness, ways of seeing and thinking that activates your desires. Your belief, understanding, takes another turn, way, and you have extended your perceptions past this reality and into another whilst you are still abiding here.*

Past our five senses way of seeing things?

*Yes, to say you grow another sense sounds fanciful and illusory, but it is the reality of what transpires at these times.*

Is this like a sixth sense?

*It is opening your inner sight more in alignment of what is available to you on this nearby, very close in your term's reality. We feel we have answered your questions for today and will leave others for another time.*

*Peace and blessings go to one and all. We are done, gone for today.*

Thank you.

## **The Center of All Creativity.**

*A human being is part of a whole  
called by us "Universe"  
Albert Einstein*

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We always remain in this universal energy field because there is nowhere else to be or go even though our illusion has us see differently?

*Yes, it can be understood to be that way.*

Then how do we make contact with other consciousness energies also here?

*You change your perception. Whenever you hold in your mind that you are singular, alone, it will be denied you. Once you accept that you are not alone and, to use your term, 'teaming with life form energies' it is possible for you to 'reach into yourself', so to say, change your perception and the blinkers you hold over your sight are gone and you can see all of the magnificence that exists.*

Please explain about reaching into our self.

*You are able to enlarge your concept of what is, what you thought is about, by expanding your knowledge of what is already there. You open yourself up to the other realities that 'coexist' shall we say then they will form before your sight and you will see.*

Will that be confusing? Visually overwhelming?

*That is not the way. It will be cogent, understood by you because what you have activated and brought into your awareness will become clearer and whatever is not brought into your awareness will remain out of your range.*

All of these energies already exist here, coexisting with us yet we don't usually them?

*That is the way you have planned your resources; to grow another way. Already you are aware of these other realities for many of you consciously interact with them now. All the time it can be the way. While you are drifting off to sleep is another, usual way but it does not matter which way you have planned your sojourn, it will go of accord.*

As we have discussed several times on several occasions we go nowhere and every existence is at what can be termed zero-point energy or universal energy field.

*Yes, it is as stated, is the way.*

You have also mentioned 'You do contain it all but you also want to expand and learn other ways you can manipulate energy and bring it to the fore'. It is confusing when we speak of expanding, going somewhere and other spatial terms.

*You do expand but perhaps not the way you envisage. It is similar to you thinking, holding something in your mind and, in your imagination, you are manipulating your desires to be how you portray, want them to be. It can be made whatever you desire and can be created with your imagination. Then you stop and what is your present reality is revealed as before. To your perception nothing has changed outwardly but much has been accomplished 'inwardly', so to say.*

What we were thinking about we have created someplace?

*It is the way but we add, it is still all there for you but not to be seen by your present vision and logic. To 'reclaim it' so to say, will require you to reactivate that desire in the right way for it to once again materialize in your imagination where it can be played upon and enhanced. Once though, it has been created, it is there for 'all time', as you say. Your mind may have not witnessed what else happens to your creation but it does exist 'someplace'. All exists of the one kind at the one 'place'.*

I would like to learn more on that topic and will come back to it at another time. I firstly seek to gain a better understanding about the universal energy field, a field of consciousness that is the center of all creativity. If we are already 'here' then we are at that centre of creativity and all we perceive different to that is illusion, something we have created to learn from and amuse ourselves with. Am I on the right track with this?

*It is the way it flows. Please continue with your thoughts.*

Then when you have mentioned we are all creators and cannot do anything but create, it is because we are a part of this universal energy field consciousness that is all energy, consciousness, all creation.

*That is what it is. Please continue with your ruminations.*

I think I have run out of ideas.

*But you do know the way. You do understand the all. All energy forms have this understanding of what they are, how they were created, and for what purpose. It is all there. From your humblest rock, insignificant being, all have the knowledge. It cannot flow any other way.*

Well, while not disagreeing with you think the knowledge is well hidden in most of us. We cannot speak for the rock or other species but feel it must be the same way with them too.

*Each and every one of you: each seemingly insignificant portion, life forms in whichever way you represent yourself: you are all working your way back to your source. A source you have not, in reality, left.*

So, everything we see and experience with all of our senses we have created, in any epoch, time frame existence?

*Yes, it is the way it is. You, those that existed in this, any time frame element were chosen then for ... for simplicity's sake at this stage of our lesson we go this way with our wording ... to bring in what was required at that time. At the same time, while this was being executed you were learning the power of your thoughts, of your creation. You also had fun in reaching out and reacting to the elements and the surprises you brought into being.*

*You brought it all to life, the completion was a success, and then it needed to move on, to expand and grow. So other lessons were required for this to take place, so you created again what was needed on the earth sphere to make it happen. You were there each time because time is not really a factor here - perhaps more a case of supply and demand. You supplied all as the demand required it and while you were doing this creating; you also expanded in knowledge and ability.*

You are explaining that we haven't gone anywhere because there is no place to go and to expand is illusion but is necessary for us to make sense of our world. When we relate to spatiality, distance, volume and all we perceive and function with while incarnated here makes the illusion of the expanding difficult to grasp.

*We are not speaking of elements of matter here. It is an expansion of energy force that exists always, at all times and at all places. Yet, have we not told you all is one, therefore the point as you refer to contains all that is available and will ever be available. We go that way with our information.*

You also mentioned that time is not a factor, except for our convenience to help us make sense of this world we have created.

*And that is another part of the story that is interwoven with this reality you have created for yourself. You are right when you say it is a necessary component of your world to help you function along. Your life is heavily dictated to by the elements of time. Your seasons, your days, your weather patterns, tides all relate to this time frame, yet you created it for your pleasure, amusement and convenience.*

Would you mind if we stopped now to reassess what you have given. I need to formulate some questions and will need to think about what I want to ask.

*Then we are of accord. Peace and blessings be upon you now and forevermore.*

Thank you.

### **A Gallery of Mirrors.**

*The first truth that has to sink deep into the heart:  
I am always responsible for whatsoever I am.  
Bliss or misery, this is my choice.  
If I have chosen to be miserable,*

*then there is no need to be sad about it;  
this is my choice and I am doing my thing.  
Feel happy that you have succeeded in being miserable!  
If this is not your choice, drop it immediately,  
drop all those patterns that create it and start creating new patterns,  
new doors from where bliss starts flowing.*  
Osho.

o0o

I now realize what you are speaking about is all existence is in this consciousness energy and are there because we are a part of it and there is nowhere else to go. Our imagination is what we use to create whatever our game of life reality is to be for whatever we choose to at any 'time' or 'place'. This can be in any existence and form we choose. We are only limited by our imagination and do not have to be like children in school where we start from the first grade and work our way to each next grade.

*No, that is not the way. You have it all because you are all therefore what you choose to experience comes about by what you seek to experience next. We state though, next is a misnomer because all are exiting at the one 'time' and 'place' as you say. It is your perception that sees it different but what you see and understand while upon any creation is there by your grace, your imagination and what you sought to undergo, experience.*

You are stating that consciousness is always present and it is consciousness that forms matter into the reality and any experience we choose?

*Yes, it is the way.*

And we are that consciousness because that is all there is?

*Yes, it is so.*

Erwin Schrodinger, Nobel physicist, 1942 is quoted as saying, '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. And this is what you are also stating and seek for us to understand?

*It is necessary for you to understand your grandness and what you can achieve by your imagination and mind control. Without the knowledge you find your way is by trial and error. We do not mean to say that you are not learning and manipulating matter to suit your needs as you understand them to be but it would be more in alignment, more advantageous to you if you consciously chose your direction and acted according.*

*There is so much all around you that is denied you now because of your lack of understanding of what is required to gain the impetus to investigate and learn from these other consciousness entities. If you could understand and learn that you are not the only species, beings, that are here; that there are myriads of other entities all living their existences, your passage through any existence would enhance and delight you.*

What we see, all we see is consciousness in different manifestations. The nature world, wind, rain, universes, the most miniscule sub-to atomic particples are consciousness on their learning trajectory. In fact, nothing we can see or experience is not consciousness that is either controlling their own experiences of what they want to happen and be while the ones just mentioned are being guided in a group or by a group soul.

*It is a little that way we suppose but it is not quite what you say.*

Could you then please tell me where my thinking is not quite right? Is it the group souls who are guiding other energies such as the nature world and all it contains?



*No, that is not right either. You do have learned souls who do create existences for those such as you have mentioned and part of what they choose to experience, their 'joy' so to say, is to bring others not as advanced along the way to their ultimate divinity.*

If we are all one, please explain what you mean by not as advanced.

*They are providing a necessary education, learning curve for those who attend to their needs. They are created out of the form that is available for their needs but not in the way that you might perceive.*

What you are explaining is not clear and it would be helpful to understand more of what you are stating.

*They are not souls as you term it but are part of divinity. At this stage of their development, they serve a purpose for others who are creating form and learning the power of their creativity, what they can create from the elements available to their needs.*

We have fables, stories of those who look after the different elements. As an example, we have Neptune who is said to be ruler of the oceans, the seas and all inhabitants in their different forms that live in that element. The other elements would also have their controllers, those who minister and oversee their particular domain.

*Yes, it is the way. They, like humanity, also serve their purpose divine. What you see and understand as fables are reality, another existence intertwined within your own present domicile. You can learn to see and interrelate with these denizens when you believe; believe they are there, a part of you and you can learn to see and make contact with them, their divinity.*

That is another topic I would like to learn about but need to finish for today. Again, thank you for your explanations to the questions I asked. They have been most informative.

*Then we go our way. Peace and blessings go to one and all. We are done for today.*

Thank you.

## **Never Cast Adrift.**

*Every heart sings a song, incomplete,  
until another heart whispers back.  
Those who wish to sing always find a song.*

Socrates

o0o

You have mentioned that prior to incarnating we see possibilities in what we seek to achieve once incarnated. In part of your explanation you stated, *'You are never 'cast adrift' as you say. You are always taken care of, advised and given understanding of events you are planning to expose yourself to before it happens. You are guided and explanations are given of what is required, the issues you are likely to experience, and the ramifications inflicted upon you, your finite body'*. Is the advice given by a part of my self, a more rarefied, or learned part?

*It may be the way. We have sought to give you an 'overview' so to say of what transpires. All are connected you see so it is not of only being one way. It could be many giving advice at the time. It could be from others who are not as familiar with the Earth and its constraints yet also see opportunities and pitfalls, they seek to make you aware of before initiation. It can be, go any way with this.*

Well, when we had incarnated is any advice given then? Are we left to our own devices or is help always at hand and, if it is, how do we access it?

*Guidance is always there. You have helpers who are there to call upon when your times of need are upon you. They 'hover', so to say, but do not come to your aid unless you call out in need.*

*It is up to you, your growth pattern, what you have called to you, for those events, energies to take place. You are responsible for your thoughts and actions at all times yet, when, as we said, you are in dire need and call out for sustenance, we do heed the call.*

*We do not come when you are quite capable of initiating what is required for yourself by yourself. For us to interfere at these times would be deleterious to your growth. We don't go that way.*

You have mentioned when the road is narrow and stony you are able to assist. Is this what you are now referring to?

*It is the way it is. Sometimes you are taxed almost beyond endurance. You may have 'bitten off more than you can chew' as you say. You feel you have been deserted by kith and kin and all appears to be against you. If, at these times, you could allow us to come forward to impinge upon you, your energy grid to give you substance that would lift you higher than appears to be the way at these times. We have always provided, given you substance by way of encouragement.*

*When times are 'tough' as you say, we are always there encouraging. 'Don't give up' we say. 'Don't fall by the wayside with your ambitions, your dreams. A little more is the way. You can do it'. We encourage you along these ways by giving you impetus, emotional substance to help you over tough times you have instigated.*

*We do not carry you, but we do support you with encouragement. In this way, by this, we are able to sometimes pierce through the malaise, the pit of despondency you have cloaked yourself in.*

Are you able to guide us, perhaps move us from something that could be harmful by a word or two in our ear?

*If you think you can do something and it is to your detriment, if before you go ahead, proceed, we can advise you. However, if you listen only with 'one ear' so to say and choose to follow your own way we are not able to assist. You will learn your own pattern flow your own way.*

It is conceivable that you cannot override our choices and I think sometimes for me it would have been a good idea if you had been able to. It probably would have helped me in unwise situations.

*We can advise you prior to a way you may be choosing. We can instruct you as to the ramifications but, if you recall, we cannot intervene in your decisions.*

What about the times you mentioned when the right person appears at the right time, or we have a windfall when we need it? Aren't you the providers or instigators at those times?

*No, it is not the way. We are what you refer to as your (emotional?) support group. Any material help that comes your way is your instigation.*

Is it then we are learning to do mind control and change situations to our advantage?

*It is always the way it is. You provide for yourself in all ways. We guide, advise but let you furnish and get on with the rest.*

*It is your growth pattern you have initiated at these times. It is to your advantage to learn this well. You are not advised to count on others for your sustenance. It is there, for you, provided by you. If others appear to be the givers it is only by your 'grace', so to say, that it is initiated. If it is the other way, the shoe on the other foot, it is also the way. You bring it all in for your learning. It cannot flow, be any other way.*

I will finish our discussion for today. Thank you for your guidance. It is always helpful.

*Then we go our way. Peace and blessings go to one and all. It is done and we are gone.*

Thank you.

### **Here With a Particular Purpose.**

*Don't limit a child to your own learning,  
for he was born in another time.*

Author Unknown.

o0o

You have explained the need for us to realize the importance of us being on any dominion because wherever we are exists only because we are there to experience it. Is my understanding correct?

*Yes, it follows that way. You may not be aware of the providence you initiate with this understanding. It opens up more than you can understand or perceive at this juncture for it is so that what you are doing at any reality has a vast, magical effect of what transpires there.*

I would like more information please.

*We can furnish you with what you desire for it is imperative you comprehend what we say with this. It is not enough that you are present, as a consciousness at a reality and do nothing but while away your time there. Far better for all concerned if you apply yourself knowingly to your achievements instead of piecemeal as before.*

I recently read a quote from a spiritual teacher, Osho, who states a similar thing. He says, '*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*'. Is that what you are meaning and, if so, is this still dealing with the topic of existentialism?

*It is sound advice you have quoted here. It is existentialism for it discusses what you do while ever you are at any domicile and it is the way that all are one so what will have an impact will affect all.*

You have also mentioned '*You are not here without purpose. You are fulfilling your own task you set while at the same time bringing forth other avenues and energies that are yet to formulate upon this existence divine*'. Perhaps others, like me, are not aware of what we chose to achieve while ever we are incarnated on this dimension and perhaps they, like me, would like more information on the topic so we are fulfilling our task while bringing forth other energies yet to formulate upon this existence.

*Then we go that way.*

At present what we do is mainly hit and miss and we don't know if our actions we initiate are part of our task we set ourselves before incarnating here. You have mentioned we are always learning even if what we are doing is different to our original plan. You have explained that we are creators and as such cannot do anything else but create and when you spoke about that topic it was referring to our thoughts. You have mentioned that our energy presence here is helping the nature world and Mother Earth. We would now appreciate you telling us about how our presence, wayward or not, is affecting this domicile.

*It is so, what you say and yes, we can furnish you with your desired answer. You have a way, an energy that is useful to attract and bring to bear, forth, other realities not yet in their prime. They have not achieved the same trajectory as you have achieved but are attracted to the way, the energy you put forth. It is in this way that you are assisting others by your way of extending yourself and making possible these other forms, energies to magnetize to this way, this dominion and become more of an active part of it.*

If it wasn't for our particular energy band that we here at this existence emit who or what energy form would take our place for these incoming energies? Was it the same way for us? Were we attracted to a particular energy bandwave to bring us forward into another dimension for learning?

*It is not quite the same way but yes, you did exemplify your magnificence by magnetizing, flowing within another stream of learning consciousness. All who choose to flow along a particular way for the learning offered at a particular time followed this way of connecting.*

Then would it be correct to assume that as an epoch changes it brings in an inflow of newer energies, those who see the opportunities offered can connect and take advantage of the changes?

*Many do take advantage of what is offered but not all go this way. Whether 'epochs' as you say, come and go, the momentum is connected to all and changes occur. You would perhaps refer to it as timing; when the time is right, it happens to all. You may perhaps think of it as a chicken coming out of an egg or when gestation time is over, and a baby is born. All move in unison to their next stage of unification.*

I am not sure in what context you mean by unification so would appreciate your explanation.

*Unification is when you extend yourself and all gain, benefit. As all are doing, achieving their mission it benefits all.*

Do we have a way to go? A plan we all automatically follow?

*It is that there is a plan and all do follow but all, having free will, once there wherever they may be, can then adapt and change their rollcall play. They are then able to attach and work with the energies at hand at the newer, to them, level and way.*

But if we, in this particular energy band of learning consciousness, didn't come for some reason, would another, perhaps slightly different bandwave energy take our place? If so, what then would this dominion, Earth be like?

*Again you are getting yourself confused. It is not the way. When it is 'time' as you say progress is automatic, assured. Would an embryo at its time of release be able to refuse its trajectory into another reality? It is not the way.*

The question I was attempting to ask but became confused in saying was we, as human beings, bring in a certain energy we vibrate harmoniously to.

*It is the way. All go this way.*

I understand we all progress as a particular band of energy but before we came to this dimension, we were energy without form. Could another energy bandwave different to us but harmonious to what was required here have come here instead and changed all we see, all that has existed in form here?

*It might be the way but your form, way was what was needed at the time of inception. We understand it has changed over time as different energies have changed and brought about other ways and avenues yet the (base?) energy remains the same. It is what was needed at the time and continues to 'this' day as you say. It will continue until the energies here no longer appeal, suit, and you will go, as a band, another way more in harmony with the new energy 'you'. When that eventuates, there will be other avenues to work your magic upon.*

In Book One you mentioned that some of the energies already here, us, will choose to stay behind and work with bringing on the newer incarnating energies that are coming in; those new energies taking advantage of the opportunities of the energy shifts taking place. You stated that the helpers, those of us deciding to stay here will be without form and will be representational to the new energies.

*Yes, it is the way it will be.*

Was that what happened when we incarnated here as a group or bandwidth? Others stayed behind and guided us?

*Yes, it was the way. All have had assistance as they felt their way into unknown, to them, territory. A guiding hand was required and was provided.*

*Not all went the way of assistance, but many souls did provide the emotional sustenance needed at the times. Others continued on to what they felt were greener fields to their (other?) advancement.*



This information may lead to other questions needing answers, but I will finish for today. I need to read our notes before formulating questions.

*Then we go that way. Peace and blessings go to one and all. We are finished for today.*

Thank you.

## **Learning From Each Other.**

*Life is really simple  
but we insist on making it complicated.*  
Confucius

o0o

I have reread our notes and they reminded me of another discussion, perhaps from one of the other tutors speaking about the huge changes come that about from the various epoch shifts and the subsequent energy downloads to this dominion. It is at those times that a whole band or group of spirit beings choose the opportunity to take advantage of the incoming energy on offer.

If we are all one, all, then they have to be a part of me, us, of all, we bring in whoever we require to assist us in our game of life and, as they are a part of all, they have chosen to take advantage of what is on offer; of helping us and of helping themselves.

Have I made my question clear? The whole concept is acceptable to my understanding on one level, but not on another so I would appreciate your clarification here.

*Yes, we can 'fill you in' as you say. All exist as is stated, all, but there are differing parts to all. Not separation but differing in the energy sway that is to incarnate and be of assistance for themselves and for you, all souls. They take upon themselves the persona that aids them while at the while, aids you. This may not appear to be the way when you are together, but it is the way, predetermined to assist all.*

*You are all encouraging and learning from 'each other' so to say while it may not appear that way. You are learning, for example, different forms of love, of parents, partners, and children. Each has much to offer one to the other and you gladly accept whatever is being instigated to your form while at the same time gaining much from the interaction of thoughts, experiences and of other ways we will not go into detail with at this time.*

Was there ever a first soul being? I know one of the tutors explained about our inception here, but we were soul beings before that. Was there ever a beginning?

*No, it is not the way and your thinking is third dimensional. There never was a beginning, will never be an ending because it is not the way. You see spatiality, time and other needs here on this domicile, but the reality exists for 'all time' as you say. It cannot be any other way for all exist and are formed from imaginings beyond your present comprehension.*

Then please explain as best you can about these imaginings that are beyond our present comprehension. We need to start someplace learning what we don't know so how about today?

*Yes, it is true that you need to be brought up to speed with the facts at hand but are you able to comprehend activities that go beyond what you understand? We are asking you to shed your skin, your thoughts of this dimension and of those others that inter-bind, weave within and without what you understand. It is far greater than you can imagine at present yet beautiful, perfect in its simplicity.*

*You have a saying 'all goes like clockwork' and we understand the term and issue one of our own; the universe, what all exists, all convenes, all can be, is the same. There are no errors, no mishaps, and no abrasive issues to fix. All goes of accord as is meant to be. There are issues here, others who are in this energy that cannot be identified, known to you because they are not of your comprehension.*

*They are not of form; pure energy yes but are not of your ken in what we mean by that term. They exist for 'all times' and interweave, creating other forms that can and do exist at other realities. These other forms they create will never be a part of your existence or understanding for they come from another way and your way, magnificent as it is, will never reach these beings, forms for they are not part of what you seek to examine and learn from. Nor are they what you aspire to. 'Never the twain' shall meet is a term from your existence and while that is so in what we are discussing, these formless ones are part of your existence.*

Then let's go back to our bloodline self. Can you enlighten me on mine and presumably it would be the same or similar for others, readers of this book.

*Yes, it is so that you are created from the one energy but there has been a split-off  
so to say; one that had many wanting to experience life in all its glory in various ways.*

Excuse me for interrupting you but 'the one energy'. Please explain what you mean.

*It is not god as you understand it to be. Nor is it the mother/ father procreation. The one energy is all and by that wording we term all as is meant to be by your comprehension. We then need to explain what happens within a 'split-off' as we say. It is the one being, energy that extends itself to go various ways to experience and grow. As it grows its extension is also growing and changing, bringing by magnetization whatever is desired.*

Again, I need to interrupt. It is the one being that is causing me confusion. Please clarify it for me.

*It is all. One being is all. Singular, all.*

On thinking what you are saying and what I understand, are you meaning by your words that this malleable, consciousness energy we all exist in and are a part of is the one energy? When it seeks experiences, it extends a portion of itself to create another life or reality that goes on ad infinitum?

*It can be seen to be that way, but it is not correct. It is so that it does 'extend itself' as you perceive but there is much more here that you cannot comprehend at present. It goes forth and creates but many avenues are invested in what you may see as the one time. It is not the way. Nor are there separations. We are all of this one energy divine.*

Everything that exists, can ever exist is this one energy?

*Yes, it is the way. All form, inert, active, large, miniscule, whichever way you see energy could form and be is the one source energy divine.*

No good or bad; just the one energy activating itself as it chooses for whatever it chooses to be? Without any separation or cut-offs?

*Yes, it is more than you can comprehend at present, but it is as you say.*

I will finish now and read back our discussion notes. There is much here that I need to think about, so I understand.

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

Thank you.

## **Manipulating the 'Good' With the 'Bad'.**

*Every situation,  
no matter how challenging,  
is conspiring to bring you into a greater vibrational energy.  
Will you accept it?  
Panache Desai.*

When we, as a group or band of soul beings incarnated to this domain, we did so for the purpose of experiencing what this dimension had to offer and also to bring other energies on that were here. Part of our learning was to manipulate the various energies available and that included what we term the 'good' with the 'bad'.

What we see as 'bad' or 'good' you don't pass judgement on, and I assume it is because all energy experiences are what we have attracted to ourselves to gain from in whichever way suits our needs. In thinking about wars, it is still not clear what a soul would gain from participating in the horrors of war.

*There are many activities that take place where you gain tremendous advantages that brings about change for all concerned. All concerned we hasten to say are not necessarily those who participate in the horrors as you see them to be but all the events shed light into what has many times become stagnant. Other ways are devised, found to shift these energies along to a more industrious way of seeing and being.*

I do understand that not all suffer, and many people make lots of money and become wealthy because of these times of war and upheaval but the other side of the coin is that many do suffer.

*We understand you are seeing from a limited viewpoint and while we do not rejoice at war we do not denigrate it either for we see much to be gained on all fronts, ways, with this. Those participating are all gaining in one way or the other. It may not appear to be so but we state, all are here on their mission to grow and understand values that are not understood at the time. Much to be learned is the way of the upheavals as they occur.*

Can you be more specific with your answer of gains? It can be understood that those who make money and credibility stand to gain but what way do the others benefit? You have mentioned they learn values that were not understood previous to their participation; what else is gained?

*You understand so little of what participants seek to understand. To your eyes it is all disaster, doom and gloom scenario yet there is more being unleashed and understood at these times.*

*'Man's inhumanity to man' is a term used at these times but is it so? All are participating as they see fit otherwise, they would not be in the position placing them there. It is at times such as these brought about by warring factions that opportunities present that are not there in 'peacetime' as you say.*

Are you speaking of comradeship and perhaps of one soul being giving up their life to save another?

*It is so that lives are lost, and comradeship abounds. We do not disagree with what you are saying but there is much more that you are not familiar with and so not discussing.*

*Again, you look to your surface, eyes explanation but there is more. Every time there is a mission to start war other factors come into play. We have mentioned that all are one and when we spoke of this we included 'all' as was said.*

You have mentioned that prior to any major events that have upheaval and consequences for the world's populations, souls know ahead of time and incarnate, maybe for the express purpose of what they can gain from the experience but also to help shift the stagnant energy along.

*It is not so obvious when a soul incarnates with an 'express purpose' as you say that their intention was to learn and gain from what you see as atrocities. They have 'pulled the wool over their eyes' so to say and are oblivious to what events they will participate in. It is needed to be, go this way for to know beforehand what aims they seek to achieve and to find themselves in a situation that is offensive to their kind; sensibilities would be disastrous to their understanding.*

I do not understand what you are meaning by your answer and would appreciate further clarification.

*Then we go that way. It is so that souls incarnating have a mission to uphold for their developmental learning and also to unlock stagnant energies. They can only do so when the situation has come about for the participation to take place.*

So this has all been pre-planned before their inception and they know about it beforehand?

*Yes, it is the way.*

There are no timelines as we perceive so any war is what we refer to as 'a done deal'. It is already in the atmosphere waiting for the right time as we see it to be for it to eventuate.

*We cannot agree with what you are stating. We are saying that all is there to be aroused but it will depend on the circumstances that need activating for it to take place at the 'time' you see it to be.*

Is this something to do with probabilities? If so, those who have incarnated for the express purpose of learning what they want to achieve during a war will be disappointed.

*It is not as you say. Events shape as they, souls, see fits their needs. They bring in the assets, what they seek to learn. They will be here at the right time for those needs to come to prominence. There will be no accidents, no missed opportunities for advancement.*

What I am understanding from your comments is that each soul commits to be a part of much needed change, but doesn't necessarily know or remember that at some point in their future they will be part of the war machine that will ultimately bring about the needed change.

Do you mind if we stop now? I need to read back our notes for clarification. Perhaps tomorrow we can continue on this topic.

*Then it shall be the way. Peace and blessings go to one and all. You cannot fail.*

Thank you.

## **Part Two**

### **Joining the Dots. The Body Elemental.**

*Trust yourself.  
You know more than you think you do.  
Benjamin Spock.*

o0o

In Book One we first learned about the body elemental. We discussed it to the point that you mentioned I was spending too much time on the topic and suggested we move onto something else to learn about. At the time I felt there was something needed to be expanded on but as our lessons or discussions are on the question/answer mode did not ask the right questions at the time and we went onto another topic. I now have my question to be asked and would like to reopen the topic for discussion.

*We can go that way.*

All throughout previous discussions on the earth elemental I thought that it was perhaps like a super cell or something that size and was the magnetizer of the other little earth elementals to form the body we inhabit while having an Earth experience. Even during a meditation and when, in my mind, I saw the dark shape, about three feet high, of the body elemental standing to my right and presumably in my energy field I still didn't fully grasp the reality of what I was seeing.

It only recently became clear to me when reading a book, *St Germain on Alchemy*, by Mark L Prophet and Elizabeth Prophet, who, in part mention the earth elemental as...'*About three feet high and resembling the individual whom he serves....*' The two writers and I are on agreement about the size but differ on the resembling of the individual because mine didn't look like a mini me. However, it is a different energy form or energy than 'I' am.

*It can be seen to be that way.*

From what we have discussed every person incarnated here and has a physical body has their own earth elemental?

*Yes, that is the way.*

Each earth body was created by the earth elemental following our instructions we issued before incarnating here. It faithfully adhered to our plan on what we needed to have as a physical body, no mistakes, and whatever infirmities were born with the body were not mistakes either but what we, as spirit, chose as part of our learning curve whilst here upon this dominion.

*Yes, that is the way. No mistakes: only learning abilities wanting to be achieved.*

Many of us at various times of our life bemoan our body shape, size, gender and maybe color little realizing or acknowledging that the image, shape we see reflecting back from our mirrors is perfect and can't be any other way. It is perfect because the earth elemental works faithfully and diligently creating the body we directed him to make before our incarnation and now here we, through our choices in life, wise or unwise, have given the earth element the material to work with. Our body and health reflect how well we are doing.

*Yes, no mistakes there.*

Our challenge is in learning to work with and control our excesses and part of the test while here is overcoming temptations. As you mentioned the earth elemental is the devil on our shoulder that tempts us while we are learning restraint and to control of our excesses or slothfulness. We are also uplifting the earth elementals by the finer energy we bring here to this denser dominion. Both sides need the other in our developmental challenge here so it is a win/win situation.

*Yes, it is the way. No recourse here.*

Any malicious or negative thinking that comes into our mind to depress, upset and drain our life force energy is from other unseen energies we have attracted by our lack of mind control. These other unseen energies from

the astral, in an area where creatures of nightmares are, feed of our uncontrolled emotions and destabilize our equilibrium, inciting us more.

*Yes, that is so, the way.*

But the earth elemental is not of this sort. He works only with the physical body and not the emotions.

*Yes, that is the way. His function is purely third dimension. These mentioned go another way.*

Thank you. Before I knew these other unseen energies were capable of affecting us, I held the earth elemental responsible for everything that happened in my life and by doing so never took responsibility for my own thoughts or actions.

I would like to delve further into the topic of how we attract magnetize these other unseen energies and learn more about them but will need to finish for today. Thank you for all you offer us in knowledge to stop us, metaphorically speaking, blindly thrashing about in the dark.

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

Thank you.

## **The Earth Elemental and Others.**

*Every situation, no matter how challenging,  
is conspiring to bring you into a greater vibrational energy.*

*Will you receive it?*

Panache Desal.

o0o

Today I would like to continue our discussion on the earth elemental. I feel that my questions have not been comprehensive enough so it may be work in progress as I gain more knowledge and ask more questions.

*The earth elemental is one of another 'species' so to say (here?) primarily to help the incoming souls create what they desire on their sojourn here. He is earthbound whilst the soul is 'of the stars', so to say and both work in perfect synchronicity each serving their purpose of gainfulness'.*

Please explain what was meant by the earth element being of another species. What species would that be?

*He is of the earth elemental kind who is here to assist all who need his 'expertise' so to say. He is instrumental in assisting all who choose to have an earth experience. His 'expertise' as we say is compounding, processing, bringing together all the instrumentals that are required to 'fashion', so to say whatever energy requirements are at his disposal.*

*He is of the earth is the way and is instrumental in each energy species who decide to make their challenge to go this way. It is not of the one sort of energy (yet?) he is able to fashion their requirements. For some, as we have stated, come from other dimensions and are treading a new pathway of learning.*

They may not be like us, of the stars.

*No their way is more of the heavier endeavors; those that have been mired more in a substance that you have not experienced. It was not necessary for you to go that path for your learning took another way.*

We would appreciate more information please.

*They are not of your kind yet; they are of your kind by nature of being one. Not all experience the same trajectory and because of this require different ways and means. Whilever they are domiciled upon this avenue they will resound to another energy divine; one that resonates to what is required upon this plane of existence. For them it is different, and their way will be different to what you chose to be and experience.*

So, they may not go through the procreation and all we chose while here?

*No, they will progress their own way divine which is different to what you chose for your incarnation here.*

Are they of the nature world kind?

*We do not see it that way for these energies come from a different way, a course that is not 'designed' so to say of the earth elementals you mention. We do not see it that way for their progression.*

So, we have no knowledge of this kind we are now referring to?

*No, their demeanour is unfamiliar to your kind and, 'never the twain shall meet' as you say.*

Thank you. Another answer you gave I feel requires further information. You stated '*Whilever you are domiciled here you also influence other energies that are not of the ones you mentioned. They are the elements of 'Mother Earth' as you say. Whilever you, as an energy is here you influence others of these kinds. They are also brought into the light by your energy accord.*'

I would like to know about the earth energies of the nature kingdom because in understanding more of what is available to us to work with, we could learn to make contact, see and even communicate in some way with these helpers of nature.

Some do so now but mine have been ad hoc and unexpected. It would be wonderful to be able to be out in our garden, parks, nature and have the ability to consciously connect in some way with the nature spirits. I accept



that they might not know of our existence, see us or even wish to communicate but any interaction would enhance our life if we knew how to consciously go about it.

*Yes, it would enhance your experiences while upon this dominion. You cannot just sit and contemplate, wish it to be. The connection must be from both sides for communication to take place and it may not be the wishes of the recipients to be, go that way.*

That I understand but how about some hints, input on how to achieve what we seek?

