

# DIALOGUES

Conversations  
with my  
Higher Self

A Big Picture eBook

Kenneth James Michael MacLean

# Dialogues

Conversations with my Higher Self

By Kenneth James Michael MacLean

Grateful Acknowledgement To

Esther Hicks

Neale Donald Walsch

Lee Carroll

Ronna Herman

John Payne

&

Jane Roberts

Who blazed the trail

This book is for those who look beyond the common place and the routine.

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## Definitions of Some Jargon Words

I don't like jargon words but unfortunately, I found myself using them anyway!

**Allowing:** Allowing is a letting-in of life force energy, without resistance. The default experience for a conscious being, in the absence of resistant or self-limiting thought, is a feeling of well-being. In life, one allows by avoiding self-criticism and self-judgment, as well as criticism and judgment of others.

**Connected:** By connected is meant a pure joining to life force energy, which always results in a feeling of joy and well-being. Thought, being a product of consciousness, interfaces directly with it. Thought precedes emotion; self-limiting thought causes a descent on the emotional scale; no-thought and self-supporting thought result in positive emotion.

**Consciousness:** Self-awareness; pure, positive, creative potential. Consciousness is the animating and directing principle of the universe. Consciousness is non-physical in nature; therefore, it is not measurable, only the products of consciousness are measurable.

**Disconnected:** engaging in resistant, judgmental, or self-limiting thought, which causes a descent on the emotional scale.

**Focus:** To focus is to center attention, or to pay attention to. Strong focus is concentration. In the dialogues, 'focusing of consciousness' means the intent for experiencing. A beetle has a different life experience than a

human, and the intentions for such a life must be different!

**Manifestation:** Something tangible, something that exists; usually, a physical object, like a house or a car or money; but it also refers to a condition or situation, like health, or clarity.

**Native State:** A non-corporeal personality in its true form and appearance.

**Non-Physical:** Virtual, non-corporeal. Unable to be objectively measured or detected with physical instrumentation.

**Source Energy:** Pure, positive, life force energy. Thought energy, which proceeds directly from consciousness. It has also been called chi, prana, or Ka (and many other labels as well).

**Vibration:** Periodic (or non-periodic) motion through a medium. When you hit a piano key or pluck a guitar string, it begins to oscillate back and forth, moving the molecules of air around, generating sound waves.

An atom is vibrating internally, because atoms are 99.99% space with electrons that spin and rotate about the nucleus. In the standard scientific model, matter and energy is composed of atoms; therefore, matter and energy can be considered vibrational, even though the human senses perceive these things as solid and unmoving.

Thoughts are also vibrational, for they are alive, proceeding directly from consciousness.

Every thought has a distinct vibration, depending upon its content.

When you strike the middle 'A' note on a piano, you hear a distinct sound (including the harmonics of that note). Every key on the piano sounds a unique note, and so too with thoughts. When you think a thought, make a choice, preference or decision, you create a vibration within the universal medium, which is postulated to be a field of thought energy that surrounds, penetrates, and composes all things. So every conscious being is a sort of broadcasting tower to the rest of the universe.

Thought is, in the vibrational model of the universe, the fundamental quanta, the building block of matter and energy.

Emotions are amplifiers of thought, and serve to boost the strength of your broadcast signal.

I will often refer to a person's 'vibration,' meaning, the sum total of a person's thoughts, beliefs, and feelings about life.

The totality of a person's thoughts, beliefs and attitudes and feelings determine precisely what he or she experiences in life.

This is exactly the opposite of what we are taught; that is, it is commonly thought that beliefs and feelings are determined by the 'reality' around us, but this is backwards. Such a philosophy places effect before cause. Cause is consciousness! The horse pulls the cart, not the other way around.

This idea has been understood for millennia; the Buddha said, 'what we are arises from our thoughts. With our thoughts we make our world.'

See the book 'The Vibrational Universe' for more details.

## Introduction

For many years, off and on, I would sit with a piece of paper and a pen and just write down questions, waiting for inspiration to strike. Sometimes I would just write down whatever came into my head. Often these efforts were rewarding, sometimes the results were nonsense. Then I saw the books from Neale Donald Walsch, and I saw that his very powerful questions generated answers of very high clarity. I figured that Walsh had done a definitive job of it, and that any efforts from myself would be redundant.

But for the past couple of years I have been trying to reconcile my understanding of science with that of metaphysics; I realized I had original questions which Mr. Walsh had not asked, so I decided to sit down at the keyboard and ask them.

I discovered what Mr. Walsh discovered; that is, the more intense the desire for clarity through the asking of the question, the clearer was the reply.

At first, I was not exactly sure who or what provided the answers. However, I felt a powerful, positive energy surging through me during the process of asking the question. The answers come in the form of what I can only refer to as a 'packet' of complete understanding.

(Later on in the Dialogues it became clear that what I thought was my "Higher Self" was actually a group of beings who are not, at present, physically incarnated in physical bodies).

I then translated this understanding as fast as I could into words. Most of the time I couldn't keep up, but they have learned to slow down to my level of typing, which isn't that great. I also learned that after I ask the question, I just have to allow the answer to come to me. I had to get over

the resistance I felt to some of their replies. Sometimes their responses made no sense, or I just disagreed with them. So I had to learn to accept what was coming in, and, even more important, to not interject my own crap into the middle of their message. This was difficult at first, as you may be able to discern as you read the first pages. I had to get over the urge to sanitize or make logical sense of the replies. When I was able to do this, I was always surprised at what came out. Sometimes they would just remind me of stuff that was already sitting in my mind, but which I had not connected in the proper way to the question I had asked. At other times, there was a completely new understanding (at least for me) that came forth.

Sometimes the energy from them came through me so strongly it was like being in the middle of a gigantic rush of bliss. It feels like complete excitement, exhilaration, and it is totally positive. The common denominator of this energy is utter and complete well being. That is the only way I can state it in words. Their certainty that all is well, not just well, but blissfully perfect, exhilarating, wonderful, (etc.) was at first, confusing and irrational and then, as I became used to it, incredibly inspirational. As a result of these dialogues, I know now what an amazing experience death will be. Actually, they just laugh at death, for them it is a ludicrous concept. They say that there is no death, just a transition to another way of perceiving. They say that we are never unconscious, because when we sleep, we dream, and so are perceiving in the dream state. From their point of view, death is like a scared cat in his first trip through the cat door. Coming in through the gate, going back out through the gate, that's what its like entering and exiting the body, but they say the experience of exiting is so blissful, you will laugh at yourself once you get on the 'other side' at any fear you had about the death process.

I have a feeling these guys came to me in response to my desire for knowledge. I am the sort of bloke who does not care who or how I get information; if it makes sense, that is good enough for me. It is easy to trust the content of their messages, because, as I said before, it comes with a feeling of complete and utter certainty. The only uncertainty is my translation of it!

I call them 'guys' or 'them' because it feels like there is a consciousness that is responding to me, but not a single person. At first I didn't differentiate between them, because I couldn't, really, and also because it wasn't important to me. It was only later that I was able to get the individual members of the group. Their emotions run from the sarcastic to the childish, but mostly I feel a sense of complete certainty, and of joy, when I am in full communication with them.

I cannot categorize them, because, as they say, any categorization is a label, and they do not want to be limited in that fashion. In some ways they feel similar to the beings who call themselves 'Abraham,' but in many ways they are completely different.

If it's OK with them, it's OK with me. All I care about are the responses, and that great rush of positive energy I feel!

I am not claiming that anything in this book is The Truth. I believe that Truth is something unique and personal to each conscious being, but I also believe that there are fundamental principles upon which the universe is based, and upon which it has been constructed; and I have found their responses to my questions to be quite enlightening on that topic.

There are those reading this who will understand more fully than I, the responses I am getting. So please forward to me your understanding if you feel you have anything profound or significant to add.

I hope that these dialogues will be helpful to you in clearing up some

of life's mysteries; or, at least, that you will find them entertaining.

Kenneth James Michael MacLean

September, 2002

(Additional material added January 2005)



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“When the solution is simple, God is answering.” — Albert Einstein

### Question and Answer — A Metaphysical Dialogue

See the Definitions page above for meaning of jargon words used in the Dialogues.

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## The Dialogues

(Session 1)

### Time and Higher Dimensions

Does everything that has ever been since the beginning of the universe still exist? In other words, could I go back in time and see my grandfather? Scientists are speculating that time travel may be actually be possible.

I guess I'm asking you if there are parallel universes.

Your communication is a little fuzzy. We will respond in general by saying that there exists a potential from which you perceive and which then becomes your reality

in every conscious moment. Surrounding every conscious being is a set of possibilities that may manifest from the potential soup of universal energy. Reality is manufactured when you activate one of the possibilities. In other words, with your conscious choices you are grabbing a potential and making it 'real' to you. The possibilities for your future experience actually exist energetically and can be measured. Every one of you is a vortex of transmitting and receiving energy.

The matter and energy of the body of your grandfather, for example, and all of the things that have ever existed, has simply changed its form. You know this as the law of conservation of energy. Energy is simply recycled, that is all.

Hmm...but what happened to the earth that my grandfather lived in? Did it just melt back into the potential?

It has been transformed. New possibilities have manifested from the potential. The things that existed in your grandfather's time have been re-arranged to conform to the new thought that exists in your time. There is new thought because there are newly incarnated beings upon your earth, who come with different intentions. New intentions generate new manifestations and so the face of your planet changes. All of it results

from the changing thought of the consciousness inhabiting your world.

What is this potential you speak of?

The potential is a field of consciousness, invisible to your scientific instruments. It is alive, it interfaces directly with consciousness and it responds to every thought, every decision, every preference you have ever had. That is why we say that every human being is a walking vortex of constantly changing possibility. You have the potential to change your life with every new decision you make.

Wow! How come I am not aware of this vortex or these possibilities?

Because you have been taught to ignore who you really are. Because your limiting beliefs block your perception of your own potential. And because the nature of your physical existence focuses your attention so strongly on the world around you. We will have much more to say on this later.

All right. I am not quite sure I understand the manifesting from the potential thing.

You're saying that we create everything we observe? That all 6 billion of us create a different world from the potential?

You don't so much create as mold, invite, and change an already existing potential energy which is, for all practical purposes, infinite.

Yes, but there are such complex processes that keep the earth in balance. Who sees to the proper operation of the geology, the atmosphere and weather, the magnetic field, etc. that keep life on earth cocooned so precisely and within such defined parameters? It doesn't seem likely that 6 billion humans who can't stop fighting, arguing and killing each other, and who usually can't remember what they had for breakfast three days ago, can accomplish that.

That is correct. Human beings incarnate into a physical universe that is set up to be experienced in a specific way. The set-ups have been prepared for you before you arrived.

By whom?

By you! You are an aspect of a universal consciousness that has created the universe and everything in it! Remember that although it was your intention, your human perspective is severely limited. The evolution of a planetary environment is a cooperative effort of consciousness. The planet itself is also conscious. Just as a human may affect the body's systems through thought, so too can the earth affect its

own systems.

So we exist in a very complex matrix which has been provided for us and which creates the 'default earth' which we then, on an individual basis, modify with our own thoughts and actions?

Yes. The matrix of creation exists, and the interaction between all of you modify the common space you live in, and each of you modify that to suit your needs. The Law of Attraction (see Appendix A) manages the interaction according to the vibration, or frequency, of your requests and your choices.

And realize that humans are not the only consciousness on the planet. Humans are like viruses in the body of a very complex earth with many, many life forms, many of which you cannot perceive, or do not consider to be life forms at all.

Viruses?

Viruses in the sense that a virus can mutate, change itself and affect its environment.

That still doesn't answer my original about time. I want to know if there is an independent time dimension that contains all of the moments of existence there ever was, which would enable us to go back or forward in time and relive them.

The question of time is a question of potential unmanifested, and potential manifested. At each point in space/time there are different potentials manifested, among an infinity of possibilities.

Physical humans can only interface with the manifested potentials within the 'window' that their sensory equipment allows. Your eyes and ears, for example, only receive a very limited amount of information.

Time results from the movement of objects in space. Your perception of that movement is dependent on the physical body you are associating with. For example, a very small organism with a short life span (relative to humans) might 'sample' much more quickly than a tree, which can live hundreds of years. The birds you observe from your porch have a much different perception of the world, even though you sit not ten feet away. Therefore, the sensory equipment of the body largely determines how time is experienced.

However, consciousness itself is also a factor. You say 'time is dragging' or, 'I can't believe it's 3 o'clock already.' That is consciousness itself re-interpreting time. Let's say you take your wife to a football game. For you the whole thing is over much too quickly but for her, the experience was interminable. So time may be experienced differently

depending upon the organism which is experiencing, and the consciousness associated with it.

You regard time as a fixed continuum, but it is not fixed. Time is always subjective to the perceiver.

You seem to be saying that humans, and science, are only aware of a very small portion of a much vaster universe. You also seem to be saying that it is impossible to really know how it all works objectively.

Yes. That is the intention. A limited range of perception stimulates curiosity and desire, and allows for a diverse range of experiences. If all is known there is nothing to learn, nothing to investigate! The physical body automatically filters perception of the all-that-is. You will discover this very powerfully when you release your association with the body.

OK. Back to my question. Do parallel universes exist? Can we travel back and forth in time? I'd really like to go back in time and give my father some helpful parental advice about bringing me up.

A parallel universe might be defined as a potential that may or may not have manifested. Your idea considers ALL potentials as having manifested!

So all potentials do not manifest?

What manifests is what is experienced! What is not experienced remains a potential. For example, you apply for a new job and do not get it. What is the manifestation, and what is the potential? The potential was for you to get the job, or not to get it. What manifested was that you did not get the job. So you continue to live your life in your present job. You cannot say that what manifested was both that you got the job, and that you did not! What manifests is what is experienced! If your experience is not getting the job, that is the reality for you. The idea of parallel universes says that you got the job *and* you did not get the job, and that the universe in which you got the job is just as real as the universe that you are experiencing, and you are in both of them, consciously self aware in two separate universes. But you are you, not someone else! You are an aspect of universal consciousness that exists right now, and you are aware of yourself experiencing where you are right now. The parallel universe concept requires not only a bifurcation or branching of universes, but also of consciousness. You cannot be experiencing in a universe where you experienced something, and also in one where you did not! Otherwise, you would not be you, because what is real to you is what you experience, do you see? The universe in which you got the new job was just a potential that did not manifest, and so was not

experienced.

A manifestation is just a conscious being experiencing something, feeling something, perceiving something, and a potential is something that had a possibility of being experienced, but wasn't.

That's pretty definitive. You're saying parallel universes do not exist. However, if the universe is infinite, I don't see why not. You're also implying that time travel is impossible.

Time travel in the sense that you mean, a physical transfer to a physical universe location in space/time that has been previously experienced, is impossible.

Why?

It involves understanding of the idea of NOW. All experience occurs NOW, and can never be duplicated or replicated. Here is an example we gave you earlier that you included in your novel. (see Appendix D).

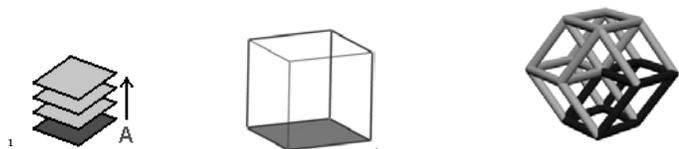
OK, that clears things up a little, anyway. Now for my next question! Are there more than 3 spatial dimensions? Or does the all-that-is just contain a vast amount of energy that is not detectable to our human senses and the instruments of science?