*We feel your best way would be to elevate yourself to the needs of those you seek to make communication with. They can then decide if they will be willing to be, go that way. Many are not obliged to see communication take place for they are aware of what is transpiring upon your domain from some of your kind.*

Yes, it is so that many through ignorance or putting money before all else are abusing our world. Those people are not going to seek out earth energies and attempt to make contact. They would not accept that such species exist. On the other hand, we do have many others who do have major concerns about the planet and seek to address their concerns in a proactive way.

*We do not deny what you are stating however it still requires a modicum of knowledge to gain access to all you desire. You need to raise yourself, your vibrational input in whichever way you choose to harmonize and bring to existence your desires. It can be ad hoc as you experienced but you had, at the time, gone into the desired requirements to attract your aims. That it came about 'out of the blue' as you say it did eventuate and you were enhanced by the experience.*

So we come back to my question of how to bring about communication, or seeing or feeling the various earth elementals, of fairies, elves and others who work diligently in making and maintaining our nature world such a beautiful place.

*It is easy for you to connect if you have the right harmonies. We are suggesting that you work upon yourself to gain these needs. Firstly, calmness and a fluidity of expectation that does not go beyond what you can imagine. Do not go out 'beating the bushes' so to say to attract these you seek to inspire.*

'A fluidity of expectation that does not go beyond what you can imagine' is unclear and it would be helpful if you clarified your statement.

*Yes, a fluidity of expectation is when you imagine you can see and hear while there is nothing to be seen or heard. In your enthusiasm you will heighten your expectations and with it will enlarge your energy field and bring in other lessons to be learned. You will, by your thoughts expect to see something and you will bring into being what you expect to see which may not necessarily be of the energies you seek to see.*

Are we then opening our self up to other unseen energies that are attracted to our enthusiastic exuberance? Ones that are always in the atmosphere and can attach to us because we have opened ourselves to the elements.

*Yes, it is the way.*

And these are a different lot to those we have previously spoken about.

*Yes, it is the way.*

Are these like trolls or ogres?

*It may be the way. We are informing you that at all times, despite what you desire, you attract unseen others from dimensions near and far. Your lessons at these times are to cover yourself with balance. Not to go off on tangents that can thwart your desires.*

Thank you. I will finish now and read back our notes.

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

Thank you.

## **Part Three**

### **Is The Tail Wagging the Dog?**

*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.

o0o

Today I would like our discussion to move away from the earth elementals and speak of mind control and beliefs.

*You cannot achieve anything if your belief that it is possible is not there. Until you recognise 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 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. You are also creating other realities, other beings, as you dwell on this plane. We are also trying to make you aware on that front also. You will, at some stage, need to deconstruct ... no, it is not what we are aiming for ... you will need to reclaim, reabsorb this back into yourself, your energy divine. 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.*

*It is all up to you. 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 entities 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. I am speaking from personal experience here but assume others who try to follow your instructions will be of the same opinion. Some of my thoughts that I catch myself thinking are scary sometimes and I wonder why I 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 plunder, 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.*

You previously mentioned that because we don't believe something is possible it will be that way. When I mentioned growing a limb as being an impossibility, you challenged my thoughts and said it would always remain impossible while ever we thought along that line.

There have been many examples in all sorts of events in technology, medicine and other fields where the seemingly impossible was made possible by the first person breaking through that concept and showing that

it can be achieved. The first person to run the four-minute mile is one example that comes to mind. Others then followed when they saw it could be done.

I have also read about people not being able to see form that their mind could not grasp as part of their reality. An example that stands out was from a book I read. It said when some sailing ships were on the horizon the local native population could not see them because they had never seen ships like these before and so their minds could not grasp the images.

According to the story, their medicine man or a person with a more open mind was able to see something was different to normal on the horizon. It was only by his open observation that the unfamiliar outlines came into his vision and mind. He was then able to tell the rest of the native population and because they believed him, they then could also see the ships. Is this the sort of thing you are referring to? When somebody respected tells the rest of us, we can then understand, believe and see.

*It could follow that way, that line, but would you not find it easier, more expedient, if you learned to see beyond the solid for yourself. There is much that is around you that is formed, yet you see it not.*

*We are not referring to any mishmash of thoughts, of fabrications here. We are speaking of what already exists upon your plane, your structure that is there if you learn to see and observe for yourself. It can be the way that you observe, truly observe and not let your line of sight go beyond, to overlook what is presented for your awareness.*

Are you referring to the other dimensions that are very close in vibrations to our third dimension? That we need to see and feel them; to become aware of their existence?

*No, we do not go that way with our instructions. If you feel you care (to see them) then we can show you how to access these dimensions that are so close to your own. They, in actuality, interpenetrate your own physical existence but we are not referring to them here (by what we are saying). We are leading you along another path we feel is more interesting, more to your advantage to follow along. Firstly thought, we need you to follow along with your mind control; learn to master it and not have it master you.*

A little bit like the tail wagging the dog?

*If you see it that way but we are intent on showing you how you need to master your thoughts. These also have a bearing on your vibration swings, the energy flow that pulsates and courses in and around your frame.*

*We want you to understand the necessity of all of this; it is not easy, and we do not imply it is to be the way. We do however, want you to comprehend the advantages of being able to control your mind. In this way, with this, you will control much, if not all of your resources, mental and energy, but also so much more.*

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

Thank you.

## **The Key in the Lock.**

***Every moment of your life is infinitely creative  
and the universe is endlessly bountiful.  
Just put forth a clear enough request,  
and everything your heart desires  
must come to you.***

**Mahatma Gandhi.**

o0o

I understand how our thoughts affect our moods but am very intrigued by the other path we could follow if we learned to control our thoughts. Is it possible to start on this line of learning now while we are working on mind, mental control?

*It cannot flow the way you seek to investigate unless you have at least a modicum of mental control. We are introducing you to newer concepts that you have not been privy to before this 'newer' energy control or sway was about. We are stating that for you to access this energy in the proper flow will take a change of belief, firstly, and then resonance, understanding of what is about and what can be achieved by your common-sense and ability.*

You have mentioned several times that we need to control our mind and be aware where our thoughts take us. You have also mentioned that we need to expand our thinking and overcome preconceived thoughts or opinions of what we can achieve. If we believe it can happen, with these new energies, we can make it happen irrespective of whether others have achieved our aim or not. Is that correct?

*Our wordings are part of what you recall but there is much more than just lip service needed. You understand, yet you don't understand, and we don't mean to be glib with our answer here. We are dealing with factuality, what is required, and your mindset is paramount to your ability being achieved. That is part of the reason we are so firm on our instruction.*

*We understand that it is not easy, we know, but it is important that you get this fact straight in your concept so that you can at least work toward achieving the harmony and the balance required. Then you are able to work on further introducing yourself to other avenues of direction, of learning.*

You just mentioned harmony and balance is required by us. Why is that necessary for bridging, or seeing, or interacting with the newer learning?

*Because you might recall that when your mind starts to wander with any project it often does not do you any good. You sometimes find with this wandering that your recall, your mind goes on the tangent yet the value of the lesson, of the act of whatever the task before you is, is lost to you. It will be along the same line of aptitude with this newer endeavor.*

I am not sure that I understand what you are saying here. We start a project and for whatever reason our mind drifts away from the task at hand. Still, we finish the project, and it is all okay. What value have we lost?

*You are ignorant of many of the events that marshal your energies. You need to become aware.*

I have read or heard that each task we set ourselves, no matter how mundane, is to be treated as a meditation; that we give full attention to what we are doing at any given time. Is that what you mean and, if so, why is this so important?

*It covers a lot of ground here for you. You are doing a circular, round session here. We have previously mentioned the importance of mind control and being aware of where your thoughts flit to at any time sequence. Are you happy to stay only with these thoughts?*

No, certainly not. It just seems that you have pointed the way to another avenue of learning but have not given us the key to get in and learn about it.

*But we have given you the key. Your mind control is the key that unlocks the knowledge. It is useless to continue without it for, in reality, in truth, you will not be able to hold the vibrational sway that is required. You will keep, and we are being facetious here, opening and shutting the gate without being able to go in.*

*We are whetting your inquisitiveness, your thoughts, to make you interested and try to achieve your aim which is mind control. Then you will see that what you set out to achieve is attainable and we can instruct you more along the lines of the newer seeing of all that is about at this newer level, dimension. You will see and understand much of what is beyond your grasp at present. You will see how it is achievable to change your reality to a more progressive, suitable way of resonating with all.*

*You will see and understand how it is possible and achievable if you desire to rise beyond your preconceived conditioning and change your whole demeanor, your very sight to what is about and we do not, at this juncture, encompass the other dimensions that have been formed for other entertainment and learning.*

You mean the other dimensions that we may now interact with and are there for us when we depart this lifetime?

*We are passing on to you the comprehension, the understanding that there is so much more that you are presently unaware of. We seek to enlighten you along this way.*

Thank you for your instructions but it may be that we are going circular and will continue to go that way until I, at least, learn mind control. However, I don't want to spend the rest of my days learning only how I have not achieved this. I will keep working toward it but hearing that my success or failure is dependent on this is not really going to get me far with my learning. I do understand what you are saying but is there something else we can go on with while I work on mind control?

*Our information can flow along an altered path; we can choose another way, but it is to your best interest to keep working along with our instructions of mind control. Until that has been achieved the other avenues, the newer energy avenues, shall we say, will remain lost to your countenance.*

So, like being in a schoolroom situation, I cannot progress to the next level, or class, until I have mastered mind control? Is that basically it?

*Unfortunately, you have not achieved the key to the lock that fits the doorway. However, like repetition in classroom situations you can approach learning along another pathway divine and we can help you here.*

I would appreciate that. So, where do we start?

*It is in understanding your place in divinity that we would like to approach you with.*

Do you mean religion or spirituality?

*We refer only to your growth pattern here. We do not encompass religion at all. It is, as we have previously stated, superstitious control. We seek to take you far beyond this calling. We want you to understand your divinity, your part in 'all there is, all there can be' as you eloquently state it. We are aiming to have you, not give lip service to this concept, but the understanding of all that you are and can form; to make you understand and take you further along that way of learning, of greatness supreme.*

I don't understand what you mean by 'greatness supreme' and I don't really like the wording.

*Then we change our format, our wording, and choose a different way. You are greatness divine. There is no other way of stating it. Every energy ever formed is part of the greatness divine.*

*Understand, you cannot be any other way. You are part of the divine, 'all that is,' as you say, and as such, are part of a greatness that is beyond your comprehension. We don't want you to be mealy-mouthed with your understanding of what you create; the form you are and all that is around you. You have created it all and we ask you to acknowledge that fact.*

*We do not elevate you 'beyond your station', as you say. We are stating fact here. It is how it is meant to flow; you create and it comes into being, into your awareness at some stage. It cannot be any other way. That is partly why we are so set on having you understand your mind control because, at present, you have no understanding, no idea, of where you go or what you create.*

*All of your creations have to, at some stage, 'come home to roost' as you say. It is better for you all if you do not have too many preconceived ideas that do not allow you to understand and follow this simple way; control your thoughts.*

Excuse me for interrupting but you have already mentioned all this to us.

*And the lesson needs to be repeated until it is learned and is repetitious until you get it right. We are enlightening you on other activities, other endeavors, at the same time as 'hitting home' to you, your awareness of the validity of what we say.*

There are many interruptions around me today and I think it is best if we finish now and continue another day.

*Then we comply with your wishes. Peace and blessings be upon you, now and forevermore.*

Thank you.

## **Uncontrolled Thoughts and Emotions.**

*Nothing in the world can trouble you  
as much as your own thoughts.*

Author Unknown

o0o

I require further information on several topics mentioned so will start our day's discussion on those.

*We see your way of understanding is compromised by our wording and it would be best to clarify your understanding.*

We speak of incarnation and as it is stated it implies reincarnation which you state does not exist. I feel that is one of the misconceptions that need clarification.

*Then we go that way. We do not discuss reincarnation because it does not exist. It is a misconception brought about by a misunderstanding that has been perpetuated until it has become common usage for all. It is not the way. We refer to timelines and they do not exist, but our wording is needed in your way of speaking and understanding. When we speak of such, we are referring to whichever and whenever you, as a being, chose to manifest in any avenue and at any juncture.*

*Then we need to clarify our wording again. It is not linear or back in time or going anywhere. It is a change of consciousness that brings the desires about. The reality is you go nowhere because you are already 'there' wherever you, as consciousness, choose to be. Should you choose another time, as you see it to be, it is changing concepts that bring it about into whatever epoch or avenue you choose.*

*We reiterate, we are speaking in your understanding, but the reality is you go nowhere. It is as you have a thought, a daydream and it becomes, for a time, your reality. Your daydream takes form and goes whichever way you select it to be. Or, it could have wings, flights of its own it goes upon if not brought into control, way by your thoughts.*

So our life is like a daydream brought about by our self?

*Can you not see that you are yourself; a thought form existence of one? You are you in your own right but as a thought form existence. Does this make you less real? No, it is not the way. Just as your thought-forms have taken on an existence of their own but always maintain the connection with self because they are self. Do you understand what we are saying here?*

When you explain it that way it is understandable. Then what about the silver cord connection, any connection?

*Always you are connected. it cannot be any other way with this. Just as your thought-forms are connected it flows that way.*

*You are learning and understanding the power of your thoughts and creations all the while you are self. This projection has ways to understand while all the while you know it all. It exists, all exists, it is the way.*

So all our angst and frustrations are a waste of time?

*No, not quite that way. While you are creating thought-forms 'of your own' and we separate the division, bring it into being for your comprehension; what you are doing is enabling the energies of the emotions to take hold. They also need growth patterns, and you bring them about by your antics and thoughts.*

So, even though emotions are not what we think of as solid, bricks and mortar type things they are just as real as the rest of this dimension?

*Yes, it is the way. They also have their progression to divinity. It is fact that we speak of progression but it is more learning to understand and control their form of consciousness. Again, their form of consciousness is still 'all.'*

We see emotions, lack of self-control to be a negative thing. Are you stating this is not the way? That we should give full rein to our emotions.

*No, that is not the way either. You need, as part of your learning progression, to control these emotions brought about by your fears or desires. They are there as one of the learning processes you have undertaken to your 'mastership' so to say.*

So, we have these emotions and the earth elemental energies to learn to control. Aren't they all the same?



*No, it is not the same. You are dealing with other ways here. Each is as relevant as the other, but they are different ways of manifestation. All have their needs and desires.*

Emotions have needs and desires.

*Yes, they are energy and whilst not along the same way as you are progressing, they go their own inimitable way.*

Do they go in a group, or a band of energy?

*All progress as their needs dictate. We are not familiar with the energies of the different emotions for they are not our way. We can see and understand your emotions and see your lack of control at various situations. We can only speak the way we understand.*

Our uncontrolled emotions bring about energies that are also progressing their own way. Are these like our thought-forms?

*No, they never take form while your daydream thought-forms do take form and go on to a life of their own.*

Sometimes our thoughts can be dark and depressing when we are having an 'off day'. We can now understand these ones, like happier ones, create a life of their own. What about the times we are terrified about something. What happens then?

*They go their own way.*

What way is that? We have mentally created form so, to follow what you have instructed, the poor things must take a life of their own. There is also a lot of negative and uncontrolled emotional energy involved at these times. Those emotions might not have form, but the emotions are created so do they go on in whichever way chosen to be?

*Not quite as you say. The energies do go on. However, by working in other ways they attract other similar forces and they can cause mayhem to the unenlightened or responsive.*

This is an unfamiliar topic that needs further discussion and I think it will take more than the time I have for it today. Instead, I will finish now to read back our discussion for today.

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

Thank you.

## **What the Mind Chooses, the Body Follows.**

*If someone wishes for good health,  
one must first ask oneself  
if he is ready to do away  
with the reasons for his illness.  
Only then is it possible to help him.  
Hippocrates.  
o0o*

To gain further insight I would like to go back to a topic we have previously discussed. You explained there are no accidents and that included all health issues we may be born with. Any impediments chosen prior to incarnating are to learn and gain something from. Some of these health issues we may choose to have as a lifelong malaise while others may be for a shorter period of time.

*Yes, that is the way it is constructed for your developmental learning. To conquer, control and learn from the impediment.*

We also discussed how one person with a split personality could seemingly have all the health problems under the sun needing all sorts of medication yet when their other personality took over and decided not to go that way, they were able to reject the first personality's ailments and their body became healthy. My question is, was that because of the second personality's belief that they could reject the first personality's health issues?

*It may be the way. We cannot speak for the souls you mention but can state that once the mind has chosen a way the body follows.*

Is that because of a belief; their belief in themselves and they can change any circumstances relating to their physical body?

*We cannot say. It is up to the individual soul to dictate their belief in their choices and have it flow as of accord.*

Many of us do not treat our physical body very well and blame how we are on the earth energy who works faithfully with the means we give it. As part of the challenge, we have set for ourself while on this dimension is we are meant to work in harmony with the earth elemental, all earth elementals.

*Yes, that is the way it is meant to be.*

If we could learn to be like the second personality mentioned where we dismiss all ailments, we have included an unsatisfactory body image we could do it, perhaps even overnight?

*We cannot agree with what you are stating for again, what is required is not so much the discipline of action but the belief, the understanding that you are in command of your physical body, and it pleases you to go a better way.*

All teachers are encouraging us to understand that our physical body is made up of the elements of this dimension and the earth elemental overseer is the controller of the other elements working in harmony constructing our physical body.

*Yes, that is the way it is. No objection to what you say.*

Then how do we learn to control these elements? Apart from mastering our slothfulness, avarice and perhaps all the other of the seven deadly sins affecting our physical body, how do we control the elements outside or independent of us?

As one example and as part of our learning, are we to learn not to feel the effects of the weather? To be able to withstand say, all the extremes of weather tempests.

*No, we do not see it as part of your learning requirements that you abuse your body in any way. We do not encourage you to be or go that way. Extremes in any form can have a deleterious effect upon your frame and may, if unwise, lead to your demise.*

*You are being encouraged to learn to work with the elements in a more proactive way. To understand that as part of your assignment you set for your self is a combining, an understanding that you can attract and work with all the elements upon this dimension.*

Again, referring to the ascended masters; they were able to attract their desires. Warmth, shelter, food, all they desired for themselves and others they pulled from the atmosphere. Just by thinking of what they wanted they manifested it as required. We are a long way from that and are, at best, mostly learning to work in a symbiotic relationship with our physical body while also having chosen to work with the other energies that are here all around including the incoming energies.

*Yes, it is so. You are not obliged to do all you can see but it enhances your understanding of the elementals and what can be achieved by your attaining mastery over them.*

You have mentioned that each soul is never alone even when they feel it to be the case.

*Yes, it is so. No soul travels alone.*

You also make clear that while helpers serve well as our support group and encourage us, they do not help in any other way. Everything we attain we draw to our self and I am thinking of something as mundane as getting a parking spot. Before you made me aware of the true situation, that I attracted what I needed by my thoughts, it was assumed that my guardian angel, my guide or someone else looking after me who did it on my behalf.

*No, that will never be the way. To your eyes it may seem it was from 'outside help' so to say but it cannot be done as you say. To do so emasculates you for you are here, in part, to work with the elements and part of your desire, what you require is attained this way. Your support group are there as a support group to encourage you on. They do not do the task you have set for you.*

So, when we do manage to get a parking space in an area full of other vehicles it is by our own effort that it came to be?

*Understand that many times you are bringing in whatever it is from the elements that help or hinder you. It is not that you are consciously aware of it most times, but it is the way. You construct 'beforehand', so to say, what your needs and desires are to be and they come of accord. Depending on your willpower you engender them with.*

Yet many times we go someplace and need a parking space but never find one. Why is that?

*Because you did not give full credit to your efforts. You mentally wished for and gave lip service to your desires but did not attach, attract what you required. It then eluded your efforts is the way.*

I will finish for today but am interested in continuing tomorrow for any practical understanding on how we can go about mastery of the elements here. You have given us an overview of what is required but any other advice would also be well received.

*Then we go our way. Peace and blessings go to one and all. We finish now and go our way.*

Thank you.

## **A Chain Reaction.**

*New opinions are always suspected,  
and usually opposed  
without any other reason  
but because they are not already common.*

John Locke

oOo

You are encouraging us to have more faith in our abilities because our belief structure at any time works either for or against us. How exactly does this work?

*By your belief you set up a 'chain reaction' so to say. You manipulate your energy field that magnetizes your desire, and you achieve it this way. You change your consciousness, ways of seeing and thinking that activates your desires.*

You have mentioned that part of our mission here is to learn to master the elements on this dimension and others who incarnated before us. Those who we see as ascended masters from different belief structures have shown us the way by their examples.

*Yes, it is the way. They encouraged by example, to see it is possible to be this way. It is a part, function of what you chose while incarnated upon this domain, to learn mastery of all that is here. It is by this, in this way that you are able to rise above the elements here and upon other realities; to learn more of what is required to bring about mastership of all domains. Each has their own needs, ways of leaning and you work with those whenever you are upon those domains.*

You have stated that all is consciousness and whatever we can see and experience on any domain is consciousness.

*Always is, always will be for there is nothing else in existence but consciousness.*

It seems strange to think of the wind, dust, all weather conditions, all we take for granted, all we can experience, all emotions are consciousness manifesting in a different way.

*Yes, it is so.*

Is it only on this third dimension that we are able to feel the elements; the rains, the wind, heat, cold; those sorts of things?

*It can be understood that all elements as you see them to be are a consciousness and they exist in their varying ways at all dimensions.*

You have mentioned we have already created a body for our existence in other dimensions we are participating in but is it the same or similar to what we experience here? Do other dimensions have similar elements to feel and understand?

*All have their 'elements' as you say and all are participating, one to the other. While you are here, at this dimension, you are encouraging, bringing on those elements that also abide here upon this dimension.*

Is that because we are of a finer vibration to the earth elements existing here?

*Yes, you also attach to yourself what is required here upon this dominion. Those attachments are needed by you to function here while at the while they are gaining on' your front' so to say. Your largesse of what you offer to them is great for without you they would not exist in the way they perceive meets their needs.*

And it was because this particular bandwidth of consciousness that incarnated together that was what was needed at the time; to keep the wheels on all levels humming?

*Yes, without you they would have gone another way. All life here would have taken another turn, way of evolution. It would not have been a problem per se for 'the wheels' would have still kept humming but the way would be different to what is or was required at your transition here upon this domain. You also would have chosen to go another way.*

You have made it eminently clear throughout this book how we need to be mindful of our thoughts and what we can attract to ourselves if we don't. Unfortunately, in my case, old habits die hard and I am often finding

myself dwelling on the negative which attracts other negative energies into my energy field where they can manipulate me in some way that suits their needs and not mine.

*Yes, it is the way. Always be vigilant when your thoughts do not serve your purpose.*

We are bombarded all the time with negativity. Media reports, what is on our televisions and movies are all dealing in the negative side of life. You have cautioned us about watching these shows but even if we don't watch them the elements, energies are still in the atmosphere where they can affect us.

*Yes, it is the way. It is part of your developmental learning to be aware and rise above such shows.*

And what about the negative thinking brought about by others who watch these shows and emulate what they see?

*We cannot see why you are fussing about what is in the atmosphere. If you have protected yourself, your energy field, they cannot magnetize to you and cause you harm. You are the judge, the one who sees if it is to your advantage to see what you see as negativity.*

It seems I am repeating myself with the information you have previously given to us. It now seems a prudent idea to go back and read what has already been provided so I don't keep going around in circles. I will finish now and read our discussion notes.

*Then we go, leave for another day. Peace and blessings go to one and all. You cannot fail.*

Thank you.

## **Part Four**

### **The Reality of Existence.**

*The eye sees only what the mind is prepared to comprehend.*

— Robertson Davies.

O0o

Whilever we, as spirit beings, exist in this physical body we have an electromagnetic covering of flesh. Is that the way?

*It is more than that but to get you moving we can follow your lead.*

You have stated that everything is energy consciousness. From what we see, the largest to the most miniscule and all in-between and no matter where or how it is presented, seemingly inert, lifeless, in whatever shape or form it chooses to manifest it always remains energy consciousness.

*Yes, it is the way.*

We, everything, exists in what can be thought of as a matrix field of pulsating energy consciousness and this energy field of consciousness contains what we are, 'all' and it cannot be any other way.

*You are now starting to grasp more of the reality of 'existence,' so to say. To understand more of what is and what is available to you should you choose to be or go any way.*

*You manipulate, attract and repel this energy flow to suit your desires. It is the way it is. 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, as you have previously mentioned, we use this field to create other worlds?

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

It seems that 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, any body. It is by manipulating this field that you gain, learn. 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 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.*

In Book One you first mentioned that we are all god but at the time it seemed to be so blasphemous or delusional. Now we have a better understanding emerging of how that can be.

*We do not cast false words your way. You are as stated, god. We all are god and it cannot be any other way. Rest assured your magnificence is great. You hold so much power little realizing the way it comes to be.*

*We are different for we understand and relish our power. It is not personal aggrandizement. It is stated to have you understand this fact. We are set to teach you of your magnificence and ways to be.*

It is not clear of the 'ways to be' you have just mentioned. Please explain.

*Your magnificence is assured and cannot be any other way. You choose your ways to exemplify your magnificence by understanding the laws that govern certain 'restrictions' so to say. You come about to learn of ways to enhance your knowledge, a knowledge you already contain because, as god, you have it all. It cannot be any other way.*

If we have it all, why do we need to understand the laws that govern certain restrictions?

*You do contain it all but you also want to expand and learn other ways you can manipulate energy and bring it to the fore. You do this in many ways; by progressing in creating other realities, other beings that are also a part of you, of all. You 'pretend' so to say you need the advancement, the knowledge and go whichever way you desire to bring it about.*

Then would I be correct in stating that part of the reason we are here on this third dimension is to learn to create and manipulate; create our reality with the denser energy that is here?

*You are only partly right in what you say. You do create your reality here on this dominion, but it was preconceived by you prior to coming here to this denser realm. You chose your time, situation and aggrandizement to proceed in the way you thought would best suit your desires while here. You set it all in place and it proceeded your way with the help of the earth elemental being you are bringing along in your wake.*

We are encouraged to create our reality whilst here and many do try to change circumstances in their life and it seems most fail. Why is that? Why it is that people can meditate, visualize and see it all happening as they desire yet fail to deliver to themselves their desires and wishes? Why once here do we have so much trouble bringing our desires into form?

*Because there is an element missing; faith is what is required here. Lip service is given, and you strive with all your might to facilitate, bring about your desires but it eludes most of you because of your lack of faith; in yourself and your ability to 'pull it off' as you say. If you reached into yourself, truly believed what you sought was for you, achievable, you could, as the prophet Jesus once said 'move mountains' with your desires.*

I acknowledge and accept what you are saying because we do mentally struggle to overcome our limitations. We physically work hard, tick all the boxes with our desires and it doesn't come to pass. However, what must come to pass are the thought-forms we have created. We have spent time focussing on our desires and as you have previously mentioned they, as thought-forms, may be out of sight but have not gone away.

*Yes, you are correct when you state they may be out of sight but have not gone away. They reside in another part of this dimension because part of your desires when incarnating here was to learn to work with the elements here, at hand. Your thought-forms are part of the elements here. Not the nature world as you may perceive but of the elemental matter that makes up the known reality here.*

So our thought-forms are somewhere on this dimension and their physical body is created out of the earth elemental matter as ours is. They would then also have to have an elemental being overseer or controller to have their physical body function as is required on this dominion.

*Yes, it is the way.*

We speak of this dimension implying there is only one. It includes the entire nature world but from what you are suggesting, or I understand, there is more than the one mentioned.

*Yes it is the way. The vibration is similar but not the same. This is where much of what goes on 'behind the scenes' as you say take part.*



I am starting to get a better understanding now of how we can be affected by other energies that may be without a physical body but are still able to influence and affect us. I assume ghosts and other apparitions are of the same kind.

*No, they go another way. We feel we have given you enough to think about for today and any questions that come into your mind you would like given thought to. We can continue in this same vein tomorrow or when next we meet.*

*Peace and blessings go to one and all. We are done, finished for today.*

Thank you.

## **Creators All.**

*We are not given a good life or a bad life.*

*We are given a life.*

*And it is up to you to make it good or bad.*

Author unknown

o0o

From previous discussions it is understood that we are creators and as such cannot do anything but create. Our information today could enlarge on that concept.

*Then we comply with your desires.*

You mentioned, as a caution, to always watch our thoughts because whatever we are thinking we are creating those thought-forms and they do not just float away.

*Yes, it is the way it is for you all. You cannot not create; magnetize to you whatever your thoughts are constructing.*

If we create our present lifetimes, bring in those who can assist us and our physical bodies are what we have created and keep creating by our thoughts and actions; what about those other creations our undisciplined thinking has formed. Where are they?

*All around you yet you see them not. This is because you have not programmed your thinking to correspond with what is here now, your present condition or lifetime.*

I would appreciate more information, please.

*Your created thought-forms have not disappeared; they exist and are forming another 'offshoot' so to say of your existence. The ramifications here are great for you have created life and now, as the creator, need to take responsibility for this ingenuity of your conscious thinking.*

This is a bit overwhelming to think about. I have no idea what I've thought about or created yet am responsible for them?

*Yes, it is the way it is. You do create and as creators take on a part of this existence divine. It is not so difficult to understand when you realize what is there is part of you; you formed it by your consciousness thinking and it is given form.*

*Existences, worlds are being created in this way all the time. It is not so strange when you understand the concept and go that way. We have been instructing you since we first comprehended your existence and took form to give you understanding for you are part of a creation of all.*

Then, what about our charges, what we have created into form? If others are like me, my thoughts don't deliberately think of someone as a baby and go from there. The thoughts I have are about adults. How do they get a life they are living? They can't just pop up somewhere without a history.

*No, it is not that way. They do have a history and we choose not to confuse you any more than you appear to be but sufficient to say they do come with a history even if, to your mind, that part has not been created by this part of you.*

Then what or who creates that history?

*We can claim that there is an existence, and that existence does formulate for itself what is required for the span of time they want to exist. Why is it strange that you, a consciousness, can formulate your desires, your lifespan needs and comply with your requirements? You have created form and that form, as you have done, is capable of creating what it desires to be.*

Our thoughts have created another consciousness that is a part of us and is somewhere, creating the life it chose to exist in just as we did. Your answer is becoming more complex and will take further time than is left for our discussion today. If you don't mind it might be better to leave it for another time.

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

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

What about the momentary thoughts we have throughout our day? We have created them 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?

*In many ways you see only yourself and what is required for your existence here. We understand this and do not condone or condemn. 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 its self into a growth pattern, just as you are in form as a growth pattern. It cannot be any other way.*

*These forms 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 would like to 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 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 thought form 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. Is that agreeable to you?

*Any way is agreeable to set 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.*

*Peace and blessings go to one and all. We are done for today.*

## **A Product of Your Thoughts.**

*The greater our knowledge increases  
the more our ignorance unfolds.*  
John F Kennedy

o0o

There are two questions I feel need further clarification. The first one is 'Your thought-forms are part of the elements here. Not the nature world as you may perceive but of the elemental matter that makes up the known reality here'. We can address that question first.

*It is so that they are part of this dominion and abide here many times is the way. They are of you but are not you even though you brought them into being by your thoughts, wayward sometimes.*

They are not earth elementals but need the earth beings to construct their body while here? We do too but we are spirit beings who need the coarser covering for us to function on this coarser vibration reality. What happens to our thought-forms? Do they have a soul, a part of ours?

*It is so that they have 'a soul', as you say. All do but not perhaps as you perceive. Meanwhile they are structuring their way and knowledge along this avenue divine. They are a product of your thoughts but have not the knowledge you have accumulated, and they are seeking their way. As your creations they need to be domiciled here to 'learn the ropes'.*

*They can function here or in any domain that is vibratory to here. They are gaining and understanding what is required by the energy pull from this reality. When they have gained enough, they will have the knowledge to transport themselves to other avenues of requirement.*

Is this why, when we are on this dominion, we are subject to other thought-forms? Those who float around in the atmosphere and can attach themselves to susceptible people? Are our thought-forms of those energies?

*No, it is not the way. Yours, so to say, have formed a life here. They have created out of the atmosphere, provided for their needs. They go another way and utilize what is available and so make a life form contribution to all. Because of what they have gained from you, their creator, they have an inner knowledge or inner guidance to set themselves up in the right and proper way for their needs.*

You have mentioned that these other energies that float around serve a purpose. Apart from taking our energy and inciting us to depression, anger and other emotions not in our best interest, what else do they do?

*They serve as a wake-up call for those who are influenced by their call. They require that you instigate your thoughts to a better way, a better reception of use of your utilities, your thoughts and actions.*

But only if we know of them can we take action.

*Yes, but you are all learning the way. There are many now on your domain who are helping, encouraging your sort to learn self-control in its many and varied ways. It is part of their service to their fellow beings.*

What they have chosen as part of their mission in life?

*Yes, it is the way it is. Many respond to the call of the incoming energies and give encouragement and guidance to those less enlightened of the ways these energy beings can wrought havoc to their being.*

Thank you. You have also mentioned there is more than one dimension here where they, our thought-forms are. As this sounds interesting, I would appreciate your explanation on this topic.

*Then we go that way. Yes, there are many levels that intertwine. All have their opportunities for those who inhabit, vibrate their way. It is not so different to what is here upon you all but you see only what your five senses acknowledge. We are stating that there are many more avenues that your earth being can cohabitate at and all are in harmony, one to the other.*

I am sorry but I need to finish our interesting discussion for today. Perhaps tomorrow we can continue with this intriguing topic. Do you to continue on this topic? If so, move to follow on from this

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

Thank you.

## **Interacting With Personal Thought-form Selfs.**

*Everything has changed and yet,  
I am more me than I have ever been.*

Author unknown

o0o

I would like our discussion for today to continue with understanding more on our energy creations and the other levels they inhabit.

*It may seem strange that we speak about other levels while you are cohabitating this earth dominion, but it is the way it is. You are impacting on all your energies as they are influencing you. This abode is not only the one you are gaining from. Your creations are also helping here. They can encourage you as it were. Just as*

*you influence them, take a part in what you see as (their?) reality. Allow the energies that are you in all their glory to shine forward and let you understand what you contain and are.*

We would appreciate more information please.

*Many of you are under the illusion that when you are affected by another energy part that is cohabiting someplace else it is part of a past life recall (reincarnation?). It is not the way. You do not have past life recalls in any way. It is again a misunderstanding of what can be and what is.*

*You understand so little of the reality of what is your existence divine. It is only natural to be influenced in some way by other elements of yourself. You do it all the time. There is no separation per se. It is a cut off line engineered, seen to be missing.*

So, experiences that other parts of self are undergoing can and do have an influence on this part?

*That is the way. It is a two-way flow of energy alternating, going between, switching one to the other.*

How does this come about? What activates this interaction?

*It takes very little to activate the flow because it is always there upon you all. You are experiencing the flow all the time. Sometimes it is greater than other times depending on needs for survival and such.*

So, for clarity, the energy flow between all sections is there all the time. It ebbs and flows depending on needs and presumably conditions. Is that right?

*It is how it is.*

So stressful situations can activate it more and whoever needs added energy get a boost from one or more of the other interconnecting selves?

*It can flow that way. You are always interconnected and as such are always alleviating, changing each other's energies.*

What about if I was a healthy person and took care of my physical body to the best of my ability while other segments were the complete opposite. How would that be in the scheme of things you speak about today? It has to have an influence on my physical body.

*No, why would that be the way? You are master of your controls. Your body is under your 'command', so to say. You control what energies flow and if it is the way that you choose not to be influenced by another part, section of yourself it will not have one iota of influence. You will not feel any ramification along that way.*

Then what we, as energies are doing is attracting and repelling actions, thoughts and all that sort of thing but we are still in control of our physical body and thoughts?

*Yes, it is the way.*

Then how can we be influenced? Well, you have explained how but why?

*Because of the interaction, the connection of the energy divine. You are not floating off someplace oblivious to all. We explained before to be careful of what you achieve, set out to be because it will come to pass of having an influence, ramifications upon all.*

But if it is all illusion, what does it matter?

*That is the way to see it all but unfortunately it does have a bearing sometimes on what you can and don't do. You are influenced in so many ways by what is achieved on other levels that you also cohabit. You are influenced many times by the energy flow yet little understanding of this is before your eyes.*

I will finish our discussion now and read your information. Perhaps we can continue along the same line later when I may be better able to understand more of what you have explained.

*Then we leave you now to your thoughts. Peace be upon you now and forevermore.*

Thank you.

## **Experiences With Another Thought-form Self.**

*Dare to know!*  
*Have the courage to use your own intelligence.*  
Immanuel Kant.

o0o

I would like your comments on an experience I had in coming to the emotional assistance of another of my thought-form selfs in their reality or dimension. Further information on the experience would be appreciated.

*Then we go that way today.*



The scene appeared to be someplace in South America, in a tropical part. I was in the jungle with a stranger, an Asian male, perhaps in his twenties. There were others there, captives, but, unlike us, they were trussed up. They also seemed to be periphery to what was happening to us. The Asian male accepted we were captive but expected to be released at some stage. I, on the other hand, knew we were going to be murdered.

It is not clear how we ended up in this situation, but I think we were being held as hostage by drug dealers or gun runners. The male in charge, dressed in a sweaty looking, dirty white suit, knew I was aware we were going to be killed and it seemed to amuse him. However, as stated, the Asian male believed we were going to be set free and I didn't tell him any different. That was all there was to my part of that experience. I would appreciate your comments on this.

*Your other thought-form self knew what was going to be and 'withdrew', so to say, after calling on help, assistance from one of the lead connections. You answered the call and it went that way.*

So my other thought-form self came back and was murdered?

*It can be the way. It can also be the way that the thought-form self withdrew and let the earth (elemental?) energy (being) supply the requirements of keeping the physical body activated for it to take place. The need would have been required and was furnished so the earth being could fulfil what was necessary.*

Then why was it necessary for me to participate in the first place if my other thought-form self could withdraw and let the earth being take over?

*It was needed for the energy flow to be activated as was decreed. You had a previous knowledge and knew what would be required. As part of your understanding and learning you chose beforehand to participate and relieve your other self of part of the trauma of the event.*

What do you mean by the energy flow needing to be activated?

*It is a requirement that for each part there be of a certain acknowledgement of what is to be. No accidents. Participants, as part of their learning agree to participate in sharing some knowledge experience. While one being does not go through all 'the motions', so to say, they do gain on the front with the experiences by participating in some of the events, experiences.*

If, as has previously been stated, we all bring back the knowledge to all, why is it needed to be this way mentioned? We would gain the knowledge that way.

*No, it is not the way. Many times, you share in events such as this and all needs are taken care of without the end result being as you say. It is being able to draw one to the other that enhances and uplifts what the experience undertaken is. You cannot do it fully in the other way. Yes, you do have the knowledge, but this brings in other avenues more to the advancement of all.*

And where does the earth being fit into this? What gains are made by this being?

*It gains in many ways. It is able to share part of what the experience activated and brought about is. It is of this dominion, but it allows it to extend itself through your activities what is required when the self being has stepped aside.*

*It feels what is being wrought and the emotions enable it to extend itself more in alignment with your needs. It, for a short while, can extend itself by your emotions bringing about 'extra energy' so to say. It uplifts it to higher than it can be alone, and it gains another impetus for its growth that it cannot achieve alone or without this extreme emotion.*

Does it feel the experience of death as is our way?

*No, it feels the emotion but is not involved in the same way. The upliftment brings forth a surge of energy that would not be experienced by the earth being in the normal way. It needs the help, assistance to go 'the extra yards' so to say and it gets it by your engendering emotions.*

*You, on the other hand, can stand aside and watch what is taking place without the (emotional?) effect you would feel should you still be in a physical body. You have elevated yourself, your understanding and can watch impassively knowing your race is run. The experiences that were body related are no more and you have no feeling for what has now become an encumbrance to your dreams. You move on.*

On thinking about your answers now wonder, does this sort of thing happen to people who are at the end of their life? Those who are not in a traumatic situation. For example, some who are in hospital and can appear to be all but lifeless, with life barely ticking over, are they, at these times, still in their physical body or have they gone off someplace more productive to their needs and the earth being keeps their physical body ticking over until the person decides it is time to move on?

*It can be either way. It depends on what the soul chooses to experience. If they feel they gain more understanding, more compassion perhaps for the physical being who manifested their body and has served them well throughout their lifespan they might stay that way and gain more of what can be attained by being in a physical body but not able to function in it as before. It is not all the one way and choices can be activated at any time without redress.*

I do remember you saying that before incarnation, we had already created the blueprint of what our physical body was to be and while the earth elementals were busy on the project creating our form, we were off following more productive, interesting pursuits only returning at a later date to take residency. That might or might not be at birth, perhaps some time later and presumably until we decided when it would be suitable to our cause the earth being would be taking care of the physical body.

*Yes, that is so. You do not need to be in a physical frame for the experiences to occur. What you choose to be and do will continue your way whilst the earth elemental being 'runs the show' as you say. It all goes of accord as is meant to be. The earth being follows your desires and gets on with the task at hand.*

Then how does it relate to the earth being experiencing and getting an extra boost of knowledge and energy from what can only be considered normal for life?

*It is the way that the energy is in flux and whatever is required will be provided by the elemental energies merging so to say and creating form. In this way, by this, the earth being grows and learns how to manipulate other elemental beings who are here also growing and learning. A leader of the pack might be a way to answer your query. He gains on all fronts with this interaction.*

*However, when something such as your self was privy to gaining he gets an extra impetus that would not be so easy to attain if this were not the way. The impetus, feeling is not the same as when he acts alone with what he has available at hand. This newer, to him, way has added benefits that take him from what was a mediocre way of progression to one that has been accelerated by your kind.*

What do you mean by 'your kind'?

*Your kind is a different way of interacting and being available to this earth elemental being. Without the input experience he would not be able to reach the level of attainment this has brought about.*

Was this a possibility for the earth being or does he need us, a finer energy to assist?

*All assist in their inimitable way. One does not travel the way alone. He 'deserves,' so to say, whatever and whichever way the energy forms and becomes.*

I will finish now and read back your information from today.

*Then we go now. Peace and blessings be upon you all. We are done for today.*

Thank you.

## **Gaining Insights.**

*Sometimes the heart sees  
what is invisible to the eye.*

H. Jackson Brown, Jr.

o0o

Your information about our thought-forms and there being more than one dimension where they, our thought-forms are, is interesting and was unknown to me. You also raised other issues that need more insight into and I would appreciate further information on those topics today.

*There is much you are unfamiliar with as you domicile yourself here upon this domain. You take for granted all you see with your sensory receptors are all there is available and around for you. You fail to understand and reach out to other levels of this dimension. Myriad levels interweave, interconnect with you here while you inhabit a physical body.*

I want to hear more of them but would like to stay with the information on the thought-forms we have, in ignorance, created. You have previously mentioned they take on form, an earth body, and then create their life on this reality.

*Yes, it is the way.*

When you first mentioned I was creating thought-forms you instructed me to make them happy thoughts. At the time there was no idea just what your instruction meant or why you said it. As I gained more understanding realized that when I was upset by someone for some perceived slight my thinking had often gone into the negative 'they said and then 'I could have said' scenario' and changed my perception of what was then the reality of the situation to one that better suited me. You are saying that at each time that happened I created two realities? The actual one I was participating in and the one I created by my thinking.

*Yes, it is so. We are set to have you understand that these thoughts you harbor, in whichever way, are not gone from existence.*

So, there are now two realities: the one being experienced and the fanciful one I created now exist?

*Yes, as a creator, you have created that reality.*

But what maintains, keeps that fanciful reality and any thought-forms going? Where is that reality; where do the thought-forms go?

*You are all in this 'dot point matrix' as you say. All are but you are conscious only of what you choose to see. You have designed it to be that way for the gainfulness, the lessons you choose this way. If you changed your perception and believed, had faith that what you sought was achievable for you it would be. It is all there.*

*We seek to have you understand you go nowhere because you are already there. You have created from whatever the desire, way was for you to progress and advance yourself as you sought to be. You attracted to you whichever and whatever you sought, magnetized it to your being and it came to pass.*

I think another of the tutors said we change perception, concepts and ways of seeing things and with this change is a change of comprehension which brings about a change in energy. 'In other words you go another way. Your magnetization changes and you move into another 'slot of existence'.

*Yes, that is so. You change your way of understanding and controlling whatever it is you choose to apply to your understanding concepts, and it comes to pass.*

Then why is it not possible to see our thought-forms if we tick all the boxes with our belief and magnetization?

*Because they go another way and the way they have chosen is not your way even if you do go and 'tick all the boxes' as you say.*

Previously we discussed how thought-forms, our creations and others in the atmosphere can emotionally affect us. You also mentioned because we are connected, we are able to emotionally assist our thought-forms and they us especially when the going gets tough even though, on a physical conscious level we are unaware that is what is transpiring.

*Yes, it is the way but it is a different 'category' shall we say. You do not face-to-face meet them on the street or in other circumstances. This is a soul-to-soul emotional connection, and it is because of this pull, emotional connection you are able to go and be the way.*

The emotion seems to be one of the things we are working on whilst on this dominion. It is also how we leave ourselves open to attachments and attacks from other elementals that are here.

*That is the way to see it, what it is about.*

Thinking back to creating our reality and the thought-forms we create when 'faking it till we make it' and all the other day-by-day thoughts and things we do. If we have created these thought-forms as successful, how we wanted to be, they are that way?

*Yes, they are that way. They have achieved success as you perhaps would have achieved success had you believed you could.*

Believed in ourselves, truly believed we could achieve our desires?

*Yes, it is the way.*

But what if they messed up like we sometimes do, and they fritter their talents away and their success eludes them?

*Then they go another way with their learning curve.*

On the other hand, we have examples where people appear to be born with what we term a 'silver spoon' in their mouth and all of life's bountifulness comes their way without any or very little effort on their part. They could be a thought form.

*All are what is termed a thought-form and it follows that way.*

Yet somehow and at some place they, our thought-forms, create a life of their own just as we did. From connecting with an earth being who creates their physical form, parents, whatever they have desired they brought to fruition just as we, a thought-form of another created our life?

*It is the way it works for all.*

I need to put this in context for myself and so will start again with my thinking. There is no timeline as we understand it to be and they, our thought-forms, have a form created from the elements of the earth. This is achieved in collusion with their earth elemental being and the symbiotic relationship attachment is formed or fixed before incarnation, just as ours is.

*It is so.*

And each thought-form starts off their inception as a baby like we did and goes from there creating whatever it is they choose for their time here.

*It cannot be any other way.*

How it all meshes together and comes about presently eludes me. Is it because my thinking is so entrenched in this reality's perception?

*It may be the way. We understand your dilemma, but rest assured it is there for you to comprehend if you apply yourself more to the task.*

You said we are a thought-form of another; possibly they are a thought-form of another?

*Yes, it is so.*

Yet what we see as plurality is only a series of the one energy?

*Yes, it flows, follows that line of reasoning.*

And this is why you can state we are all god?

*Yes, and it cannot be any other way. Your confusion lies in your thinking being of this dimension. You need to rise above the thoughts you harbor here.*

That might be easier said than done. I will finish now and read back our notes.

*Then we leave you to your ruminations. Peace and blessings go to one and all. We are finished for today.*

Thank you.

### **Our Construction Divine.**

*Give yourself permission to live a big life.*

*Step into who you are meant to be.*

*You were meant for greatness.*

*Stop playing small.*

*You're meant for greater things.*

Unknown.

o0o

From reading back previous notes it seems you are implying we are like cells in our body that divide and grow but do not separate.

*Yes, it can follow that logic divine.*

And all these cells and selfs are a consciousness?

*Consciousness. No division here.*

Yet it does appear to me that there is a big divide between all, as I see all is and me as a self. There may not be but there seems to be a big division in rarefication, knowledge, everything between all and me.

*No, it is not like that. Have we not informed you of your way, your magnificence? If all are part, a composition of all it cannot be the way that there is a separation, any separation. It cannot flow, follow that way.*

Can we then think of these other thought-form selfs, some in worlds we have constructed for them by our thinking but originally coming from a writer's mind connected to us?

*Yes, it is the way. They are your construction divine.*

Then if we can think of them like cells in our body wherever they are, at whatever level of existence they are part of our composition?

*Yes, we understand your logic with this and see it go that way.*

And we are a composition of another thought-form self; thought into existence in this way?

*Yes, it flows of accord.*

And that thought-form self that brought us into existence was possible brought into existence by another thought-form self as their creation? If that is the way most, maybe all are formed, created out of the all permeating consciousness energy, it then becomes like the chicken and the egg scenario. Who came first?

*It is the way it is. Your magnificence is assured for all times is the way. We are endeavoring to have you understand, to move away from the timeline concept of a beginning and an ending. To your present sight, reality, it may be like that, but the reality of life is vastly different to what you presently perceive.*

*There is no starting line, no finishing cord to be. All exists is the way. All exists. You are a composite, part of all therefore you exist 'for eternity' if you choose to see it that way but we are afoot to set you straight with this anomaly of thinking (of time?).*

From memory of previous conversations, you have already explained that nothing dies, just changes form.

*Yes, consciousness exists 'for all times' as you say. You are consciousness, as everything else you can see, comprehend is the same way therefore, all continue on. Perhaps as you say in different form or out of your present eyesight, but it is still the way. Existence does not become obliterated. Only your perception of what is goes that way.*

I seem to have misheard you when I thought you just say we exist for eternity, but you are setting us straight with this anomaly of thinking. It seems to be in conflict to what you are now saying, and I would like clarification please.

*Then we follow on with what we say. Eternity is your concept of what you see is. Eternity is an illusion. All just is. There are no timeline constraints, no separation to behold, no past, present or forward. It just is. Eternity is a construct of your mind, a way of seeing illusion of time and distance.*

Well, who constructed the human blueprint prototype? Who decided this form would be the best suited for this reality? I understand we create our personal body, but we have the basic design 'already up and running' so to say. We just do modifications to suit our needs.

*Yes, it is so but you are not advancing yourself as a lone energy. Nor are you looking at a picture concept of all. We are stating that others who create form at different avenues, dimensions, took it upon themselves as part of their learning divine to construct the earth form of the elements that are here. They brought in the requirements they designed, and it went from there.*

In my book, Star Beings, there was a chapter on spirit energies from other multitudinous realities who created us. They also created other species, extra-terrestrials, on other planets in this dimension.

*Yes, it is the way and souls eager to experience other divinities, bodies, came to the fore and were 'the prototype', if you choose to see it that way. They constructed more of what was desired to attain other experiences through instigating life upon this division divine. All went of accord.*

I really don't know what to else ask so need to stop now and read back the notes of our discussion. Perhaps we can continue along the same lesson when next we communicate.

*Yes, it can be, flow that way. Peace and blessings go to one and all. We are done, gone for the day.*

Thank you.

### **Free Spirits.**

*Imagination is more important than knowledge.  
For knowledge is limited to all we now know and understand  
while imagination embraces the entire world,  
and all there ever will be to know and understand.*

Albert Einstein

o0o

For clarification, I have to go back to those already in our third dimensional life with us. You have spoken on the subject several times, but I just can't comprehend what you are saying. Is there any way you can make it simpler for me to understand because the concept is very hard to grasp?



*We understand your confusion, but it is the way, what it is. We cannot change what is available for your understanding because you fail to grasp the concept. It will still be the way irrespective of whether you can comprehend it or not. It is the way it is.*

Well, perhaps if we try a revision course might help me gain the understanding lacking now.

*Then we go that way. Choose your wording and what you fail to see now may perhaps be enlightening to you soon.*

Thank you. We are a free spirit choosing to have a third-dimension experience. As such we can see all: what is our timeline, era, whatever reality is there and has been created by other spirit energy teachers for their growth pattern. We decide on whatever we see will suit our needs. This will be the type of gender and body, infirmities or a healthy body.

*Yes, it is the way.*

We have guidance so presumably we are discussing what we want to experience and learn once incarnated upon this dimension.

*Yes, it is the way. You are gaining this understanding from those of your kind; 'your bloodline kind' is the way; those who have already been 'here', so to say and gained knowledge of what is required for your sojourn here.*

*You will live your life here in whatever suited your needs. Your physical body, your life choices and all that entailed and, at 'life's end', as you say you will withdraw and bring the knowledge gained to the common good, 'pot' as you say.*

That part I understand but there are two things I don't comprehend. One is the other thought-form selfs and probable thought-form selfs. I understand we create them by our mind power thoughts, and they go on to live presumably fulfilling lives in whichever way they choose. They are also creating other thought-form selfs who will all at some stage, third dimension speak, come back to the energy that is our part of all which is not separated at any stage from us to a place we have never left because there is no place to go.

*Yes, it is the way. We cannot change your wording for it is the way it flows.*

So, we can think of our life, in a basic way as a dream construct?

*It might be you recall other ways of seeing. We are not familiar with your dream states for we are not part of your existence there. We can only inform you of what transpires with the knowledge, evidence we have of other endeavors we instigate at your request.*

Clarify that for me please.

*Yes, we are also constructed from your images you see. We exist as a part of you divine. We are here at your instigating at this time, to bring you up to speed with your learning.*

I can comprehend you coming here at my request to help me when I reached this stage of my developmental learning. I can understand how the incoming energies make it necessary for us to all change our outmoded thinking that no longer suits the 'newer model of us'. I understand our energy body is going through its metamorphosis as the newer energies permeate it but still cannot relate to those in my life having been created there by me for my learning. How does that follow? They are also souls having an experience, their gainfulness learning.

*Yes, no recriminations here. Your thinking acumen is sound to what you presently understand. They are indeed created by you. Other souls are the way, but they are still 'you'.*

I do not understand you last sentence. Could you please make it clearer for me?

*Yes, we go that way. They are a part of you, we cannot change what is. They are a part of you who has chosen to be, flow this way for what they can gain in understanding and love.*

*Those you interact with, see in your lifetime experiences are all here because of love, even those you seem to be antagonist toward. They have 'manifested', shall we say, not to do you in, cause you harm but to enhance your experiences on this domain. All gain in this way and at times end, when your life finishes here and you go onto other endeavors, they go their way but always the connection is 'solid', as you say. It cannot flow, be any other way.*

I would like to finish our discussion today. I really need to read back our notes for comprehension. Perhaps then I can ask some cogent questions when next we get together.

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

Thank you.

## **Part Five.**

### **What Attracts Floating ‘Others’?**

*Life is for participating,  
not speculating.  
Kathrine Switzer.*

O0o

As previously discussed, all incarnated here have a guide, an angel and our soul family.

*Yes, there are many who offer support as you find your way.*

Yet many of us go through periods where we feel lost, abandoned and alone.

*No, it is not and cannot be the way. You also have others attracted to you from 'time to time' so to say who also delight in watching and understanding your ways.*

Who are they?

*There are others from the nearby interacting dominions whose harmonies bring them into your sphere. They impersonate you sometimes and influence you to go another way if your mind leans that way.*

How do they impersonate us?

*They follow all you do, your beliefs, your fears and acquisitions of thoughts and understandings. They then take it upon themselves to understand your ways by flowing with your energy attraction ways. For a time they are 'you' in manner and attraction opportunities they bring their way.*

They are not our thought-forms or doppelgangers.

*No, it is not the way. These we mention float around and attach themselves to like-minded or those who have the sway, the pull that attracts them. They then take on the persona of the attraction but do not follow through with this dimensional body because they are not of this way although they can, for a short time, be of this way. They do not need a body, a shell, for they are of the mind to come and go and gain what they can, what attracts them by the energy flow attraction.*

And they are capable of influencing us?

*Yes, in many ways they can have a bearing on your thoughts and ways.*

Then what about our helpers? Don't they repel or guide us through an attachment like this?

*No, it is not their way. You have instigated or brought forward into your energy field in some way these other energy beings. They, your support group do not interfere. It is your way, what you instigated, magnetized to your energy frame.*

I have sometimes had emotional psychic attacks from what can be termed 'less evolved spirits'. Other humans hear voices telling them what to do or not do. Are these the ones you are referring to now?

*It may be the way for it is the attraction that enables any other spirit entity into your energy force field. We do not deny what you are saying but it is not 'one size fits all'. Many times what happens is done in ignorance but again we say there are no accidents. What has transpired served as a learning curve for all concerned.*

It seems to be an oxymoron for you to say something happened in ignorance but there are no accidents. Please explain what you mean.

*All of you we feel understands mind control and what can happen when you are not in control of your thoughts.*

Is this one of the reasons you suggest we watch our thoughts? What we are thinking?

*Not only this way but what activates your thinking. There are times when you are led astray by what you have heard or watched or seen. It sets into action thoughts that are not constrained by your thinking process. You activate by this a different energy field that takes you another way.*

Are you saying that we absorb the emotions without thinking cogently about what we have seen or heard?

*Yes, we see you understand our words. When you are being influenced, emotionally influenced by others in whichever way to have you see or think along a different way to what you would normally be influenced by we suggest you pause, stop a moment and wonder why you go this way. What influence has me holding different concepts? Are they taking me away from my desires chosen by me and letting me be influenced by another way; a way that perhaps works on and with my emotions in an unproductive way. We watch and see much of this happening to those who inhabit this timeframe existence.*

Not wishing to sound argumentative but isn't that our choice? Didn't we come here to this existence at this time to learn and absorb whatever the incoming energies have to offer us?

*It is the way. We also want you to see and understand that not all that comes your way is to your benefit; your 'greater good' as you say.*

Then are you suggesting we use discernment and not be one of the sheep that follows trends or crowds? Not to be lead astray by emotions and lack of control because it enables other energies to attach to our energy field and maybe influence us more and create havoc with our emotions?

*Yes, it is so. We started our conversation today with information of the other energies that are here with you and what emotion can do to attract them to you. We suggest that when you find yourself thinking or doing something that is not to your advantage to stop and think why it is this way. It may be that you are being influenced by others outside of your skin, your energy way.*

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

Thank you.

## **Shape Shifting Energies.**

*Imagination is more important than knowledge.  
For knowledge is limited to all we now know and understand  
while imagination embraces the entire world,  
and all there will be to know and understand.*

Albert Einstein.

oOo

You mention that we, as electromagnetic beings, attract other unseen energies to us by the power of our thoughts. These unseen energies can be helpful or of a hindrance, but all offer a salient lesson for us of mind control.

*Yes, it is the way.*

You have also explained that we not only attract others by our thoughts but that our thoughts have an energy life and don't just disappear.

*Yes, it cannot be any other way. You are creators and, as creators, have created unseen form from out of the atmosphere and these creations do have a life of their own. They float, can move about in and out of situations and 'feed' from the energy that is present. We feel that this is something you may not be aware of; that your emotional energies do not float away and dissipate. Instead, they feed energetically and emotionally from what is available in the atmosphere.*

To what purpose? Do they take on form in any way?

*They do indeed take on form but not your way. They never form into a body as such but can shape shift and take form this way. They can attract and frighten others who are receptive of seeing these forms. Your alcoholics or drug users are ones that see and understand these existences.*

And those who can see these shape shifters, they get influenced and maybe frightened which feeds the emotional energy charges of these shape shifters?

*Yes, there are many such beings that inhabit yours and other existences which delight in frightening souls for the sustenance provided. They create havoc wherever opportunities arise and are given the needed sustenance they crave for their power and existence by this and in this way.*

I am assuming that, as energy, they exist for what we see is for all times. I am also assuming that there are a lot of these shape shifters in the atmosphere.

*It is the way. Do not be dismayed by what you see is an intractable problem for it is not the way. All have their way to their divinity as you do, but in a different way. They are there as a purpose, to help you reason, understand that your energy thoughts have not gone away but are instead still there, unseen perhaps but still in the atmosphere. They do not require getting rid of as you might think but instead serve to honor your soul, all souls. They bring about changes to your understanding of what you create.*

Only if we know about them, what our thoughts create.

*Yes, it may be the way but you are changing and becoming more erudite, more in alignment with your divinity. As you move this way you open up knowledge that was previously denied you; not for any other reason but that the timing was not right upon you. Now with the inflow of the newer energies much is to be revealed that was beyond your comprehension, your ken.*

And in the meantime, we are to watch our thoughts?

*It has always been the way that we offer salient advice for you to watch your thinking. It is to your advantage and advancement to be this way.*

Well, not letting our emotions overwhelm us is a good idea. Many, like me, would be feeling despondent and many would be anxious with the doom and gloom scenarios, what we are led to believe by our various media and others. Are you saying that all of those negative emotions are floating around in the atmosphere looking for more of the same for their nourishment?

*Yes, it is the way.*

We have so much ignorance of the reality of existence that extends beyond our five senses. You say this is all to change as we move into and acknowledge more of our divinity and what we are capable of by our mind power?

*Yes, it is the way. The little fledglings are gaining their wings and will soar far beyond the constraints that bind you fast to here, this dimension. You will gain more of an understanding of your magnificence and soar as the beings you are. Unfettered and, as always, free.*

*We feel we have given you the information you sought and will leave you to be. Peace and blessings go to one and all. You cannot fail.*

Thank you.

## **Formless Energies.**

*We are addicted to our thoughts.  
We cannot change anything  
if we cannot change our thinking.*

Santosh Kalwar.

oOo

In reading your information I now understand that what I've previously termed 'lesser evolved energies' who have mentally and emotionally attacked me with what I thought were psychic attacks are probably these shape shifting or formless energies. Is that so?

*Yes, it is the way. You have rendered yourself vulnerable in some way and these energies have delighted in causing you mayhem. Your equilibrium was disharmonized by the event but it went away as you gained your balance once more and understood you were not physically harmed but emotionally were.*

And they had to be attracted to me by something I'd done or said or for some other reason?

*Always it is the way. You rendered yourself vulnerable and these beings were able to attach themselves to your energy flow and cause a disturbance, mayhem.*

In thinking back to some experiences, there is no knowledge of doing anything that might have caused any problems. I am careful not to attract any unwanted influences to me especially at bedtime when it may make me vulnerable.

*It is not the way that you are vulnerable when you go to sleep. You are protected by your earth energy being. It is when you think of something (negative?) and then forget about it that a chink has been formed in your auric armor. It may stay for awhile and these beings are able to 'wait', as you say, and render you ill, disharmonizes your equilibrium. You may then think about your experience with them, and it encourages them more.*

*It is this way we offer our advice. Be vigilant of your thoughts is the way to be. We suggest you do accept that sometimes, with the 'best of your intentions' as you say, all will not go to plan and there will be times and others who will bring you undone. At these times we ask you, suggest, that you wait a short while and see where your thoughts are heading. If they do not suit your intentions, then do not go that way. Bring them back to what is more desirable to your equilibrium. You attract and attach others not of your kind unknowingly when you do not halt your wayward thoughts.*

That is salient advice to heed. I am interested in knowing more of these other beings you are mentioning. Are they beings and if so in what way?

*They are indeed beings and their way is as was chosen, ordained to be their way. They serve in many ways as a wake-up call to those they plunder of energy exchange.*

Excuse me for interrupting but I don't follow what you are saying. Plunder is okay. They deplete our energy but the energy exchange as you term it is unfamiliar. In what way is it an energy exchange?

*They go the way of extending your thoughts that have you feeling less than your being. They have the power to extend how you feel; 'in the pits' is a way to say what we require. They also can 'frighten you silly' as you say and bring about fear and anxiety. This increases your lack of equilibrium and makes you out of balance with your desires. They, in turn, are energized by your pandemonium.*

You have said these energies have been around for a long time. Maybe even what we term is forever. It seems that most people tend to think negatively more so than positively, so there must be an immense number of these energies influencing many of the world's populations.

*Yes, it is so but it also serves as a wake-up call when you have certain overrides to your ways of thinking and being.*

Agreed, but only if we know about these energies, what creates them and that they don't harmlessly disappear into the atmosphere but are there waiting for likely energy mealtimes.

*Yes, it is understandable, what you say but it is time for you to recognize that all you act upon, think and be is not gone from your way.*

You have said all is one and we are all. How does this relate to what you are saying?

*It still goes of accord. That you have not understood at the time that it is not what you require and does not go the way. You still need to take responsibility for your thoughts and your ways. These energies that you formulate and create are still there and they are quite able to attach themselves to others who also resonate their way. They then are quite capable to create mayhem to others of your kind who have not used self control.*

And these are what I've experienced and thought of as psychic attacks? These shape shifting energies that I have somehow instigated, brought about in some way?

*Yes, it does not need to be just prior to an event. It can be, happen sometime before but you are still mulling it over or it is in the back of your mind. Whichever way it is done it has a holdover you and is an 'open door' to you energy field. It comes 'with friends', so to say. Those who are also attached to the recipient by way of the magnetization the thoughts have brought about.*

Am I being fanciful by thinking that these 'friends' who also take advantage of our energy field could be originally from thoughts and deeds of others that go back, in our perception of time as thousands of years?

*It is the way. It is the attraction, not the deed. What you have magnetized does not 'die' as you say. It takes on a way of its own and can render its service to whoever is in the way of its desires.*

You speak of it as a service and have mentioned it is there to help us control our thoughts. It seems to be a hard way to learn. Isn't there something more in alignment with what we need to learn?

*It is the way you have chosen to learn upon this planet divine. You hold the key to your resources, what is required to go another way. We are instilling in you that nothing vanishes as you desire and choose to think. Whatever you created by your thoughts has taken on a life of its own and will exist, as an energy, for all time.*

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

Thank you.

## **Non-Physical Phenomena.**

*Any religion or philosophy  
which is not based on a respect for life  
is not a true religion or philosophy.*

Albert Schweitzer.

oOo

Once more I failed to realize that what we have been discussing about energy is referred to here as the law of conservation that states energy can neither be created nor destroyed - only converted from one form of energy to another. This means that a system always has the same amount of energy.

However, whenever we are on this domain we do have attachments and our discussion today could start with a refresher on the earth energy elemental who, with us, creates the image we see reflecting back at us from



mirrors, the one we refer to as 'me'. Then I would like us to continue on to other energies not normally seen but who can also have an influence on us.

*That can be the way our discussions flow today.*

It may seem as if we are going over old discussions and possibly we are but it is included here now as I try to sort out other unseen energies that are all around and some of who are a part of us in some way. There seems to be the butterfly effect with the negative as well as the more harmonious. It might then be prudent to understand who and what they are; apart from all are beings of some way.

As we have discussed previously, for us to be anchored here on this dimension we need the help of the earth elementals who are in a symbiotic relationship with us. This symbiotic relationship was created prior to our inception here and working with our blueprint, organized what was required to create our physical form and keep it working to our specifications. Our specifications may have changed over time as the influence of this dominion took hold.

Part of our challenge whilst here is to learn to work with and manage these earth energies and there is an exchange of energies between us; ours being of a finer vibration uplifts the elementals and their denser vibrations teaches us how to manipulate and work with energies of another, heavier vibration.