Define more clearly what you mean.

Height, width and breadth are 3 dimensions. A 4th spatial dimension requires one added direction (a 'hyper' dimension) in addition to length, width, and height, just like a 3rd spatial dimension involves an added direction (height) from length and width.<sup>1</sup> If higher spatial dimensions exist, they could contain an infinite number of 3 dimensional universes, and so the idea of parallel universes might be possible. Some scientists say that in order to account for the total mass of the universe, energy has to be stored in 'higher dimensions' that we cannot perceive from our 3 dimensional perspective.

You cannot talk about dimension without talking about perception. A 'higher dimension' is just another way of saying: 'I am perceiving differently.' From your physical perspective you have a limited view of the all-that-is. Things you cannot physically perceive but can imagine are naturally placed in imaginary dimensions.

When consciousness associates with a biological body



square – 2 dimensions    cube – 3 dimensions    hypercube – 4 dimensions

Imagine a square. Move the square up into the 3rd dimension and you get a cube. The cube can contain a practically infinite number of stacked 2 dimensional squares. Move the cube in the '4th dimension' and you get a hypercube, or 4 dimensional cube! The cube is to the hypercube as the square is to the cube. Of course we really can't diagram the hypercube accurately, but the idea is that you can fit an infinite number of 3 dimensional cubes inside a 4 dimensional cube. Is this just an idea, or is there really a 4th spatial dimension? Or even higher dimensions?

on your planet (or any planet), you give up some of your broader awareness. From your physical viewpoint you may call this broader perspective another 'dimension' if you want to. You may call it a spatial dimension or another 'plane' of existence or label it in any way you wish. No matter what you call it, it is just a different way of perceiving.

What we really want to get across to you, is that IF YOU CAN PERCEIVE IT, IT IS REAL. And if you cannot, it isn't real! That should take care of a lot of other questions on the subject of dimension.

Placing a label on something and attempting to quantify it and explain it to death and pigeonhole it, is a very amusing trait humans have. Then when you think you have it all explained, you write equations to determine its relationship to all of you forevermore and then you continually create it that way, so that it becomes more and more real to all of you. Then you become the slave of it! Because it is being observed over and over, it must be true; but it is only true because you create it as true in every instant, which gets back to what we said before.

So there really is no 4th spatial dimension?

There can be, if you can perceive differently. You can

call it whatever you like.

OK, then how do you change your perception to perceive a 4th dimensional object?

That is up to you. Anything is possible, if you desire the experience and allow it to happen. There aren't very many of you who are willing to do that, and those that do either think they are crazy, or others label them as crazy or nuts, because they are perceiving so very differently from the rest of you.

You see, it is all up to you. That is the message we really want to get across to you. There is an infinite potential which can be manifested in infinite ways, it all depends upon your imagination and your desire and vision.

OK enough for tonight. more tomorrow.

(Session 2)

### More on Time

Let me get back once more to the idea of time, and time travel. Let's say a being has a lifetime in 1233 where he was known as 'Joe,' and another lifetime in 2002 where he is known as 'Pete.' Both of them are equally real, and both must exist. It seems that in order to reconcile the two physical existences then parallel universes must exist.

If, as some say, time is just an illusion and everything is happening NOW, then both 'Joe' and 'Pete' must have an independent existence. They must both be living out their lives at the same time!

While it is true that all things happen NOW, it is not true that everything that has ever existed is experienced simultaneously! That is not quite true, for the NOW moment is outside of time. It is therefore eternal in the sense that when you have an experience it is possible to remember everything about the experience. It is alive within you forever. But the events can never be experienced/replicated in quite the same way, for all events are unique, and will be unique, never to be repeated.

To understand this it is necessary to comprehend the NOW as something eternal, instantaneous and outside the perception of time. It is an intellectual contradiction.

All events are perceived NOW. In other words, your

remembrance of the experience occurs NOW, just as your experience of the events did. In one sense there is really no difference between the experience of an event and the remembrance of it, for the re-living of an incident can be as real as the actual experience! Yet there IS a difference between experience and the remembrance of an experience. That is why we/you created the physical universe -- to live the experience more intensely, and not just dream it. In other words, THE PURPOSE FOR THE PHYSICAL UNIVERSE IS TO INTENSIFY PERCEPTION AND EXPERIENCE. That is its primary function.

'Joe' and 'Pete' both had experiences in the physical universe. Each was an aspect of a larger consciousness, and each contributed to the physical conditions that existed at the time of their incarnation. Each moment of NOW draws forth a different manifestation from the potential; physical reality is the combined co-creation of all beings who participate in it.

'1233' was a continuously changing thing, as the thought of all consciousness evolved and changed. In 2002, the thoughts of consciousness are different, and so the face of your planet has changed to match this new thought.

The year '1233' and the year '2002' are, in actuality, the same time. That is because 'the year 1233' is an artificial designation that describes consecutive moments

of NOW. 'The year 2002' is also an artificial designation, for the experiences that occur in '2002' are actually occurring NOW. In other words, how do we define 'the year 2002?' We say, 'there was now, and then another now, and then another now...' and then we say 'because the planet earth orbits about the sun and returns to approximately the same relative position to it, we will designate this as a period of time and call it a year.' This is a very convenient physical designation, but the fact is that every sensation, every perception, every experience in the year 1233 or the year 2002 or the year 8936458 happens right NOW! Therefore, it is impossible to physically re-experience something that is always NOW. The 'past' is an artificial designation for an impression of a NOW experience. It does not have a physical reality, other than the fact that a memory is itself a perception in the NOW.

So all that has really changed from the artificially designated series of experiences called '1233' and those we call '2002' are the thoughts of the conscious entities which are associated with your planet, in all of their billions upon billions. As thought changes, conditions change. First there is thought, then comes action and manifestation.

Wait a minute! If 1233 and 2002 and 8936458 all happen at the same

time, then Joe and Pete ARE experiencing their lives at the same time!  
You've just contradicted yourself!

(smiles) What we are saying is that Pete and Joe experience their lives in an eternal moment called NOW, but that it is not possible for a physical Pete to travel physically back in time and meet a physical Joe. The body of Joe has returned to the potential! Pete and Joe, as aspects or expressions of a universal consciousness, may of course share, relive and relate their experiences. But this sharing and reliving is itself occurring NOW.

OK, I think I see, sort of. What you seem to be saying is that there is no independent time dimension, but this is in disagreement with relativity and quantum mechanics, which rely on time as a 4th dimension to explain what we perceive in our universe.

Well, we are not trying to tell you what you should believe! We are attempting to answer your questions as best we can. What you have manifested upon your planet and in your societies are an exact match to the thoughts and beliefs in those societies! We assure you, the society of the Bushmen in Africa are much different than the society in the United States. And the society of the academic scientific community is much, much different from that of construction workers. You could certainly say, if you went to Africa and visited with our friends the

Bushmen, that they lived in a different time, could you not? You might then say that there are different 'time dimensions' coexisting within and upon each other all over your planet!

Time as you refer to it is just the decision to organize thought in a different way, which results in different observable conditions.

What has manifested has been experienced, and remembered, and it is known. Those who focused in 1233 experienced what they experienced, and there would not be thought organized in such a particular way, ever again. Do not make the mistake of believing that there are separate lumps of consciousness here, and separate lumps there. There is a stream of consciousness that you have been calling universal consciousness, which decides to BE in many different ways, and which focuses aspects, or extensions of itself into human bodies on earth (and many other places as well). All is intimately connected!

The experiential reality called 1233 has been thoroughly ingested and digested, as it were, and so it is not necessary to repeat it, ever again! We like variety, you see.

Humans might find it fascinating to think about traveling in time to some place that has already been experienced, but from your broader awareness you decided to experience now, in this energy, and you did

not wish to rehash old experiences.

But traveling in time would be a wonderful new experience!! It is just a possible potential reality, isn't it?

(smiles) Indeed it is! But you must remember that humans are not the only life forms that exist! What about the birds and the rocks and the insects and the fish and the grains of sand, where are all of these life forms and things? In order to travel in time you must have thought organized exactly the way it was, in every instant that you experience this old time, and so must have the agreement of all to essentially recreate the same patterns of thought and vibration. We assure you, thought has evolved since 1233 on your planet, and it would not be possible to organize it in exactly the same way again.

Yes, but I can imagine time travel and an independent time dimension, and if it can be imagined, it should be possible. That's what I have read from other channelers, anyway! It should be possible to travel back to any time that exists in the potential of thought, if all is as you say.

I guess my question is, is there a universal record of all that has been experienced, so that it can be re-experienced?

There is the experience and there is the impression of the experience that can be recalled. All that has ever been experienced is recallable. In that sense time travel

is possible, for it is always possible to relive an experience. And it is possible to recall the experience in perfect detail and change the circumstances of the experience. So it is possible to change the past, as it were.

Is it possible to recreate (recall or dream) an experience and perceive it as intensely as you can when in a physical body? Sometimes it is! (Recall the nightmare you had last week). How 'real' can a dream be? These questions are exactly what we/you asked ourselves when we considered the question 'How is it possible to make experiences more real, more exciting, more intense?' The answer was the creation of the physical universe!

If you ask yourself, 'why was the nightmare so real?' the answer is, 'because it was based on an actual physical experience.' Dreams are powerful experiences, but not so powerful as the carefully constructed configuration called 'physical universe.'

In discussing time travel there is the difficulty that consciousness does not WANT to re-experience! We want to grow, evolve, become more! We don't want to go back to 1233 and relive that old stuff, and you, in your broader awareness, would really not like to do so either, we assure you! That is why you are experiencing now, right where you are. Enjoy yourself!!! You see, many humans think fondly about time travel with the idea that it would

be nice to get away from their troubles. The idea is 'oh, it would be so nice to go to 1233, I wouldn't have to worry about money or that jerk I have for a boss, or my father-in-law, or all of my problems.' But consider; when you are feeling wonderful, you would not like to be anywhere else than where you are right at the moment. Because it just feels so wonderful to be alive! It is that delicious feeling of loving life in the moment that is the reason for all experience.

We see you objecting that time travel, if it were possible, might be undertaken from an orientation of excitement and adventure, and of course this is true, but we want to say to you that there is plenty of adventure to be had right where (and when) you are now.

(Session 3)

## More on Time, Part II

( I am back to the time thing again. I am fascinated by time travel and I don't want to hear that it's not possible!)

OK, if there is a universal potential of infinite energy, as you have mentioned, then it seems to me that 1233 and 2002, any time in fact, can exist in this universal soup of energy and be accessed. If that is true then time travel should be possible.

(smiles) You are certainly persistent! However, you fail to distinguish between a potential and a manifestation. Imagine you have the ability to see the all-that-is in its entirety. You will discover a constantly changing tapestry of thought, of thought form, and manifestation. You see the tapestry in a constant state of flux; it is never, can never be the same twice. You perceive the tapestry as eternal and know every sensation and experience that has ever occurred; but you also know that the poignant moment of any perception, sensation, or experience is unique. The tapestry is in a state of continual modification. It is easy to take snapshots or impressions of the tapestry and know it in fullness, but it is not possible to ever rearrange the tapestry to conform to an individual snapshot; that is because consciousness universe-wide has free will and the decisions it makes are always different.

Your conception of a parallel universe is simply another way to organize thought and to perceive. You may label that a 'parallel universe' or an 'alternate reality' or a different 'dimension,' whatever makes you feel better!

You see, it makes no difference what you call it. By labeling something you do not increase your understanding of it, you simply limit it. In trying to understand something you must also limit it, because you must confine it to a bundle of thought that makes sense to you at your level of perception and awareness.

A label is a definition of something. It is a fixing of vibrational intent to a certain pattern of frequencies, which will then manifest that way for you out of the potential. So by labeling something you define it. Then you get confused because you attempt to extrapolate the whole from the place of limitation. It is not possible to fully understand what we have said until you release your very strong association with the physical experience. As we said before, the intent of a physical incarnation is the intensifying of experience. Accompanying a physical experience is an (almost inevitable) loss of understanding of the whole. In human form you simply do not have the ability to perceive the fullness of all-that-is.

OK I see that I am asking a question from a limited viewpoint, and

that I am never going to get an answer that is satisfying.

Of course not, for you are trying to get The Answer which will be true forever, and that cannot happen. Rather than trying to figure it all out, try just enjoying the experience of living!

The universe is eternal and can never be whittled down to a few fundamental ideas or elements. It is growing and expanding and dynamic.

You are never going to figure it all out.

If the universe ever got to the point where it was all done, all explained, everyone in it would turn the lights out and leave! If you ever figured it all out, it wouldn't be growing anymore.

The universe grows because consciousness is continually creating new thought and manifesting new experiences from the potential. That's what makes it so fun! There is far more ahead of you than behind you.

OK we have come full circle. I still have the same questions I have before, especially, about time.

That is because you are writing your script as you go along. If you believe that time is like another spatial dimension, and enough of you on earth agree to that, then you may define whatever you want to manifest out

of the potential, and call it anything you want, and experience it. The thing we want you to understand is that YOU ALL ARE CREATING YOUR OWN EXPERIENCES. As physical beings you cannot recreate the entire universe, but you have the ability to modify what is already there. You may call forth out of the energy soup anything you would like. You are in control, you are the designers of your experience. No one else is doing it to you or for you. God is not imposing itself into your experience. There is no RIGHT answer! There is just the opportunity to call forth new experiences, eternally. And you get to decide what those experiences are.

Thank you.

(Session 3A)

## Science

Science attempts to figure out the laws of the universe. From your point of view, what is science?

As humans have defined it, science is based upon observation of what has already been manifested from the potential. It is a very good way to determine the history of thought, and the design of the universe FROM YOUR HUMAN PERSPECTIVE, but hard science is based only upon observation of what-already-is. According to science, only that which can be perceived and/or demonstrated right now is valid. In other words, a scientist says: 'I have an idea about X. I will do an experiment to test whether my idea is valid.'

What the scientist will do is to conduct an experiment to see if X can be manifested, or has already been manifested (i.e., can it be observed). If the scientist cannot observe it, he then considers that idea X is invalid!

However, what the scientist is missing is his conscious connection to the potential. If a scientist originates an idea and tests it, he begins manifesting immediately from the potential. The universe begins to respond to his intent, through thought, and matches him up with data, energy and people of like vibration. To then say that since he has not yet observed idea X in manifested form,

therefore idea X is invalid is like saying the water will not come out of the garden hose because after 2 seconds the water has not been observed! When the scientist sits before his experiment he is co-creating in a sea of thought, an ocean of potential energy. The scientist's ideas for the outcome of the experiment, along with the previously organized and agreed-upon thought everywhere in the universe, form the possible potentials and direct the eventual manifestation of it.

This is how the evolution of science occurs, by gradually coming up with new ideas, agreeing to them, and then either rejecting them, thus preventing their manifestation, or manifesting them.

The more agreement on an idea by more conscious beings, the stronger the vibrational signal sent to the potential, and so the bigger is the resultant manifestation, which is always an exact match to the sending signal.

Observation is perception of what-is (already manifested). A thought is by definition a creation because it is a packet (albeit very tiny) of energy. A thought adds to the total energy of the universe. Therefore, conscious beings contribute to the evolvement of the universe. You see, humankind has it mostly backwards. Consciousness created the universe to play in it. The universe was designed so that beings could alter it at will and so

experience new things. That's the fun of it! If the universe were just a static place, an environment where everything has already been figured out in advance, there would be no point. It would be like a hamster on a treadmill, continually doing the same things over and over. We are here to tell you that the universe is not like that. It is an eternally expanding playground.