*It is so.*

Despite what we may think we always have a perfect body and it cannot be any other way because whatever we see or feel about our physical body is what our thoughts and actions have brought forward and the earth energy complies and creates the body we have instigated.

The overseer earth energy being looks after our physical body whenever we are on this dimension and is what you have referred to as 'the devil on our shoulder'. It is a hard taskmaster as we learn to control our thoughts and body excesses. We may or may not be aware of the existence of the earth elementals or that this earth elemental being is a part of us, of all, and it is prudent of us to realize our physical body serves as a vehicle while we are here but is not us. In fact, it is a separate entity in its own right—How is that so far?

*Well said, we say. Please continue.*

While here there are other energies we also need to learn to control and these are unseen ones that have at least an equal effect, perhaps more so than the earth elemental on our equilibrium. All of these energies are capable of shape shifting and taking on images to trick us.

*Yes, that is so.*

These shape shifting energies, if they choose to temporarily take form, are often seen when we are in that twilight time between sleep and wakefulness. At least, that has been my experience. I am not sure if it is the same for others.

*It is the way. You are 'at rest', as you say, and it can render you emotionally vulnerable to these entities if you have left yourself susceptible to their advances in some way. You have attracted them in by your lack of recourse.*

And they can play havoc with our thoughts?

*It is the way it is. You have not learned to advance yourself; your needs to bring in whatever it is you desire by your thoughts, so these other entities are not able to 'fill the gap' as you say.*

Yet, you have mentioned that we are not vulnerable when we are asleep.

*No, you are not vulnerable at these times. Your earth elemental energy 'stands guard' is a way of staying mayhem to the physical you.*

Well, the physical body we are wearing is the earth being's domain and it can be affected by us being frightened. Heart palpitations, that sort of thing would not be good for a person with high blood pressure or heart problems.

*It is as you describe but the earth elemental has his way, and it will not cause you undue stress that 'will do you in' as you say.*

Does the earth elemental know of these other energies? Can 'he' see what is causing the problems in and around us?

*He is not of the same vibratory way as these we are discussing but he is not unaware. Nor is he able to render assistance to you should you ask, desire it from him. He is of the earth dominion and is involved in whatever has the effect on that dominion, in this case, your physical body. Your mind thoughts and ways do not have the same effect on him, 'his charges' so to say as it does, has to you.*

But this earth energy has the same potential to get us depressed, fearful, emotional and angry, so what is the difference between these different energies?

*You are not being attacked is the way. Your earth elemental is there as a wake-up call to help you gain control over your emotions and mind, body, by watching your thoughts. He does not take your energy away. He is focussed on helping get his charges moving in the right and proper way he sees fits your desires. These others we are discussing do not go that way.*

We could refer to them as emotional predators.

*It could be seen to be that way but again, we reiterate, they serve a purpose divine. While they are attacking you and robbing you of your energy and equilibrium they are serving as a wake-up call for you to not allow another entity to plunder your life-force energy.*

*We suggest that when you feel 'out of sorts' as you say, look to the reason why. It is a simple matter to stop, ponder for a moment as you watch what is transpiring. Where did your way of thinking come from? Source it back to its inception. You may be quite surprised to see and understand that it did not originate from you but was instilled in some way into your mind and became your way of seeing and thinking.*

It seems that this domain is one of watching our thoughts. It is part of the lesson from the earth elementals and also from these unseen entities. Are there any more we need to be aware of?

*It will depend on which way you choose to reach your divinity. There is much on this level to attract you and much that needs to be understood. We are encouraging you to learn not accept at face value any emotional deeds and needs for they may not be your instigation.*

*We seek to have you understand that any thought, at any time from your sojourn here have not gone away. They, like those who have been on this planet before you, are there, in the atmosphere ready to attach to any one susceptible to their desires.*

*We leave you now to ponder our words. Peace and blessings go to one and all. We are done, gone for the day.*

Thank you.

## **Life Games. Who is Programming Yours?**

*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

o0o

There is an old saying, when the student is ready the teacher appears and perhaps as synchronicity, I gained further information on something you have mentioned in another discussion, and of which has been puzzling me. At the time I never thought to ask for more rationale and we moved onto other topics. Now I have thought more on the subject and have the questions to ask. I would like to go that way today.

*Always you choose the task at hand. We can 'fill you in', as you say, supply you with your requirements.*

Thank you. One of the species of unseen energies that you mentioned I have since learned are known as Wetiko. The Indigenous American Indians are said to have named them and they refer to the Wetiko as a mind virus that not only influences a person but can affect whole populations with mass hysteria, negativity and all sorts of mind persuasions.

*Yes, that is the way.*

It seems these unseen energies have existed as long as humanity has been in existence on this plane. We all have our version of this counterfeiting energy and each of us has created them. Is that what happens?

*No, it is not the way it 'happens' as you say. You do have your 'version', so to say, but you have not created their form. They are a separate existence to your form but can sway, manipulate you to being less than you are. They control your thoughts because you have ceased to control your thoughts and, like filling a vacuum, they manipulate and take over whenever you have subjugated yourself and your needs to their desires. They feed off your energies and deplete you and have you behaving in a way, manner that does not suit your desires. They are counterfeit in the way they mimic you and you do not recognize that it is they, another energy form that has you acting or thinking a certain way.*

If we took control of our thinking and our thoughts, would we be influenced at all by Wetiko energies?

*No, they would have nothing to attach to to bring you undone. You would at these times be master of your ship and no 'invaders' so to say could gain a foothold to your life form energy.*

We have many times discussed our difficulty in being aware of where our recalcitrant thoughts go. It seems that most times when we are on our flights of fancy it is very seldom on pleasant things being thought about unless we focus on them. At these times the focussing, by being aware, keeps our thoughts on the right way. Is that what we are required to do all the time, if possible? I don't know that it is possible for us. We have so many attractions that pull at our thoughts.

*No, that is not the way. We want you to be able to take control. Not all of the time but be aware when your thoughts go awry. When you see yourself doing or thinking in ways that are not you, not normally what you would choose then to step back, metaphorically speaking, and evaluate why you are thinking and behaving in such a way.*

*By doing this monitoring of your thoughts you are gaining on many fronts. You will find that you are taking control of your energy and the wastefulness of your life-force will diminish because no other energy is about to gain a foothold in your aura and start leaching your power away.*

So, by our lack of thinking of what we are thinking or doing we are opening our self up and opportunistic other energies are able to magnetize and attach to us and drain us.

*Yes, that is the way it transpires. You need to be aware. So many opportunities are lost to you when you let others emotionally suck you dry of your powers. They do not only take your energy and deplete your life force. They also manipulate you to acting and doing what would not be considered by you if you had a clear inkling of what is transpiring and what is being done to you and to others of your kind.*

I would like more information please.

*You are instrumental in so many other avenues whilst upon this dimension. You are instrumental in bringing other life forms to see (seek?) their way. You are instrumental in bringing forth other ways, more productive ways for much of the reality that exists upon your plane. You are instrumental in so many different ways to uplifting others of your kind as well as influencing, enhancing those already existing upon this plane.*

*There is much that goes on behind 'the veil' so to say that you are presently in ignorance of but of which you have a huge part to play. Each and every one of you have a role to play and each and every one of you, insignificant you may seem to be, are a necessary part in the wheel of progress of your kind. Whenever, whenever you act out of accord you bring disharmony to the rest.*

Is this again like the butterfly effect?

*Yes, one cannot act alone. All are one therefore what affects one affects all in some way.*

Then what about the Wetiko energies that influence us? You mentioned it is our wayward thinking that allows them to magnetize and affect us. It sounds like part of what they do is as energy vampires.

*Yes, it is the way. Understand that not all the ways you see them to be are instrumental in your undoing. They serve a purpose divine. They are here as a wake-up call for you all. They serve the purpose of having you understand and learn restraint and how to work with other energies not of your kind but, in a way, are of your kind. They mobilize you to the right way of seeing and of being.*

*You are here, on this dimension, as on other dimensions to learn to control and work with, not subjugate, other energies already domiciled here. This is part of the way that you function whilst here. You are being uplifted by your ways, your thoughts and by this, in this way you are also bringing on, enhancing those already upon this dimension.*

*They serve as your wake-up call as we said. It serves you well to be aware of what is transpiring for the shoe always remains upon your feet and you take responsibility for your thoughts and deeds.*

I would like to continue this discussion when next we meet. Unfortunately, I am constrained by time while upon this dimension and need to go for today.

*Always you set the course and we comply. Peace and blessings go to one and all. We are finished for today.*

Thank you.

## **Wetiko, Energy Vampires.**

*The day science begins to study non-physical phenomena,  
it will make more progress in one decade  
than in all the previous centuries of its existence.*

Nikola Tesla

o0o

From the knowledge gained yesterday I understand that what we see as negative, dark energies that are there to do us in are not seen that way by you. Am I right in saying that a better way of understanding energy is it is like money and has no power as such and it is a tool to be used by us? This tool, energy or money can be destructive or helpful depending on the way we choose to use it.

*Yes, it is so. It is without substance and is used, enhanced by what you use it for. There is no right or wrong, negative or positive or any of the other connotations you place upon your world stage. All serve a purpose divine. They act as a wake-up call for you all to attract or repel your desires. How you are going, doing, will show, manifest in the desired way you have chosen by your activities and thoughts.*

How does this relate to what is happening on the world stage? We are going through tumultuous times as we transition from the old energies into the new. There is so much upheaval on our planet and we have conflicting viewpoints on what is happening at this time. In many ways it seems as if those whose loud protestations are being adhered to are taking us back in time to becoming tribal and along the lines of reinventing the wheel. Why is this happening? Why are normal, intelligent beings being influenced and going this way?

*It is all a part of the changing times that are about you all. After awhile it will settle down and peace will reign once more.*

Has peace ever reigned? Not in my lifetime.

*It will be the way that intelligence will prevail and what is seen to be a backward step in societies' forward march will unfold and change to a better equilibrium for all. Much of what is here now must, by needs be abolished, go to the past as you see it to be. You will change your viewpoint and 'come to your senses' as you say when you understand that what you seek; refurbishment of all you see will not come to be by past experiences.*

Are you saying we look back with nostalgia and yearn for those times; times that seem uncomplicated and as a better way?

*We do not say that is the way with all thinking for many are progressive in their way and their forward thrust is not to be or go the way you have prophesized. Not all is 'bad, doom and gloom' as you say for those who have the mindsets you speak of are of a mind to change, alter what they see as unsustainable to the needs of all. They are, mostly, working with a kindness of heart that cannot see what is being achieved by their actions.*

Thank you. I don't see it as you do but your words give me hope. I would like now to continue our discussion about the energies known as Wetiko. I feel they are especially active at this time of our development and are having negative effects on the world stage. If I am wrong, we can choose another topic for today.

*No, we can continue with a discussion, discourse on what you refer to as Wetiko. All energies that are here, influencing you are not here to 'do you in', as you say. We need you to understand they serve a worthwhile purpose and bring you along to realizing another way.*

But they are capable of influencing us?

*Yes, in many ways they can have a bearing on your thoughts and ways.*

And Wetiko can be considered a mind virus that feeds of our fears and accentuates them while depleting our energy for its own needs?

*Yes, it is so.*

How then are they serving a worthwhile purpose that brings us along to realizing another way?

*They instigate within you a realization that all is not well, and you seek to find out why. Those of you who are intent on finding out what you feel or as you presently are, are on the right track to your own resources. You start to look and seek a remedy to your ailments, dispositions and lack of recourse. This is bringing you further 'into the light' so to say where you can start to gain, bring into your energy field the requirements you need to get you along the right way.*

*In other words you start to magnetize more positive thoughts and energies which brings about a change to all you see and do in your part of your world. You are structuring, out of the atmosphere, your desires instead of being 'cast about' so to say without any rudder to your ship of life.*

*We ask you to always take stock of your thoughts and your life to see how you are going, what you are attracting, bringing into your reality. No one else does it for you because it is your learning lesson.*

*You are here to work with the energies at hand. To not dominate or subjugate them as we have previously explained. More to work in harmony because all you see and can understand within your energy sphere is what you have created. Your thought-forms are there at your instigation. Your 'Wetiko' energy that you may be influenced by is all a part of your fabrication.*

*Are they then not real? They do exist as many other energies that are around you exist yet you see them not because you have not attracted them to you so they do not exist in your mind and are not involved in your reality.*

Before we finish for today, I would like to discuss something that happened to me recently.

*Then we go that way.*

I had gone to bed for the night but woke up feeling thirsty, so I got out of bed and went into the kitchen to get a drink of water. There is enough outside light shining into my apartment, so it is unnecessary for me to switch on a light as I move about. Coming from the kitchen and stepping into the lounge area I was confronted by a black foggy sort of cloud in front of me. It was formless, some sort of negative energy and interacting with it I felt very chilly as goose bumps popped out on my arms.

My question is, what energy was it? I was still half asleep and had not had any negative thoughts or dreams. Had I left myself open and this was an opportunist who took advantage of it?

*Yes, we can go that way with the information you seek. You did leave yourself available to others who took advantage of your energy. You were not harmed and, although startled, knew what to do. It served as a caution to always remember whatever is given the opportunity to plague your equilibrium are there at your instigation, an instigation that may not be 'recent' as you say.*

Well, I have no idea what it could be because my mind was not dwelling on anything. I don't think it was before bed either.

*It does not have to be recent. As we say, it can be anytime in your past that are there waiting for an opportunity to bring you undone by disharmonising your equilibrium in some way. Past thought can resurface that have no bearing on what is happening to you or in your (present?) life. It will bring you then back to the first experience of the thoughts and what brought them there in the first place. This can then set of what you refer to as a chain reaction of thinking and depending on the event at the time and what it instigates, brings forth now you will be affected if you follow, go that way.*

Well, how do we change past energies that we have instigated or thought and that no longer suit us? We probably didn't know at the time they would hang around and come back to haunt us at a later date. Hopefully now we know better we have progressed to being aware of what our thoughts can and do and take measures to control them.

*It may be the way. We are answering your question. You were not harmed only 'startled' as you say. You knew what was required and acted upon those desires. We can consider this was a progression for you for once upon a time as you say you would have been 'scared witless' by the event.*

*We feel we have answered your questions for today so will finish now. Peace and blessings go to one and all. We are done, gone for the day.*

Thank you.

## **A Bali Experience.**

*The big lesson in life, baby,  
is never be scared of anyone  
or anything.*  
Frank Sinatra.

o0o

I have had an experience like you mentioned in our last discussion. I would like to speak about it now because I believe it is something that happens to all of us on this dimension and is an example of us not thinking and some other energy filling the vacuum.

*We can go that way.*

About twenty years ago I was on vacation in Bali with my husband and one of our daughters. One day we hired a taxi, a small Bali wagon and its driver to go sightseeing up into the mountains for the day. Everything was as it should be, the weather was very hot, the vegetation lush and tropical as we passed by and friendly locals at the street stalls, we stopped at the mountain villages along the way.

Coming home our driver took a different route which was down a winding, back road. At one area were a small group of Balinese males cutting down banana trees and other vegetation. It looked like it was hard work in the tropical heat and being friendly; we smiled encouragement and waved as we went past. We were



surprised to see hostile looks from the males but thought no more about their reaction and continued on to our accommodation at the seashore. As I said, our holiday in Bali happened a long time ago and remained as a long-forgotten memory.

This morning that image came unbidden into my mind but the reality of our experience and what happened changed. All was as it occurred at the time, and we passed the workers and continued a little way on down the winding back road. Then this image changed and became unrelated to what did happen.

Placed over the road in front of us now was a blockage of vegetation forcing our wagon to stop. From out of the shrubbery hostile Balinese males came rushing out, dragged us out of the vehicle and started attacking us with machetes. I tried desperately to end the image before we were badly injured, but it kept going of its own violation.

Realizing that another unseen energy had control of my thoughts and desperate for the image to stop I kept saying Wetiko, Wetiko, Wetiko, focussing on the word and not the scene until I regained my thinking and whatever had been controlling my thoughts stopped.

The discerning part in the image and the reason for discussing it is this is probably what has happened throughout my life when thoughts have just popped into my head unrelated to what I am doing at the time. They have then taken me on a different path and way of thinking, usually of a negative one or into a victim mode. I am of the opinion that this is what happens unbeknown to each of us at these times; unseen energies are manipulating our thinking to gain an energy meal from us.

*Yes, that is the way it happens. You need to be aware and take control of your thoughts.*

When we think this way are there now two realities?

*Yes, it is the way.*

Then, did I come into an existence as a participant in a reality created by my husband or daughter? If one of my family did create this reality, why am I aware and actively participating in it?

*It is the way that all participated in the original event, and all have their 'slant' as you say on what transpired at the time. That you have now activated this previous reality is not related to your family members for it is your reality being experienced.*

But why? What would have activated an event that occurred a long time ago, one that has not been thought about for ages, if at all once the vacation was over? I realize there has to be some chink in my energy field that brought about this reinvention of what happened.

*It is as you say, a chink, awareness was provided, left open and you were susceptible to this type of 'attack' as you say. It served you well for you are now aware that no timeline events as you see them to be are gone and away. They are always there, 'in time', as you say and can be reactivated as yours was at this juncture.*

Thought-forms were created in this new reality and they would still continue on in a life of their own?

*Yes, it is the way. All exist this way.*

The most disturbing part in this activation was some other energy was overriding my thoughts in this 'new' reality; a reality I have no knowledge of instigating. I was being controlled and manipulated by an unseen energy.

*Yes, 'no argument here' as you say.*

Without my knowledge I was being possessed by another entity.

*Yes, it is so.*

And this happens to each of us at times when we can't get something out of our mind, something that is not in our best interest to continue thinking about.

*Yes, you are learning that not all that comes into your mind has been put there by yourself. You would be wise, at these times, to take stock of why your thoughts run rampant and without regard for your sensibilities. It is always that some other energy has your grasp of insights and is manipulating your life, your needs to suit their advantage. In doing so, and you being this way your vital life force energy is being depleted.*

This has happened to each of us throughout or life.

*Yes, it is the way. All times negative thinking comes to the fore it is wise to think why it is there. Is there something in my life that causes my thoughts to be, go that way or is it something that was premeditated by others who are using my energy as their food source.*

Is there any age this happens, or does it also happen to small children?

*It is that small children are protected until puberty we would say. Then they are 'on their own', as you say and must, by needs, take responsibility for their thoughts and deeds.*

Thank you. Once again you have given me much to think about.

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

Thank you.

## **Egregores.**

*Admiration for a quality or art can be so strong  
it deters us from striving to possess it.*

Friedrich Nietzsche.

o0o

There are many unseen thought-form energies that are even present, and we magnetize them to us by our thoughts and emotions?

*Yes, it is the way.*

We have mentioned those we attract when we are in crowd situations, and I understand they are known as Egregores. The Egregores come when groups are attending a common interest such as a rock concert, car races or a sports match. At such times strong emotions are activated and affect all in the group who are largely uncontrolled and perhaps uncontrollable once affected. It is said that at these times Egregores come in and feast on these heightened, uncontrolled emotions and can incite us even more.

*Yes, it is the way it is.*

I have been in crowd situations and become swept up in the fever of the event. It is very difficult not to be affected.

*It may be the way. We are answering your question asked about the fever pitch attractions and the unseen, to you, energies attracted at these times. It is again a salient lesson to, when you acknowledge that you are being caught up in the crowd's emotions, to 'step back', so to say and watch what is happening at these times and*

*events. You will find those who are swept up in the emotions of the event are, temporarily, 'out of their mind' so to say. Normal, intelligent beings are being manipulated to behave less than they be and at such times are creating a feast for others to gorge upon.*

Yet, at these times it seems that a person's energy is heightened, and they feel elated and not tired or drained.

*It may be the way. It is a temporary disposition they will find. Once the emotion, the drama has subsided, and all has gone they will now feel deflated and the misuse of energy can then be felt.*

You have mentioned that once the event has finished the people participating are still on a 'high' and this enables the unseen energies to stay attached to them.

*Yes, it is the way. If the attachment, the heightened feeling is still about the attachment still exists and the energy will not go away, unattach itself whenever there is 'food' to gorge upon. Discussions with friends or in any other way will keep the attachment.*

Are the Egregores the only ones that are here at these times?

*No, you open yourself up to attract any energy that is prone to being there and feasting, gorging, is the way.*

We have given names to some of these unseen energies but are they named by you?

*We do not have any such connotations to be aware of naming. You will attract whatever is in the atmosphere waiting for the right avenue, time to attach to a susceptible energy body. We do not go by names. All encompass different ways at times, but all are there as a wake-up call for you to get your mind, attention in order and not be or go this way.*

Yet, knowing about these energies has been enormously helpful in understanding what is happening on the world stage and closer to home. I am now more aware when observing events that seem as if the whole world has gone mad and behaving, as you say, less than they are or be.

That raises another question; we are participating vicariously as we watch what is happening overseas or closer to home. Many times, these images and portrayals bring our emotion to the surface. We are observers watching from the comfort of our home but are we still being affected enough to have unseen energy attachments?

*Yes, it is the way. You have opened yourself up by your thoughts is the way and you are now open to these attachments. At these times be aware. You are participating from 'a distance' so to say but still feeling emotions that oft times run deep. You expose yourself to being a 'meal ticket' so to say.*

Having the name Wetiko is enormously helpful when I become aware of being motivated to act less than I am. When my thoughts go awry, and I am being negative or not thinking in a way that is better suited to my needs I mentally say Wetiko as a wakeup call to myself. It may not be the Wetiko energy but whatever is the persistent energy that stays and keeps influencing me I keep saying Wetiko like a mantra until it goes away.

Some of the negative thoughts at these times are very persistent and hard to banish but my persistence of mentally focussing on the word Wetiko does the trick of removing the attachment causing them. Saying the name also lets me understand I am being influenced by another energy.

*Yes, you have unattached the energy from your energy body, and it has floated away to attach to a more receptive being. By this simple act of being you have taken control of your ship of life. It is a good way to keep control when you find that an attachment can be particularly persistent, and you have temporarily lost control of your thoughts and actions. Always be aware of your thoughts for they bring you undone many times.*

*We feel we have answered your questions for today and will take our leave.*

*Peace and blessings go to one and all. We are done, gone for today.*

Thank you.

## **Incubus and Succubus.**

*Everything you can imagine  
is real.*

Pablo Picasso.

oOo

We have discussed how we, as creators, are learning to control all the energies that are on this third dimension. All the energies are in the atmosphere and are around us all the time; whether we know, see or feel them, they are there.

*Yes, it is the way.*

As mentioned, these energies we have magnetized to us are ever ready to incite susceptible people to behave or think less than they are. They are neither what we term 'good' or 'bad' but serve a worthwhile lesson to us and serve as a wake-up call to be aware of what we are thinking because we are nourishing these energies as they incite and feed of our uncontrolled emotions.

*That is the way it is.*

A reader has asked a question and I would like that topic to be addressed today.

*Then we go that way.*

The reader states; *'my home in the UK was built in 1898 and my bedroom furniture, from that era (purchased with the house), included a four-poster bed. On many occasions I would feel someone in bed with me and breathing down the back of my neck. I was always too terrified to turn around so have no idea what or who it was. Since childhood, I have always hated anyone breathing on the back of my neck, and still do so whatever/whomever it was knew of my weakness.*

*Fast forward to a more recent occurrence that happened in another country years later. One night something woke me in time to see a dark shadow climb on top of me and try to have intercourse. He/it was very heavy,*

*but I fought back physically and verbally and succeeded in pushing him away. The shadow retreated into a corner and after a time disappeared'.*

The reader does not say if this recent occurrence has happened again, but it reminded me of similar experience told to me by a woman I had met some time ago at a meeting. I had been sitting in the audience next to an attractive young woman who was perhaps aged in her late twenties, and we were listening to a well-known speaker giving a talk on psychic phenomena. At the intermission we wandered together over to the refreshment area. As most people do as strangers, we chatted a bit about ourselves and long story short the woman mentioned a disturbing psychic incident she experienced that was still emotionally disturbing her.

From my recollection of what I was told at the time the young woman managed a business that sold crystals, angel cards and other things like that. One night she had gone to bed and had just turned off the light when she saw standing at the bottom of her bed a beautiful male angel, she took to be her guardian angel. She was euphoric at his appearance - until he raped her. When she told me of the incident, she was still feeling betrayed at this psychic attack on her body and sensibilities.

The first woman stated she lived in an old, furnished home and the past psychic energy and emotions of previous occupiers could still have been present and the woman was, for some reason, susceptible. The young woman from the crystal shop seemed naive and may well have wanted to see her guardian angel which, I believe would have made her vulnerable. It seems that the experiences undergone by the two women were perpetrated by opportunists and the women had in some way unwittingly made themselves vulnerable to such an event.

*It can be seen to be that way.*

I know from personal experience these psychic attacks feel like they are being perpetrated on our physical body but are happening to or in our finer, energy body.

*Yes, you have left yourself open to these 'attacks' as you say, and they can infiltrate your energy form. Whilever what attracted them to you in the first place exists, is there, they can create mayhem to your energy grid and have you experiencing or being less than you normally are.*

And passions and emotions are normal feelings and are a part of the human experience we are learning to control?

*Yes, that is the way.*

Then as part of our growth, any experiences or emotions will attract and attach like-minded energies who will feed on our thoughts and emotions engendered at the time. Any euphoric feelings of lust, any sexual desires, all powerful emotions, will bring these energies crowding in as will thoughts and strong desire for a loved one.

*It is so. It is the attachment, attraction that goes of accord.*

Wouldn't feelings of love be uplifting or bring in a better type of energy?

*It may be the way. What you have attracted and attached will stay around you whilever the emotion is there. Your emotion will dictate your attraction to them. It all goes of accord.*

I have no idea what the two women mentioned were thinking at the time to attract these energies, but we can understand the attraction to the elementals is temporary as the person's thoughts wax and wane.

However, there is another energy form known as Incubus and Succubus that are different again but because they, like the other unseen energies, also have the potential to be attracted and attached to people susceptible to them. I would like to briefly discuss them today.

*We can follow your lead.*

They can take on any desired form and it is by constant, intense desire of focusing on the one image or thought that attracts these energies and they shape shift to the person's preferred image. They use the psychic energy of their initiator and can take on a more permanent form in their creator's life where they can appear even if the person no longer desires them. These thought-forms, Incubus and Succubus, have now become autonomous entities and the person has become possessed by them.

*That may be the way. They do exist in 'the atmosphere' as you say and intense feelings will bring them, attach them to a soul. We do not go that way with our teachings and feel it is better to concentrate on a more productive avenue of thinking.*

Thank you. It seemed to be a good time to mention there are many unseen energies in the atmosphere and we can unwittingly attract them to us but we have to have first rendered ourselves vulnerable to attract them. It is again a case of ignorance is no excuse.

*We feel you have been succinct in your aim and will finish now. Peace and blessings go to one and all. We are done, gone for the day.*

## **Moving Between Realities.**

*Keep calm and carry on.*  
Winston Churchill.

o0o

As these unseen energies that can attach to us are not third dimensional, are they in what we term is 'the astral'?

*Yes, it is so. They are there to balance you out. Your energies here are third dimensional but you, as a soul, being, also have other experiences being undergone at the same time as this earth existence divine. You are always, in some form or ways, in 'the astral' as you say.*

*Part of your learning development is to create in both avenues whilst here. This is to bring about a balance of sorts to the energies that are around you and you go this way creating from 'two fronts' so to say. You do create on other fronts we want you to understand but these two levels, dimensions, are so intertwined that it is all taking place 'at the one time' as you say.*

And because of the proximity of the two levels, we can be attacked?

*Yes, it is so, the way.*

Do these other energies know they are moving between realities?

*It may be the way. We are enlightening you to the knowledge, fact, that as they come and go all the time depending on their needs and desires; it is also the way for you. Most of your thoughts and fancies are done on the astral level while you, the physical part of you resides here.*

*There is more 'plasticity' where energy is more malleable to be manipulated at other levels and you go that way with your dreams and desires. They are not created here, upon this plane divine but they are acted out upon this plane most times.*

On this physical plane?

*Yes, it is the way it is instigated. You learn all you can manipulate and reach out to by your imagination, and it comes from the astral level. If you can identify, see it as all being there for your understanding and learning you would see a vast array of interesting knowledge to be selected, chosen for you to enlarge and enhance.*

I would appreciate more information please.

*You choose each way you will learn from any avenue. You only need the input of imagination to magnetize it to you.*

What about our dream states? You have mentioned they are real and are being lived. Usually though it is as a spectator to what is happening, but some can have lucid dreaming where they know they are in and can manipulate the action taking place. It seems it is a little like our experiences on this dimension where we are or think we are in control of what is happening to us but often are not.

*It can flow that way. All the time you are creating from the energies you see as 'out of the atmosphere'. They affect you by your abilities on any level.*

But you have explained that we are working two levels at a time whilst upon this earth plane.

*Yes, there are many more you function in whilst upon this plane but the answer to your question today was about the astral plane and the unseen energies that plague or enhance your life here.*

How would they enhance our life here? Well, you have mentioned what attracts them to us. I have had enough experiences to know about the plaguing.

*There is more than one sort of what you term as 'negative' energy. There are also the balancing energies, what you perhaps refer to as the 'good' energies. They are also here and around you in 'the atmosphere' as you say. They can be attracted and attached to you as the others are. All serve their purpose divine. It is up to you which ones you attract to your energy field.*

I would like to work with what we term 'positive' energies and would also like to know how we go about attracting them.

*We can go that way, show you how.*

The negative energies are attracted to us by our thoughts, and I assume it will be the same with the more positive ones.

*Yes, it is so.*

The negative ones feast off our life-force energy and deplete us while also increasing our thoughts to a more negative way.

*It could be so but you are the instigator of your thoughts. You are in control at all times. What you see or feel is brought about by you, and you need to realize, understand this. Whatever attacks and depletes you is a reminder to you of this fact. They are only using what is available from what you have created around yourself.*

Point taken. Then with the more positive, do they also feed off our energy?

*They go another way. They are attracted to your life-force energy but do not 'gorge', as you say. They can deplete your energy if you become euphoric and out of balance with your life-force.*

Please explain what other way they go when they are around us.

*They are there to incite you to better thinking, ways that are more profitable to your needs. They come at times when you are perhaps ruminating, more in control of your actions and thoughts. They incite you at these times to enlarge, to continue along the way that brings you peace. They are also attracted to your energy field but work a different way to the others who deplete your form.*

So, if we realize we are attracting the wrong sort to us, we can change our thinking to something more pleasant, perhaps happy memories and this changes our energy field. This then attracts the more positive energies that motivate us to keep along that vein of thinking.

*That is the way. Change whatever you see that no longer suits your needs and desires and it will go away. Bring in the optimism and it will encourage those who are also 'in the atmosphere' as you say. It is up to you which and whatever you attract. No-one else does it for you. It is all you, you, you. Always was, always will be.*

Thank you. Perhaps it is because when things go awry in our life, we see it as never our fault. It is more convenient to blame others for our conditions and not take responsibility that we attract the wrong sort of energy.

*That is the way. We feel we have answered your questions for today and leave you to your thoughts.*

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

Thank you.



## Energy Field Doorways.

*Every moment of your life is infinitely creative  
and the universe is endlessly bountiful.  
Just put forth a clear enough request,  
and everything your heart desires  
must come to you.  
Mahatma Ghandhi.*

o0o

Your salient advice has made me more aware and now when negative thoughts or 'suspicious' thoughts come into my mind I have stopped thinking about them and instead observed them, taken them back to 'their source' so to say. Some of them go back a long way and it surprises me that they are still there. I'd forgotten about them ages ago, or so I thought.

*We seek to have you understand that not all thoughts you have instigated are that way but many are. They are doorways to your energy field for those who are able to mutate, influence you in this way. It is prudent to be aware and watch, as you state you have done recently.*

Thoughts and controlling them seems to be a big challenge we have whilst on this dimension. We have our thought-force selves we have created that are still attached, unseen and unknown but are living a life independent to ours. There can be a 'bleed' of energy from one to the other of us which can influence in different ways. Until you informed us about these there was no knowledge they existed and are also a part of our 'all'. Do you agree with what has just been said?

*Yes, you are on the right way with what you have stated.*

Then we have the earth energy that worked in a symbiotic relationship with us to formulate and create this earth body covering we need to anchor us and enable us to function here. He is the 'devil on our shoulder' as you say and is capable of encouraging us to things like gluttony, all the seven deadly sins. Part of our task we set is to learn to control this earth being. We are here to help the earth elementals to develop or advance to a finer vibration and they are teaching us to work with a coarser vibration so that we can, at some stage, have total mastery over whatever domain we choose to frequent and help.

At some stage we will consciously be like all the saints, teachers who have dominion over this reality, possibly others. These mentioned can also manipulate the elemental energies here to suit their needs. I am thinking of Jesus with the loaves and fishes, water into wine, stilling the turbulent water of the sea and other seemingly miraculous deeds he was able to achieve. They were not miracle activations like we have believed. They came from an understanding and mastery of the elements of this dimension.

*Yes, it is the way.*

Jesus spoke about belief saying that if we really believed in something it came to pass. Moving mountains, feeding the multitude and other wondrous perceived miracles performed were achieved because he understood and had mastery over the elements here.

*Yes, it is so. He came to show you another way. What I do you can do also, and more was his way of teaching the masses.*

There is not something religious, holy or special about the person, soul doing it and what was being shown and meant to be understood what this mastery of elements is achievable to all and part of what we are working on achieving.

*Yes, you are all working toward mastery of various 'elements' as you say but again, we reiterate, you already have the knowledge and understanding. You have chosen to be and go this way with blinkers over your sight to achieve even more understanding of what is required that takes you into the 'newer energies' as you say.*

*We also state that those newer energies are not unfamiliar to you for you have known about them for 'all times' as you say. It is only now that you are able to work with these energies for the present, timing is right for you to be and go this way.*

Thank you and I will be asking about those energies a little later in our discussion but for now I seek to gain a better understanding of our creations and thought-forms. We, by our thoughts have created another form, lots of them by our thoughts, wayward or not throughout our life and they also lead a life somewhere probably also creating other lives. These thought-form creations, unseen by us still have an influence on us.

*Yes, it is the way.*

Then we have the earth elementals and learning to control our thoughts with our physical body and this present life we have here?

*It can follow that way but there is more here you are not mentioning.*

I don't know of anything else to mention.

*Then we go that way. Whilever you are domiciled here you also influence other energies that are not of the ones you mentioned. They are the elements of 'Mother Earth' as you say. Whilever you, as energy is here you influence others of these kinds. They are also brought into the light by your energy accord.*

I never thought about our influence on the nature world. And of course, we would also have an influence on the animal kingdom too.

*Yes, it is the way. You influence all here by your presence. You attract and uplift them all by your energy ways (waves?).*

And our planet, Earth, also gains from us being here?

*Yes, it is so.*

Is this what our scientists are meaning about us being observers and bringing things into existence by being here?

*It may go that way but we are informing you of your grandness along another path; a path that does indeed involve all energies, all 'living beings' 'as you say. We also reiterate that all you can see, everything you can possibly acknowledge as being 'here' is a living entity in some form of grace.*

The statement that whatever we see on this dimension, in whatever form, is a living entity requires more information but for the moment I will continue with the thought-forms conversations and the topic of where they go. However, I will finish now and read back our discussion.

As always, thank you for your enlightenment from those of us who still have the blinkers well and truly over our physical sight.

*Then peace and blessings go to one and all. You cannot fail.*

Thank you.

## Unseen Energies Attracted to Places.

*To believe only possibilities is not faith  
but mere philosophy.  
Author unknown.*

o0o

I would like our discussion today to speak of the unseen energies in areas we refer to as 'holy places'; places such as Lourdes in France where healing miracles happen. It is said that some people are healed there and some are not. At these times is it the faith of the person and their belief that initiates the unseen energies to work with them and so they get better?

*It may be the way. It will depend, as you say on the faith of the person, their true belief that their worship, what is to transpire will eventuate. They magnetize the needed energies that are able to assist their needs.*

*It is part of their progress to achieve their aim, to heal their body of the ailments, afflictions that has been a part of their life. They do it by their willpower and working with the unseen energies who are ever present and when called bring in the needed assistance. It is a combined effort that brings it about.*

Yet people, many devout people go to these sacred places expecting a miracle and it doesn't happen. Why is that?

*Because of their faith and belief. We have spoken in another discussion of your faith and belief, why what you desired to eventuate in your life never came to be. You lacked the credentials to bring about your desires at these times and so it is with those who seek remission from their ailments.*

*All who come to these places expect a miracle, but it can never be whilever the true belief is not there. The unseen workers, energies, who have made it their mission to assist humanity, cannot perform their task, way, because of the lack of faith, of true belief that it can be achieved.*

So there are also helpful unseen energies in the atmosphere that are attracted and magnetized to us and when the timing is right they can bring in the right conditions for us?

*No, not quite what you say. It is so that there are these 'helpful' energies that have chosen their way to be of assistance to humankind. They are there at your instigation and are there because of energies that have been generated over time and brought about by the faithful, those whose belief is ever there. You magnetize them*

*to you as you do with the lesser evolved energies that are also brought about by your thinking. You create these from out of the atmosphere and they are then able to assist, help those in need. They, as the others, are attracted by the thoughts and deeds of the recipients.*

What about others who do not seek out special places? What about the many people who are born with afflictions? It may be they choose to work with their limited mobility or in whichever way their affliction serves them. We do know from previous discussions that any illness or limiting problem is not there because of some punishment or karma. The soul, being, chooses their limitation to learn various things while upon this dimension. Is that so?

*Yes, it is the way. No punishment, no decree brings it about. It is what the soul, being, chooses to attain from whatever the malaise is they have chosen.*

And once they have learned whatever it was, they chose it can disappear and be like a spontaneous remission or something along that way?

*Yes, it is so. The lesson once achieved and what held it to the soul no longer exists and so the impediment is no longer necessary, and the soul migrates to other needs and desires.*

Then if a soul finishes its lifetime with the same impediments, is it to be considered a failure to learn whatever was desired?

*No, how can it be the way. You instigate your desires and they come to be. Whilever you hold to you what you seek to learn it will come about and remain. You may see a person deformed or impeded in some way and you look to the physical little realizing that what is there, closed in the covering of flesh is beyond your understanding.*

*The choices made to stay within a malformed or diseased body for the length of the time the soul exists clothed in the physical frame bear little realization to what is existing, happening. The covering may cover a great soul, one who is here for the needs of humanity, and they work that way. They may be here with 'lesser aggrandizements' so to say. Where they are working on instigating, learning the machinations of the third dimension and controlling what is needed to gain mastership over the elements here. They then go on to other pursuits, impediments gone as they exist now in their glory, unsullied by any of the earthly constraints, complaints.*

We are not discussing angels when we speak of these helpful energies.

*No, it is not the way. They (angels) are more of a support group; those who, when able, give you emotional sustenance. They shore you up. They give their support that way.*

You did mention that many of us will decide not to go to greener pastures when we have finished our life here. Instead we will stay behind, without a physical body, to help those incoming energies who have never experienced this third dimension before.

*Yes, it is so.*

Will we be like those unseen energies that are attracted and magnetized to us by our thoughts?

*No, it cannot be that way. Those mentioned are without form as you will be but your vibrational sway will inhibit them from your way.*

I will finish now and read back our notes.

*Then peace be upon you, now and forevermore. We go now. 'Fly the coop' as you say.*

Thank you.

## Part Seven.

### A Carbon Copy of Existence.

*If the doors of perception were cleansed  
everything would appear to man as it is, infinite.*  
William Blake

o0o

Before we move away from the topic, I would like more information on ways we create realities. You have mentioned when we adopt the persona of the protagonist in a story, we have read we have looked through their eyes and what or who we see we are now? Shall we continue on with the story?

*Yes, it is the way. You are identifying with this sort of person you see yourself to be. Your thoughts go that way.*

So, we continue their life stream on how we would react if we were that person?

*It is the way. What influences you now, what involves your thinking of how you would react is the way it will play out in your mind. All then goes of accord because you have constructed it that way.*

I thought about what you mentioned and would like us to consider it with a book I am presently reading. It is a detective novel of a woman who was wrongly accused of a crime, was found guilty, served her time in jail and now is getting her life back into shape in society. Is that a suitable follow on for today?

*Yes, it is a salient way to start our discussion for today.*

I visualised the action as I was reading but have not gone off on any tangents relating to the protagonist. I don't have empathy with the woman or others involved and apart from a mind curiosity on which way the book will play out, don't really care for anyone in the story.

As I type these words, I can conjure up in my mind the people but don't wonder what they are doing or anything that seems would be giving them an independent life so how does that follow with what you have said?

*It is still the way with what we said. We cannot change our wording to suit your thoughts of what should or shouldn't be. We can only reiterate that you spending time, energy of thinking as you constructed, in your*

*mind the scenarios being played out in the book you have mentioned. The topic will still go of accord as the way it was constructed by others who choose to read the book, following on from you and they will have their way with the construction, as was the way with the original initiator.*

I was wondering where the writer would fit into this. Does that person's construction and those of others who also read the book connect with my constructs as we read the book?

*No, it is not the way. All will create and go their separate ways if you look at it that way. They will not connect up as we see you are meaning. You are identifying another choice, way here and theirs is to flow apart from yours.*

A lot of violent books are being written and it seems that the writers are attempting to outdo each other in the viciousness and different, horrible ways people can be murdered. The writers and their readers would also be creating these realities and taking it from there, giving them life.

*Yes, it is the way but we feel it is better if you lean to a more productive avenue of resources and leave these others for others to go their way. We are stating that nothing productive for you can be achieved by reading books that 'scare you silly' as you say or put you in pits of despair.*

*We ask you to think along the lines of more productive, to you, avenues to investigate. There is so much available to you for your comprehension and achieving that will lead you to other avenues more conducive to a betterment of understanding of all. What you seek is there for you for your entertainment and your resources are sound to be, go the way.*

Several years ago, I attended a week-end workshop on how to write a story and think it has relevance to what we have discussed.

*Then we go that way.*

All participants at the workshop were instructed to build a profile of all characters who were to be in our story. We were encouraged to get a picture from a magazine and do all we could think of to construct a three-dimensional character for our story. I did that and, once home started constructing my plot.

Most mornings I would sit in front of my computer and work away on my piece, bringing in whatever it was to enhance my storyline. It could have been weeks or more, I no longer remember now but one morning sat down with my plan of how the people in my story would interact. Then I received a surprise. I clearly heard as I hear you, my protagonist saying into my mind, 'no, I am not going that way' and the story took a different turn and went another way.

So, each morning I would sit at my computer and let my characters choose how they wanted things to flow. I can remember thinking along the lines of 'that's interesting. I would not have thought of that'. At the time there was no idea that my characters would build a life independent of me, their creator and it would continue long after I lost interest. My questions now is, does this happen with all books written and where do the characters go?

*Understand that what is created is there 'for all times' as you say. It cannot be erased, gone like you do with your work. It belongs now in the atmosphere where, like you, another creation takes form and makes its way in this world divine or, in other worlds that have been created by the endeavors, the magnificence of the writer, the creator of form.*

And what about these other thought-forms we have created by reading a book, watching a play or something others have created, what happens that way?

*It is still of accord. All take on their identities is the way and they go forth creating in their way. They still create life as they go along. It is not something static or without resource. It is the way all manage their energy pull resources. It is as you do, as all do, is the way.*

In some of our discussions has been the mention that life is like a computer game. We construct whatever it is to be, the props are already there for whatever epoch and all else needed by us and we go from there. We incarnate for the exhilaration, the gainfulness, the experience I think was the way it was given and when it finishes we return to 'the fold'.

*It is not always the way you have prophesized. Many do not choose to be, go that way. All have their choices at 'life's ending' as you say and they do indeed continue on but it is not always the way that they choose to formulate, go.*

Back to the fold?

*Yes, many may take time 'to rest' as you say. It has been arduous many times and there is the reflection of past deeds done or undone that need reconciling, thought about. It is a time for many of reflection and they go that way.*

Please explain what you mean.

*You are all souls, beings who have many times suffered traumas upon your way. You are many times not equipped emotionally to 'shrug it off' as you say. It takes recourses, time, for you to get your equilibrium back and you go to places where you are able to cast off the emotions still attached to you.*

Is this because some incarnating souls are inexperienced to the density of the earth energies; perhaps some of the souls who join in listening to our forums?

*It can be the way. We are giving you an overview that all souls do not automatically gravitate back to their source. They have options is the way. They can then choose whichever way suits their needs, their patterns of accomplishment, if you see it that way.*

I would like to finish now and read back my notes from our discussion today.

*Then we leave you in peace and love. Peace and blessings go to one and all. We are done, gone for the day.*

Thank you.



## Other Interweaving Realities.

*The only source of knowledge  
is experience.*  
Albert Einstein

o0o

I am familiar with some of the dimensions that souls in need of getting their equilibrium back go to but was under the impression that souls could not be tainted or affected by the earth sphere sojourn. On the other hand, at another level or dimension close to this one I have seen some souls there, asleep but still as they probably were in their healthy earth body. I took that to mean they were getting some part of their energy back by just being at these places. The healing atmosphere of the area seemed to signify that was the way it was.

*Yes, we cannot disagree with your understanding of what transpires there. Not all souls choose to go, be this way. Some of them are eminently clear on other directions and feel the pull to be, go that way.*

*Not all suffer trauma that needs redress we seek to have you understand. Some are 'old hands' as you say and can very well, without any recourse needed, go their way. Others perhaps not so informed of the ways of redress will take some time for the equilibrium to return.*

Well, as this is a book on other previously unknown energies I now ask, do these selves and souls created from probable realities come here too? They are residing someplace and living a fulfilling life?

*Yes, you seem to have confusion here with understanding that you create other parts, sections of you all. It is not mainstream thinking, this we understand but it is in your interest to know, to understand and work with these creations of yours.*

Why would that be?

*You are learning all the time, each to the other. If you could make it part of your comprehension that you guard or understand your thoughts you may, in the long run, make them happy ones so that the lives they construct for themselves and for other selves as they go along, will be fruitful in the proper way.*

*We do not feel that you understand, all of you, the enormity of this task, where now you have no idea what is transpiring with your creations you bring into form. If you could learn to 'be kinder' shall we say, all would benefit from this.*

*You are giving them many times, what you refer to as a rough deal where you create them oft times out of malice, anger and such. They then have to work on with what they have at 'their disposal' so to say. It need not be this way. Make them happy thoughts to flow their way of creation and you will all benefit from this endeavor.*

I can't help wondering about other thoughts we also have. As a parent I wish only the best for my children and when they speak to me about conflicts with others behaving badly toward them, I can only offer my emotional support. Now, with what you have said wonder, the thoughts I have for my children's welfare, seeing better days for them, possibly will not eventuate how I envisage, and their life will continue on with the challenges they have set for themselves.

How does that tie in with us creating other realities? My children would be in the other reality I have thought about and mentally constructed, but it is not in this one we are cohabitating in now.

*That is the way it is. You do not have the 'strength of purpose' shall we say, to affect their present domicile 'here': They have chosen their way to learn their 'ropes' ways to gain how they choose.*

*You, on the other hand, are not really a part of this they have formed for their gainfulness therefore it is not part of your way. You still though, have created form as you thought about what could or not be. It will not influence the outcome of your children's reality way except as 'a support structure' so to say but you have created a form that goes another way.*

Then who's thought-form self or selves is it?

*Yours. You are the creator of the image divine. You, then, take the responsibility, the gainfulness with this. It has become one of your 'bloodlines' so to say and will instigate whatever needs to be their way divine.*

This whole concept of selfs and creating other worlds, probable or not, is very difficult to comprehend. I have never heard of it before you started me thinking this way. The logic as you explain it is not improbable, but very hard to comprehend and to take responsibility for.

*It is the way all are going. Their understanding is to be enhanced by others not of your ken. It will become more comprehensible to others as it flows into being 'more mainstream' as you say. Once people gain an understanding of what is, what can be and apply their knowledge in a more fruitful way for all concerned .... we see you are mulling over our words of who all concerned relates to.*

Yes, it is because what you are stating is all new to me.

*We understand and redress (address?) our words to suit your needs. There is a vast understanding, comprehension for you all domiciled here upon this planet divine who will gain much from the 'downloads' that are to flow to all. Your concepts you have before you now will change dramatically and what seems improbable, impossible 'pipe dreams' as you say, will have their way into your understanding and your knowledge will flow more into alignment with what is reality of sorts.*

*It is the way it is, all to flow as we have said. It cannot be any other way. You are all involved is the way. You have all incarnated at this time to gain from whichever way it suits the energies to flow. It cannot be any other way but affecting you all.*

I do understand my thinking is relating to this third dimension and the five senses we have here. I am slowly starting to comprehend what you have always stipulated, whatever we see or interact in this reality is our thought-form construct.

*Yes, it is so.*

Then when I mentioned as an example, my children's present life and what you have said that whatever or whomever is in this game of life with us we have created, formed, whichever way it is done those children I gave birth to are a thought-form creation that I wanted as part of my experience on this reality. I brought them into my reality by physically constructing what I'd mentally constructed?

*Yes, it is the way it is.*

And all other people here are created thought-forms? You have previously mentioned they are, but it is very difficult for me to comprehend those I love are a part of me, one of my constructs as are those I don't get along with.

*It is the way it is. We cannot change our wording to make it any plainer to your sight. They are your constructs as you are theirs.*

Now that really needs clarification. How can that be?

*It is all illusion; this you are aware. What perhaps you have yet to understand is all is all. You are gaining experiences all the while and have whatever you desire for your construction, choice to go, be that way. It is not so hard to realise it cannot be any other way.*

So, all the tender moments with a lover, a parent, a child, all that relates to me on a more salient way I have created form to experience the gamut of feelings, love and animosity from another part of me?

*It is the way it exists for you all. You bring forth to experience your magnificence, all you are. You construct these 'others', if you see it that way, while not acknowledging they are indeed 'you'. You gain on 'all fronts' with this as you say.*

*It is not a misdemeanour or something onerous. No, it is not the way. You choose to experience what it is to be, to feel the emotions that emanate from you in all ways.*

I need to think about it to absorb your answer before being able to accept what you say. I am not meaning to sound disbelieving. It is just too difficult for me to comprehend at present.

*We understand and know the way. We see from your energy grid the confusion our wording has placed upon you. It is still the way, what we have said.*

Well, I'll run with the thought and see where it takes us. So, these ones we have created for this life's experience, what happens to them when this life is ended?

*They continue their way. It is your construction divine, what you have brought into form but once your existence 'here' is finished they still continue on.*

Where? Here or someplace else; on this earth dimension?

*We cannot say what their choices will be. Just that they are not bereft, left without choices for their own growth pattern divine.*

And they are what you referred to my kith and kin, bloodline?

*It is the way. For 'all times' as you say, it is the way.*

Then let's go back to us prior to incarnating and creating the life we wanted to experience and the blueprint of our physical body we choose to assist us. How does that relate to with other thought-form selves, all we have created?

*It is the way. No redress here. All go this way.*

So, they are in the process of creating a life they choose to experience? Just as we, creations, thought-forms have done?

*It is so.*

And all experiences gained by them are returned to 'the energy bloodline', so to say?

*Yes, why would it be any other way? You are all forming your gainfulness, your understanding of what you can achieve 'on all fronts' as you say. There are no time constraints, nothing to hold you back unless it is your desire to be, go that way and even then you will be learning, forming other constructs of your desires.*

What then about dreams? We sometimes have dreams about people we have known in our life but, over time, have lost contact with them. Maybe they have died but maybe not. Some of the dreams we have may include these people and whatever is transpiring seems normal at the time and after we wake, we may be left wondering what it was all about. My question is, could that be when we are manipulating our perception to make sense of what we dreamed? What was happening is it because we are still interacting with these people?

*It can be any of the above. Because these people have moved away and are out of your present understanding and exist only as a memory does not change what we have stated. These souls exist someplace, and it cannot be any other way. What you may have experienced at the time mentioned is an interaction with them on another level, dimension existence. They have not gone away as such but cohabit at other realities while you are domiciled here.*

*Our wording is simplistic at this juncture as we explain a point. It is that reality exists, and it is there to be accessed, 'tapped into' as you say and it often comes about when not provoked...no, not consciously brought into your awareness.*

Let's assume the person had died. Would what you are saying remain relevant?

*It is the way. 'Alive or dead' as you say does not change what we are explaining to you. Life continues on. It does not cease when the soul has finished with their corporal body on any plane of existence. They transmute, go their own way to greener pastures.*

Which could be anywhere?

*It could be anywhere. They have capabilities they choose to extend upon it will attract them to those. There is no automatic place souls congregate after their time here or on any dimension has ended. It is the pull, magnetization brought about by their desires that gets them to their chosen field of endeavor.*

What about if a physical body or any shape or form was required? How does the attraction occur? Perhaps my thoughts are still entrenched in this dimension's timelines where we have to create something first before it can be used.

*No, that is not the way, and you are thinking linearly timeline constructions. It does not go that way. Before you chose to incarnate here, we have explained what transpired, what was utilized to create the form you chose for here.*

*We did not say it took time. What we did say was you had to follow a process required by this plane, but it was done as you thought about what your requirements were. You did not sit around waiting for your form to materialize. You were off doing whatever you chose to be and for you there were not timeline constraints to uphold. You earth energy understood your requirements and acted of accord. There was no need for you to interact in any way because all went of accord.*

I will finish for today and read back today's information.

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

Thank you.

## **Polarities, Black and White.**

*Don't say this is good and that is bad.*

*Drop all discrimination.*

*Accept everything as it is.*

Osho

o0o

The Earth experience is also a place, dimension of black and white polarities and a way for us to learn to handle the different ways energy, consciousness, can manifest. I would like our discussion to be along that topic for today.

*Then we follow, go that way.*

There is no good or evil as we perceive. Instead, all are manifestations of the one energy we have created for our game of life, to challenge and assist our growth patterns. All we see and participate in is this way.

*Yes, it is so. Your harmonies, what you attract, your perception of what you chose to be will dictate the way you see your reality at any time.*

So, as an example, if I chose to be antisocial and despotic on the world stage and cause untold death and misery to the people of many nations, I would be working with polarities and learning how to handle them?

*No, we did not say that all you do is to your advancement. We did say to follow what you see as advantageous to your kind; your kind being humanity at present.*

But if we are dealing with understanding polarities which are all the one energy, we are using .... didn't you say at one discussion that sometimes what we see as horrific, inhumane actions being perpetrated are necessary sometimes for moving nations caught up in the stagnation of older energies? They are stuck in the past and need something momentous to bring them forward as the newer energies dictate?

*Yes, we did say and go that way with our tutorage. Not all you see that is despicable to your sight is the way. There are souls who have made it part of their divinity to act as you say, perpetrators of what you see as wicked deeds to others.*

*We are asking you to encompass another logic, way here. They are performing a service to bring many forwards out of the mire they have been procrastinating in for aeons. It is time, necessary for these to move forward and encompass what is the newer energies. They cannot achieve this if they attach to themselves the old ways.*

*They are meant, for their development now, to go past what was many times serving them well in their life's mission growth path. Now they are needed to develop another way, but they cannot do so until they let go of the old. The old may be so entrenched that it takes mighty efforts to bring them on and this is, alas, what is required by changing their ways of life, of the old and helping them into the better way forward for all concerned. Those perpetrators are fulfilling for themselves as well as for those they are bringing in their wake into the newer ways now needed for their advancement.*

Our media reports there is now more world slavery than ever before. We read of how our children are being robbed of their innocence. There is disrespect and neglect for our aged populations who are no longer able to defend themselves. And that is in all societies with apparent little redress from those who are paid to look after their people. These aberrations may have been around for aeons so are you referring to these with your answers?

*No, we do not go that way. Nor do we condone what is being given to all. We do however remind you that there are no accidents therefore those who are 'masters and slaves', so to say, have instigated this for reasons known only to themselves. It is done, brought about by whatever the soul has chosen as their path to their divinity.*

*We choose not to go the way of ramifications of what should or should not be for we are unaware of the motives behind what transpires at these times. We do however state, as before, there are no deeds that are not brought about by the perpetrators and their victims. Each has ways to absolve, learn from and they chose this way.*

And for the children who have lost their innocence?

*We cannot go the way; get involved in what you are stating for we see a different way, a larger picture here. We address your concerns but ask you to look at another way. If you are a recipient or a perpetrator, you have instigated it in some way for your attainment, what you can achieve.*

Are you stating that we, not involved but aware of antisocial behaviour should just accept and or ignore it? Turn a blind eye?

*If you are to be involved, you will be there participating in whichever way you desire for your growth. It cannot be any other way. You instigate, bring in any energy that suits your needs and then go, be that way.*

And for us as spectators, are you suggesting we stay that way and accept what we see as anomalies or aberrations?

*We understand your emotions are under sway as you look through third dimension eyes. We cannot change what we have stated today for to do so would be giving you false information and we do not go that way. We can only reiterate what we have stated. These perpetrations, acts that you see as horrendous, antisocial and abhorrent to your ways and sensitivities cannot be if it has not been pre-directed by those involved. Even your periphery involvement has been pre-planned by all. It cannot be any other way. Everything you see, all that comes within your perception range is there at your instigation. Were it not so you would not participate as seeing what involvement is about.*

It seems that all concerned as those involved and those as periphery players are choosing a hard way to learn and advance themselves.

*It may be the way. We can only furnish to you with what is so. The energies you manipulate and bring into your being are there because of something you have set out to achieve. It may not suit you now to be or go that way once the involvement is upon you.*

We started our discussion with us here learning to work with polarities. Would this be part of the involvement of all who are here at this time?

*We cannot see that what is playing out on your world stage is part of the changing of the guard and the involvement of polarities. We see it involves more of shifting of the Earth's energies that bring about changes. We are encompassing a larger picture here and need you to look within yourself to see what involves you and your reactions to same; what you sought to learn by each experience.*

*We leave you now with thoughts to ponder. Look within and seek what you set out to achieve at any time and at any dimension. Peace be upon you all. We salute your efforts and go now for the day.*

## **Moving On.**

*The only source of knowledge  
is experience.  
Albert Einstein.  
o0o*

I had a strange experience last night and would like us to talk about it in today's discussion.

*Then we go that way.*

I had gone to bed and settled down for the night when I saw a sweeping light like a torch beam move across my bedroom doorway. I lay awake waiting to see if anything was going to happen while aware that it is impossible for a beam of any sort to be normally seen from where I was. There was no sound or any indication of anything else out of the normal so, reassured, I soon fell asleep.

Sometime later, I have no idea how long, I became aware of no longer being in bed, but I was standing in my semi-dark lounge room and there were three strangers, a man and two young girls of about ten years of age sitting on my large lounge chair. I wasn't frightened and the spirit trio seemed to be expectantly waiting for something or someone.

My home, like so many residences these days is securely locked each night so to see strangers, even as spirit, in my unit surprised me. I mentally asked them how they gained access, and they said through the front door, a door I remember locking before going to bed. The disturbed feeling I had about leaving the door unlocked projected me back into my physical body still in bed.

Now fully awake I physically got out of bed and cautiously went out into the still dark lounge room. There was nobody there and when I checked the front door it was locked as it should be.

I realize what was experienced was an OOB and I would appreciate more information on what transpired. The torchlight has been seen only occasionally prior to this experience and I am now wondering, is it some sort of guiding light that is there to attract spirits who don't know where the next step of their journey is to be? Is it to alert me to expect spirit visitors?

*We can give you part of the information you require and feel the rest is for you to mull over, to sort through for there is an important issue here to be revealed.*

Well, let's go back to other times something like this has happened to see if I can work it out now. The first experience I am aware of was with a smelly alien energy that came to my home. One of the spirit teachers explained he had become ensnared in the earth's energy magnetization and could not release himself. He had seen my energy light and had come to me for help. Well, I didn't know how to help him and needed assistance

with sending him on his way. That was achieved with the help of my spiritual meditation group I attended at the time.

The next remembered experience was with a human spirit male energy. I do not know if he had somehow become trapped or had lost his way. He seemed to favor our small hallway and his presence could be felt whenever we walked through there.

He seemed reluctant to move from that spot in my home and I tried sending him to the universal white light as has been successful with pesky, negative energies but it didn't work with him. My meditation group had disbanded sometime prior, and it was only with the help of a friend with a quantum healing energy machine that this energy was freed to go on his way.

Now, regarding the three spirits who were in my lounge room, am I right in thinking that they, like the others mentioned are somehow attracted to my energy field, my quantum light energy and see me as a starting place for help?

*Bingo! As you say. You emit a light that brings them in. You attract lost souls who have lost their way and you help them, guide them on to their next stage.*

Your answer becomes confusing because didn't you or one of the teachers already explain during another of our discussions that it is the magnetization that moves spirit entities, people to their next place to be?

*Yes, we remember our wording and we do not exonerate ourselves from what we stated. It is so that most do go to where they are meant to be, but it is also so that many who are traumatized do not have the directional way as desired. It has been 'lost' so to say and they are unable to attend to their desires, where next to be. You, and others of your calling, are as guiding lights to send them on their proper way. You do this by relieving them of the stress of what to do next and then you call in others who are able to assist getting the traumatized souls on their way.*

Relieving them of their stress? Is this because they can see a human being that calms them down if that is what happens? In recalling the experiences, the first two mentioned appeared stressed but the last mentioned, the male with the two young girls seemed very normal, as if waiting for a bus to take them someplace.

*Yes, it is the way. You 'anchored' them here so to say and they were feeling relieved as they waited. They had faith in you, in your ability to help them forward so they waited for what was to be next for them.*

Thank you. My final question is had the male and two young girls been involved in an accident together that terminated their earth existence?

*That we cannot say for we are not privy to their journey prior to what was discussed today. We can only speak of what we know, and it is out of our ken, awareness.*

Thank you. I was just wondering.

*Peace and blessings be upon you, one and all. You cannot fail. We go now, until another day.*

Thank you.



## A Class Experience.

*I cannot teach anybody anything.*

*I can only make them think.*

Socrates

o0o

For a change of pace, I would like to refer to a spiritual development class I taught some time ago. One of the lessons being taught was how to see and feel auras, our personal energy fields that surround our physical body. Each student took turns to stand in front of the class and we would look to see what we could see. From previous classes I'd gained an understanding of me being temporarily able to use my energy to enhance my students and give them the confidence and ability to see the energy fields of our chosen subject.

All was going as it was meant to with the colors then there was a change and we saw what were like little round Christmas balls in various areas in the subject's personal energy field. As we focused on a ball it took us into another reality to what, at that time, we thought was a past life recall. My question is, if there is no reincarnation, what were we seeing?

*Yes, we understand your confusion but also understand there is much here that is past your comprehension. We are bringing you information that is not presently into your awareness but feel it is best if you 'go with the flow' as you say and the understanding of what is issued from us will become clearer.*

Well, when we saw these little energy balls and could go into the life within them, we assumed it was a past life we were interacting with, but it was not that way at all. Is that what you were meaning?

*Yes, it is so. You 'added two and two together with you present understanding and got five' as you say. It did not go that way. At the time of your comprehension, it was the only logical conclusion you could make but since then you have moved on in your ways of understanding. You have become better educated to what is there for your perusal and now see other ways, options for you to understand.*

Then what we saw, was it another self?

*What you saw was an 'energy shift' so to say.*

Are you saying that ... what are you saying?

*It is all there if you apply yourself. Think what else it might be. Extend your thoughts, your rationality to gain the knowledge.*

Well, if reincarnation is off the cards my thinking only extends to other thought-form selfs or other energies in a nearby reality. I can't see that being the way because what we saw was, or appeared to be, experiences from this reality.

*We are stating that you moved 'up a cog' as you say. You uplifted yourself and the other fledglings there in your group. For a time, while you were conducting this example, experiment, you moved into another way of seeing reality as it applied to you then. You mistook what you were seeing and gave it validity to your then present thoughts, but it went another way.*

*You were unfamiliar with that energy so like your own, but now is the time to 'come clean' so to say, to wipe the cobwebs from your sight and be able to explore another avenue, reality that is even closer now for your perusal.*

*Your little balls of energy could be better accessed because you had the belief that it was a past life and held the opportunities for gainfulness there for you all. With the example mentioned you have not gained through an ability to presently trust your thoughts and vision, to access this realm mentioned. Once this is achieved, the confidence in yourself and your ability all will flow.*

I would like to stop now and read back our discussion for today. What was explained helped me with the confusion of past lives and reincarnation while at the same time giving me more to think about, thinking about some other sort of energy manifestation not familiar to me.

*Then we leave you in peace and love. That is all. We are done, gone for the day.*

Thank you.

## Unfamiliar Energy.

*Experience gained Every situation,  
no matter how challenging  
is conspiring to bring you into greater vibrational energy.  
Will you receive it?  
Panache Desai.*

o0o

I have been thinking about the little balls of energy we saw and still can't imagine what they are or were. As they are not past lives, I can only think of them as thought-form selfs, the subject's selfs that are connected, interwoven somehow and are being lived, existing now. I need to speak linear timeline for my comprehension but have no idea where they are living, what dimension, when or where. Am I on the right track with thinking of them as selfs?

*We cannot go that way with our tutorage today. We feel that you are not familiar with the energy flow that exists here and needs a little more education to bring you 'up to speed' as you say. We are loathe to go this way today so would ask that you enlarge your scope a little more of what you already understand and expand on that philosophy divine.*

Well, if it is part of myself and I refer it back to me, you have mentioned several times that we are all interacting without realizing it. I don't know of any other way to extend or expand if that is not what it is.

*You are gaining on all fronts with this little interaction here. We are asking you to extend yourself again. You know it all, have done it many times. Perhaps not as you do or see now but it is all familiar to your understanding and we ask you to extend your way, your thinking, to reactivate what you already know and understand.*

I can see there will be lots of thinking to be done about this but would like to change the topic for now. We might come back to it in a little while.

*Then we oblige and go the way with this.*

Some of our scientists are starting to understand that what we see and understand as empty space is not empty at all. They have developed different theories, dark matter, energies and others. They are also thinking along the lines of what they refer to as multiverses and banes. Banes, as I understand the thinking, are said to be like a thin membrane only millimetres thick that separate the different dimensions.

My understanding of what you have previously mentioned is there are no barrier separations and any separation perceived is if energy does not vibrate or harmonize to the necessary harmony there, they do not gain access. They probably don't even see that there is anything, any other dimension there to access. If there is no barrier the levels, or dimensions they all interpenetrate each other. Is that the way, how it is?