So trying to figure everything out is pointless?

It is not pointless if it gives you joy. But as soon as you think you have it all figured out, some new idea occurs to you and new experiences result from that new thought. Look at what happened in science at the end of the 19th century and the beginning of the 20th, with the ideas of relativity and quantum mechanics. That resulted in a whole new world-view and the possibility for new experiences based upon the change of consciousness that resulted from those ideas.

(Session 4)

## Consciousness

If the universe exists as a potential energy from which conscious beings manifest, then what is matter and energy? What are matter and energy composed of?

Thought.

Every thought is energy and adds, ever so slightly, to the expansion of the universe, and to its gradual evolvement.

For example, your science says that the chair you sit on is composed of atoms and atoms are composed of smaller particles and those particles are composed of still smaller particles. Eventually you reach the level of thought.

A thought is a direct creation of consciousness and so it is the most fundamental perceivable unit or quanta.

Each thought can be considered to be a 'vibration,' or combination of 'vibrations.' We use the word vibration because it is the closest word you have in your language to describe the essence of aliveness. In your scientific model, atoms and the particles that comprise them are constantly moving, oscillating within themselves, so the word 'vibration' is a good one. Thoughts are vibrational because they are alive, and they are alive because they are vibrational. A circular definition, but accurate.

OK, but then what is consciousness? Is it energy?

Consciousness is that which creates thought and perceives what it has created. Consciousness creates vibrationally, and the universe of its creation is perceived or interpreted vibrationally. Vibration is intimate to perception; and all things physical, or perceivable, are vibrational in nature. Consciousness, like a radio tuned to a specific station, has the ability to focus vibrationally and perceive.

So then, consciousness and thought are the same thing?

Essentially, yes. You are trying to differentiate and separate things that are not really separate, but which must be differentiated, otherwise you would not have a universe at all! You see the whole thing is reflexive, coming back in on itself. Existence is the creation of consciousness, and reflects the eternal and self-reflexive nature of consciousness. Existence is simply perception. Perception requires something to perceive, and that 'thing' is thought, in all of its unimaginably complex and beautiful patterns! The reason for consciousness, for self-awareness, is perception; for without something to look at, awareness is pointless.

There is an intimate connection between everything in existence and consciousness itself. Space is just the creation of consciousness via thought. An object is composed, ultimately, of 'organized' thought. Therefore, space is not empty. It is filled with the vibrations that consciousness has created. It is alive! Matter and energy are simply different combinations of thought into various geometrical arrangements.

So you see, from your point of view our explanations are always circular. We always wind up saying essentially the same thing, over and over, in different words and by taking different routes. For your understanding, the truth is a circle: begin and end are at the same point, yet once the circle is completed there is no begin and end.

Is the universe closed, open, or saddle-shaped?

It is whatever you are perceiving from your vibrational vantage point. You see, it all depends upon your point of view/level of consciousness. Have you ever noticed that when you increase your awareness you perceive differently? When you were a child, the street you lived on seemed like the whole world; everything that happened was contained within it. When you entered school the world seemed to expand radically, and it took you a while to adjust. As you change your ideas about the

universe you expand your awareness of it, and it in turn changes to match your preferences.

Are we merely observing the universe, or creating it?

Both. Remember that from your human viewpoint, your conception of the universe must be limited. That is because consciousness, when it becomes associated with physical bodies, perceives through the body's limiting senses. Therefore, you are only perceiving a miniscule portion of the universe.

OK. What is this potential you keep talking about?

The potential is the virtual 'soup' of vibration, or potential energy, out of which anything you desire to experience may be called forth. It is -- we will say in terms you can understand -- the combined thought from consciousness since the beginning of the universe.

It sounds like magic.

It IS magic! But humans limit themselves to a tiny fraction of their true potential. This is because of the habit you have of wanting to only consider valid that which has already manifested and that which is observable; also, your habit of wanting to label

everything and get it figured out for all time. Humans are fond of proposing laws of nature (and human behavior) that must be fixed for all time. If someone changes his or her behavior patterns, you call that person 'inconsistent,' or 'impulsive,' but the ability to change your mind is a quintessential property of consciousness. Consistent behavior is often robotic, or unmindful behavior.

If only you could realize the true potential of human nature! You would all be astounded at what you are potentially capable of.

But of course this is understandable since you are all out here on the leading edge of experience. You are limited greatly by your human sensors. So you are able to perceive only a tiny fraction of everything-that-is, as we have mentioned before. But we are here to remind you that you are far more than you have led yourselves to believe.

Yes but what you are saying is that we are capable of anything. That's ridiculous. We can't instantly manifest out of this potential anything we would wish. If that were true I'd have a couple billion dollars!

Not with your present state of consciousness.

Are you saying its possible?

Anything is possible. But first you must change your

state of being.

OK, I get your drift. You can't just snap your fingers and get what you want. You actually have to work for it.

Well, your work is the alignment of your own energy to what you desire. The vibrational matching property of the universe assists you, and it is very powerful assistance, we assure you. That's a lot different than running around like a chicken with your head cut off, engaging in actions that are not aligned to the goal.

(Session 5)

### The 'Earth Plane'

So basically what you are saying is that there is no RIGHT answer.

That is correct! A right answer would be defined by many humans as something that has manifested, or that will be true forever. But it is possible to manifest anything from the potential. So everything has the potential to be right.

OK, I am beginning to see now. When we say someone is wrong, what we are saying is that he or she has not yet manifested his idea.

Or, that he has not gotten broad agreement from other humans upon that idea.

As more and more beings agree on 'A,' the more powerful is the drawing forth from the potential. The more who manifest 'A,' the more it is agreed upon as valid. Anything at all can be manifested, and is being manifested, in worlds and dimensions totally beyond your understanding! The universe is so vast and so wonderful! (Here I felt a powerful sensation. I can only describe it is a fresh breeze -- an exciting feeling of creative power).

So we can sum up by saying that life exists in a vast ocean of infinite potential, and that we can experience anything we want.

That is a good way to describe it. As a final thought, we would like to say: do not limit yourself! Use your creative power to joyfully manifest your dreams.

And also we would like to say: the universe is a joyful place! It is a place of indescribable beauty. If it were not, there would be no point in experiencing it. Humans love to struggle, but we assure you, that is not a concept shared throughout the all-that-is. But of course that is why this place is so interesting!

You are not here learning lessons. You came here to joyfully create and manifest!

I respectfully disagree. The earth is a place of pain and struggle! What's the point of having a place like earth in a universe which you claim is one of joy? I have heard it said that earth is the dumping ground for negative stuff from everywhere in the universe, because no one knows what to do with it. I have also heard it said that human beings are like Barbary Coast pirates sent here to work off our bad karma. Both of these explanations make some sense.

We see you modified your thought from 'I see so much pain and struggle' to 'there is so much pain and struggle.' We know why you did this, and so do you: because when you begin to connect with the powerful energy of creation you begin to resonate more and more with joy, and in your life you begin to see more and more

joy, more and more prosperity, and less and less struggle and pain. If the universe were a place of pain, this could never happen. The default condition everywhere in the universe, in all dimensions of perception, is joy, beauty, and love. These feelings are woven into the very fabric of existence.

'Negative energy' does not exist. What feels negative is just resistance to the positive life force.

When you get into trouble it is always because of your attention to it. Thoughts of unworthiness or self denial are not in consort with the true nature of consciousness. Life force energy is pure and positive and comes with a feeling of well-being. The feeling of 'negative energy' is just the inherent nature of your very being screaming to you that your thoughts and beliefs and ideas about yourself are inconsistent with your very nature.

Yes, that's very good, but why do so many struggle? A famous writer asserts that a controlling group of entities manipulate the thought-space around earth from a higher dimension. It does seem that mass consciousness is composed of mostly negative ideas and limiting beliefs.

The answer to this is that you may manifest anything you would like from the potential, and the Law of Attraction will bring to you beings, energies, and conditions to match your thoughts, beliefs and feelings.

The state of affairs on planet earth is always an exact match to the collective consciousness of the beings upon it.

Yes, but if that consciousness were to be affected by others? By the insertion or 'implantation' of negative ideas in order to facilitate control and domination?

Again, only those thoughts, beliefs, energies and beings that have been invited can come to you. That is how the universe has been designed. The universe has been designed to allow all experiences, all thought, all feeling. This is a universe of free-will and attraction.

So you are saying that IF there are hostile beings from other planets or dimensions, we have invited them?

That's right.

But do these off-planet beings exist? Are there beings (whom we invited) who are wreaking havoc with the potential around our planet?

Every being that is on, in or around the earth is here according to a 'mix and match' of vibrational intent. It is all in perfect balance, and in a constant change of flux. If the people of earth would like to change their collective experience, all that is necessary is to change thought, to

choose differently.

What if I want to change my experience and the other 6 billion don't?

Then your experience will change and theirs will not. Life is not a zero-sum game. You have touched on that in some of your essays. There is an infinite sea of potential which can be accessed from anywhere in the universe. Your prosperity is dependent upon how much you ask for it, and how much you allow it. The predominant belief on earth for most is one of scarcity. Most do not ask for prosperity, thinking that it is not possible.

As we said to Esther, if you are healthy, do you deprive another of health? If you become ill, does the health you would have had transfer to someone else?

If you are intelligent, does that mean someone else must be stupid? Do you say, 'I will be confused for a few weeks and allow others to be smart?' It just doesn't work that way! The universe is infinitely abundant in all things and in order to enjoy that abundance, all you must do is ask for it, and allow it to come to you.

OK. So the 'earth is a prison and humans are the inmates and higher dimensional beings are the wardens' is not true?

There are beings of all types and energies on, in and around your planet. There is no jail and warden scenario,

because all of you have free will and can ask and receive anything you want. If you find yourself in prison, you have voluntarily committed yourself!

OK, I am really getting the idea. There is just free will.

Every time I say a negative, you turn it around and put a positive spin on it.

(Laughing) Well that is because the universe IS positive! Your negative ideas are just resistance to the natural, inherent, benign state of the universe!

(Here the thought forms, energy, inspiration, whatever you want to call it, stopped, so I will end off for now).

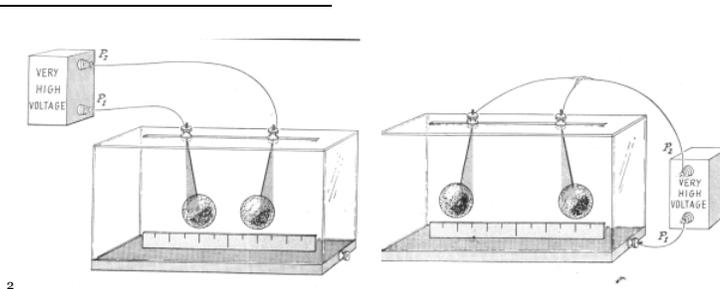
(Session 7)

## The Law of Attraction vs. The Laws of Matter

(Editors Note: The Law of Attraction states that 'like attracts like.' See Appendix A).

You say that the Law of Attraction is a universal law. Yet a simple experiment with a battery and two metal-plated spheres connected by wires will serve to disprove this.<sup>2</sup> If you hook the two terminals of the battery each to a different sphere hanging by a wire, those spheres repel each other. However, if you connect each sphere to the same terminal of the battery, the spheres repel. This shows clearly that like charges repel, and opposite charges attract. This can also be seen by placing the North pole of two magnets near each other and watching them repel. How does your statement reconcile with these experimental facts?

The positive and negative you refer to are simply aspects of the same kind of energy. The charges and atoms science refers to are metaphors. At one pole there is a surplus of energy relative to the other pole. This creates a tension between the two, which activates the



2

When the two spheres are connected to different poles of the battery, they attract.

When the two spheres are connected to the same pole of the battery, they repel.

space between them and provides a potential.

Science has not yet discovered the intimate, completely interconnected relationship between what you call electromagnetic energy, gravity, light, and what you refer to as nuclear forces. When you do, the contradictions and gaps in your science will resolve. For now, accept that the law of 'like attracts like' is valid for the life experience of every human and can be successfully applied so that all that you want may come to you.

Doesn't sound convincing to me. If the atom is a metaphor, then how come the sun and planets are arranged exactly according to the atomic model? As above so below, the universe is in balance as you like to say. The atomic model has been able to precisely explain so many phenomena and to predict behavior of matter and energy.

As we said before, matter and energy are composed, ultimately, of thought. Therefore, the energy in your subatomic particles is the same, which means that the elements in your Periodic Table are composed of the same energy, with different internal geometries. In other words, 'copper energy' is not different than 'iron energy!'

The physical interactions that are observed are the result of the collective agreements of consciousness at the present time. In other civilizations on earth, long before the present earth civilization, other cultures had

different ideas about matter and energy and their conscious relation to the world around them. These civilizations were able to manipulate matter and energy with far more ease than your present civilization. You may attribute that to superior understanding of already existing universal forces, but we prefer to say that their understanding drew forth from the potential, different relationships between matter, energy and consciousness, different programming for the local space/time which establishes the laws of matter and energy (physics).

So you're saying that consciousness can actually alter the physical laws of matter and energy?

Of course! That is what we have been saying all along!

It may seem absurd to humans on the planet earth at this time but we assure you that the universe is massively varied and contains realities that you cannot even conceive of. This is not bad, we are not criticizing, but we are amused at how shocked humans are when anyone suggests that consciousness may alter physical laws or modify matter and energy. That was the whole point of constructing the universe!

Whenever you say stuff like that I receive a feeling of utter certainty, so that my questions seem almost ridiculous, and I feel totally complete

with the answer and I feel that it is correct. Then when you have finished answering, I have doubts again. Is this because I have expanded my awareness by allowing your energy to come to me, then return to my normal human state of consciousness?

When you communicate with us you have to use your 'spiritual sensors.' Normally you just use the body's senses to interpret your world.

But all we are saying is that consciousness designed the universe so that it could play around in it. That's not so shocking is it? (smiles). Is it so shocking that there may be places with different physical laws than those that can be experienced by humans on planet earth? Most humans would not think so. The universe is a place where there are available an almost infinite variety of experiences.

You are physical and non-physical energy. Your bodies are sitting in an energy field that has a complex template for every organ and cell. That energy field is connected with every other particle of energy in the universe, and is intimately related to the potential itself. So there is a lot more to you than you are aware of.

It sounds like we are so limited here.

With limitation comes the ability to transcend that limitation, the joy of discovery, the ability to experience

intensely. Everything on the earth plane is magnified many fold. When it's good it's really good and when it's bad it's really bad. That is one of the attractions of this place. But don't worry. When you get tired of this place, you just transition smoothly out of it and return to native state -- a condition of joy and well-being as pure source energy. You can't make a mistake!

OK, I'm tired. Thanks for all of the great info!

## (Session 8)

I would like a clearer explanation of why opposite charges attract in the microcosmic world of matter and energy, but the law of 'like attracts like' seems to apply in the area of human relationships. If both consciousness and matter are ultimately composed of thought, then there should be no contradiction. And a law can't be universal if it works one way with electrons and protons and another way in life.

Look at the structure of your societies and your popular beliefs. Would you say that the dominating concept was one of harmony, love and abundance, or one of scarcity and conflict? The primary activated themes in your species mass consciousness -- the combined thought forms of all humans -- could be categorized as one of opposition and conflict (our favorite human scientific device is the 'atom-smasher'). These concepts are simply reflected in the physical laws of matter in the area around your planet. In other words, what you draw forth from the potential and observe as physical laws regarding the interaction of matter and energy is a direct reflection of your consciousness, which is primarily one of opposing, not cooperating. If you were to walk down the street and tell everyone you loved them, what do you think would happen to you? You'd probably get socked!