*It is more of the way you have mentioned. We cannot accept any division of sorts that unfold like layers. It is not the way, and all do interpenetrate, each to the other.*

*As you say, they are oblivious to this if they have not the right and proper harmonies to understand and interact. It is all to do with the harmonies interacting that allow interaction between 'species', shall we say. Vibrational sways are always there ebbing and flowing all the time as the different thoughts, activities interweave all.*

You identify the energies as species. Why is that?

*Yes, it is so, how it is, species because it is the way. All are consciousness in their different ways, forms, interacting, weaving this way. All live, exist in harmony with each other little understanding, for the most part, that others exist, are there.*

So, they don't see the other energies there?

*No, it is the way unless they are enlightened to what is there. Experience would be the way here we feel with this. Experience gained by interacting through knowledge gained.*

Then I now go back to my development classes. You have mentioned we thought they were past life experiences and that is so. You have also mentioned that the harmonies of energy need to be right for us, any species, to interact or see another reality interpenetrating our present one. All in the class must have been focused on the one energy interaction as we looked at our subject. That is correct?

*Yes, it is the way. All were of accord.*

Then how did we manage to see an energy we have little knowledge of?

*It is the energy pull, sway of all there who helped with this. All 'dictated', shall we say, what would be seen and interacted with at the time, but we maintain it is still unfamiliar to you all 'alone'. All 'had a hand', even though your interaction, what you expected to see was not what transpired.*

Are you referring to probable worlds?

*Bingo! as you say.*

Then that brings to mind other issues like why would a probable world be shown instead of a self's world where we are said to intermingle in and out of their reality as they do in ours? Surely the attachment, attraction would be stronger there.

*It can flow that way with this. We are stating that what you saw were probable worlds, under construction, if you see it that way. Were it the other way, the realities nearby, intermingling of the selfs, they are also a fabric of your construction; they already exist in what you refer to as your timeline continuum in space.*

*You are all fabricating your world as you see fit. As you go along you are also constructing other existences, other worlds is the way. They, because of their 'proximity', shall we say, have much of your timeline existence as their way. We are referring to what you see as the changes, day and night, the seasons, all that separates your finite world's existence and makes cohesion to your way.*

*It is as if, in many ways, they are duplication, a carbon copy of your existence. They exist unbeknown to your present countenance but exist because of the probability you have brought into existence divine.*

So, these ones are about us, our daydreams of what we would like to do or not do and because we have thought about it, it has been given strength, a life from the energy we have magnetized from the elements that are always there, where everything, every energy is?

*Yes, it is the way it is with this.*

We, humanity, really need to get a grip on our thoughts. A lifetime, this lifetime only, has so many thoughts activated by us. It is almost overwhelming to quickly reflect back and realize we have no idea what we have created over the years. Add that to what other parts of us are creating by their thoughts. It is truly overwhelming to grasp the concept, yet you state it is how we are created and how we are meant to function.

*Yes, it is the way. It is not disastrous; doom and gloom scenario we see you are mentally portraying for yourself as you reflect back. Much has been achieved by you all in this way.*

But to what purpose? Why? What is the purpose of all of this?

*It opens many portals for you all to gain from. It is the infiniteness of life, of all. You cannot be static. Life and all it contains is not to be that way. It extends your magnificence as you reflect on the game of life. It encompasses you in your divinity, your purpose for existing.*

I will need to reflect on that. From memory, part of the reason we assumed what we were seeing was a past life was the scene of what we were seeing was often of a different timeframe existence. How is that possible with what you are saying with probabilities?

*Can't you see and understand that many times your thoughts take you to other avenues that are not relevant to this present timeline domicile you presently exist in. You have perhaps read a book, watched a play, other avenues that have taken your fancy and it has become an indwelling thought as you mused over them. You have identified in many ways with the protagonist and taken the form from there. You have created that form, that existence and it flows that way.*

And when you preciously suggested we watch our thoughts because whatever we were thinking took on a reality of its own you were giving salient advice to us.

*Yes, it is the way. You cannot not create. It is not the way. We feel we have answered your questions for today and given you much to think about, so we leave you now.*

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

Thank you.

## What We Read or Watch.

*Your time is limited,  
so don't waste it living someone else's life.  
Don't be trapped by dogma –  
which is living with the results of other people's thinking.*  
Steve Jobs

o0o

As I am not clear on the relevance or connection with the probability energy balls as mentioned, or of reading a book and creating a life from that avenue I would like clarification on that today.

*Then we go that way. It is so that you create all the while, and it cannot be any other way. However, what you are creating is not linear; it does not flow that way. Nor does it limit you to this dominion. Whatever you choose to instigate, imagine you create, and it cannot be any other way.*

I am still not sure how this relates to the probability energy balls and reading a book. I understand our thinking about the contents of the book, the characters set up other avenues for us to pursue. I am not clear on how they, as probabilities, relate to our energy balls we saw in the classes.

*You have not 'connected the dots' as you say. You broach, engage in many realities, not just this one you are seeing as 'yours' and 'you'. There are many, many others you portray yourself to be, and you are creating all the while in these existences you have brought to mind to be.*

Then how is it that this 'me' and I will refer to me as a convenience, how are these probable energy balls relating to this life? Were they created in this life? If not, how did they hover on the periphery of this existence?

*They do not hover on the periphery of any existence you exist in. They do not hover 'waiting their turn' so to say. They exist as you exist. You, their creator is living those existences you have brought into being. The others (probabilities?) are there but are not hovering, waiting for their turn.*

Then is it that by reading a book we are opening up other possibilities and avenues we may not have thought about but ones that give us other possibilities and opportunities to investigate and enlarge upon? These possibilities are now in the atmosphere and when the opportunity or our thoughts wander, go that way they can be activated?

*No, that is not the way. No energy just sits someplace or hovers waiting for activation. By the thinking they are brought into activation, and it cannot be any other way.*

Then what are we to make of the energy balls apparently hovering in the energy fields of my participating students? They were there, so was it with enough focus and intent we were able to access them?

*It may seem to be the way that they were hovering, but nothing is further from the truth. They are energy, form, and as such are not able to hover. By you focussing you 'opened the door' so to say and it enabled you to pass through into that existence that does exist as yours here exists.*

And that reality has been created by the participant, the one who has the various balls in their energy field? Well, they all did.

*Yes, it is so. All are attached and will remain that way. Which one is activated will depend on your desires or force of will. Whether you decide to activate them to be in your awareness will depend on many things; your knowledge, intent and activation. You can access them at any time with the understanding or what is required and the will, intent to go there. The going there is a shift in consciousness we mean to say.*

And once there, should we decide to investigate what that part of us is doing, can we do anything apart from being a spectator?

*In many ways you can interact but again, like with the thought-form selfs you activate, become involved in, it is by grace. Grace that you are permitted to access and allowed to be a part for a short while. Whilever you hold the thought you, as consciousness will be, resides there. Once your mind wanders you relay, are back to this consciousness you contain here.*

After reading back your previous information about how we extend and create other thought-form selfs and other worlds from watching television shows and reading scary or violent books I am now very conscious of what I am reflecting on. I attempt not to involve myself in anything that is creating for myself a world unpleasant or frightening to exist in. You have given me much to think about and be aware of. I have to admit though; I will need a lot of thinking to fully comprehend what you are saying.

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

Thank you.

## Thought-form Selfs or Probabilities?

*Life repeats itself mindlessly -  
unless you become mindful,  
it will go on repeating  
like a wheel.*

Osho

o0o

When last we spoke of the difference of probabilities and other thought form selfs you stated our created selfs continue on creating and living their life as we are doing. You mentioned it is not quite the same with probabilities. Probabilities are created by us from something we have studied, watched or read. However, as I am unfamiliar with the difference between thought-form selfs and probabilities I would appreciate you clearing the matter up for me.

*Then we go that way. Probabilities exist in your mind and as such are there waiting to be enlarged and extended upon. Thought-form selfs exist in another timeline frame existence which is not quite the same as the probabilities.*

Probabilities are there waiting to be enlarged and extended upon? Doesn't a probability, as energy keep moving because no energy is inert or still?

*It is so, what you say. They exist as form but are still in your imagination, waiting to be constructed is the way.*

So, to understand fully what you are stating I would like to enlarge on the concept and will use a story in a book as an example. As the story unfolded, I became engrossed in the plot, and it held my attention as I identified with the protagonists and became emotionally involved in their journey. I may have mused over the plot when not reading the book and when it was finished mused further on how it ended and deliberated on whether I enjoyed it or not. If I understand what you are saying, the protagonist has not been created like a thought-form self but is still in my mind or imagination that can be activated at any time I choose to think about it.

*Yes, it is so.*

And this is one of the little balls we were looking at and by our focussing were activating.

*It cannot be any other way.*

Then when we stopped focussing on the image in the book it went away?

*No, that cannot be. You have created form and it exists in your imagination ready to be activated should you choose to go that way.*



I am having a bit of trouble grasping what you are saying so I would like to go back to the class situation. Those probable energy balls 'belonged' to whoever was our model at the time. We may not have read, seen or heard whatever it was that brought these probabilities into that person's energy form.

*By your intent focussing it enabled you all to access what was there. It enabled you to 'grasp' so to say what was available for all to see. It was there and you brought about the right conditions for all to see.*

So, what happens to these probability existences? Are they ever activated and come into an existence, a life of their own?

*It is possible for this to be. The existence is there to function but the impetus, input needs to be activated first.*

And they are in the imagination of a person but are not hovering?

*It cannot be that they hover. Have we not explained that nothing is inert? Activity is taking place even if your awareness does not go that way.*

How is it then that they are in the person's imagination, presumably their mind, and activity is taking place?

*You again resort back to linear thinking. Activity is activated and a process is taking place. We think you might accept what we say if we enlarge upon your scope, understanding of 'all there is' as you say.*

Any clarification would be appreciated.

*We understand the concept is new to your way of seeing and thinking but there are many, many worlds, activities you are undergoing at the 'one time' as you say. These other activities are brought about by minds activating energies and bringing them into being. They do not necessarily go from 'creation to the grave' (linear?) as you say. They exist because of the creation activation that has been brought about by another. Energies exist, form this way.*

*It is by the grace of others that all existences are brought about. You are in the process of learning what can be brought about by your thoughts. Some you can see are manifest upon this existence plane while others exist in the ether waiting to be 'born' so to say. All have been created by imagination; the creative process is the way. Whether they become 'bricks and mortar' as you say, solid in some reality is left to the creator's imagination and the way they choose to be, go.*

Your words are new to me and need a lot of thinking to understand. I will finish for today and see what I can make of what we have discussed.

*Then we go our way. Peace and blessings go to one and all. We are finished for today.*

Thank you.

## **Bernie's Experience.**

*In three words I can sum up everything  
I've learned about life:  
It goes on.*  
**Robert Frost**

**o0o**

An experience I would like to discuss now fits into another conundrum of mine. I don't think it is a probability as the little balls are and it is not a thought-form self, but I don't know what else it could be.

*Then we go that way.*

My friend, Bernie, was going on a vacation to England to visit relatives and he asked me to see what I could see about his journey. As you are already aware I have been to England as a tourist and have been to some of the attractions tourists visit. One of the images I saw for Bernie I recognized as Glastonbury Abbey and with it was a feeling that it was important for Bernie to go there. I asked him if it was part of his itinerary and Bernie confirmed it was. My vision then changed from the street view of the Abbey to near the back of the left-hand side exterior.

Standing nearby were a group of people. Some I recognized from a story I had read years ago of King Arthur, Queen Guinevere and the Knights of the Round Table. Also, there was the magician, Merlin, and all were dressed as they were portrayed in the story.

I remember from my tourist visit to Glastonbury Abbey that there is a burial site said to be that of King Arthur and Guinevere, but it is not certain if it is so. As many believe the story of King Arthur and Queen Guinevere to be one of fiction, especially regarding Merlin and the reality of the remains in the graves remains in dispute.

In my mind the story is a fable, but I was seeing the image for Bernie for a reason so went with the images being shown. I was not given a reason why Bernie was meant to go there, I wasn't told much, but when he returned, I was interested to hear from him as to what he saw or felt, if anything, when he visited the Abbey.

When we next met, I asked Bernie of his experience at the Abbey. He said he never saw King Arthur, Merlin or the rest of the group mentioned but when he stepped inside the ruins of the Abbey it changed and was crowded, full of people from another era. They were smiling and nodding happily at him as he walked down the aisle. Bernie said while he had no idea what it was about it, it was apparent they were waiting for him, and he felt quite overwhelmed.

My question relates to discussions we have had when you mentioned about books becoming realities because they are now thought-forms created by the thoughts of those who read, imagined or learned of the tale. I now ask, is that time of King Arthur and what it entailed now in some dimension, maybe this one somewhere and can be accessed by anyone who resonated to the right vibrational harmony? Is that the way?

*Yes, it is the way. For 'all time' as you say, it is there. There is no mistake. What your friend Bernie experienced was necessary, a part of his evolution to be.*

Please clarify that for me. I don't understand how Bernie, a male in the twenty-first century needed to access something that dealt with sixth century issues.

*Then we go that way. Bernie, as all of you do, straddle many existences. You are not only 'here' as you mind leads you to believe. Nor are you 'there' so to say. You are 'straddling', as we said, many existences whilst cohabitating this one. This existence is what your mind leads you to believe while you are here but it is illusion and necessary for you to function upon this place divine.*

I was thinking that you might have said Bernie went back in time in some way but if time does not exist now realize that is not possible. How then, and why did Bernie have the experience he did? He said he felt nothing outside in the Abbey grounds and it was only once inside he had his change of perception. From what he was saying it also seemed like the Abbey was intact and not a ruin as it is now.

*It was the way of illusion what he saw. He did not go back in time for that bears no relationship to reality as it exists. What then did he experience if it was not a journey back in time? As we stated, consciousness is fluid and with the right connections, the right harmonies it becomes irrelevant to where you exist as you move, as a consciousness throughout existences.*

If it is there, we can access it, any reality if we harmonize to it?

*Not quite the way. What you do create for yourself is the way to other realities or existences irrelevant of timelines and distance. You connect by your diligence; your thought power and it gets you there. However, we need to state that not all ways are accessible for you if you have not learned to advance yourself that way. All you can access is by your efforts learned along the way.*

Then let's go back to Bernie's experience. Did he exist in that century while still physically existing in this twenty-first one?

*It may be the way. It is possible and existential.*

Existential? That is the theory that individuals do not exist separately in the world and the world exists only because there are people to experience it.

*All are one and it cannot be any other way.*

And as there are no time restraints as we presently perceive, nor past or future, is it possible that a section or portion of Bernie was living in that era? He saw and felt the emotion of those waiting for him in the Abbey and felt overwhelmed by it all. It seemed to be important to these people, energies that he was there; maybe finishing off something started and needing completion?

*We do not go that way with our tutorage today. It is irrelevant to your desires, your choices for today.*

Am I moving away from what was chosen for today's lesson, the topic on existentialism? I need you to understand that the topic, apart from the basics, is not familiar to me and I don't know that there will be many questions because of the unfamiliarity of the topic.

*We still go that way because it is imperative to your understanding that you gain the knowledge. It will open doors in your mind if you can understand and realize the importance you hold here, at any dominion, each of you, we say. You are not here without purpose. You are fulfilling your own task you set while at the same time bringing forth other avenues and energies that are yet to formulate upon this existence divine.*

I need to finish our discussion for today but tomorrow will have more time for us to delve further into the topic.

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

Thank you.

## **Part Eight**

### **All Became More Enlightened.**

*There is only one good, knowledge,  
and one evil, ignorance.  
Socrates.*

o0o

Today I am changing our topic of discussion to speak of something that happened two nights ago.

*We can flow that way.*

I was asleep until woken at about 3am by a loud noise. It sounded like a heavy rainstorm was approaching but the noise was not external. Instead, it was coming from inside my head. Not having experienced anything like it before I wondered if it was a health issue; perhaps me having a stroke or something but I felt okay.

The noise continued only inside my head and, despite its continuing, I eventually fell asleep. In the morning it was gone but unaccountably, I was tired all that day and yesterday was feeling depressed. As I don't think it was a health issue, wonder what it was.

*We can answer your questions, but you are aware of what was transpiring. We ask you to go there, stretch you thinking to gain the inflow, knowledge that came your way.*

Please explain what you mean.

*It is the way it is. All became more enlightened is the way. The energy manifestation was downloaded to all. What happened was an inflow to all upon the planet and you connected with it in that way.*

Well, I am still feeling tired today. Does that relate to what you are saying?

*It can flow that way. Energies not of your kind can have a debilitating energy release of sorts as the old gives way to the new.*

What do you mean by not of our kind?

*It has issued in strange, to you, experiences, energies that you are presently unfamiliar with. This will change as it becomes commonplace for you all. You are now undergoing more energy restructuring is the way it is,*

*and many will start to notice changes to themselves, their outlook, as a freeing up occurs to their thinking. All goes that way. It cannot be any other way for your sort has chosen it to flow, be that way.*

Why was it heard from inside my head?

*It is the way. You are now reconciling our words to accept them to your present third dimension and it is the way it is at present. By your understanding with what is about, can be about, you were sensitive enough to react to the changes taking place. It is of accord. Nothing to worry about and as you say 'all good' for all concerned.*

*We enlighten you more of your magnificence, understanding for it is upon you all; none of your escape the changes. Those who do not resonate in the right and proper way with this shifting of energies will bear the brunt of their failings, misunderstandings. They, in turn, go another way but still gain benefits divine.*

As that doesn't quite make sense to me, I would appreciate you rephrasing what you are stating to make it clearer.

*Yes, we tell you now, it is upon you but not all receive the energy change, upliftment in the same way. All have the opportunities 'thrust upon them' so to say but oblige themselves as to which way they will respond. Some choose not to be, go that way and that is of accord. Others will grasp all opportunities. They will understand, have been waiting for this and grasp it in the way that will co-ordinate and work well with their upliftment of knowledge, of divinity.*

So that I am clear about it, the noise inside my head wasn't a health issue or a space craft?

*No, it is not the way with this. We are of the opinion that those who understand will gain for they will have heard the same thing, noise, as was the way. Perhaps each to his own with this for the sound may have resonated a different way, calling, but it is the same throughout for all.*

If it was an energy, why was there a noise?

*It can flow, be any way. You gained by hearing and understanding it was not third dimensional illusion. You were able to organize your thoughts to go another way.*

Well, I did manage to fall asleep after thinking through what third dimension things it might be. Once all thoughts of health problems were rejected my thoughts then gravitated to it might be a space craft. Following on with that stream of thinking was that perhaps there had been a visitation by another species and my memory of any interaction had been blocked out as to the event.

*No, it is not the way. We have just told you what transpired. Yours was not a lone experience. To others it may be the way that they are not au fait with what transpired but it will change them nonetheless. It cannot be, go any other way.*

Thank you. The information we gain at our forum is interesting but getting stranger and stranger to comprehend. Do you think this incoming energy, the perceptions, will make it easier to understand?

*It may be the way, but we cannot say for again, it depends on the believability factor, what you have already in your countenance as to what can be plausible to your understanding. It is the way we discuss your questions, if applicable, give you answers, and it goes that way. It is up to the recipient to choose to accept, believe or not. We can only inform. What is received and accepted goes one way.*

I would like to finish now and reflect on our discussion for today.

*Then we leave you in peace and love. In the times ahead much of what appears irrelevant, unbelievable perhaps even unacceptable will choose to be better understood and what you presently know and understand goes through the shift of more enlightenment.*

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

Thank you.

### **Embracing Newer Energies.**

*The two most important days in your life are  
the day you are born  
and the day you find out why.  
Mark Twain.*

o0o

A friend sent me an email of channelled information from another spirit teacher, Lazarus. Lazarus speaks about the 23rd of July, two days ago, as being a very powerful day as will be the following 55 days until September 15th. The email stated this is because it is the time the Vortex of Sirius opens wide. Lazarus describes it as a 'beginning more powerful than spring' and an extract from the article in The Lazarus Material states, *'it is a powerful time to program and receive and in the power of the light (the Vortex of Sirius) we can truly remember who we are and call upon our heritage.'*

What heritage is Lazarus talking about? Is it the knowledge we, as selfs, have amassed?

*No, we don't see it like that at all. The heritage referred to is more in alignment with all. It is to herald in more understanding of who you are that resonates more with the incoming energies divine.*

You mentioned those who are ready to embrace those energies will do so and those not ready will not go that way?

*It is about for all to take advantage of but some, as stated, are not yet set on their true course. Their perception is not there, not honed enough and many times 'the intrusion', shall we say of the influence of this earth dominion has led them astray. Many do interact very well with the earth energies divine, and it is all of accord.*

*There is no 'right' or 'wrong' we say. All make their way, their journey as they see fit. Others, more astute perhaps remember their journey, why they are here and the experiences they choose to undergo follow another way. They will be the ones who benefit most from the incoming energies for they will work with them and gain by this.*

*Many avenues are to open up toward your heritage but there is a vastness beyond your present comprehension that is to unfold before your eyes- Life, as you know it, to now, will no longer exist for you for it will not hold your interest and so you will seek out other avenues to behold.*

Life no longer existing for us? Have we moved on in some way? It would be helpful if you were more specific with your answers.

*Yes, life (here, on Earth?) we feel will not hold the same attractions as it did before. You will be sharing this planet with strangers is a way of stating our facts for you will not resonate to them and by this way will no longer hold the same interests as before.*

So, we will still see them? People will not become invisible to our sight because we don't resonate to them.

*No, that won't be the way. There is a misconception amongst many of your kind as to what will eventuate. We do not see it the way you prophesize. It will be more of an attachment. Where now you share interests in many things upon your earth plane, these will no longer hold sway with you. It is as if they are now child's toys and you have grown beyond them all.*

So, what will we do that will interest us and if things are going to be banal to us why would we bother incarnating here at all when there is so many other realities to investigate?

*No, we are not meaning to state it will become banal to you all. Earth is a beautiful place and has much to offer incoming souls. The attraction, we feel, will always take place but what you choose to investigate, to experience will change. You will undergo more of a rarefication of your needs as your intellect expands and you become more interested in things that perhaps you are (now) unaware of. It will herald in another way of looking at life and the beauty of all.*

What do you suggest is the best way for us to be receptive to the Vortex of Sirius or any other incoming energy?

*Be aware they are available to you all. Be aware and in being aware you open yourself up to what is available for you all. You can then gain the benefits of the shifting energies as each one heralds in another form, way of being. Start to accept that strangeness, anomalies to your sight are more than imagination and this will open up your radius, perceptions even more to oblige with it all.*

*We feel you have gained an understanding of what transpired and what eventualities will flow your way. Many more are to be perceived and we suggest you open yourself to your greatness and absorb what is offered, available to you at any time.*

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

Thank you.

## Assistance Past a Transition.

*Everything that I've ever done  
that ultimately was worthwhile...  
initially scared me to death.*  
Author Unknown

oOo

I would like to mention another experience that might be relevant to what we have discussed. I also share it with readers so that if they are experiencing new or strange events, they may gain a better understanding of what is transpiring.

*Then we follow your lead.*

What happened today has been experienced before, on my birthday some time ago and another time when in a group meditation. I am aware that some psychic experiences can happen any time and come suddenly, without warning and lasts a mere matter of seconds, if that long.

What I experienced at these times is not a fainting spell but like with a fainting spell my body becomes very heavy and it feel as if I am falling forward very fast into a black hole of nothingness. As this unpleasant experience has happened before it would be helpful to know what happens at these times and why they happen at all.

*You are, at these times, undergoing changes and are not to be concerned about them. It is a way of you progressing past other experiences that have been your emotional undoing. You are, at these times extending your equilibrium, consciousness to other avenues you have yet to understand and experience. We are there at these times assisting you past 'a transition', so to say. At these times we are ever present to guide you your way forward.*

*You understand what we are saying for it is (now) activating, bringing into your awareness faint memories of what transpired. You have not yet attained the understanding, knowledge to allow them to consciously be coming to the fore but this will change, and you will understand what you sought and experienced was achieved at these times.*

Are you referring to going past other dimensions interweaving this third dimension; ones occasionally visited?

*Yes, it is the way. Those dimensions you have learned to access are of a different vibratory way to those we assisted you with. You are now able to fixate, grow, go past these mentioned. You will be able to access elements there that are not of this vibratory way and will need newer avenues of aptitude, ways of learning and accessing them.*



If I have not yet learned to control and master this dimension's energies what you are mentioning may be wasted until there is the knowledge of what is required here first.

*No, it is not the way. Again, you are thinking linear, and it is not so. There is a vast array of opportunities for you all to access whilst upon this third dimensional plane. You (all?) see only what your five senses allow you to see and while you have chosen this way to be and while it suits you well here, you have disassociated, cut yourself off from much of what else you are attaining whilst here upon this level divine.*

*You are all masters as we have stated, learning different ways to access and be. You are limiting yourself when you see only what is here. You are all far, far greater than you see upon you now. It serves you well to remember your calling, what you be when you find yourself despondent and seemingly without recourse and friendships.*

*We leave you now with cheer. The incoming energies are opening up avenues you have blinkered from your sight. They also offer opportunities for you to gain from other avenues that will bring you comfort and joy. Much learning, (to be achieved?) much to gain in the times ahead.*

*Peace and blessings go to one and all. We are done, finished for today and take our leave.*

Thank you.

## **A Change to all Physical Shapes.**

*How wonderful it is  
that nobody need wait a single moment  
before starting to improve the world.*  
Anne Frank

oOo

When we first started communicating you suggested that whatever information was given and seemed at the time to be unbelievable it was not to be dismissed out of hand because further knowledge would enhance our understanding and made the topic acceptable and believable to us. As an example, how we are creators and cannot do anything else but create. You explained how our thoughts are creating thought-forms and those thought-forms go off to live independent lives to us, their creator.

You informed us about the unseen energies that are attracted to us by our uncontrolled thinking, and which feed off our energy where they can incite us to more uncontrolled thinking and be a more energy food source for them. That we also serve as energy batteries for other species is a salient lesson for us all. All questions asked were answered and that topic is now understandable to us.

I now refer to another conversation we had when you explained that part of our developmental choices upon this third dimension was to learn to master or control the elements here. Our physical body is part of the elements.

You mentioned that as part of this learning we would be going beyond astral travel, OOB to something quite different. I would like our discussion for today to follow that topic.

*Then we follow your way.*

The ascended masters who had mastered the elements here on this dominion were able to reconstruct a physical body as they required. From what you are saying we will be reconstructing a body but doing it differently to the masters. Why would that be?

*Because you have not learned how to re-fragment yourself, body, in the same way. You come and go now; of this you are aware. However, what is required by the changing 'new you' will require another way of existence. One you have yet to set yourself, your feet upon. You are now learning the way.*

And will that happen automatically to all as the incoming energies increase?

*It is possible that not all will choose to be, go that way and they will stay with the old until their demise, termination is here.*

So, we have choices?

*Yes, it is so.*

The subject matter and ability is not a new one and there is information on the Internet for anyone to research should they choose. My research information comes from two books: a 1962 edition, 'St Germain on Alchemy' as written by Mark and Claire Prophet and 'Life and Teachings of the Masters of the Far East' written in 1927 by Baird T. Spalding <https://archive.org/details/life-and-teachings-of-the-masters/page17/mode/2up> (Free copies of books one to five can be obtained at this site). By the dates of the books the topic is not a new one and for clarification on the subject we could make that our discussion for today.

*We accept your choices of what is your designated way of understanding.*

Thank you. The ones recorded in the books were not as we; the majority of humanity is now. Those people discussed were fit and healthy where many of us now are overweight, unfit and if we can believe our media on the subject are being poisoned by the food we eat.

*It may be all you state but as we state it is to change as more inflow of energy divine brings about a change to all physical shapes upon this planet divine. It cannot be any other way. We inform you of your magnificence and what is to come for you all.*

*It will be 'a time' as you say, and much will go by the board as you start (going) more into your metamorphosis, but the change is already underway. Many of you now are already becoming lighter in being. We do not mean to float away as you may perceive. We are speaking of atomic structure is the way.*

*You are going through your shifts of energy as you are harmonizing, changing. As the rest of the understanding goes the way you are taking on a resonance of kind, one that will change the way you see and understand what is about for you. As this becomes more with the (in?) flow, you will consciously see events taking place; events that now are not a part of your understanding but with it comes the dawning of a new day, a new concept and a 'new you' so to say will change all you see now as normal for you.*

That sounds wonderful but our present bodies may still not be the healthiest and are not up to these changes. Many now may be in poor health, perhaps old, feeble and their 'owners' are taking prescription drugs to keep them going while many others are living less than a healthy lifestyle. I understand it is all self-inflicted but that is the reality of life for many now domiciled here.

*All are living as they see fits their lifestyle. All are gaining in their own way. If it were not so they would quit their body or change the way they treat it.*

*It is not some pie in the sky event that will take centuries to eventuate. As the needs arise all will feel the incoming events as they occur. You are not strangers to various events, participations where the whole of your lifestyle is changing. It is the way it needs to be for your metamorphosis to eventuate. You are as the chicken inside the egg. You cannot stop what is meant to be and you are here at this chosen time to take part in the events as they unfold.*

The ascended masters are called ascended masters because they had learned to control all the elements here and can reconstruct a body out of the atmosphere to suit, to appear and converse with souls in a physical body.

*Yes, it is the way.*

You have mentioned we have not learned the ability as yet so we will take our constructed physical body with us wherever we choose to be.

*It cannot be any other way. You will have passed the need for the creation of a body from 'birth to grave' so to say. You will have transcended that way of creation and will go forth with what you have already constructed and is at hand.*

And this is all while we are still on this third dimension?

*It may be the way. It is up to you to choose what best suits your needs. You may choose to say here if it appeals to you. Or you may find other endeavors, ways, that are better suited to the 'new you' so to say.*

And will the Earth be as it is now?

*No, it is also going through its metamorphosis as are all the planets in the firmament. Much will have changed but for your experiences (here on Earth?), should you choose to be, go that way; it will suit you well for you will make it be the way.*

I don't mean to sound disrespectful and sceptical but believe others, like me, will also require more information on what you are saying so will continue with our discussion when next we communicate.

*Then it shall be the way. Peace and blessings go to one and all. We are done, finished for today.*

Thank you.

## Regenerating Your Body.

*The real question is not whether life exists after death.  
The real question is if you are alive before death.*

Osho  
o0o

A friend maintained that when he finished life here, he was taking his physical body with him. At the time and perhaps in my ignorance I laughed and asked him why would you bother? He was already a senior with various health problems, so it did not seem a good idea to me. However, I think what you are stating is different to this. You are meaning now, while we still inhabit a physical body and not when we have transitioned from it in death.

*Yes, it is so. Whilever you are transposed here in mortal flesh the ability has denied you. Now you are at the stage of looking at ways of transitioning to other levels while still inhabiting a physical body. The influx of new avenues beyond your present recall will make it evident to you that they can be accessed while upon you, this third dominion.*

Don't the other realities vibrate to different harmonies?

*Yes, it is the way, but we tell you now it will be coming available to you all. All who choose to go, investigate this way. It is in the ether now, the ability, the need and the accessing to be.*

Toward the end of Book One you mentioned that we would no longer need physical bodies and many of us would choose to stay behind as unseen support helpers to the new energies coming onto planet Earth. Now you are stating that because of the metamorphosis we are undergoing and the newer incoming energies some of us will choose to keep our physical body whilst on this dimension. The two, to my mind, are incompatible and I would appreciate clarification on the subject.

*We can indeed be informers of the new conditioning that is to be for all who chose to abide here in whatever form; whichever way they see suits their needs. There is no redress to what we have said. It is so that some will choose to stay here on this dimension and work with uninformed energies and encourage, bring them closer to their inheritance. It is also so that many will choose to go to other fields; avenues to suit better their needs.*

*We are stating that those who choose to enliven their way, their continuation upon this dimension; who are of the mind to go the way of the master teachers and reconstruct from the energies that are here; to create, reformat a physical body to suit their needs will undergo a 'relearning' so to say. They will be formatting from the atmosphere but first they need to learn the ability, how to achieve this feat.*

*To achieve this will be 'a protocol' so to say where they will be structuring, creating form that already exists their way. They have resolved for themselves how to achieve permanence in a physical body and can take it with them through the centuries if that is their way.*

*They first need to be able to control that ability and we are stated many are going that way. With the influx of energy is a portion where it will enhance the ability that was previously not the way of the 'average' person as you say. Now the ability is coming to the fore for all who choose to be and go this way.*

Are we also to learn how to regenerate the body we have?

*It is to be the way. Participants will choose, change what is their physical vehicle to suit their needs. You spoke of those who are already infirm and in ill health. We show you another way. You will be reharmonizing, out of the atmosphere, as part of your mastership, the way your needs require.*

*Your desire will be to harmonize, work with what is at hand. You will progress to manipulating the physical earth energies to your desires. As you have the ability you will transcend the nature world of desires and be as the ones you call ascended masters for your accomplishments will make you so.*

So, those of us who have less than healthy bodies will be able to change them to suit?

*No, that is not the way. They will be able to change what suits when they learn the way. Before that can be accomplished is a reckoning, a need to be how they choose to be. They cannot just 'poof' and it comes to form. It will take effort on a person's part for them to achieve their aim. It is part of the learning process; to occupy themselves with manipulating their desires; to harmonize and be 'as one' so to say with the earth elements is the way.*

And what about those that are now infirm? How much time do they have before their physical body breaks down and they transition to their next level of learning?

*It is up to the individual soul what their needs, their abilities require. Not all will go this way. We are speaking, pointing the way to those who choose to be this way with this. It is not a fait accompli that it can be accomplished all the while.*

You mentioned to be as one with the earth energies. Please explain what you mean by that statement.