These ideas of conflict and opposition in the human consciousness are reflected in the physical laws of matter that you observe. When your ideas change about these

things, you will see a change in the way the physical laws of matter and energy are responding to you.

OK, I get the idea. I just find it hard to believe that we could actually alter the behavior of matter and energy and change the physical laws of nature by simply thinking a certain way.

Yes, we see that! In your case there is a stubborn vibration within you that says: 'it cannot be right unless scientists agree with it. Scientists are smarter than I am and smarter than 99% of people on the planet, so if the consensus of science does not support an assertion, it cannot be true.'

What you fail to realize is that scientists are operating within the same universal laws as everyone else, and that most scientists are not aware of them. As we said before, the mindset of a scientist is usually, 'it is not valid unless it is observed,' which fails to realize that attention to something immediately biases the experiment energetically. Since this energy stream cannot be measured or observed, it is assumed that nothing is happening. But this is far from the truth. We gave an analogy earlier about the water coming through the garden hose. If what is postulated to be 'true' is not observed within a 'reasonable' length of time, or is not observed at all with the instruments presently available to

science, it is said then not to exist or be demonstrable, therefore invalid. But the entire universe is designed so that the 'stuff' of the universe is responsive to consciousness! Therefore, continued focus on whatever is postulated will eventually bring it into existence. The 'truth' is not what is observed, but what is thought, felt, and believed by conscious beings, because conscious beings affect the conditions around them. That is the whole point of being in physical form! If the universe were merely running down according to some prearranged plan, and the function of beings was simply to observe and record, there would be no point to existence! Why design a universe and then not be able to alter the conditions in it? When you write a book you need to be able to edit and improve it before it is released. It would be maddening to have your first draft on a read-only document, would it not? In your nonphysical state you wanted to come to earth and experience the joy of creation in the physical universe, to use your creative ability to manifest, and to have fun!

OK I finally get it. I guess it really isn't so hard to understand that physical laws can be changed merely by a consciousness shift. It was just drummed into me in science classes that the laws of matter and energy are fundamental and unbreakable.

That is understandable! But we want you to lighten

up and have more fun. Individual humans can manifest what they want from the potential and together humans as a whole can completely change the conditions in which they live, if it is so desired. The universe is set up that way! The universe has been designed to respond to your desires. When this is truly realized you will then begin to live the way you intended to, before you incarnated into a physical body.

(smiles and a feeling of love here).

OK, enough on the science thing. I never thought I could gain clarity on that, but I believe I have now, at least the Big Picture view.

Any more questions?

Not tonight. Thanks!!!

(Session 9)

### Earth, the 'Armpit of the Universe?'

It has been said that earth is the 'armpit of the universe;' that all of the negativity from everywhere in the universe has been deposited here. Any truth in that?

Of course not. There is no 'negative energy,' only an absence of light. Resistance to the source energy of the universe results in a feeling of negativity, anger, depression, etc cetera, in other words, negative emotion. You cannot 'bag up' some 'negative energy' and cart it off, just like you cannot bag up darkness and throw it away. The darkness is just an absence of light. We know there are many who continue to insist upon a source of negative energy, and go through all sorts of rituals to try and get rid of it! That is OK, but it is unnecessary. Just do not resist the light and you will never have to worry about negativity.

The 'armpit of the universe' and ideas like it come about in order to explain resistance. When there is resistance to source energy, there are pockets of disease and lack of well-being. A source of evil or darkness or negativeness is then brought forth to explain these conditions, because no one in his or her right mind would wish that upon themselves.

Let's say the doctor has found a weakness in the

heart. You now have two choices. You can attribute this condition to a disease asserting itself, willy-nilly, into the heart. If you do so, and continue to worry and place your attention upon the unwanted condition, you will contribute powerfully to the vibration of it. The alternative is to believe strongly in one's inherent well-being regardless of the diagnosis and begin to create health in the heart; thinking thoughts of well-being and taking actions that support the creation of health rather than fighting against illness. In the first case, one's resistance to the natural state of health causes continued blockage of life force to the affected areas, and more illness results.

The belief in the inevitability of a negative result is a self-fulfilling prophecy. Both positive and negative conditions result from the choices that are made by conscious beings in every moment. In every moment the potential exists to completely change from a negative to a positive stream of thought, and therefore, to manifest the wanted condition. The default condition is always one of well being, not discomfort.

OK.

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(Session 10)

## Memory

What are memories?

Memories are the accumulated recordings of your resistance to experience.

Huh? You mean the only recordings we have are of things we have resisted?

Yes. When you are totally enjoying an experience there is no recording of anything in your energy field.

There is a saying you have : 'what you resist, persists.'

It does not persist unless you resist it!

Whoa there. So you are saying that there is no remembrance of anything that is not negative? That's absurd!

We are saying that there is a consciousness of the experiences one has had, on a very minute level indeed. But there is no storage of the experience in your energy field unless there is resistance. Do you see what we are getting at?

A conscious memory of everything that has ever happened to you is available to you at any time. But the

recording is only of resistant thought or vibration.

So a memory is a recording of resistance to an experience, but there is no memory of a non-resistant experience? How does one recall non-resistant experiences?

The non-resisted experience is one of pure joy. It immediately enters into universal knowledge as a vibrational impression upon the consciousness.

However, all discomfort contains vibrations that are incompatible with the very high vibrations of consciousness. You just drag this stuff around with you, like the encumbered ghost in the Christmas movie with his chains and weights. You may release any and all of this stuff by simply letting go of the resistance to it, in the now moment. In other words, negative emotion is never recorded! It is a phantom, an illusion, even though you feel it very strongly sometimes! When you return to native state you discard these patterns of resistance like a sweaty runner diving into a crystal clear lake.

Yes but you just said there is no negative energy. So what happens to all of this junk when you transition? It just hangs around! So there IS negative energy!

When you transition, you merge again with the energy of source. When this happens, all resistance to

ANYTHING disappears. So to does any 'negative energy.' That is because there is no source of negativity, only a resistance to the light.

Do you understand?

I'm beginning to. You are saying that the accumulated recording of 'negative vibration' throughout the life is automatically erased upon transition out of the body?

What we are saying is that 'negative energy' is simply a continued resistance to something. When that resistance is gone, there is no more 'negative energy.'

What about the trapped energy in karmic incidents? And in traumatic incidents? If you add all of that up, that's a lot of negative energy!

OK, let us say it this way: All experiences that you perceive negatively are vibrations that you hold activated within you, right now, in the present. In other words, the negative feelings are your own energy of resistance to the experience. When you transition, you simply release all of that resistance! Therefore, all of the 'negative energy' vanishes, because it was being created by you and held there by you while you were incarnated in the body, in every moment of your now. We assure you that once you re-member the feeling of source (indescribable feelings of joy), you throw that excess and

unwanted baggage quickly away. In other words, you no longer feel the need to hold onto old grudges, pains, or judgments about yourself and others. The energy of source is indescribably delicious! When exposed to it there is a complete and utter feeling of joy and well-being!!

After transitioning there is a complete imprint of the life experience, from beginning to end, but without any of the 'negativity.' Therefore, there is no continuation of negative energy. There is no karma. All of the experiences of the life are resolved instantly upon transition back to source energy. It is impossible for a being in Native State to carry karma, bad vibes, sickness, or anything negative from life to life. The two are utterly incompatible. When the light shines, it automatically eliminates the darkness.

Wow! That really makes sense! So an astral plane where trapped beings exist in negative circumstances is a myth?

It is a result of human disconnection, that is all. When you feel connected to source, is there even a hint of negativity or bad feeling within you?

No, I have to say you are right. When I feel connected I just feel wonderful, period.

Yes! Now multiply that by a million and you know what it feels like where we are!!

Well then, that brings up the same old question: why would anyone in his right mind come here knowing that the probability for disconnection is about 99.999%?

There must be some sort of 'save the universe' scenario going on, otherwise it is pointless to come to earth and suffer. Why not just spend all your time in bliss?

Well, you are trying to separate the consciousness while in physical and the broader, universal consciousness. A fellow human by the name of Neale Donald Walsh said it wonderfully in one of his books. He said that all lives are being led now because all incarnated physical beings are aspects of the universal consciousness of God. Even though each has a focused identity and personality, each knows and feels and IS the whole. So there is really no separation.

Why do you/we/us come to earth? To experience intensely! That is the long and the short of it. Yes, it feels wonderful in native state, but we assure you that there is nothing like the physical experience. It is just different in an amazing and wonderful way.

Part of the requirements for incarnation is a limiting of perception. We refer to this as focusing, as a magnifying glass concentrates the light into a point. Or perhaps, an

amoeba as it extends a polyp toward a tiny organism.

While in physical you perceive from a very tiny, intensely focused point of consciousness. You give up a broader awareness and knowledge of all-that-is, and in return you have the opportunity to experience the joy of re-discovery as you remember your connection to source. This is supposed to be a joyful unfolding, but many of you have made it traumatic. That is all right, when you make your transition back to native state you come back to your natural place of complete bliss and understanding of self.

Thanks!

(Session 11)

## Manifestation

Let's look at the glass sitting on my desk. Does the glass have an independent existence, so that anyone in any dimension could perceive it as a glass, or is it just something we can see from our own physical human perspective?

Is there a gradient of energy that gets denser and denser until the object manifests? By that I mean, if objects are vibrational in nature, then there may be an inherent 'fuzziness,' or zone of chaos, at the borders of the object, somewhat like magnifying a sharply defined letter on a piece of paper and discovering that it is not so sharply defined after all. Or is the glass only just what we see, a clearly defined object that precisely occupies the space it's in?

Well, you have asked many questions again. The glass that you 'see' in front of you is based upon your interpretation of an energy stream. This energy stream has been summoned by you out of the potential and you interpret it in a precisely defined way, so that if any of you turn your eyes toward this collection of energy, you see a 'glass.'

The glass has an independent existence only if you mean that every human who turns eyes toward it sees a glass.

The vibrational fuzziness you speak of is again dependent on the sensors of the perceiver. When you

magnify a fractal there are self-similar patterns that repeat themselves no matter how far you take the process. However, do you claim that the 10x magnification is the true reality? Or the 100x magnification? Or the billionth magnification? Reality is determined by perception and perception is a vibrational interpretation.

So what we perceive around us is just an interpretation of a ... what? Deeper reality?

An energy soup of vibrational content, containing a potentially infinite number of vibrations.

Is this 'energy soup' virtual, or does it have mass?

All virtual means is that you cannot perceive it! You say, 'the potential must be virtual, because I am not aware of all of the thought, all of the vibrational energy of everything in the universe.' Or 'this thing I know has mass, and therefore reality, because I can perceive it, feel it, touch it.'

What is 'real' depends upon the consciousness and the vibrational sensors of the perceiver. It is not possible to say that something exists for everyone, or does not exist! It is all a matter of interpretation, and conscious intent. You may draw anything out of the potential you would

like and perceive it in any way you would like. Of course, being in human form there are limitations to what you are going to be able to perceive. Therefore, you invent terms like virtual and real to describe things that you cannot perceive and things you can perceive.

The glass that sits before you looks like a glass when you turn your eyes toward it, but to another consciousness whose sensors are tuned to a different vibratory frequencies, the stream of energy that forms the glass may be something entirely different.

We are telling you what is 'real' to us from our vantage point, which is more extensive than yours.

You have said before that on earth we are on the 'leading edge' of thought. What does that mean?

By this we mean that your perception is narrowed to a place where there are only a very few patterns (bandwidth of vibrations) of the all-that-is perceivable to your senses.<sup>3</sup> You have the ability to open up to source energy, of course, and feel as wonderful as any other conscious being at any level; even more so, because of how intensely you experience here. Earth is on the leading edge of thought because here there is less

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<sup>3</sup> Editor's Note: The human eye perceives electromagnetic radiation (light) in the tiny bandwidth between the wavelengths of 400 and 700 nanometers, corresponding to a frequency range between  $4 \times 10^{14}$  and  $7.5 \times$

awareness of all-that-is. New avenues of thought are considered, because all of you are so uniquely individual and consciously separated from each other.

OK, but there must be lots of other intelligent, physical life forms out there in the universe. There is nothing special about earth as opposed to any other planet, is there?

On Earth there are certain physical laws and behavior patterns that have been brought forth out of the potential as a result of the species mass consciousness. For the past several thousands of years, after the destruction of the last major great civilization upon your planet, there has been a greater feeling of separation and conflict among the human species which has led to the development of a civilization based upon the concepts of scarcity and lack. The reasons for this are too complicated to go into right now.

The earth environment has gradually evolved following the intentions of all species that have lived here (the consciousness of the dinosaur species, for example has moved on, as well as many others). As we said before, consciousness has the ability to modify matter and energy and even the physical laws in a local area of space/time. Other planets or sectors of the universe

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have different cultures and abilities, depending upon the individual and group consciousness of the physical beings there. Let us say that there is more diversity and contrast upon your little world than upon any other we know.

(Session 12)

Current Affairs in the U.S. (at the time of this writing, June 2002)

What happens if the current political climate in the United States takes a turn for the worse? By that I mean, what if those in power who are determined to impose their will somehow manage to set up a police state, or a dictatorship? It seems to me that we are leaning in that direction.

Now let's say I, in my positive la-la-land, envision myself in a world of freedom surrounded by wealth and abundance, prosperity and happiness; in short, a world which is just the opposite, and which seems more and more to be the agreement of the majority of people in this country.

My question is, how can my world coexist with that other world?

As long as you allow these things into your vibration, then they have a chance of manifesting for you. It is just that simple.

OK I know that, you know I know that, but you also know that the situation I have described above is very possible. You don't disagree with that, do you?

We see that there are many on your planet creating different scenarios, in complete accord with free will. There are some who are more disconnected than others. There is no battle of good and evil, however, as you seem to suggest.

Yes, but what can we do about those who are advancing their negative agendas?

Well, we ask you, what can you do to 'stop' this scenario from coming about? Can you go out with guns and resist the 'oppressors?' You know what happens then: what you resist persists. If you want to guarantee more energy to those whom you call the 'global elite,' or the 'authorities,' keep on thinking and acting in this manner!

You see, the only way you can guarantee what you want for yourself is to keep your vibration purely on what it is you want. When you finally understand that you will be free. What appears in your life experience is solely and only a function of your thoughts and beliefs. Otherwise, others could create in your experience and that simply cannot happen. Others creating in your experience is a violation of universal law. The universe is set up so that each and every one may receive what is wanted no matter what the others are doing.

OK, but what if society falls apart, like it did during the Great Depression in the 1930's? Unlike you, we live in the physical universe, and in order to receive something, other humans must interact and be a part of the process. Objects don't just materialize out of thin air. In order for there to be food in the stores, for example, humans must plant the seeds and

other humans must work hard to grow the food and harvest it and other humans must transport it and other humans must build stores and other humans must place the food in the stores, etc., you get what I mean. All of this doesn't just happen by magic!!! So if the masses of humanity in my country choose and manifest a negative society, and I am, by virtue of my being in a physical body and therefore necessarily interfacing with the common reality, how am I supposed to manifest my vision of my reality when it conflicts with the mass reality?

You have asked a good question, but we respond to you by identifying those vibrations and feelings within you that are focusing on the unwanted reality you have described to us. Those feelings, thoughts and beliefs are what will tie you to the 'mass reality,' as you call it! That, and only that, would be the reason you found yourself in a reality not to your liking.

Wow. You guys are sure stubborn! You continue to insist on 'you create your own reality' even when it flies in the face of reason.

Well, the reason, as you call it, which describes the inevitability of the dark society you are afraid of is what the universe will respond to in your vibration. We assure you that there are many more like you in the world than you have any idea of. There are millions upon millions who do not believe in darkness, and the ones who do believe are simply disconnected. Their disconnection does

not give them power; your attention to them grants them power! The natural condition for any being is connection to source energy. Source energy is positive, abundant and joyful. So those 'black' people, as you call them, are bucking a very strong current, the current of the energy of the universe! There is no source of evil! That is what we have been saying to you for years. Life is a win-win situation. People receive what they are focused upon. Your thoughts and beliefs precisely establish the content of your vibration, to which all things in the universe respond. Those who choose to focus in a disconnected way will live lives of disconnection. Those who are focused in a positive way will live lives in a positive condition, connected to the flow of universal energy. The parameters of your existence may change if others change; but it will still be a positive existence IF you keep your focus on what you want! It is simply up to you what you choose; the universe has the capacity to respond. You may live exactly as you choose to live. That's the wonderful thing about this universe -- the desires of everyone may be satisfied.

When you truly understand this you will never again worry about what others are doing. You are the molder, the inviter, of your own experience..

Wow. OK, I am getting a positive, utterly confident flow of energy

from you again. So it doesn't matter how much garbage is out there, we are truly free to live exactly the way we choose, even if 99% of humankind choose to live totally opposite? You see, that's the part I still don't get. If 5.999 billion decide to live cut off from source energy, how can I live the life I have told you about, a life where I am free to go anywhere and be prosperous and abundant? The nature of physical existence forces me to interface with all of the others.

Your scenario is an imbalanced one! There will never be a scenario in which 5.999 billion, or any number close to that, experience this darkness you speak of. The universe, and consciousness itself, is based on well-being. For every desire for abundance and connection there is a matching desire. The universe is in balance, and has always been in balance. That is why it is so well-ordered and why it has continued to exist in a stable form.

Everywhere in the universe there is matching of desire. For those who wish chaos and disconnection there is matching desire, and persons who want to play that way. And for you, there is matching desire for connection. We want to say to you that you cannot lose, you are always and will always receive a precise vibrational match to your desires no matter whether you are a physically focused consciousness in a body, or whether you are completely in 'non-physical.' Whatever you choose as your place of vibration (thought, belief, and feeling) you

will have a matching experience. That is just the way it is! If you choose abundance and prosperity you can experience it, in whatever form you envision.

Even if the disconnected ones start WWIII and drop hydrogen bombs everywhere? I don't care where you are on the planet's surface or how much abundance and prosperity you are claiming, that radiation is going to kill you.

Yes, and so it might. Then you will transition back to source energy!

Yes, and what you have said about experiencing prosperity and abundance in the physical format is so much horse manure!

You will only experience WWIII if it is somewhere within your vibration! We assure you that you would never experience WWIII if you chose otherwise! Do you see? Because you have focused on WWIII you are creating the possibility of it and the potential of it for yourself, and activating the vibration of that possibility for others to pick up on. You become a broadcasting tower for your worst fears, and enable them! And so does every human who focuses there. All humans are creating their own experience, both individually and collectively. If you do not wish to experience WWIII, you will not experience it, as long as your vibration is pure. If it is

not, if you admit the possibility of it, then there is a chance to experience it. That is true for every one of your fellow creators. The same principle applies to anything you do not desire, whether it is very large or very small.

As we have said over and over, you are the molder of your own experiences! You are in charge, you are the writer and director of your own life.

Our message is 100% empowering because that is the way the universe is set up. You are focused consciousness, an aspect or extension of universal consciousness, which created and designed the universe.

We want you to know that the set-up for all life experience is a win-win. There is no lose; unless, of course, you want to experience that way.

You see, God is not somewhere up there in the sky with a blackboard marking down whether you are doing good or bad. There is no 'superior force' that has it all down, who knows everything and who can tell you just what is the best thing to think, feel, or do. We, as collective consciousness, are writing our script as we go along. The whole 'play' is set up so that you can experience anything you would like. If you happen to get so disconnected that you 'die' (there is no death) then you simply unfocus from the body and transition back to your broader awareness.

OK I get it. I keep saying that, then I keep asking the same negative questions, and you keep responding with the same answers. I don't know why I keep going back into that negative stuff, just a habit of mine, I guess!

So, we are creating our life experience and nothing can happen to us unless we have chosen to resonate with it.

Yes! Lighten up! Life is not supposed to be 'serious,' at least that was not what you intended before you came here. As you lighten up and relax into your connection you will find (as you have found) that life becomes simpler and more joyful and more exciting!

Whew! Thank you.

(Session 13 )

## Resistance

Your energy and your replies are uniformly positive. You refuse utterly to have anything to do with a negative thought. I keep waiting for you to explain why things are so bad and you always say, in so many words, that the inherent nature of the universe is positive and joyful. This seems a little biased and one-sided to me.

(Laughs) Of course! We never go where you like to go, into disconnection. We are, as humans like to say, 'there for you.' We are always here in our vibration of joy and well-being, for in that way we can hold the higher vibrations for you to access. The universe is positive and benign (smiles); there is nowhere in the universe a source of negativity. You may choose to believe and feel as negative as you please but we will never go there with you!

OK, so you don't go there because that is not the nature of reality.

Well, reality is whatever you create for yourself! But we choose not to create for ourselves a place of bad feeling. We always choose love, beauty, excitement, joy, anything that feels good, because feeling good is the inherent, natural state for any native state entity.

I'm starting to get it. It is possible to create for ourselves a life of joy, or of pain. It's up to us.

Yes! It is easy to create a life of joy and a lot of hard work to create a life of misery. That is because pain and misery is a resistance to the natural flow of life force energy (do you feel it? yes!) and in order to create pain and misery continuously, you must continually resist. In other words, you create the vibration (feeling) of pain and misery in every moment, in opposition to the natural flow of benign source energy. We understand why you do this! There are so many things in the world that you would not in a million years wish to experience; and so, in an attempt to ensure that none of it comes into your experience, you begin to fight against it. The 'War on Poverty,' the 'War on Drugs,' and the 'War on Terrorism' are just a few examples of the attempt to change something by resisting it; but what always happens is that the more you resist something not wanted, the more attention you give to it, and the more it comes into your experience; this is the Law of Attraction at work.

To feel wonderful, all you have to do is receive! Just open up, allow, and receive bliss! In order to experience pain and misery you must at every moment set up a vibration in opposition to that which is not wanted, cutting off the flow of life force energy. And it is a lot of

work! Just think about it for a moment. For every bad feeling you place a resistant vibration towards some life experience. If you have 10 things you worry about, you are consciously creating at least 10 vibrations in opposition to something in your life. That is the only way bad feelings are ever created! You are doing it -- there is no outside evil force imposing itself into your experience. This is sometimes hard to accept because no one wants to hear that he or she is fully empowered and has decided to feel rotten anyway. Each blessed one knows he or she would never want that!

Why do you do this? Because you believe you have to! Because you believe that in order to feel good it is first necessary to struggle and suffer. If it is too easy, you say it is not worthwhile! While it certainly does feel wonderful when your battle is over and you can relax again, but it is not necessary to experience pain in order to achieve joy. The two are opposite vibrations!

The more you focus on things that make you feel bad, the worse you will feel. The more you focus on things that make you feel good, the better and better you will feel. It is really simple! You are always in control of your vibration and your life experience. If you ponder this for a while and actually start to apply it in your life, you will find out how empowering it is. You will become more and more the person you know, deep down inside, that you

really want to be.

But why would anyone want to do that (resist the positive)?

(Laughing). Ask yourself! You have been pretty good at it, haven't you? You called yourself a noted authority upon the subject! It is only very recently that you have been able to let go of your resistance and experience more joyfully.

It is hard to feel bad, it is easy to feel good. That's all you have to remember.

It takes action in opposition to the inherent nature of the universe to feel bad; all that is necessary to feel good is to let it in!

OK, it takes me a while but I'm getting it. There is never any need to feel bad about anything.

Worrying about something activates that in your vibration; the universe, by the law of 'like attracts like' immediately begins responding, so if you want more of what you are worrying about to manifest, keep on worrying!

What you pay attention to will eventually come to you. That is just a basic law of the universe.

OK. thanks!



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(Session 14)

## Higher Self and Illness

You have spoken about the physical and the non-physical -- that part of Self that is not focused in the body, but which has a broader awareness. The problem for physical beings is that we are so immersed in the physical that it isn't immediately obvious what the 'Higher Self' is, and how to tap into it. Does the 'Higher Self' have the same personality as we do? Or are we a completely independent physical expression?

The 'higher self' IS you -- it is just the you that is not recognizable when you are not fully conscious. How can you tell when you are fully conscious? By how you feel! When you feel wonderful, you are experiencing more of yourself. The better you feel, the more conscious of YOU you are!

Compare a beam of sunlight to the light surrounding it -- it is the same light! The water that has evaporated from the ocean and now resides in the clouds, and will eventually touch the ocean again - it is all the same thing.

OK, that answer was pretty useless! I want to know what the difference is between me, now, that I am aware of, and this so-called 'higher self' or 'non-physical' aspect of me that is somehow connected purely to source energy.

There is no difference. Whenever you condemn, criticize, or otherwise resist life experience you cut off the flow of life force energy, and your awareness and feeling of this 'other' part of you.

It is possible for a physical human to become completely aware of the Higher Self, but it requires a complete releasing of resistant thought. That is what the human known as the Buddha accomplished.

We assure you, the only difference between experiencing in physical and in non-physical is that in physical you hold onto vibrations that are incompatible and in disharmony with the awareness of the fullness of Self. (Did you get that? That was very good!)

Then you feel the rotten vibrations (that you are creating and holding within yourself in every moment) and you say: 'Oh, isn't life tough!' And we say, 'boy, it sure is!'

Just look at all the work you are doing, creating and holding on to vibrations that you do not like! You place some over here in your energy field, some over there, some in front of your solar plexus, some around different areas of the body, blocking off the flow of life force energy to that part, then you say 'Oh! I am sick! How did that happen! It must have been that cold going around' and we say, there is no source of cold virus going around. You are simply placing in your energy field, and holding

onto vibrations that have frequencies much different than the frequencies you feel when you feel good.

Hmmm, there is no source of cold, eh? I can guarantee you that if someone injected you with the Ebola virus, you'd die pretty quickly. And I'll bet there are injections you can get that will cause the body to demonstrate the symptoms of cold. If there is no flu virus, for example, then why do so many people get it?

Well, ask yourself, how come you went 7 years without any sickness? There is flu and cold all around you, why did you not catch anything?

OK, but that doesn't change the fact that there IS a source of flu and cold virus out there; it just means I am not a vibrational match to them anymore. You seem to be saying there is no actual physical cause for any disease, and I think that is just ridiculous.

Does it matter, really, whether there is a source of disease if you have the choice whether to experience it or not? Here is our answer: There is no SOURCE of disease, the disease is a symptom of the blocking off of life force energy. When you get the 'flu' you do not receive germs or viruses into the body, you go into agreement with the VERY powerful thought stream in mass consciousness of the flu. There is an incredibly complex and powerful template of thought associated with this illness: when

the 'flu virus' hits, there is widespread agreement that certain manifestations will result, and those manifestations are well documented and very alive in the stream of thought connected with 'flu.'

You are saying that 'flu' is simply the result of going with a thought stream? Are you joking?

We are not joking! This thought stream (especially the one connected with 'flu') is more powerful than you can imagine. Consciousness, as you point out in your essays, created the universe and can modify what is in it. When the 'flu' goes around everyone seems to get it, and then when flu season is over, the incidence of it goes down dramatically.

Yes, but I remember the time I got the flu in the middle of summer. How could my body become infected unless there was a source of it floating around somewhere?

This 'flu' you received was a disconnect from source energy. If you recall what was in your experience at that time, you will remember there were many self-critical thoughts, among them, an unworthy feeling connected with money and work. The 'flu' was the dominant thought stream in your consciousness regarding illness at the time, and so the 'flu' manifested that way in the cells of

your body because it was a match to how you were feeling and thinking at the time. You will recall that your symptoms were mild and did not last long, because the activated vibration was not so powerful.

Well I don't remember that, I'll take your word on it. But I don't accept that there is no such thing as a virus. They magnify them in microscopes and when they are injected into lab animals, all sorts of horrible effects occur.

We are not saying that that there is no such thing as the cellular mass which manifests and is called 'virus.' But the manifestation of that virus is brought about solely by the consciousness directing the cellular mass of the virus, and the thought stream of all of those exposed to the virus. The harmful effects caused by the virus are a perfect match to the thought stream of the virus and to the thoughts of those who are vibrationally resonating to the virus.

Look at what happens in those cases. First, the predominant vibration within the consciousness of the experimenter is concerned with disease or illness. Then the lab animal volunteers to be a part of the experiment, in a co-creative fashion. All concerned are agreeing that there is going to be sickness present in the lab animal. This knowing is very powerful because it has been offered over and over again so many times that there is complete

certainty that something bad will result. Tissue from an 'infected' animal or from a culture is injected with results corresponding to the co-creation of all concerned.

So you're saying that if the harmful virus was injected into the animal with the intention of all concerned that beneficial results would occur, that nothing bad would happen?

You are forgetting that the cells of the virus are also conscious. If the cells of the injected material were to change consciousness from one of 'I am a killer' to one of 'I am a healer' and if the experimenter and animal were both in agreement with that, then yes, different results would be obtained.

OK, this is getting too weird for me. I am feeling uncomfortable with this. How is the consciousness of the virus going to change? The virus IS what it is, you have said, because of its consciousness, which determines its cellular structure and its function when it enters the body.

Now you are beginning to see. The virus is manifested because of the thought stream of all concerned, do you see? When the thought stream is changed, then the cellular structure changes.

The virus mutates into something unharmed because the thought stream changes from one of sickness and disease to one of well-being. This is simply a

manifestation of the effect of consciousness on matter and energy, which you like so much to point out in your essays. There have been many documented cases in your medical profession of tumors and illness simply transforming and full health restored to the patient. That is how it happens. You see, that is how disease manifests in the body and that is how release-from-disease occurs and that is how health occurs: it's all about the allowance or dis-allowance of life force energy, and vibrational matching.

Holy moly. I sort of see it. I don't know how you do it, but you manage to 'spin' all attempts at logical reasoning into something positive, every time.

(Laughs) Well, as always happens in these conversations, we just point out the inherently positive nature of the universe, consciousness, and life!

In your essays you are on the right track, but we do not think you really believe in everything you say. We think you still have some underlying thought and belief that pull you away from your own well-being.

OK, we/I got off the subject, I'm glad you brought me back around to it. We were talking about the 'higher self' and how physical beings can connect with it.

The best way to do this is think happy thoughts, reach for good feelings and focus upon what is wanted. Remember, you are creating and holding all unwanted vibrations within your field of consciousness. These block you off from feeling the pure positive energy of your full self. You do not have to DO anything to feel the energy of your higher self, it is there all of the time.

Wow. I guess I am satisfied for now, but I am going to read over this because it just seems too good to be true, or something... I don't know...

We love you! We are done for now.