*We mean that you will understand from your efforts that all is one and it cannot be any other way. You will be seeing and treating them, the earth energies divine as your 'brothers' so to say. To give them the credence they deserve as they work away fulfilling theirs and your needs upon this domain. You are enriching their abilities while you enrich your own learning. It is the way to be.*

Jesus said belief was important and many times spoke of if we believed, truly believed something we would make it come to pass.

*Yes, that is so. Your belief is paramount to your achieving your abilities and aims.*

You have mentioned that we will be seeing and treating the earth elements as 'brothers' and giving them the credence, they deserve. I gained the impression that we would no longer be working with the earth energies. You did state that the earth elemental overseer would be moving on.

*Yes, he has his way to his magnificence as you have yours. You will be magnetizing the earth elements that are always here, 'at hand', so to say. There will be no intermediary for you will have attained the knowledge of what is required to draw from 'the atmosphere', so to say, your desires and needs. You will have the ability and understand what is required to provide all your requirements whilst upon this plane divine.*

I will finish now and read back our notes for today.

*Then we leave you to be. Peace and blessings go to one and all. We are finished for today.*

Thank you.

## On Fashioning a Body.

*Knowing yourself  
is the beginning of all wisdom.*  
Aristotle.  
o0o

Possibly because it has never been mentioned before there are still problems understanding how we reconstruct a body. You have explained how we do it now before inception with the help of the earth elemental, but he is to go on to his greener pastures of learning. There appears to be a gap in the time from when we need his help and when we have learned to reconstruct a body to suit our needs.

*Yes, that is the way. You already have the tools, the construction at hand. You only need to fashion it again to suit your needs at present.*

The ascended masters stuck to the one format of a body familiar to them and to us. Will we be following the same format?

*It can be as you choose. You will seed the desires into reality, and it will come to be.*

And this is because of the incoming energies assisting here?

*It may be the way. You will have learned, developed whatever it is you require for the 'new you' so to say. The reality though is it is still 'you'. No changes to what you be; just your covering 'dusted up, spruced up' as you say. You will then change your desires to suit whichever way you choose to be.*

We are being educated to believe that there are too many of us, humanity here for the sustainability of the planet and it would be better if three quarters of the population were no longer here. If, at some stage, we have all learned how to reconstruct our body and do so there will still be this perceived glut of people.

*No, we do not see it like that at all. We understand there is concern that the world as you see it to be is running out of food and supplies, but we are 'advanced enough along the way' so to say to be able to fill you in with the knowledge that it is not so. You are not running out of your supplies nor is there a glut of humanity at present. What you are seeing is manipulation of your kind who do not know any better and who follow the herd mentality.*

We have a lot of people on this planet, and many are in dire circumstances in their life.

*Have we not told you of no accidents? Have we not explained that what is seen to be is brought in by each soul seeking to attain some knowledge previously unavailable to them? It is the way it is and, if as you say, there is to be a demise of many of your population it will because they have chosen that way to be.*

Well, let's say that something catastrophic happens and much of the world's population pass on to other avenues. Because what happened was catastrophic, we can assume it was deleterious to our body and we are now mangle messes. How does that go with what you have said with restructuring our body?

*You will have gained the knowledge that will make it convenient for you to reorganize your thoughts that will then magnetize to you from out of 'the atmosphere' as you say, what is required to become 'you' again. You will personify yourself as you choose to be.*

*Recall we said that you will have the technique, the expertise because of the incoming energies that has not been previously available to your kind before; this incoming swell of energy divine. And make no mistake, as it comes in in the proper way it will be felt as a swell and your metamorphosis will be well and truly underway where you can feel and understand what is available your way.*

*It is not 'pie-in-the-sky' as you say. We are explaining to you what is to be. Will it be advantageous to you as you are now? No, we don't believe it will be the way.*

*Then what will bring about the change so that everyone affected, all, will be able to use whatever is available for your kind; to start to see and manipulate your desires for a fruitfulness of living that has not been your way before? You will firstly start to see things, events you wished for become your reality because you will be working with the incoming energies and manipulating them to your desires. You will have a better understanding of the manipulation of the plasticity of the reality of this existence you are presently in. You will use this newfound ability to create how you choose to be.*

*We have explained that at its inception it will prove difficult for you for this in unknown territory you will be accessing. It can be thought along the way of a child, infant, learning to walk and talk.*

*Like the child you will persevere with this 'new toy' the power you gain by your efforts. Again, like the child, once you 'get the hang of it' as you say, like the child, you will reach out and encompass more knowledge for your advancement and gain. Once you gain the knowledge it will be your decision which way you choose to be.*

*We feel we have enlightened you to your question and will finish now. Peace and blessings go to one and all. We are finished for today.*

Thank you.



## New Beginnings and Directions.

*The only source of knowledge  
is experience.*

Albert Einstein  
o0o

Just as a brief recap: you have mentioned that we, as a group of souls, decided to take advantage of the changing energies and all they offered as we transitioned from one epoch to the next. These incoming epoch energies had not been previously available to be experienced and learned from.

*Yes, it is the way.*

You also mentioned that we, as a group had choices; to move on to other levels to investigate or opt to stay here and help incoming energies, those unfamiliar with the energies that are on this dimension.

*Yes, it is so. Not all will choose to move to 'greener pastures, fields' so to say. Many will decide to continue on here encouraging those others who have not trod this way before.*

You have also stated that we will be without a body form.

*Yes, no redress here.*

How does this relate to what you are now stating that we can take our body with us presumably as a physical body or be without a body whilst here?

*It is still one and the same. What you decide you will accommodate yourself with.*

Please enlarge your teaching on this topic.

*You have options, always there are options you set up for yourself. It is up to you to decide what best suits your needs. You can transpire here and be of assistance to those in need of advice and guidance on their way, journey. Or you can quit this area permanently if it no longer suits your needs. It all depends on your desires, what you choose.*

Jesus, Buddha, Confucius and the other advanced teachers were guiding lights while in their physical bodies and then later, when they had finished their teachings on this dimension, they continued on in bodies they reconstructed as required for their needs. They were able to achieve this feat because of their complete knowledge of how the atoms and such are here and how to manipulate them.

*Yes, it is the way. They have complete dominion, understanding of all that is here and the knowledge of how to take advantage of what can be to work their 'magic' so to say. To bring to light their knowledge requires a body of light. One that is able to transcend this physical realm by activating the atoms, the power that is here to be used as is desired.*

Are these learned masters still here helping humanity?

*Yes, it is so. They bridge many avenues, ways for their accomplishments. You are all going the same way. You have not yet reached your pinnacle of success of controlling the natural flow of energies here and it is part of your challenge to be, go this way.*

I do understand what you are stating about our challenge of learning to control the natural flow of energies that are here. I still am at a loss to know why we need to take a physical body with us. I do know though from reading about it that there are others who, over the centuries, have done this.

One that comes to mind is Count Saint Germain. There is evidence that he was around in the courts of France in the late sixteen and seventeen century and is said to have communicated in the twentieth century with Edgar Cayce and others. For all we know he could still be in his physical body.

*We understand your frustration at not knowing how this was achieved but tell you now, it is available to many of you if you have your belief that it can be done, achieved.*

Is it that Saint Germain needed his physical body because he hadn't attained the ability that the ascended masters had attained? However, he was able to transcend time and space because he had learned how to do so and so it didn't exist for him as it does for us.

*Yes, that is the way. It was achievable because of his belief and knowledge that all space and time as you see it to be does not exist in the reality of life. He could then move in whichever way suited his needs.*

He was also said not to age. Is that something to do with belief?

*It may be the way. We are enlightening you, giving you an overview of what transpires once you become more enlightened to what is available to your needs. You need faith and the understanding that all can be, come your way if you give yourself the credibility that is can be and is part of you lesson and your birthright to be and go this way. You will then have removed the blinkers from your sight and will stand tall in your glory; mastership of all upon this domain.*

*We feel we have given you something to think about and to work towards in a more enlightened way.*

*We leave now. Peace and blessings go to one and all. We are done, finished for today.*

Thank you.

## Part Nine.

### Charting New Territory.

*'You are at a particular precipice  
where you're about to step into a life  
you have never experienced before.  
You are about to step into the years of your life  
of uncharted territory'*

Lazarus

o0o

You have mentioned that in future we, as soul beings, prior to incarnating here will no longer have the need to create an anchoring physical body as we do now. Is that correct?

*Yes, it is the way it will be for you all. None of you will go through the (present?) process of magnetizing whatever is required here to keep you functioning as you see fit. All will choose another way which will be to construct out of the elements what you require. You will then use this apparatus, this functioning machine to give you the impetus, the needs you require to serve you as you see fit.*

And will we still be working with the earth elemental energy?

*No, not as you do now. It has served you well in your present incarnation and will go another way.*

You have mentioned it is only possible because of the incoming energies making it possible and, as Lazarus has said in the above chosen quote, *'you are at a particular precipice where you're about to step into a life you have never experienced before. You are about to step into the years of your life of uncharted territory'*. You have mentioned we will no longer go from birth to grave as we do now.

*It is the way it will be for all.*

Then when and how does this come about? Is it gradual? What happens during the transition from the old to the new?

*It will be gradual because there are many who are not ready for the change. It will come about to those who are ready to encompass the newer influx of energy divine.*

If we won't be incarnating in the way we do now, we will have to have the knowledge and ability to construct a physical body as required. I can only imagine that we will all choose to be handsome, attractive or have outstanding abilities in some way.

*It cannot be as you state for you will be leaning from 'the ground up' so to say of what is required to contain the energies you desire. It is not a fait accompli that you will bring to yourself the structure, body that you desire. It will be 'work in progress' as you say, and you understand more of what is available to you to function with on this dominion.*

In the newer way?

*Yes, much to be learned with the restructuring, creating the new form for your advancement.*

You have mentioned that '*consciousness is fluid and with the right connections, the right harmonies it becomes irrelevant to where you exist as you move, as a consciousness throughout existences*'.

*Yes, that is the way.*

Let us go back to square one of learning what is required with this new energy. We are as we are now, a soul being in a physical body.

*Yes, no complaints with what you say.*

Now what happens? Do we still finish our life here by terminating it and discarding the physical body that has outlived its usefulness?

*It may be the way. Your faith will decide which way you will go next. You will have entered into a new way of seeing and of being....*

Please excuse me for interrupting but it is not clear how this will be.

*As you know and we have explained, you are about to come into your being, leadership is the way. The leadership we refer to is not controlling or guiding others although some will be and go that way. We are speaking of changing your concepts and bringing the knowledge 'firsthand' so to say out to the atmosphere. What you need will be constructed for you by you because of this plasticity being manipulated to suit your needs as required by you at any way or stage of your game of life.*

Will we be in spirit form? If that is the way, we will not be incarnated on this earth plane.

*No, you are wrong with what you say. You will be here because it is where you are going to learn more of your grandness and how to manipulate the energies that are here on this dimension. You are gaining on the knowledge that will assist 'your kind' so to say but (also?) others we have mentioned that have not previously 'set foot' so to say upon this divinity.*

We will have choices of having a body or not, but we will still be able to, if desired, reconstruct a body to suit our requirements.

*It can be seen to be that way. You are already 'here', and you are already 'there but have not gone anywhere. Does what we say confuse you? We ask you to think on our answer. The information is there if you apply yourself.*

Am I right in saying it is to do with spatiality and timelines? We will have transcended the notion of their existences and they will not exist for us.

*That is the way we want you to understand. There is more here but we feel you are gaining the knowledge you need to take you further into yourself and what is required by you to fashion whatever sort of life suits your needs.*

Earlier in our discussion you mentioned none of us will go through the magnetization process to function here as required. Your words were '*All will choose another way which will be to construct out of the elements what you require*'. What is the difference you now speak about?

*You will enter a new stage of the way the energies work on this dimension. Your learning way is now more fluid, malleable and you construct what you require from the energies at hand. What they are will depend on your learning aptitude for it will be learning mastership of your domain and it will not come easy.*

*It is again what you learn. To manipulate, have faith and gain upon this plane requires a different way of seeing reality, one that has not been presented before and your task is to set yourself in the right and proper way for your gainfulness.*

The ascended masters are someplace 'here' and can see and hear all that is on this domain. Is that the way?

*No, that is not the way. They are not here at your beck and call. They have their own needs, ways of gaining their mastership. Their reality is vastly different to what you will be working to achieve but it does flow, one to the other.*

You mentioned that none of us will go the way that we do now. What about the laggards who may choose the other way?

*They will recall their grandness and will make the change as required. It will not be that one or two are left behind. All have come in upon a particular 'energy wave' so to say and all will finish the same way.*

I would like to finish now and read back our discussion notes. I am sure there will be many questions needing answers when next we communicate.

*Then we leave you to your thoughts. Peace and blessings go to one and all. We are finished for today.*

Thank you.

## **Not an Impossible Task.**

*You may not need to try to change.  
Just wait and it will happen.  
Unknown.*

o0o

When will we gain the expertise of moving beyond our present understanding and experience of timelines and spatiality?

*We cannot say for each is an individual soul and finds their own way and needs. It will come to pass for (that?) the majority sees a different way with time first. It will be more of a bending of time that you see where you are able to adjust what has occurred in your reality.*

*Each will have their own way of seeing and manipulating but all will find that time as it seems to be is existential, a changing format that can be manipulated, changed to suit. As you work with the energies at hand you will notice it all goes how you feel suits your needs now with the 'newer you' gaining the understanding.*

This may seem trite but what about events such as appointments? How will they work? Some people are notoriously unreliable with keeping appointments, what happens at these times?

*All will be accommodated at call.*

As you answered my question, I was remembering how different unseen energies know of these gatherings between us all. I think you said a memorandum of understanding goes out into the atmosphere and those interested attend.

*Yes, you recall what was said. It is indeed so that a memorandum of understanding goes into the atmosphere and attracts souls interested in the topic at hand, even to your mind, the topic has not been formulated to be discussed.*

And this is what will happen with us, humanity? It will be like a thought, a wavelength in the atmosphere that is picked up by the relevant person.

*It may be the way. We cannot speak for which way each will receive their calling, 'notice' so to say. Each may choose various ways of understanding what is called to their attention. It is not like it is now where your understanding, receiving knowledge is by your five senses. You will have passed beyond the needs of this way.*

*Other expertise unknown to you, present you, will have replaced your five senses recall and you will function upon a different energy wave of knowledge and understanding. The 'new you' will decree it to be so.*

St Germain, as well as others, were said to be able to move through what we now see and understand as space and time. Would we be able to go back in time as we see it now and change events to suit our present understanding?

*No, that will not be so, the way. Your concept of going back is flawed and not the way. You have it now as a reality of space and time, but it is not existential, as is. All events are happening at 'the one time' as you say so there is no possibility of going back anywhere.*

My mind is still thinking with spatiality and timelines because that has always been our perception of reality. In one of our discussions, I spoke of reality being able to be understood as a frame in a film. Only what was able to be seen, the one frame, was existence.

*Yes, it can be understood to be that way.*

Then how was St Germain and possibly others able to appear in different places and timelines?

*It cannot be as you state. They did not appear; go back in time for it does not exist. What was achieved was transposing themselves into different realities that also exist all the while.*

Are you referring to probabilities?

*No, we do not go that way. Again, you are getting yourself confused. It is not as you say. We have explained how reality is fluid and can be or seen to be as different to other souls.*

So I don't get myself even further confused I will finish now and read back our discussion notes for today.

*Then we go. Peace be upon you all, now and forevermore.*

Thank you.

## A Natural Progression.

*There are two possibilities:  
accept the reality  
or change yourself  
to get ready  
to accept the reality.  
Author Unknown.*

oOo

I am interested to learn how St Germain and possibly others are able to appear in different places and timelines. Your answer when asked was, in part, '*What was achieved was transposing themselves into different realities that also exist all the while*'. As this is unclear but sounds interesting it would be helpful to understand more of what you mean.

*Then we follow that way. It is a merging of energy that moves them to different existences as is their way. They are able to 'come and go' as you say with no untoward action on their part because it is a natural progression they adopt of moving from one reality to the other. It is a change of concept. Where they merge what was with what is.*

That sounds like past and present, but do we have a past as we see and understand? We have memories of something that happened so it may be but what about my one frame of a film analogy where only the present exists? You accepted that analogy so how does what you are saying fit with that concept?

*'Very well' as you say. It is still one and the same. What you are seeing and understanding is little to do with reality per se. It is a change of concept, an illusion. A shadow and a frame are the same because they come from the one existence but magnify in different ways. They are one and the same side of the coin but are seen to be different. It is not the way.*

How does this relate to transposing themselves into different realities that exist all the time?

*They change their concept of reality, and it becomes so, the 'newer' so to say reality. It is a change of concept that brings it about. As you all have brought to bear what you chose as your reality it is the way. The advantage, if you chose to see it that way, follows for them that they don't aspire to flowing with the thought stream you have acquired. They know of another way, a way that makes it possible for them to bring in the 'correct' atomic structures they require.*

*They do it by releasing whatever the attraction that works with the energies that are present at any 'place and time' so to say. This activates the elementals in a particular frame of life, and they merge in in that way.*



That sounds like suspended animation, something waiting to be activated by the right conditions or ways.

*No, we do not go that way. Nothing is inert is the way.*

Then they must be able to come and go like the ascended masters.

*It is believable in this way. We come back to your perception of linear timelines. They do not exist in the true frame of reality. What you are seeing and understanding is there for your reality, what you see exists. It may be difficult for you to comprehend that all are activated, happening at the onetime yet without what you see as space and time.*

It sounds like lives are all happening one on top of the other and St Germain and others are able to attract and attach to themselves whatever is their desire. One of top of the other can't be right though because again, that denotes spatiality.

*You are going the right way but need to extend your thinking to other realms, ways of seeing.*

Albert Einstein is remarked, 'Time and space are not conditions in which we live'. He, like you, states that everything is energy, and he goes on to say that if we match the frequency of the reality wanted then we cannot help but get that reality. In his opinion it cannot be any other way. Is that what you are meaning with your answer? St Germain, the ascended masters and others are able to change, go to another reality by changing their frequency?

*We do not denigrate what your Albert Einstein has to say but it is a little more than what is stated that is required. It is a change of consciousness, but it needs to flow to the activity required for whatever is desired to transpire.*

Please explain what you mean.

*We are able to come and go, to change our perceptions as others do while at the while we have not gone anywhere and we 'strut' so to say all realities we are active in.*

*We do not go from one to the other. We are in all at the 'onetime' as you say. We function on all as of accord with our desires because we have the understanding, the knowledge of what is required.*

That was what you were explaining when you said you were here and there but had not gone anywhere?

*It starts to have you thinking of what is required. We seek to have you understand that you are quite able and capable of achieving the same objectives. You are not limited in any way except by your perceptions. You, like us, have it all. We have chosen not to go the way you have decided for your growth pattern divine. We go another way. You are introducing to yourself what it is like to be in a physical body. We choose not to be or go that way.*

*We can understand, comprehend your reasons for your change of format; to go into a physical frame. You will gain much knowledge on different ways we will not be experiencing, not privy to them in the full way.*

*We understand and congratulate you on your challenges for they are numerous and many fall by the way in the challenges. They (the challenges?) are unknown before inception as is the drag, the magnetization that the earth plane has to offer. Many do not achieve their purpose as they set out for it to be. Many will be achieving in other ways, but their soul purpose will be lost for 'this time' as you say.*

And does that matter?

*Not as you understand it to be. They will format; go on to other endeavors in their quests for attainment, mastery of all the dominions they see to be. They will be accorded much knowledge and gain much experience as is their way.*

I will finish now and read back our discussion for today.

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

Thank you.

## **Bending Time.**

*For there is never anything but the present,  
and if one cannot live there,  
one cannot live anywhere.*

Alan Watts.

o0o

I would like to continue our discussion on when we would gain the expertise of moving beyond our present understanding and experience of timelines and spatiality. Your answer was that each is an individual soul and will find their own way and needs. You added that the majority will see a different way with time first. *'It will be more of a bending of time that you see where you are able to adjust what has occurred in your reality'.*

You went on to further explain *'Each will have their own way of seeing and manipulating but all will find that time as it seems to be is existential, a changing format that can be manipulated, changed to suit. As you work with the energies at hand you will notice it all goes how you feel suits your needs now with the 'newer you' gaining the understanding'*. I would appreciate more information on that topic. How, for example, are we able to bend time to adjust what has occurred in our reality?

*It is the way that what you see as your reality is flawed and is able to be constructed again from the essence, the reality that exists here upon this domain. Your changing viewpoint will make it necessary for you to change what your previous concepts were and make available what is now achievable with what you have found is more malleable to your needs.*

How will what you state be achieved? How, for example, will our changing viewpoints make it necessary to change our previous viewpoints and how will it be possible to change those viewpoints to make them more malleable to our needs?

*It is so that what you see is your present reality is a construct of your mind and is not necessarily what was achieved as you see and understand it to be.*

Please explain what you mean.

*You are enmeshed in a reality, world of emotions and they are your present undoing for (uncontrolled?) they manipulate and have you see and understand a reality that does not exist in what you would term, 'in the true sense of the word'.*

And is this why you are educating us to the enormity of our undertaking while incarnated here and why you have been explaining the importance of why we need to control our thoughts?

*It is partly the way we explain. You are developing in many other ways whilst upon this dimension but what you say relating to your thoughts, thinking pattern, is important for you to understand for it influences your existence here. It determines your perception of your reality, what you see. It does not hinge upon the reality of existence per se but brings in whatever way you decide your emotions dictate and the functions of what will be.*

We have previously mentioned how several people can witness a car accident and each person has a different viewpoint on what transpired and how the emotions of each person will influence what was seen. For example, a mother may think of how it could have been her son or daughter involved in the accident and her emotions would have her see reality from that slant.

*Yes, what you say is so. It is how the person feels how it relates to themselves that influences what they see and how it affects their present reality. If it disturbs or distresses them, it will influence what else occurs during their day.*

*They have the ability to dwell upon the event and attract others from out of the elements to enhance the emotions for what you term 'good' or 'bad'. Each person will have their own view on what transpired relating to them yet what occurred may not have existed as was noted.*

Please explain what you mean by that statement.

*All have had 'a hand' so to say in bringing into formation what transpired. Each one had a way of understanding, of going forward with the knowledge gained. The participants may have appeared to be unknown to each other yet each one benefited in some way because each one did have a hand, an influence from conjuring out of the atmosphere what transpired. They sought to gain in some way and each one was instrumental in bringing it into being.*

You also mentioned 'It will be more of a bending of time that you see where you are able to adjust what has occurred in your reality'. We can't go back in time because you have stated the past as we understand it to be does not exist. As your comment is not clear it would be appreciated if you enlarged upon it. Are we changing our perception of events?

*We cannot say how you will change your perception of reality but understand that as other events unfold and come to the fore what you thought of as reality, what happened, may take a change; for the better for some; not the same way for others. It will depend on how you choose to evaluate, remember events as they unfold(ed?).*

Then let's go back to something the whole world was involved in. I refer to our two world wars and I'll be more specific and speak of the most recent that had such an impact on our world's reality; World War Two. That happened. Can we agree on that taking place?

*Indeed, we can see it as transpiring but now there has been a new slant, way of understanding and with it, for those who choose to be, go this way, is a change of perception of events. That what was relayed as occurring for some was that way. For others was another way of perception of seeing.*

How is this bending time and adjusting what occurred in our reality?

*You have changed your perception, and this has now brought about a bending, a way of seeing what transpired from a different level.*

Please explain what you mean.

*As you have emotionally matured your understanding has expanded and what took place is vastly different to what you perceived led to the events. You gained 'a better viewpoint' so to say and understood more of what was in alignment of all.*

*You understood that events such as these, unpalatable to your sight, are sometimes necessary to bring to the fore other needs that overplay, surpass what was. Those involved in the activities that took place knew on a better level what was to transpire, and many were here on this dimension for such an event to extend their understanding and learning. It was horrendous for some and beneficial for others.*

What you have just mentioned is not quite clear so I would appreciate a further explanation.

*Then we choose another way of instructing you. We have educated you to understand there are no accidents and all that transpires in any event is brought about, into the reality, of the participants.*

Because we create our reality?

*Yes, it is the way. Many of you instigate your reality in 'comradeship' so to say, with the needs of all participating. We cannot see it any other way for you to understand our wording. Momentous, to you, events are brought about for all to learn in some way.*

*No event 'just happens' even though in some ways it may appear to be that way. All are instigated as the needs and desires of the participants want for the way to be. Each involved had a hand in what transpired, and it cannot be any other way. They would not have participated, be eventful (involved?) in their way if they had not had some desire, something they chose to learn to be their way.*

From our point of view, it may be a hard way to learn. Some involved were left homeless, stateless and with health issues that affected them for the rest of their life. But, as you have stated on several occasions, there are no accidents and all who were involved in whatever way were creating their reality, what they chose to learn for the events as they unfolded.

*Yes, it is the way. We feel we have assisted you in understanding more of your reality, your part in events as they unfold. Even now there are events that are out of sight but 'just around the corner' as you say. All is instigated, brought in for your learning creativity. That is the way.*

*We leave you now with thoughts of cheer. You are not under the thumb of any instigator of realities. You are the master creator of your own reality, and it behoves you to understand and change what you see no longer suits your needs. Be confident in the role you play in your own stewardship of events as they unfold.*

*We wish you peace and joy. We go now.*

Thank you.

## Changing Brainwaves.

*Its' a philosophy of life. A practice.  
If you do this, something will change.  
What will change is that you will change,  
your life will change,  
and if you can change you,  
you can perhaps change the world.  
Vivienne Westwood.*

o0o

All events are happening at 'the one time' as you say so there is no possibility of going back anywhere.

*That is so.*

You have said that there is never a glut, never a shortage of energy consciousness.

*Yes, that is the way.*

Because time does not exist in the reality of existence can our predecessors, should they choose, avail themselves of the incoming energies? Would they be able to restructure the body they existed in at their era? Might we see a Caesar or someone else known to us from history appear?

*We cannot say how a soul would choose to materialize should it be their way. We cannot speak for individual souls only to say that should they choose it is possible they will format their body in the familiar way.*

*You are failing to grasp the concept that what is required for a soul will be made available for that soul by them. It is irrelevant when they previously existed for now what is to be will be, there for all to take advantage of should they choose to be or go that way.*

I am sure that everyone will have experienced the loss of a member of their family or of friends who no longer exist here. If they choose to and have the aptitude to do so, would any of those family members or friends be able to reconstruct their physical body to how it once was at whatever stage they choose it to be?

*Yes, it is so, the way.*

Would we be able to physically meet them at some stage while on this dimension?

*You will have developed your abilities and understanding so that should you reconnect with those you love who are now once more in the physical, you will understand and oblige them well.*

We already have a body in other realities we also exist in. We can, do have the ability to take it off and pick it up again whenever we need it. Is that what we are learning to do with our physical body here?

*You are changing your perceptions of what can and can't be. When you gain the understanding, it will make it easier for you to come and go as you do now but until now have hidden it from your sight.*

You have mentioned that we are already becoming lighter in being. You have also stated that our body is changing, as it goes through its metamorphosis. We have been cautioned about our electrical devices such as cell phones, Wi-Fi and other technology and how they are affecting and changing our brain patterns. Is this what you are referring to?

*No, we do not go that way. Those are self-inflicted activities that will be changing your way. We speak of a different effect that is brought about by the changing energies that are always in the atmosphere. They will bring about more of an understanding, a compliance of what is about and available for you to manipulate should your desire be that way. They herald in advances you have yet to unfold and learn. It will be a time of reckoning for many as they go through their understanding of what can be sought, understood and learned from.*

*It is a sifting time, we say. Many will not avail themselves of the opportunities that will unfold, be their way. Others will understand and grasp their advancement opportunities.*

You have mentioned we will all be like the chicken inside the egg, and we cannot stop what is meant to be.

*Yes, it is so but not all will take advantage of what can be for their understanding and gainfulness. As you have now many who have the herd mentality, 'follow (like) the sheep' as you say, they will continue on the same way little understanding what opportunities await them should they take up their mantle and be, go that way.*

*They come to this existence with a purpose but alas, once here other attractions take sway, and they lose what was their aim in being here. Their time here is not lost to them for they gain in other ways.*

I will finish now and read back our notes for today.

*Then we leave you with peace and blessings (to) be the way. We finish now and go our way.*

Thank you.

## Reclaiming Our Birthright.

*The privilege of a lifetime  
is to become who you truly are.*

Carl Jung  
oOo

Are we replicating what we, as an energy or consciousness of souls did when we incarnated here at the beginning of this epoch we are leaving? We wanted to learn and understand those unfamiliar energies as we transitioned from one epoch, Pisces, to the next, in this case, said to be Aquarius.

*Yes, it is the way. You are again extending your understanding of what can be achieved by you as you migrate from one 'epoch' as you say, to the next. All at that time was unfamiliar and you made inroads, strides of gaining what you sought. In doing so you brought your understanding and your world ahead in leaps and bounds.*

*You reached out into the unknown then as you are doing now and sought all you could gain to enhance your understanding of what was about and what you could achieve with your mind power. This brought in other avenues, and they opened up and showed you more you could achieve as you sought to understand and conquer what was unfamiliar territory to you then. It will be no different now.*

You have told us we will be or are entering times unbelievable to our present understanding. Stupendous was one word you used. Perhaps something like those we first encountered when we, as a band of consciousness energy came here around the time of the last epoch?

*It cannot be any other way. The information and gains you intend to be, what you are 'aiming for' so to say will not be here for some time. Meanwhile you are advancing yourself in other ways where you gain along another path divine.*

Please explain what you mean by that comment.

*It is time for you to shine, yes, to reclaim your birthright, but first there is some work to be done, that needs to be absolved for this to happen as you see fits the 'new' you. In some ways you are ahead of what you see is to be achieve; in some ways you are able to construct from the atmosphere, your desires.*

*Your desires 'this time round' as you say, will be working primarily with thoughts; completely understanding and manipulating your world as you see fits your needs. You will be more in alignment with what is available from the atmosphere and will be transcending what you do and see now.*

*Manual work is necessary for many of you for you have not learned as yet how to make it come to be without the sweat of your brow. You are moving away from this as well as the need for manufacturing goods. Your equipment you usher in will be all done by your mind. You will have gained the knowledge that all you can manipulate can transcend the workings you need now to bring about what you find suits your needs.*

The way that we live, trade, monetary values all we are familiar with, how much of that is not going to change?

*You will still have your modes of address; you will still live comfortably in your own domiciles if that is your way. You will, at the change of a thought bring about different ways of understanding what is required to advance yourself and your mode of living, of existence.*

We now live by trade, monetary values that purchase our needs and desires. To stop commerce will stop most of what we presently have as a society.

*Yes, it is the way, but your new way will dispense with the commerce as you see fits your needs at present. It is not the way and there is vast poverty that has not been addressed where many are falling by the way. You will be transposing to a more equitable way of living where none goes without.*

*It will do you well to recall the way justice is needed and served. It will be that way; justice for all as a human being in an existence of plenty. We say the way it will be for all (who?) will have learned how to manipulate, 'pull from the air' so to say all desires that fits their needs.*

Are we moving into another dimension? One of the astral plains has what you are stating?

*It may be the way. We can only tell you what is about, ahead for you all once you learn how to manipulate from the atmosphere what is already there.*

And these incoming energies are making this possible?

*Yes, that is the way.*

Then what will we do all day? If we don't have to put any effort into working for a living because all comes to us by our thoughts, what achievements are there for us?

*Your achievements will go another way. We have been conditioning you to understand that this dimension is one of many you exist in and there are much ahead for you to understand. You will still be here, 'as a base', so to say because you have programmed your thinking to be this way. While here you are working with other energies; the earth elements that are here with you; you are gaining an understanding that all is complete. There is nothing that does not exist here that does not gain from your input.*

*You will be more active in co-creating other existences here, on this domain. Those existences will need care; care from you as their creator. You will be learning the way of creators and your charges will be taught, instructed in the way of this dimension. The needs be will be provided in the instant by you, their creator.*

How are we to be their creator? They are primitive energies as we once were. They should be able to think and do for themselves.

*No, that will not be their way. They will be primitive in the way they be, are for they are creating for themselves all that is required to make a life for themselves. You are guiding their way. As co-creator you have taken form to guide them for they see your ways and it uplifts them in several ways. They will revere you for that is the way that beings be and act accordingly. Your task is to get them on to their own 'two feet' as you say; to have them acknowledge their grandness and take them forward as they develop.*



*Your gain is to manipulate all the requirements they desire; to have them going in the right direction in the short term. Once all is going as of accord, they will have learned enough to take over the reins of their own development and can go from there.*

*You will be guiding lights for them to aspire to; to have seen the miraculous, to their needs, all that can be achieved in 'the wink of an eye' as you say. You will have learned to manipulate the solar winds, the needs of these elements and can follow in the wake of those you call 'ascended masters'. It will be the way.*

Did I mishear you when you mentioned solar winds?

*It is so that the solar winds have a vast influence upon this domain. They engender an 'added energy' so to say that is imperative for all here to feel its benefit. More so than the product that comes from your solar sun.*

While we know and understand the benefits of the sun, we know nothing about the benefits of solar winds.

*All will come to fruition, understanding as you go along. It is to be the way. Your scientists, men of learning, will make it be the way.*

*We finish now for the day. Peace and blessings go to one and all. We are done, gone for now.*

Thank you.