(Wow, that's it I guess. I got a big surge of love energy and then like the Cheshire Cat, whose smile lingered on after it disappeared, I still feel a fuzzy good feeling within my entire being...)

(Session 61)

### The Black Plague (Transmission of Disease)

I want to talk more about the transmission of disease. I have recently read two books set in the time of the Black Plague, a horrible disease that was spread from bacteria contained in the fleas of infected rats, and by airborne droplets from the mouths and lungs of infected persons. Any who were infected died an inexorable, excruciating and swift death. You have said that all disease comes from the blocking of life force energy, and you also remarked that the flu was just a strongly agreed upon thought stream; but this makes no sense when we are talking about a virulent disease like the Plague, which literally destroyed entire towns, indiscriminately killing all inhabitants. How does the 'all disease is thought' explanation fit in with a clearly biological transmission such as plague?

We see you are very concerned that all of our explanations have been completely wrong, but we assert again that the Plague, like the flu we talked about earlier, was a very strongly held stream of thought which became active within all of the populations who were affected.

No way. There was a physical disease transmitted by infected fleas, and thought had nothing to do with it. You are saying that somehow there was a mass hallucination and people just died of that hallucination.

Yes, essentially this is what we are saying!

That's nutty! How????

Actually, the disease you call plague was better explained by those who claimed it was caused by demons or spirits! All things are caused by conscious intent. Depending upon the thought stream of the disease, it finds appropriate physical vehicles for its manifestation. Yes of course there were obvious physical cause and effect relationships, but the true cause of the physical manifestations was a very powerful and virulent stream of thought. Despite the explanations of science that illness is CAUSED by viruses, or germs, or some physical cellular conglomeration, the cause is the thought stream associated with the virus or the germ which directs the physical, cellular growth pattern of the virus or germ or intruder. Then when everyone agrees that the disease is manifested in a particular way there is more thought attached to it, which amplifies further the consciousness or thought stream associated with the disease, which causes it to be more powerful within the consciousness of those affected or about to be affected, etc. Eventually the disease runs its course when humans decide that they have had enough of it!

Disease starts from a feeling of unworthiness. We assure you, a confident population is a healthy population!

A virus is nothing more than a thought stream to which much attention has been given; it has been honed and clarified and agreement reached upon it. Then that thought stream is launched, as it were, out into the broader world where it is broadly agreed upon, amplified, and further clarified; the consciousness within the biology of the invader, being interrelated with the consciousness of the human, responds accordingly and so disease and illness manifests within the body. As per our discussion above, the vibrational pattern of the thought stream is mirrored in the cellular structure of the virus or disease or whatever is the active agent of the illness. The mistake that is made is to assign cause to the biological manifestation, rather than to the thought stream which molds or directs the biology. We tell you without reservation that if you truly understood the power of your thought, you never would suffer unwillingly, ever again!!

In the worldwide flu pandemic of 1918–1919, between 20 and 40 million died, more than in the Great War. People who walked down the street would contract the disease and die within a matter of hours. This pandemic was a pandemic of thought and it spread with the speed of thought. At the end of WW I the thought stream of many millions was one of despair and shock that so many had died in the conflict. Upon this carrier wave the thought stream of 'flu' was able to piggyback.

Your message is certainly consistent!

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(Postscript and Comment)

This session ended by my feeling very confident of their answer, but when I read it over, I am not so sure. All I will say about assertions of this kind is that THEY are very confident of their answers!

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(Session 15)

## Altering Matter and Energy

Apropos of our discussion of consciousness being able to affect matter and energy: there's a guy named Uri Geller who used to bend spoons. Even though I know that a conscious being should be able to do this, I cannot. What makes Geller so special?

How does one alter the physical laws in a local area of space/time?

It is not that difficult to explain, but much, much harder to do. The person you are talking about has convinced himself without the slightest counter-intention that it is possible to 'bend' the spoon. From our point of view, matter and energy is vibrational in nature, but to your physical senses it seems very solid. It is possible to alter the vibrational patterns of energy that compose the spoon, even from your physical vantage point, but it requires a fundamental vibrational shift of perception.

So the idea is that there must be a pure vibrational intent before this can happen.

That is correct. You see, most humans simply do not believe it is possible for them, and so it cannot happen for them.

Would it be possible for me to learn how to levitate the chair in my

office?

It is quite possible.

OK then what would I have to do?

It's not so much a matter of doing as it is a matter of believing! A belief is a thought or pattern of thought that is continually offered. It is a vibrational signal that is responded to by other energies in the environment around you. If you are able to offer that pattern of energies clearly, purely, and match the vibration of the thing you are trying to shift, you will then be able to 'ask' those energies to shift.

When the energies shift, the object is perceived in a new way. In essence, the vibrational pattern of the object is altered so that it is perceived in a new way.

How do I do that?

There would be much learning involved, but it might be fun for you. We can tell you that you cannot accomplish it by 'mental effort.' It must be done in a relaxed state, a state of complete knowing and clear intent. There can be no doubts or counter-intention in the vibrational signal.

It cannot be 'serious' work! It must be done in a

relaxed, lighthearted manner. Essentially you are getting the energies that form the object to 'relax' and then molding them differently, somewhat similar to the glass blower who first softens the glass, then re-works it. We cannot tell you any more than that! If you want to do this, you will have to figure out the rest for yourself.

OK, but is there any more difficulty with a small object than a larger one?

The difficulty will lie in your thoughts and beliefs concerning it. If you believe that a larger object will be more difficult, then it will. Also you must take into account the thought forms which have attached themselves to the object. These play a part in the unlocking of the energy signature of the object. All we can say is, have fun!

You will be bucking a very big current of thought upon your planet that says it is impossible, so you must clear out a very clear 'thought space' in the vicinity of the object. That is our only hint.

We do not think such a thing is of vital importance, however, as you may feel our lack of enthusiasm for the undertaking of such a project. It might be good for a parlor trick, but there are probably better ways, for you, of connecting to your source energy.

Yes, I feel that. It isn't big deal, I was just curious.

Wait, one more question.

How was the Great Pyramid at Giza constructed? Not by thousands of slaves dragging 100 ton blocks across the desert, machining them to fine tolerances, and stacking them 480 feet high. We could not, today, construct that object with our technology (or only with great difficulty), and certainly our ancestors, with their primitive technology, could not.

The alteration of the physical matter of an object is something that was understood more fully by cultures that came before you. Your history is written in a box that says 'all previous civilizations must have been like this one,' but of course nothing could be further from the truth. All major civilizations that have ever existed upon your planet have been different, and will always be different. Variety is the spice of life!

Consciousness may affect matter and energy and the physical 'laws' which guide their behavior. Essentially there is a template of thought for each object that guides the formation of the object. When the object is formed from the potential, it is not separated from the potential, but manifests itself according to the thought template that surrounds it. In fact, the object itself IS thought. You cannot distinguish the object from the thoughts that compose it -- the object itself and the senses of the body that see and feel the object -- are both patterns of

thought, interfacing with each other. Perception itself is thought interfacing with compatible thought. This is obvious to us, because we see the vibrational nature of all things. The potential, the space of the object, and the object itself -- an interpreted stream of energy -- are all interconnected and interrelated. When scientists understand how this works they will have discovered the unified theory of matter and energy they all are looking for. But of course, this theory will, like any theory, be subject to change or modification depending upon the intent of conscious beings.

OK, thanks! I can tell you guys are getting bored...

Not our favorite subject! We prefer to talk about the exciting nature of living, creating, and experiencing in the physical platform. That is what you intended when you came here. The laws of matter are mutable, that is all that you need to know. With understanding of the Law of Attraction, no matter what the environment you may find joy and create a wonderful life for yourself!

Thanks.

(Session 16)

### Accessing a Stream of Thought

I am learning how to play the piano but it has been slow going. I am wondering if there is some sort of 'thought stream' of great players that I can tap into. What I want to do is just find the thought stream, tap into it in such a way that the knowledge goes directly into my mind, and my hands, like the way Trinity downloaded the instructions for the helicopter in 'The Matrix.' Is this possible?

Why would you want to do something like that?

So I can play all of the stuff in my head without having to go through the tedious process of repetition. I find that I have to go over and over and over and over the same stuff and then I still don't learn it. Then I have to start all over again the next day. It would be great just to be able to download the technique.

The 'tedious process of repetition,' as you call it, is the creative process! It is supposed to be joyful, but you have turned it into hard work. That is why your progress is so slow! We do not want to criticize, but you need to examine the reason why you want to undertake the piano in the first place. You will find some underlying thought and belief that is not consonant with the joy and pleasure of playing your instrument.

OK, so I am not approaching the piano with the right attitude?

Relax a little bit with it. The more you relax, the easier it will be to tap into the thought stream you are looking for.

So there is a thought stream out there that I can tap into?

Yes. That is how some people pick up an instrument so quickly. There is strong desire without resistance, establishing a pure vibration and a sense of ease that allows them to quickly access their inner knowing, and enables contact with the thought streams connected to the subject.

So the reason people can pick up an instrument quickly is not because they played one in a past life and can recall how they did it?

Well, you may refer to it any way you would like! There is a stream of knowledge (thought) which can be accessed by any being on earth. It is the collection of the thoughts of all of you. Not everything in mass consciousness is bad, my friend! You need to release a little resistance there. In mass consciousness there is much beauty and creative thought. It might be said that intuition and inspiration is connection to that vast pool of thought.

OK. What about past lives? Do they exist?

You may refer to the book by Walsh that you read a few years back, *Conversations with God, Volume I*. In that book is a very good explanation of past lives. Essentially, past lives are the pooled experiences of every focused aspect of universal consciousness. That is why all thought and experience can be accessed by any of you. If you prefer to label it past lives, if it helps you to think of it that way, that is fine.

Past lives are not so important! We want you to know that enjoyment and power lies in the now moment.

Thanks!

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(Session 17)

'Polar Shift'

What would you like to talk about? I have been hogging all of the questions!

We would like to say a little something about the 'polar shift' as it has been called. There is much debate and confusion in some circles about this. We know you never even think of it, but we would like to say a few things to those who might read this.

OK, go ahead.

The magnetic field of the planet earth is nearing the time when it may reverse polarity. The strength of the magnetic field is weakening<sup>4</sup>, and if the strength of the field goes to zero, it will shift. This is a naturally occurring cycle on your planet, brought about by the shifts in consciousness and the peculiar rotation of your planet. This rotation has a little wobble in it, called precession,

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<sup>4</sup> Editor's Note: The earth's magnetic field reverses polarity approximately every million years or so. Measurements of the earth's magnetic field have shown a 10% decrease since 1850. At the present rate of decay it would take about 1,500 years to reach zero. However, there is no way to tell if the present weakening is just a lull, or if the rate of decay will increase. In 2009, the European Space Agency will launch 'Swarm,' 3 satellites launched from a single rocket. Swarm will conduct a detailed survey of the planet's protective geomagnetic field and how it changes with time.

Sources: 'Earth's Magnetic Field Weakens 10 Percent,' (AP) 12 December 2003

'ESA to Probe Earth's Magnetic Field,' The Register (UK) 4 June 2004

which completes once every 25,000 years or so.

Why should the magnetic field shift, and the changing strength of the magnetic field be related to a shift in consciousness, OR the precession? I don't see how the wobble would have anything to do with the magnetic field.

We don't want to get into this too deeply, because that is not our message here. Briefly, we see the planetary magnetic field changing whenever there is a mass shift in consciousness. Right now there are 6 billion humans and billions of other life forms on the planet, all of which are going through a change in consciousness. This is most profound in humans, because humans have been resisting the most and many are now, in their millions, finding connection again. The magnetic field responds to consciousness, as we have said before. Also, the earth herself is conscious and, like any conscious being, has a periodic life cycle of change and growth.

The planetary wobble is the result of the character or personality of the earth itself, which has been designed for contrast and volatility. Just as all horses are not the same, so too with planets! Some people like to ride upon a slow-moving cob, others prefer to tackle the bucking bronco! Let us say that the personality of your earth is of the latter type, and all beings that incarnate here come for a more exciting experience.

If the magnetic field shifts, there is a possibility of a 'jolt' in consciousness. The effect of the magnetic field shift will be different, depending upon the individual's connection to source energy. We just want to say that there is no danger, as long as you do not begin to resonate to the fear of it.

We assure you, those who are in their connection will experience a feeling of intense pleasure, a sort of psychic orgasm! It will feel wonderful. Those who are resistant, however, may feel like they are turning inside out; it may be a feeling of terror ('Armageddon'). It is nothing of the kind! We say this not to scare anyone, but to assure everyone that if one is in his or her connection, it will be a joyful and exciting experience!

Thank you.

(Session 18)

## The Nature of Reality

Did the universe have a beginning? That is the same question as asking, is there time? If the universe didn't have a beginning, how was it manifested?

You are asking the wrong question! Rather ask, have you always been aware? If so, then you can say you have always existed. If you have always existed, then there is no beginning or end to anything, for you have always been conscious.

What? Let me clarify my question. I distinguish between awareness, or consciousness, which is a quality, not a quantity. Therefore, it does not exist, but is the creator of existence. So the matter and energy of the observable universe came into being from a Source which itself is not created. Source-of-all must be a pure, massless creative potential, otherwise, it would have had to be created by something else! Source-of-all is the Uncreated Creator. So you are confusing awareness with existence, as far as I'm concerned.

There can be no awareness without existence. The two terms are indistinguishable, are merely semantic hair-splitting.

I don't get it. Is that supposed to be an answer?

What we mean is that in order to be self-aware, there must be a conception of self. In order for there to be a conception of self, there must be self-and-other, or something outside of self. Otherwise, there is no distinction, no differentiation, no identity, no communication, no space, no time. In other words, in order for there to be a creator, there must be the concept of something created. This very idea brings forth a thought or a vibration, which can then be perceived. We call this the First Thought. The thought of 'something other than myself' itself creates space and time and existence. However, the instant (no-instant) of self awareness cannot be separated from the original idea, for there was no self awareness before the First Thought!

The First Thought occurs in no-time. That is because time itself is the motion of objects in space, and there is nothing yet in existence prior to the First Thought. Therefore, there can be no distinction between existence and self awareness! Self awareness, existence, and eternity are one and the same, all occurring in a no-moment transcending, or prior, to time (an impossibility, of course). That which is beyond time is eternal. This is how a universe comes about.

Once you have become self aware, you exist.

Once you become self aware, you are eternal, for there was never a time when you were not aware, do you

see?

Eternal means always in existence, and attempts to dig further into this question always leads to a circular argument.

We want to point out that altering the conditions or 'things' of existence is the definition of time, from your physical point of view. So time is dependent upon the decisions of consciousness.

Wow! That's a lot to digest, but I got it! I don't quite understand what you said in the last paragraph about time.

Time is the alteration of perception. If perception is altered, time is said to have 'passed' Every thought, every decision you make is an alteration of your consciousness, so with every thought you think, you experience time. That is why many teachers recommend meditation, to stop the flow of thought and release self from the perception of time, in order to reach different states of consciousness. That is what being 'in the zone' is -- a concentration so powerful that it leads to a complete release and a sense of being 'outside' the flow of time.

OK. So does reality have an independent (objective) existence, or is it simply a subjective product of consciousness?

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Everything that can be imagined can be experienced because it can be perceived. If you have a dream, do you say you are not experiencing?

Wait a minute! A dream is pretty flimsy compared with reality. You talked previously about how the physical universe was created because dreams were too unsatisfying. There is no comparison to imagining something and actually experiencing it.