## **Extending Perceptions.**

*Life is not a problem to be solved,  
but a reality to be experienced.*

Sonen Kienkegaand.

o0o

Earlier in one of our discussions when I was asking how do we go to other realities or dimensions and you stated *'You change concepts; ways of seeing things and with this change is a change of comprehension which brings about a change in energy. In other words, you go another way as your magnetization changes, and you move into another 'slot of existence' shall we say'*. We would appreciate more information please.

*You manipulate your energy field that magnetizes your desire, and you achieve it this way. You change your consciousness, ways of seeing and thinking (and?) that activates your desires. Your belief, understanding, takes another turn, way, and you have extended your perceptions past this reality and into another whilst you are still abiding here.*

*To say you grow another sense sounds fanciful and illusory, but it is the reality of what transpires at these times. It is opening your inner sight more in alignment of what is available to you on this nearby, very close in your terms reality.*

We have different names for these very close realities that overlap and are existing concurrently to this third-dimension reality. Some of the names are astral, dimensions, domains, locals, subspace. Is there a singular, better name for these areas? What do you call them?

*It is whatever suits you best for referral. We have no name for such areas. For us they are sorted by energy forces and we relate that way. We think of where we want to go, to be and we are there. You are working on the same 'project' as you say. You are achieving it concurrently as you work on other projects yet to be completed while you are here on this domain.*

Where we presently are we have named the third dimension and presumably when we move to the next level it is the fourth dimension. Is that the way?

*We cannot say for we do not identify any areas by numbers. You go where you are meant to be and you go there by your aptitude, what or where you chose to be. It is illogical to have you fixating on a number like it is a letter box directional way; an address you need to have fixed in your mind for you to be or go there. It is not the way. There are no such addresses to adhere to. What you do is use thought and your ability to achieve your destination aim at any place or time.*

We think of where we want to be and go there, yet most of us have not yet achieved that success. In dreams we appear to go someplace but as we do not seem to have a clear direction, we just end up anywhere.

*It may appear to be the way; that you lack conscious direction but something you chose to achieve has gotten you there. That you (now?) have no concept of what it is or why you are there is irrelevant to your intentions. It may seem a silly dream but as there are no accidents some relevance has you there.*

I don't remember consciously setting a destination. I was more like a will-o-the wisp that ended up someplace.

*That can never be the way.*

Then let's discuss this issue of the different dimensions and how we get there.

*Then that shall be the way.*

You have stated we don't go anywhere because we are already there and it is a change of perception or vibratory rate that has us see differently. And it is the same when we think we are experiencing an out-of-body, astral travelling, dreaming, and going to other realities; whatever else we do that has us think we go distances?

*No complaints with what you say. The reality is you go nowhere for there is nowhere to go. You abide all the while at 'the one place' so to say. Your thoughts, imagination do the rest where you elevate yourself past your reality of existence.*

I have never experienced the ability to be able to go to a certain locality in my dream state and I can't say if anyone else can either. Lucid dreamers can change events as they happen in their dreams, but I have never heard of them being able to go to a certain place before or as they dream. They may well do so. I am not familiar with it if they do.

I have read or heard where other out-of-body travellers have been to an unknown area, dimension, and met up with someone, perhaps a deceased relative, spiritual teacher, a friend or someone unfamiliar to them and not of this dominion. When, at a later date they would like to reconnect again they are never successful. Why is that? If they could do it once, even if to them at the time it was accidental, why can't they do it again at will?

*It may be the way that they try too hard, and it eludes their efforts in this way. It is 'a balancing act' so to say where the stream of consciousness emitted needs to be in harmony with whatever it is desired. If the balancing, harmonies are not right then they will not succeed as they desire.*

What about being able to magnetize something as we do when we have the unseen, unwanted energies around us? Is the way different to what we do then?

*It cannot be as you speak of now. There are no desires for the unwanted energies and for the other experience (it) is an 'act of will' so to say. You cannot just sit around and expect it to happen. It is a subtle blending, an enmeshing of energies divine that brings it about and you achieve your desire.*

At the beginning of this discussion and in answer to one of my questions you stated 'To say you grow another sense sounds fanciful and illusory, but it is the reality of what transpires at these times. It is opening your inner sight more in alignment of what is available to you on this nearby, very close in your terms reality'. I would appreciate more information on this subject. It sounds as if we may be partly removing the blinkers from our sight to enable us to see more of what is available.

*Yes, you are now able to understand more of what is available to your sight and way at these times. These times we hasten to add are now becoming more accessible to you all. It will soon be the way that what is now lost to your ability and sight will be 'reproduced' and you will all start to understand and see more of what is around you and at your 'beck and call' so to say.*

Is this us opening our third eye which will enable us to see clearer but also make it possible to connect with others and communicate?

*No, we do not go that way with what we are referring to. It is an opening up of another of your 'talents' so to say. Where you will give evidence to yourself of all that is around but also will enable you to envisage, to see 'past, present and future' as you say. They do not exist as you see them to be but there are existences here that are a part of you and you will gain accesses in ways that were never possible before. You will understand timelines do not exist as you perceive and your understanding of this way will be illuminating your way.*

I would like to continue or discussion but will need to finish for today. We can perhaps continue again tomorrow.

*You set the course and it will be the way. Peace and blessings go to one and all. We are gone for the day.*

Thank you.

## Part Ten

### A Second Chance.

*It's a philosophy of life.  
A practice.  
If you do this, something will change,  
what will change is you will change,  
your life will change,  
and if you can change you,  
you can perhaps change the world.  
Vivienne Westwood.*

o0o

I am presently reading a book, one from his trilogy written by Robert Monroe called *Journeys Out of the Body*, As well as other accomplishments, Monroe is credited with renaming the older wording, astral travel to a more modern phrasing of out-of-body experiences, OOBs. I will be referring to some of his related experiences because they are interesting and require discussion as they deal with issues we have been mentioning. Is that the way to go with our discussions?

*The course is already set but to your way of seeing and understanding we are covering unfamiliar ground. It is not the way.*

This is relating to the past, present and future we briefly mentioned during our last discussion?

*That is the way it is designed to be. It is to bring you all 'up to speed' as you say. To have you all understand that the angst you undergo many times in your experiences you have the potential now to be able to relate to events and go back and change them to suit your growth pattern divine. Your way is to change with your thinking as you strive to overcome your limitations you have set upon yourself while here.*

Please explain what you mean?

*You understand that you are many times your own 'worst enemy' as you say. You do and say things that perhaps on reflection there might have been a better way. Lives have been upset and disharmonized many times by words said, actions done in what is referred to as the heat of the moment when the mind is in a furrow of instability.*

*Were you able to be, to choose, withdraw what was said or done would, at these times, be as a blessing. We are showing you the way. We are explaining that now is becoming more of the time where you can withdraw what it was you said or did in anger and the remorse you felt be withdrawn.*

And this is to do with what you mentioned with being able to somehow change the past or present to make a better outcome for the future?

*It may be the way that you have thought, designs to do certain things that have eventuated to your ill. We are stating that it is becoming possible for you to retract what was achieved that was not to your advantage, good. We are stating that you will be able to recall or revisit the scene or dilemma you produced and withdraw it or re-examine and look at in a better way, a way that is an 'up curve' as you say. One that gains on all fronts of the needs of the lessons you sought to gain, to learn from each process.*

And how is this achieved?

*You can recall and revisit the action, event, at the present (as a memory?) but lack the understanding of going further. It is becoming clearer that there may be possibilities of being able to somehow change the past to a more equitable learning curve for all involved. Presently it forms as a wish and that wish is starting to bring into your awareness the actuality. It is doing this, by freeing your concepts, thoughts of it not being possible and this is, in turn, starting to change your energy field so that what you desire now is becoming into form.*

That is like giving us a second chance to undo harm done. You are explaining we are opening our mind to other possibilities and they are then able to magnetize to our energy field and become a reality.

*Yes, that is the way we want you to understand what is happening now. Now may seem a way off where you have no evidence of the way, but we tell you it is in the atmosphere, the ether for all to learn from and use. It will be formed, downloaded into all who are going this way.*

Well, our world is certainly going through changing times as the old gives way to the new.

*It is necessary for this to come about. It is the darkness before the dawning. Much is to be achieved in all cultures as the shift, swing takes hold. Many will go 'the way of the dodo' so to say for they are not prepared to change. It is all part of their conditioning and is not a penalty of any sort. They have chosen the way they wish to be; to stay with the old and go that way. They will reconvene at another 'way and time', as you say.*

Some of us staying the course are certainly finding much of the new (energies) bringing us into different times as we change to adapt and go into the unfamiliar. We do not necessarily see it as all to the good for societies. Will this also be part of what you are stating about being able to change what did not suit our learning? To reflect, adapt or look at it and gain the benefit it bestowed on us at the time?

*You have a saying, 'all will come out in the wash' and when this present upheaval of all societies has run its course you will be able to reflect and change what was not your desired outcome.*

*We feel we have given you something to think about and reassure you that our words of promise, of what is to be will be for it is already there in the ether waiting recall, downloading into your awareness.*

*Peace be upon you all, now and forever. We go now, quit the way.*

Thank you.

## **Making Mental Adjustments.**

*The fear of death follows from the fear of life.  
A man who lives fully  
is prepared to die at any time.*  
Mark Twain.

o0o

While our discussion yesterday was very interesting and enlightening it didn't get us far into what Robert Monroe wrote of his experiences in his OOB state. I would like to refer to one or two of his experiences because they relate to some of the discussions we have had and they add more information and understanding to our previous conversations. Will a teacher be able to answer my questions?

*It is always the way that your questions are answered. We do not say that they may be as you expect the answers to be but nonetheless, they are factual to your needs.*

Thank you. My question deals with something that Monroe experienced in one of his OOB experiences. At the time he did not understand what had happened or the reason why it did and I believe he interacted with a self, one that had called on him for help. Can we discuss that first?

*You set the way and we follow.*

The scenario was Monroe was having a conscious OOB experience and thought he was returning to his physical body as was normal for him to do. Instead found himself in another body; that of an old man in a hospital bed and, sitting either side of the bed was a distraught woman. When the women saw the old man open his eyes they were overjoyed, not realizing it was Monroe who was temporarily in the body of the old man.

From our previous discussions on other thought-form selves, it seems as if this could have been one of Monroe's and he answered the distress call of this self. Am I right in my thinking with this?

*Yes, it is the way it was portrayed. The man was near death and fearful of the transition to 'the other side' as you say. He was holding on to life, to gain more time here. He had to make a mental adjustment that this life that had been fulfilling to him was now slipping away and was soon to be gone. By the grace of the other self, Monroe in this case, it was less traumatic for the male as he slid into another reality, a reality already close at hand.*

Is this always what happens at these times?

*No, it is not always the way. Sometimes it is necessary for the death cycle to go unattended. We offer a way of understanding that not all choose to call upon other 'selves' as you say. They are often unaware at these times and have no recourse because of this.*

*Others choose, as part of their receivership of the physical body outlook as part of their endeavors to learn know that is happening are happy to go the way it is flowing. They know and understand that life in all its*

*glory does not end at death, the termination of the physical frame from their form. They 'participate' as you say and gain in innumerable ways with the transition.*

As we are unfamiliar with this, we would appreciate more information, please.

*Then we oblige, go that way. You, humanity have built many fears about the death process. You are transiting from one existence to the other. No more, no less. That you are afraid the termination is the end of your existence is unfortunately part of your lack of recourse, what would have been given to you as your 'act of passage' so to say.*

*To have you understand it is part of life and that once the body is detached from the soul in death that there is the transition to a better form, one more in alignment with the 'new you' so to say. You are not dead, finished for all times.*

We do deal in fear; that death is the end for us; the fear of the unknown and the fear of never seeing those we love again.

*It cannot be that you will never see those you love again. It cannot be.*

You mentioned our act of passage. Were we, humans, ever given this right, act of passage and, if so, what happened to change it?

*It is so that you were given the right to express the tides of life. You did know and understand, as did other sorts of existences, that life as it was at the time was finite but that something did not cease to exist.*

I would like to know more about how we lost or missed out on our act of passage. Perhaps it is what we refer to as our rite of passage but so I don't get side-tracked into another interesting topic I will continue with Monroe's' experience with his old man's other self.

*Then we go that way.*

At another of his OOBs Monroe met up again with his old man self who was by then deceased. Apparently the old man, as spirit, recognized Monroe and was happy to go with him to the next part of his journey. It was one of the times Monroe acted as a retriever for one of his selfs where he led them on to their next stage of development.

*Yes, many of you serve as 'retrievers' as you say. They are of you and you assist in 'their recall' so to say.*

In my *Book One, In Search of Reality* you mentioned that we all go on together. At the time we were discussing the energy band we all incarnated into this existence with and I assumed that was what we were referring to at the time. My question now is do we also need to reclaim all the selfs we have also created before we go on?

*Yes, that is the way it is. It is not as onerous as you imagine it to be. You do not spend centuries, millennia, searching for lost kind. The attraction is the key. When the 'time is right' as you say they will come back to the fold and all will go on together.*

And this was why Monroe ended up in the old man self's body? And why he was there to help him to the next stage of his transition?

*Yes, it is so. The attraction was there and 'Monroe' as you say, answered the call.*

Could any of the other selfs have chosen to do the retrieving instead of Monroe? Surely they would also have had the same or similar attraction?



*It was not designed to be, go that way. All have the attraction yet all do not answer the call. Whatever is needed at the time is provided for each soul for it is not only the recipient soul who is blessed but also the provider of the deed.*

I will finish our discussion for today and read back our notes. As is normal at these group meetings you have given us much to think about.

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

### **On Answering the Call.**

*A human being is a part of the whole called by us universe,  
a part limited in time and space.  
He experiences himself,  
his thoughts and feeling as something separated from the rest,  
a kind of optical delusion of his consciousness.  
Albert Einstein*

o0o

I would like to continue our discussion with Robert Monroe's OOBs experiences to help us gain a better understanding of what many of us do when we are asleep. Monroe's experiences were brought about by the knowledge and awareness he had gained and seemingly could experience an OOB whenever he wanted to.

Most of us are not at that level of expertise and understanding but am I right in accepting that many of us, while not consciously aware, also retrieve our thought-form selves as required and do it naturally while we are asleep?

*Yes, there is no argument here with what you say. Many do indeed answer the call of those of their selves, others they have brought about by their thoughts. They are always in contact because of the attraction, the magnetization and, as we have previously mentioned, what affects one will affect all in many inimitable ways.*

Because we are affected each to the other, would we know ahead of time when one of our selves is in need? Perhaps needing help to finish their life here and go to the next stage of their development?

*Yes, it is so. As all are connected it remains that way.*

And is it so that one of our selves might be so involved or attached to this domain that they do not move on to the next stage of their journey? As a soul without a physical body they may stay at places that have great meaning or sentimental value, not realizing that they are finished here?

*We cannot disagree with what you are stating. Sometimes 'selves' as you say get stuck in their thinking and are not aware that life, as they knew it, is finished for them. It is not part of their understanding now that they are finished (here) and need to move on to 'greener pastures' as you say. They need to be helped, to understand and go their next way.*

Wouldn't it be better for them to be collected by someone familiar; a family member or loved one who has passed on ahead of them?

*It may be the way that this transpires. We are answering your question about selves. We go that way.*

On several occasions when experiencing OOBs Monroe speaks of meeting up with a lost soul, no longer in a physical body and who had no idea where to go next. It wasn't stated but it could have been one of Monroe's

selves. Would any encounters like that be retrieving one of his other selves or would he be helping other souls not on his blood line?

*We cannot say what would be the inclusiveness here. It is so that it is not only selves that are assisted at these times. Many do provide a service for souls such as these. We cannot say what transpired at the time such as you say.*

If it was not one of Monroe's selves, do you have any idea why the creator of the self didn't answer the call?

*No, we do not go that way. All have their means of redress. It cannot be the way that one, any are left behind in some way. In circumstances such as this it is the way that the soul in mention has to go through a 'delivery', so to say. What they need to understand and realize is that there is more to life than what they previously understood.*

*It is a 'reckoning' so to say. Where they come to the understanding that life, as they understood it to be is finite while the soul, them, continues on. Their next stage from that realization is to move on and others are there to provide for their redress.*

And that can be anybody who chances along who helps them on their way.

*We have explained there are no accidents and all are pre-planned. While it may not appear to be so, the way, it is the recourse adopted at each eventuality.*

So even people who don't believe in life after death are taken care of?

*Of course. Why would it be any other way? You are all one of the one source.*

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

*Yes, that is the way you were 'constructed', so to say.*

Then at the termination of each self's time here do we, as their creator, collect them and lead them on to the next stage of their development?

*Yes, it is instigated to be, flow that way.*

If we are a thought-form self of another thought-form self wouldn't the same thing apply to us? When our time here is finished and if we are unfamiliar with what happens next would our self come and collect us to lead us on to the next stage of our development when our time here is finished?

*Again, there is no recourse to what you say. All travel the same road to divinity.*

And do we ever reach 'the source' or the end of the road?

*No, that can never be the way. It is part of your illusion that you see beginnings and endings. We are not that way. It is third dimensional thinking brought about by the conditions you strive to be.*

Your information was interesting and I will stop our discussion now to read it back.

*Then we take leave and go our way. Peace and blessings go to one and all. We are done, finished for today.*

Thank you.

## From Our Perception.

*There is no good or bad without us,  
there is only perception.  
There is the event itself  
and the story we tell ourselves  
about what it means.*  
Ryan Holiday.  
oOo

In one of his OOBs Monroe speaks of being attracted to a fierce battle between warring parties of men. The battle appeared to be during an early Roman period. One particular young warrior Monroe was drawn to was still fiercely fighting in the battle not realizing that he had been killed and his physical body was lying dead on the ground. It took a little persuasion for Monroe to convince the young fighter of his situation but once he did, he was then able to help the young man on to the rest of his journey.

My question is, Monroe was able to go and retrieve what I believe was one of his selfs. In Monroe's point of view he was going back to one of his previous incarnations. As you have stated past lives cannot exist because timelines as we see them to be do not exist

*Monroe changed his perception and was drawn to the fray but it was not as was seen to be.*

Please explain. Was the young soldier not one of Monroe's selfs?

*He retrieved a part of himself. It is still the one person per se but not as was understood at the time.*

From what you are explaining it sounds like there were several parts of Monroe. That is not the only experience Monroe mentions where he is participating at two different ages while again as observer.

As another example, Monroe mentions that in the early stages of his OOB development he was resting on his lounge when he felt something jump on his back and attach there. His impression was that it was two little ten-year-old naked children. He could not dislodge them and that he didn't have control of the situation terrified him.

From my recollection of what was written Monroe stated that the last time it happened he noticed an older, mature male that looked vaguely familiar, like one of his senior uncles, come up and lift the 'children' off Monroe and cradled them in his arms. Monroe was then able to see that the two shapes he thought were children were his two pet cats and the helpful male was an older version of himself who had come to assist him.

My question is, if Monroe was experiencing different projections of himself at different ages of his life how can that be?

*Again, it takes you past your conception of what reality is. It was a change of perception or realizing that he had moved along his 'timeline', one that is adaptable. Once you understand you are not obliged to go the one way but can come and go to any level and time as you see it to be.*

But how was the older Monroe able to help a younger version of himself?

*What you are stating requires a different way of seeing reality as it is. We have mentioned previously that time, as you see it, is malleable. We are asking you to take your thoughts beyond what you understand them to be now and change what you perceive is your present reality. You exist and the way that you exist is what you have chosen for your way to be. You need to realize and understand that you are able to change what you see is a fixation; of the life stream going the one way.*

As consciousness, wherever you think you are you are.

*Yes, but there is more to be involved in your clarity. It is so that there can be a fractionalization of parts but they at all times remain connected. You do it all the time. Your thoughts are quite capable of instigating more than one experience while you are contained. We are stating that Monroe was able to fractionalize himself to appear to be at the scene while at the while to be an observer of the activity.*

Is this like splitting our consciousness?

*In a way, yes, in a way, no. We have explained that wherever consciousness is you are because you are consciousness. You are flitting about all the time as your fancy takes you. You do not go anywhere per se. You just change your perception to have you there and you reverse the process and have you united again. Your mind plays tricks on you if you see it any other way.*

*What we are stating requires a different way of seeing reality as it is. We have mentioned previously that time, as you see it, is malleable.*

I do remember you saying that there is no time, only changes and that is what we observe and think of as time. It still does not make clear to me how we can fractionalize and be in more than one place at a time.

*You remain always the one person. You have gained the ability to understand that time does not exist as you see it to be. You have transcended the knowledge you held that you are fixed here. You are still a work in progress on learning that you are able to go back and forward 'in time' as you say.*

*Time and space are irrelevant and will become more to the fore and more people start to speak of their experiences. Then it will become more to the front of people's understanding and make it possible for them to be and go the same way.*

*It is again what you learn. To manipulate, have faith and gain upon this plane requires a different way of seeing reality, one that has not been presented before and your task is to set yourself in the right and proper way for your gainfulness.*

I will finish our discussion and read back our notes of today.

*Then we go our way. Peace be upon you all. We are gone for the day.*

Thank you.

## Part Eleven

### How Is Time Irrelevant?

*Tomorrow never comes,  
it is always today.*

Osho  
o0o

You mentioned that time is irrelevant but from our present point of view it is relevant because we are in a time and space-based reality where all action evolves for us on this dimension.

*Time is irrelevant to what you choose. It is there as a 'springboard' so to say for your gainfulness learning. You can choose any time as you see it to harmonize with your desires (incarnation?). You then attract whatever epoch, timeframe to you for your learnings ability. It does not make any difference which way you go. It could be past or future as you see it to be.*

*As spirit, you come and go as you choose. You attract your desires by your thoughts and they come to be as an existence for you to create other existences and experiences to learn of your magnificence and abilities. All the while you are moving, creating. Existences form by this way of being.*

Then what about memories of experiences undergone? Emotion may have distorted the experience and it is not quite as is understood as what happened but a memory of a past event exists and is able to be recalled. What about memories?

*Your past as you see it to be relates to you and the experiences you have undergone. It is part and parcel of who you are on this dimension. It is understood that you experienced something that was brought about by your thoughts. You chose whatever took place for the learning curve it would bring about.*

*It is no different to when you have a dream pattern while you are asleep. You are creating all the while at these times too. They are just as relevant as what you are questioning now. That your conscious mind may have distorted the perceived reality is of no concern for the event, as you saw it to be, did eventuate in your mind. It then became part of your chain of life while domiciled here upon this dimension's existence.*

This is because of us being consciousness and as such, we cannot not create.

*It is so.*

Then am I right in saying that all the thought-form selfs, this energy form I now identify as 'me' are all connected by 'our' energy consciousness, what we have as our 'consciousness bloodline' so to say? If that is so it seems that we are all connected and what affects one, affects all irrespective of what we perceive is past, present or future.

*It can be seen to be the way. We do not denigrate your thinking acumen but it is not as you have devised your thoughts. There is more here that you have not attached to your understanding.*

We would appreciate more information, please.

*You have gained the understanding that all are one and what affects one affects all. You have brought it more into alignment with your 'personal' so to say bloodline but it affects all. It gains momentum when you extend your thinking to bring it into all.*

Albert Einstein had a better grasp on reality as you are explaining it when he said that *'Time and space are not conditions in which we live, but modes in which we think'*. He is also stated as saying *'The distinction between the past, present and future is only a stubbornly persistent illusion.'* Einstein was a brilliant scientist and held in high regard by other brilliant thinkers.

It seems that the distinction between the past, present and future cannot be as we see it to be because Monroe, St Germain, and others were able to access the past while still existing in the present. Monroe did it in his OOB state and remote viewers do it by changing focus. You have mentioned we can also do this and it will become more into our awareness and ability.

*Yes, it will be the way for all concerned who choose to be, go this way.*

And once 'there' as in Monroe's examples, we will gain a better understanding of events as they happened and be able to change our perception of what transpired?

*It will be along the way but again, there is more here than you are understanding. We feel you have much to think about so will leave it for another day.*

*Peace and blessings go to one and all. We are done, finished for today.*

Thank you.

## Space and Time as a Framework.

*Space and time are the framework  
within which the mind is constrained  
to conduct its experience of reality.*  
Immanuel Kant.

o0o

In thinking about energy not being able to be destroyed only changed, all that has happened on this dimension, probably others too, is still someplace in the atmosphere. Is that why people are able to move through what we perceive is time to other events and localities?

*Yes, that is the way to see existences. They exist forever in the scheme of things. It is why it is able to be accessed.*

You have mentioned on several occasions that time, as we see it to be, does not exist. We would appreciate more information to help us understand more of the topic.

*Time is available as an era, an epoch, an event that you have as a direction so to say. It does not exist linear but is available to advance yourself whichever way you exist. If you have developed your abilities it is not hard for you to go to other levels of this existence you hold dear.*

Is that like parallel lives? Is that where our created selves are?

*It is more than what you are asking but it encompasses whatever has been existing for all time. You see and understand much of what carries you through day-by-day activities where you are able to comprehend and work with what is available, that (which?) you have created for your learning. Other ways also beckon for you to understand and learn from. Which way you go depends upon your aptitude and interest, your learning acumen.*

As we have been using Monroe's examples I will continue doing so. If, as I understand what you are saying, all that has happened, this time in Monroe's case, is sort of like frozen in time. I don't know how else to say it and when he reactivates the activity by being there it comes to life again.

*No, we do not see it that way. It is a part of his lineage so to say that he activates but it is always there as a part of him. He is able to go and play out the activity perceived because it exists as a part of his 'lineage' so to say.*

Then what about people who do remote viewing and go to what we understand to be past and future events. They may not have had a hand in any of whatever is taking place but are able to see and understand what is happening.

*We understand what you are saying but reflect a moment here. Is what is transpiring there for all to see, all who have the ability to be and go that way?*

Well, if all that has ever transpired is energy and can't be destroyed it has to still be there and be available for those who have the ability to access it. Is that the same as people sensitive enough going to an area and are able to pick up or feel the conditions that have taken place there?

*It may be the way. We are seeking to have you understand that all is available to those who have developed the ability to access it.*

And that is at any event and time?

*Yes, no constraints if you have the ability. We have mentioned this will come more to the fore as people start to comprehend more of what is available. This then, brings in, opens up their understanding and it is like a chink expands in their energy field and more information acceptable to them enters. Because it has become believable to them they then start to see and do things not previously possible or available to them.*

*Firstly though, for most souls they need guidance and it will come with the understanding that others impart of their experiences into what is unknown territory to many. On many levels will this information open for those interested enough to embark on what can be termed an adventure.*

How will this be? It sounds like the adventurers of old who went into uncharted territory but in these cases you are mentioning it will be a mental adventuring.

*Yes, you are understanding more of what is to be for many who choose to be, go this way.*

With OOBs and remote viewing there was prior learning to be achieved for the people involved to be successful in their aims. How will the ordinary adventurer go about their desires?

*It will be part of what we have mentioned of the chink in the energy field opening up opportunities along this way. Previous events will perhaps be brought to the fore and the person will expand on their knowledge because they will 'be there' and understand that great battles perhaps were not as was taught as brought to their understanding.*

And on a more personal level? You have mentioned we will be able to go back to personal events and see what we sought to learn and whether we were successful or not?

*It is part of your lineage and your lesson that you understand what you chose at any experience. It may not have transpired as you chose because the emotion on this domain is part of your selected growth lesson to be. It (emotions) is sometimes overwhelming to your desires and you will return to the event and understand, firstly, what you sought to learn from any opportunity and action and what eventuated from the term. Your understanding will be enhanced and much angst you have created will be diffused.*

I will finish our discussion now. You have given us much to think about.

*Then we go our way. Peace and blessing be upon one and all. We are finished for today.*

Thank you.



## A Clearer Understanding.

“When I say be creative  
I don’t mean that you should all go and become great painters and great poets.  
I simply mean let your life be a painting,  
let your life be a poem.” –  
Osho  
o0o

You have mentioned that we are learning to see what we regard is the past and change our concept of what happened, so we get the benefit of whatever it was we chose to learn. If that is our aim then it is impossible to be karma.

*It is so there is no karma and it is impossible for it to exist. You are right when you say part of your learning at this juncture is to go back and resolve some of the misconceptions you have brought about by your lack of understanding of what you set out to achieve at any event and as you say 'time'.*

Is this the sort of thing we are learning to do? To what we see is going back in time to get a better understanding of what we sought to learn and what actually transpired so we clear up any misconceptions; perhaps to interact with an earlier version of our self? Presumably we will be able to observe whatever happened without any emotion influencing us.

*It is indeed so that you will gain a clearer understanding of all your escapades and learn whatever it was you chose at the time or event. It is part of your evolvment that you can access these frames, vignettes of this reality and what was that transpired. It is not the way that you do it (focus?) all the time for you will be working on other projects that will take you 'further afield' so to say while still domiciled in this reality.*

That would also be an interesting topic to learn about but for now I would like to learn how to access these frames or vignettes of my life. How is it going to come about that we can access these timeframes as we see them to be?

*You are already learning the ability and many do it now. They are able to 'go back' so to say with clear sight and see what they thought happened and what really transpired. By doing this they have brought about an understanding which brought about a 'cleansing of the slate' so to say. They then move on to their next endeavor without the limitations they had before. They will have achieved their aim and understood what transpired without the 'drag' as you say of the emotions and the distortions they brought about.*

Is this going to be like a memory?

*No, not quite. Your memory still attaches to itself the emotions and lack of understanding of what transpired. It has a gainfulness of sorts but is not the way we are discussing. You will be able to access what you set out to achieve by reliving in a way what transpired. As you used Monroe's experience of the older Monroe helping the younger Monroe it can be the way. With a memory it remains as a memory. With what we are discussing today it is more than a memory because you will understand and participate if needed to achieve you aim.*

And will this participation from what we see as the past be able to change the present or future?

*No, it will not be the way that the future is changed. Your understanding is changed and with the understanding is a better way of formulating your desires.*

Future desires?

*Yes, it is the way. You are all going through a process where events that happened are foremost in your mind as you seek to understand and clear them. You are learning to control your desires that change your perceptions and what you see are your needs.*

We are told by our media and some physical teachers that 'we can have it all' and 'we deserve it'. It seems that many take that at face value and attempt to live their life that way.

*We do not disagree with what you are stating but it is not going to be that way for long. We are stating that what is coming about is a change of concept as people see that what they are reaching out for is not in their best interest; to their 'better good' as you say.*

Again, I don't want to sound contentious but need to mention we still have the media in its various forms, movies, whatever is being looked at as showing success and happiness abounding with people because of having it all and being deserving of it. People who watch these famous people want to emulate them and put them on a pedestal.

*We do not share your way of seeing reality. They have brought about, created their reality for what it contains for them to learn about and experience.*

Yes, you are right. If we create our reality, what we are living that is what we have all brought in for our learning.

Going back to us being able to access parts of our life and change our perceptions; if, when watching movies, we chose to rewind the show and look at parts again, we could not change what was there but could get a better understanding of whatever transpired. Is this similar or the same as what you are mentioning about us going back with our life's events?

*It may be the way. We are unfamiliar with your mechanisms. To access your desires is the way that you attract once more from the atmosphere the events as they transpired and gain a better overview of what you sought to achieve and what did transpire.*

So all events that have happened are still in the universal dot matrix? They have not dissipated away into the atmosphere.

*No, they have not dissipated away. All participations still exist 'someplace' as you say. That is why they are able to be accessed.*

Then this involves other thought-form selves and their lives and what they have created living their lives?

*Yes, it is the way. It is not an intractable problem lest you see it that way. It is all grist for the mill of life. All go this way. It is what you refer to as keeping the wheels turning.*

Before I finish today, do you have any words of encouragement or guidance for us?

*We are not of your species but yet are covered by your species. We have a 'fond affection', so to say for your kind. We watch and it enables us to grow from your activities. We will not incarnate into your reality but gain enormous understanding of how species not of our kind bring about their achievements.*

*What you see and attain here is far in excess of your present understanding. You are mostly unaware of those who also reside in this dominion. You are a part of all that exists yet have much to learn about these other energies who abide here with you. You are unaware mostly that what you achieve here is uplifting and bringing others unknown to you forward in your wake.*

*We watch and many times are in awe of your achievements as you struggle to overcome seemingly intractable challenges. We are aware that all you condition yourself to be you are achieving by grasping the knowledge firsthand of what is available here for your understanding.*

*We understand what is transpiring upon your domain disturbs many of you for we see the aura from you all extending into the cosmos. Be not afraid. You are warriors bold who have come here at these trying times you have created and brought into existence for times such as these. You do well to remember all you experience; all you understand is taking you far into knowledge that will serve you well in your times ahead on this planet.*

*We salute your efforts and wish you well upon your journey. Much is being achieved and will come to the fore for your amusement and understanding.*

*We leave you now and go our way. Peace and blessings go to one and all. You cannot fail.*

Thank you.

### **Learn to Doubt.**

*Doubt—because doubt is not a sin, it is a sign of your intelligence.*

*You are not responsible to any nation, to any church, to any God.*

*You are responsible only for one thing, and that is self knowledge.*

*And the miracle is, if you can fulfill this responsibility,  
you will be able to fulfill many other responsibilities without any effort.*

*The moment you come to your own being,*

*a revolution happens in your vision.*

*Your whole outlook about life goes through a radical change.*

*You start feeling new responsibilities*

*—not as some thing to be done,*

*not as a duty to be fulfilled,*

*but as a joy to do.”*

Osho

o0o

*In Search of Reality - Book One*