Nevertheless, what is imagined is perceived. The intensity of perception may vary, but perception itself is only dependent on having something to perceive. All perception is based in thought, and thought is a creation of consciousness. You may consider that something outside yourself is objectively real -- which is true, because it is Not you -- and you can also consider perception to be subjective, because it comes forth from consciousness, of which you are an aspect. The distinction is really irrelevant. What you perceive is real!

Jeez, I sort of do, but that means that nothing is really real is it? Is there an objective object when I look at a glass, or is it just an interpretation of my mind? That has been debated for millennia among philosophers.<sup>5</sup>

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<sup>5</sup> The Copenhagen Interpretation of quantum mechanics, introduced by Neils Bohr in the late 1920's, says that it is impossible to say anything about a particle before it is observed. Some have interpreted this to mean that the particle does not exist at all until it is observed. Einstein once asked Bohr whether the moon existed

Consciousness creates from what it can imagine and draw forth from the potential. There is a 'real' glass there if you agree to interpret the 'vibrations of the glass' as a glass. The vibrational sensors of your human body interface with the energy of the glass; they are tuned to interpret the glass as a glass.

You become so dependent upon the physical senses to feed you information that our talk of 'vibration' makes no sense to you, for the interpretation of your world occurs instantaneously and in a continuous stream. You are barraged with a flow of data in every conscious moment. That's the way the physical experience was designed. Remember, the point of a physical universe is to intensify perception and heighten the impact of experiencing. Therefore, it is very difficult for you in physical form to have any reality on the vibrational nature of the universe. The best you can do is build instruments which attempt to interpret your world independently of your human sensors.

OK, so you are saying that there is no objective reality, because the glass energies may be interpreted differently.

(Sigh) If you are driving along in a car at 100 miles

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when no one is looking at it.

an hour and you run into a brick wall, do you wonder whether or not the experience is real? What difference does it make if there is 'really' a brick wall there, or you are just interpreting a bunch of energies? If you have a vivid dream, and you wake up shaking with fear or experiencing something wonderful, do you say 'well it was all just a dream, therefore it is not real?' An experience is just the way a conscious being decides to perceive, as we said before.

Say you are driving along on a 2 lane road at 70 miles an hour, and as you come up over a hill you see a car coming the other way in your lane. You swerve quickly out of the way and avoid the collision. Now you and your friend talk over the incident: you are scared out of your mind and your body is shaking all over, but your friend is excited. To him, it was a wonderful thing, because it allowed him, in that instant, to experience a profound and powerful connection with his source energy. Same event, but in 'reality,' two completely different events.

You see, questions along those lines can never have a truly satisfactory answer from a human point of view. You are always looking to lock it down, declare it as fixed forever, when life is simply the creation of something new in every moment! If we were to say, 'yes there is an objective reality and this is the way it is' then you would all start creating 'reality' that way, and it would manifest

for you, and you would be limiting yourself to a certain way of experiencing.

YOU GET TO DECIDE WHAT REALITY IS FOR YOU!

OK. So the distinction between subjective reality and objective reality is a false one.

Yes. There is no difference between objective and subjective reality. What is perceived is what is real. What is perceived is dependent upon the choices a conscious being makes. You recall yesterday, you were recording music off VHS tapes. Your VHS recorder was in the living room and your computer sound card was in the computer room, so a long cord was necessary to connect the two. You had to run in and out of the computer room occasionally to check on the picture from the TV. You recall that no less than three times you placed the VHS remote right in front of you, and walked out of the room without seeing it. When you got to the TV you did not recall where it was. When you walked back into the computer room you saw it sitting right before the monitor. This is a good example of: what is perceived is what is real. Did the remote have an `objective` reality? Another observer might say `Yes, I see the remote on the desk in front of the monitor.` But you did not see it. So for you it did not exist. What is perceived is what

exists. Now you might say, 'But I could have perceived it and I did perceive it later. So it must have been there all along.' Yes, but the point we are making is that when you were not thinking of it, it did not exist, and only when you were thinking of it, did it 'reappear.' This is how the game of perception, and reality, works. If the remote was made and it was sitting on the desk but no one in the universe is aware of its existence, can it be said to have an 'objective' or independent existence? You might say, again, that an observer who was aware of it could point to it sitting right there. But postulated observers who do not themselves exist are merely theoretical constructs and have no meaning! A thing can be said to exist right now if and only if it is perceived by an observer, a conscious being. And ONLY by that conscious being, not a theoretical observer!

From our vantage point these questions are merely an intellectual exercise with very little meaning. We assure you that we do not contemplate such things. We have a complete and total knowing that our choices and decisions determine our experiences. We exist in a sea of well-being where questions like 'which came first, the chicken or the egg' are meaningless. Eternal means, always was, always is, always will be. We are eternal beings, and so are you. Therefore we have always existed and will always exist, and our thoughts and creations are

evolving continuously. What has been created is not so important to us as what is being created and what will be created! What new potentials will manifest from the decisions of consciousness? What new games and new experiences can we invent and then play around with?

To us it is not important whether conscious beings decide whether the remote is objectively or subjectively 'real.' Life is all about the joy of creating and experiencing, and the sooner you learn that the better off you will be, dear one. Do you understand?

For a second there I really got it. I gotta admit, you are consistent in your point of view.

We would say, do not limit yourself! That is our definitive answer to all questions about the nature of reality!

You may perceive in any way you choose. You are the choreographer of your life, so to speak. You get to decide who is in your play! By trying to figure it all out, you just limit the ways in which you can perceive. Use your imagination!

We understand that on earth there is fear of change, fear of those who perceive differently or have radical ideas that differ from the accepted norm. So those who dare to think and act differently are often censored. But

this censorship can have no effect upon you if you just go about living life the way you would like, and paying no attention to those who do not like what you are thinking or doing.

OK, thanks again. I'm a broken record, it seems. I am asking the same questions over and over again.

(smiles) That's all right. We enjoy adventuring with you. You are never boring, we have to say that.

(Session 19)

## Universal Consciousness & Physically Focused Consciousness

You have said that a physical human being is a focused aspect or extension of a universal consciousness, but that is a very general description. How does consciousness 'focus' into a human body? I assume you are talking about incarnation, or birth.

It is a conscious decision, but we see you are thinking that somehow your physically based consciousness is separate from consciousness in the non-physical, or native state. There is no separation.

OK, but why am I aware of being separate? Why do I not perceive the broader awareness of my greater self? Why can't I see you?

What do you think you are doing during our conversations? Becoming aware of the fullness of yourself, and of us!! You are aware of being separate because you have decided to participate in a physical experience, and that is where your attention goes in every waking moment, for reasons we have already described.

You have access to your greater self at all times. You can tell by how good you feel how much of YOU you are letting in! As the saying goes, 'when you feel good, you feel God.' It is only your conscious decisions to block off

that awareness that causes you to think that you are cut off from your broader self.

OK, how does a being incarnate or focus from native state into a physical body? And how is that focusing 'unique' for each human?

You extend into, or occupy, a physical vehicle with sensors that interpret and feed you with vibrational impulses, somewhat like an amoeba envelops another particle, and you learn to perceive from that limited viewpoint. In this sense, your physical personality is just an aspect of a much larger consciousness with broader awareness.

Who or what determines the basic personality of the incarnating soul?

Here you must realize that as extensions of universal consciousness, YOU decide! You are a loved and valued personality with your own interests and preferences, developed from the extraordinary experiences you have chosen, both physical and non-physical. Therefore, you come to earth as a physical expression of a much greater being, with the opportunity to develop your own physical identity and personality. When you return to your greater self, these experiences are assimilated, cherished, and add to the collection of the whole. Just as there is no separation between an incarnated expression and a

native state (non-physical) being, so too is there no separation between the native state being and the One. We are all choosing to focus differently, however!

Imagine a one-way mirror. We can, from our non-corporeal and broader awareness, perceive you accurately and experience through you vibrationally, but you naturally have a harder time seeing us as we truly are.

So there are really no differences between beings? If there is only one consciousness, then we are pulling the wool over our collective eyes by pretending to be different.

(Laughs uproariously — HO HO HO HO) We are all having a REALLY good belly-laugh!!! Try telling that to one of us!! We are all completely different and we REALLY REALLY LIKE IT! (We hope you got that). You see, there is not an external force directing things to be a certain way. There is free choice, wonderful, expansive, joyful choice in everything that consciousness does!

Oh it is so wonderful (feeling a really cool feeling of expansion and excitement here).

Wow, I really did get that. So there are different personalities in non-physical as well as the physical.

Of course! You, right now, are YOU associated with a

body. You are you now, before you incarnated, and will be you after you 'die.'

Our natural personality differences result in a unique basic personality for every incarnating human being. Even identical twins have different interests, sometimes, very divergent! Every being in the universe has a unique vibrational ID, so to speak.

The variety here is amazing, and even more pronounced than on earth, where beings are encouraged to conform. Allow yourself to feel the energy as we send it to you, you will be amazed at how wonderful it is. Your language cannot express it (really feeling it).

Wow that is awesome. I'm getting a feeling of what it's like out there in native state. Jeez, why would anyone come here then! It's so amazing where you are.

You came here for the adventure and to be in the most amazing creative workshop in all the universe. There is much value in creating while in physical bodies. Unfortunately, for many of you, it is an experience you appreciate more when you are not there than when you are there.

Yes, it's so amazing. I'm beginning to doubt this whole conversation is real!

Yes, we can feel you pushing against us.

So you're real, then?

We are beginning to feel insulted! (just kidding) How would you feel if you were talking with someone, and all of a sudden they left the room and told you that you did not really exist? You would probably think they were crazy (teasing).

OK I get it! A funny thing happens when I have these questions -- a lot of them get answered as I think them up, but I can only type so fast as to get about 1/3 of them on paper. Then when you answer I feel such a knowing and completeness that I can't even remember what the questions were.

That is how communication occurs between beings -- thought packets of knowing.

One of the benefits of being in a body are the physical sensations combined with the knowing -- if each of you could stop resisting your broader awareness and live as you intended, there is such a delicious experience to be had in your physical bodies. Just the communication aspect -- imagine, communication not merely by language but with complete sensory information -- audio, touch, smell, sight, etc, the full perceptions of the

being experiencing the event -- it is beyond description. In previous civilizations on your earth, physical beings were able to communicate in this way.

(I am feeling awesome right now – uplifted). Amazing. Can I feel like this all of the time?

If you like! You will notice there is complete allowing, no resistance within you. Complete allowing, combined with the intention for a certain experience, will bring those incredibly fulfilling feelings to you every time.

I can feel it. Thank you!

(a fleeting thought...)

Now, don't disconnect! What you have tendency to do is allow your connection for the duration of our little chat, then close down! You assume that the only time you can do this is when you are sitting at your computer. If you will do this allowing business in all of your waking moments, think how more wonderful your life will be!

Yes, I'll do that! (Feeling really great...)

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(Session 20)

## Feeling Blue

Last night I felt really great but today I have had a lot of trouble staying positive. What am I doing or resisting that is causing me to feel worse? I know there is something, but I am not aware of what it is...

Yes, and if you could just identify it, and talk about it and figure it all out, then you would feel better, right? (smiles). You see, that is a typical attitude of human beings. By addressing a problem, you place yourself in the vibrational range of the problem. You begin activating that vibration within you, or should we say, creating that vibration within you, so you experience it more and more. As we said before, you are creating everything you are feeling and experiencing.

If you do not want to feel bad, begin to take your thoughts to a place of greater well-being.

I'm trying to do that, but it sure would be helpful if I could just identify the thoughts that are bringing on these unwanted feelings.

Then you would not have to think them anymore or create them anymore. We understand. But in the process of trying to identify the unwanted thoughts, you create or activate an already existing vibration of the unwanted feeling within you. In an attempt to resolve a feeling of

discomfort, you reinforce the habit to go to the place of discomfort, which can only stick you more in a feeling of discomfort!

We tell you it is never necessary to go digging around in your unwanted thoughts and feelings! If you want to feel better, place your thoughts on what feels better! Reach for feelings of well-being. You have a ton of them, why would you want to go digging around in your unwanted messes when you could be thinking about that beautiful forest, that big lake, the smell of the flowers, etc.

I am trying to think those thoughts and reach for those feelings, but it seems there is a block. It feels too difficult to even attempt.

So it is more comfortable to stay where you are. Yes, that is true. However, part of the reason you feel the block is because, in an attempt to fix it, you have continually exercised a habit of thought that places you in that uncomfortable place! Now you have the Law of Attraction working against you.

You have two choices: give up and continue to think the thoughts and feel the feelings which will keep you in that unwanted place of being, or reach for thoughts and feelings about things that are wanted. That is always what it comes down to. You see, many of you have just

been thinking the same thoughts over and over again, and it seems easier to continue to do so. But it is taking a lot of your energy! You are creating the unwanted vibration that IS the bad feeling.

(sigh) I guess there is no way around it, is there? Why can't I just think my crummy thoughts and feel my crummy feelings and have everything just the way I want it? After all, you keep saying that this is a universe of well-being, so I should experience well-being no matter what I think.

Well, you want the 'high' vibrations (those that feel good) to be accessible to you even when you are resonating to the 'lower' vibrations that don't feel good to you. That is not possible in the vibrational design of this universe, which is attraction-based. That which is matching in vibration is drawn, as we have said over and over again through Esther.

Therefore, you cannot experience pleasure from an attitude of pain or discomfort. There is no matching vibration, and therefore, no perception of the wanted thing. There can only be perception and sensation of that which is activated within you. In order for the law of 'like attracts like' to work, in order to manage the infinity of universal vibration, there must be absolute consistency. There can be no exceptions, you see!

When you feel bad, you are simply disconnecting from

the source of well-being that IS you! In your worry or anxiety you create or activate an unwanted vibration and experience it, in place of the well-being that you could be experiencing. You create your own reality!

A feeling of well-being is just a perceived and experienced vibration, feeling bad is just a perceived and experienced vibration. As conscious beings you have the choice of how to perceive anything. When you are feeling bad you are choosing to perceive in a manner that feels uncomfortable. It is your decision. If you could analyze all of your thoughts at any moment when you feel bad, these will always be self-limiting. The difficulty is that when you reach the lower emotions, you are not so bright or aware of your own thought. However, the only way to reach lower emotions is through conscious thought! As we say over and over, you may draw anything into your experience and perceive it in any way you would like.

I get it. Why do I get into these funks?

(sigh) there you go again!!!! Analyze it to death, stick yourself right back in the vibrations that will assure you will perceive uncomfortably!

Jeez, you're right. (I just caught myself thinking yet again: 'Yes but why did I do that again?'). The idea is then just to focus upon what is wanted, exclusively.

Correct. If you want to feel and experience exclusively that which is wanted, you must focus exclusively on that which is wanted. However, you are not required to think, feel or do anything, because you have complete free will.

Yes, but you keep saying we can create anything we want and have free choice, but then you say that the universe is designed in such a way that limits choice! In other words, we can't perceive the way we would like, because the design of the universe prevents us from getting what we want when we don't think or feel 'correctly.'

The way you are thinking and feeling is the way you are creating. Let us give a crude analogy: If in your now moment of perception you have 50 thoughts of resistance to well being, then 1 thought of allowance of well being, you will get a 'ratio' of well being to discomfort of 1 to 50, because the preponderance of your vibration is one of discomfort. You are creating your perception and your experiences in every moment! You have total free choice, always.

Yes, but if I have free choice, why couldn't I just decide to create a space where these laws don't apply? Why couldn't I create a space where thinking crummy thoughts results in feeling good, and thinking wonderful thoughts results in feeling good?

Well now you are talking about fundamentals that are simply outside the scope of one physically focused conscious being. You see, as humans you limit your consideration of yourself to a clump of consciousness in a human body, when in fact you are much more than that; you are an extension of universal consciousness. You have freely chosen to experience in a body on planet earth within a universe that has certain fundamental laws built into it.

So I don't really have free choice! I am limited, really, and everything you said before about being able to experience in any way I want is bullcrap!

(smiles) We love how ornery you are!

Actually you DO have complete free will! You are limited only by your conscious awareness and that is always determined by your choices. You do not get to 'cop out' and say 'I am just a human being and have no control over the circumstances of my birth.' You chose everything about your physical experience before incarnation, and you choose what you experience during your physical life. Copping out in such a manner is a little like the fellow who has just jumped out of an airplane. As he plummets toward the earth he thinks, 'I have no free will. I am stuck.' That is certainly one way to look at it!

But the truth is that the experience our friend is having results from conscious decision making right down the line.

If you had the capability of universal consciousness and awareness you would have the ability to change the rules of the game any way you would like, do you see? But as universal consciousness you do not find yourself focused in a human body. As a human, you simply don't have enough awareness to change the fundamental, universal, agreed upon rules of the game.

The laws of the universe are woven into the fabric of ALL existence, everywhere.

When you get on the rollercoaster and it is shaking and rocking and you are going 100 mph and you want to get off, you just have to hold on and wait until it's over! Sometimes that is what life on planet earth feel like, we know. But we assure you that from your perspective as a fully realized being, you would not have it any other way.

Another thing: we are not God, as you think of God. In other words, we are not the ones who proclaim the rules for all in the universe! When you ask questions, sometimes we think you are writing down the answers as though what we say is the final statement about everything. We have a much broader awareness from our non-physical position, but we are telling you these things from our understanding of them, although we feel we are

pretty good at knowing what it's all about!

That's it, then. You have it all taped down and figured out. That means we have to shut everything down and turn off the lights!

(laughs) Far from it!! You may want to shut it down, my friend, but we are having a glorious time! We love you intensely.

Thank you. I am now going to focus my energies where I want them to be!

(Session 21)

## The Operation of Universal Laws

In asking these questions and receiving your answers, it appears that you are saying, essentially, that every individual creates his/her own experiences, and that it isn't possible for others to think, say or do anything that could affect anyone else. If this is true, then why do 99.99% of human beings believe exactly the opposite?

Well, in the first place, people influence each other all the time! What we are saying is that a conscious being must give his or her free will consent by aligning their thoughts toward any attempted influence by another. The alignment of thought causes an invitation of the experience. Even if somebody puts a gun to your head and asks for your wallet, you still have a free will choice to comply or not. You are the director of your life! You might say 'that is not a free will choice. That is forceful coercion,' but we say it is not! In order for you and the robber to come together in such a way, it is necessary to align your energies toward the robber very strongly. We want to assert emphatically that there are no chance encounters of this kind! The law of 'like attracts like' matches you up with a robber only if your thoughts and feelings are aligned in that direction. Perhaps you are fearful of being robbed, or angry at thieves and criminals; there may be a million different

reasons for your vibrational orientation. No matter how forceful the influence, you invite the experiences of your life based on the content of your thoughts. Thought activates vibration, and vibration responds by the law of 'like attracts like.' That's the way the universe works.

The vast majority of humanity believes that the actions of others can have detrimental affects upon them because that is the way parents teach children, and this teaching has been ongoing for millennia.

Yes, but why? How did it get started?

Do you have several thousand years?

It is irrelevant why or how, for that focuses our attention on the thought stream that has created and perpetuated the unwanted condition. In a nutshell, it can be described in the following sentence: 'He did it to me so I have to do it to him.' We do not need to tell you that this idea is backwards!

It is only necessary to know for yourself that the creation of your experience is dependent solely upon your choices. The universe has the ability to deliver to you without harming everyone else. The universe is filled with an abundance of energy that can be used to create any experience you would like. We have gone over this before. Humanity simply believes in a shortage of

resources, and this is reflected in the economics and politics of your planet.

If, as you said before, a planet or solar system full of conscious beings can actually change the environment in that area of space/time, even to the extent of altering the physical laws of matter and energy, then the universe must be a patchwork of different vibrations, energies, and properties, so that actual travel in space between stars must be almost impossible. How do beings from different star systems communicate, trade, or have relations between each other?

Well, the situation is not so dire as all that! There are a great variety of cultures and civilizations in your galaxy, but the pattern is for relative homogeneity on individual planets. Your planet is much different, and your science fiction assumes that all planets are like earth, skewing your conception of the universe at large. There is agreement between sectors on the benefits of communication and travel, and a thriving interstellar society out there in the galaxy.

So the basic laws of the universe apply to larger sectors as well as just to planetary environments.

Of course! We again want to point out something about universal laws. When we say that you are the creator of your experience, whether that applies to an

individual or an entire sector of a galaxy, we don't mean that a regulating force ensures that the laws are enforced.

The laws are simply woven into the fabric of the universe; a natural and easy part of life experience. For example, a planet of what you would call scientists or researchers knowledgeable about the laws would never attract a hostile attack by a warrior culture, simply because the vibrations do not match. There are a lot of silly ideas among the belief systems of planet earth about this. For instance, it is said by some that a missile defense system is necessary to protect from attack by hostile countries, or a peaceful society is naturally vulnerable (because of its weakness) to attack from stronger warrior cultures. We assure you, this CANNOT happen, and has never happened unless the peaceful culture begins to focus on its own vulnerability. On earth, every instance of a peaceful society conquered by an aggressive one was the result of broad agreement by everyone in that society of its vulnerability.

This should be reassuring to everyone!

For instance, the country called Switzerland was not attacked in any of your 20th century global wars, even though it was right in the middle of the action. But the reason for its immunity was/is broad agreement by every Swiss citizen of the impossibility of being attacked, and

there is no fear of it.

Some might say that it was never attacked because of the protection of stronger powers, or the presence of so many international banks and their affect on global commerce and politics. The banks settled in Switzerland, however, because of the vibration held by the people in that country.

That is how the laws work: there is always a physical explanation for any state of affairs in any location in space/time, but the consciousness of the beings in that area determines what manifests physically in that location.

It is not possible to 'protect' yourself from anything, because focus on the thing you are attempting to protect yourself from only makes you vulnerable to that thing!

Understanding of the laws makes creating and maintaining an enjoyable, smoothly running society or culture a much simpler thing to bring about.

That's great! I'll say one thing, your message is very consistent, even though others may disagree.

I like the idea of the laws of the universe simply being a natural part of existence, without enforcement.

I value my freedom and I don't like the surveillance cameras installed downtown on the streets of my city, for instance. This is supposed to be a free country, but how free are you when Big Brother is looking over your shoulder all the time? The police departments of all major U.S. cities are

linked with the Dept. Of Homeland Security, which is the U.S. equivalent of the former Soviet Interior Ministry.

You are as free as you conceive yourself to be! If the authorities put a policeman on every corner, you may rant and rail and grab your gun, or you may simply wave hello. Your sense of freedom does not depend upon what others do. Your freedom does not depend on physical barriers or lack of them. Your personal freedom is a state of being!

On earth there are so many beings (proportionate to the population as a whole) who do not understand the fundamentals. But an enlightened being may go anywhere with a sense of ease and well-being, we assure you.

OK, one last question: Is the universe out there generally peaceful, or full of hostilities?

It is not full of hostilities. There is, however, magnificent contrast and diversity of viewpoint; however, many more understand universal principles. This makes for an easier and smoother existence!

Thanks!

(Session 22)

## The Nature of Consciousness

I want to once more discuss the nature and composition of consciousness itself.

If consciousness is energy, like thought, even if it is very refined, then it can be scrambled and so our very awareness may be snuffed out. That would suck for me, I can tell you. I can imagine someone inventing a 'personality scrambler' that could alter your fundamental nature and turn you into a psycho or something.

I also wondered if there is a geometry to physically focused consciousness? Matter has a different internal structure that causes it to display different properties. Does consciousness also have an internal geometry? Perhaps this geometry determines the nature of individual personalities?

Your first statement reflects an ignorance of the basic laws of the universe. Remember, only that which is focused upon can ever be manifested. Therefore, if one wishes to be 'scrambled' as you say, only a strong desire or intention could bring that about.

So it is possible to alter the very nature of consciousness itself!

Of course! You do that all of the time, every day, with every thought you think!

Oh, I see. Jeez, it's not such a big deal. Consciousness is self-reflexive by its very nature.

It IS a big deal!!!! (Wonderful feeling of expansiveness here).

You see, as we keep saying, you are always in control. No one can change or alter your consciousness. Only you can do that.

Wow. That answers a very big question. Now, for the next one: if consciousness is energy, what kind of energy is it? How is the energy arranged (what is the geometry?)

As we said before, the energy of consciousness is thought itself.

Is there a specific geometry of thought that makes individual personalities unique?

You have it backwards! It is thought and preference that determines the vibrational patterns and the geometry! In native state, we see each other as complex and intricate patterns of vibration, but these are determined by the thoughts and decisions of consciousness. We will go into that later.

Yes, but if consciousness is energy, how does that energy get created?

Who created the energy with which to form consciousness? How was consciousness itself created?

We love your insatiable curiosity and your eagerness to get it all figured out. Let's put it this way: Consciousness is a knowing. Have you ever known something so deeply that there was just no question of the truth of it? There is complete certainty and confidence.

Consciousness is an utter knowing of itself. That is the best way we can express it in your words. The decisions of consciousness activate vibrations within the universal field of thought in which we all perceive and experience.

I see that this is a question that is bound to have an unsatisfactory answer for me as a human being.

Unsatisfactory, only by the way you look at it!! Is it unsatisfactory to say that consciousness is a confident, wonderful, joyful, powerful, awesome, beautiful understanding of the incredible nature of itself? How can that be unsatisfactory? (an unbelievable feeling here -- I now have an inkling of what it means to experience with no resistance to source energy)

Wow. You have blown all my circuits again and my questions seem...really trivial.

Yup! That's you feeling the knowing and the certainty and the well-being of source. In the presence of source there is always the feeling of 'all is well.'

OK, I think we actually got somewhere. However, I still didn't get an answer to my question.

(sigh) We agree that the energy patterns of each being are different and unique. How that is different can be studied, but first one will have to admit the existence of 'non-physical' energy and be able to perceive it. And we assure you that when you are able to reach that level of consciousness, you will no longer care to 'study it' from a detached viewpoint, because the perception in fullness of each individual focused consciousness is so beautiful, so wonderful, so incredible that you are immediately immersed in experiencing it! Imagine a rainbow of colors so bright, intense and varied, that it just takes your breath away. Imagine sensations that you do not have in human form being available to you, and experiencing these sensations in a powerful and breathtaking manner!

While looking at or experiencing consciousness itself, it is impossible to describe the wonder of it! That is what happens when consciousness is 'studied' from native state. One is simply immersed in the wonder and

pleasure of it, the feeling of it, and there is a total knowing, a total and utter understanding of beauty, love, anything awesome that you can possibly imagine, a feeling of exciting infinite possibility and the delicious reveling in who we are and what we can experience, and knowing that it will just get better and better, forever and ever!!!!

Are we getting through?

(Oh, yes)

Wow. That's it. I really got that question answered! Jeez, its all good isn't it? I mean, it's all perfect — how can anyone even conceive of negativity?

(Laughing) Well just ask yourself! This morning you have already experienced many moments of disconnection, have you not, even though you are powerfully desirous of never leaving your connection!

Yes that's true. But at least I have learned (from our last conversation) not to dwell on the moments when I screwed up. Now I am just bringing myself back without pondering how or why I messed up.

That is very good, and when you can do this effortlessly then you will be manifesting so many desires you will have to have a warehouse to store them all!

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Thank you. I am eager to read this over to see if it makes any sense.

(Note: this was the most powerful session so far. The sensations and feelings that were coming through were indescribably delicious. I was only able to feel a fraction of the energy, but even so it was just awesome. I can't describe it in words, maybe you can feel some of it while reading)

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(session postscript)

I say that pure awareness, or a static creative potential, can know everything because it is beyond space, time, and even existence. I say that consciousness is a quantity (something experience-able) and that the creative potential creates the thoughts which create the energy of consciousness. In this way consciousness, or individual personalities, are a subset of a potentially infinite awareness of Oneness.

That is a level of complexity that will be understandable to humans, and we will not argue with it. We will just say however that it does not matter whether you call it pure awareness, or a quality, or a static, or consciousness. It does not matter what limiting labels you assign to who-you-are!

The essence of who you are is so vast, magnificent, and wonderful that when you are truly aware of who you are, you would never even ask such questions or want to 'figure it all out' like you seem to want to do so strongly. Do you see what we are getting at a little bit? The intellect gets left behind when consciousness is

experienced fully, in its native state.

Yes, I can feel it.

Good! That is very important. That feeling is the basis of everything that you are and is itself the ultimate understanding of your basic nature.

So feeling is the most important, not understanding in an intellectual way?

You cannot separate the two, do you see? With that feeling comes understanding, comes wonder, comes joy, comes delicious excitement, comes love, comes everything that is who and what you are and can experience! It is the intellect that leads you to question and investigate and leads you to new avenues of expression.

Wow. I get it. OK that's it thanks!

You're welcome. That was our funnest session so far.

Mine too!

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(Session 23)

### The Value and Purpose of Contrast

Hi guys! Who are you? Are you part of my 'inner being' or 'higher self' or are you a separate group of entities that I am just communicating with?

We are what you would call 'separate' entities, although there is really no such thing.

Really? Then where is my own higher self? Could you guys contact him and tell him to get his butt over here? I'd like to ask him a few questions.

(Laughs) 'he' has been here all along. We are accessing the vibration within you that is blocking off that energy — the vibration that says 'I am not good enough.'

Yes, I can feel that, but it seems residual now.

Then let it in!!!!

It feels like my father, and I just instinctively push him away.

Of course it feels like your father! You and your father are different aspects of the same life force energy. When you push him away you push yourself way as well.

Omigawd. I can feel it. So how do I release this resistance?

Recall the enjoyable qualities of your father. Concentrate on those, and you begin to let that wonderful energy come through you.

Is the 'father' energy a part of the energy of your group?

Yes.

Is your group a big oneness of consciousness or a bunch of separate personalities that experience together?

Like-minded beings get together -- those whose choices and preferences match up. Our group is a blending of consciousness and vibration yet each being is distinct. We all revel in our diversity and different-ness and in fact, this quality of different-ness is the prime quality we strive for. The natural quality of this universe, and of consciousness, is a coming-together. that is why we value difference so much!

It can be explained simply in this way: when you play a game, it helps if each player has a clearly defined role. The more unique and different expressions exhibited during the game, the more fun it is. When you play hide and seek and Bob always hides in back of the car in Joe's garage, that's no fun! But if Bob finds new and exciting hiding places each time, everyone has a blast! Do you

see?

When you played your board game of 'mad marbles' each of you named your marbles did you not? One was called the 'assassin,' one was called the 'wizard,' another 'doctor death,' etc., as you recall, and as each hit and knocked another off the board much fun was experienced by all.

And when you can continue your game and make up new rules as you go along, that is even more fun!

Yes, I get it. Nice energy of fun and playfulness coming through.

Yes, that is how we, and all those who we interact with, experience life.

Sounds great! I almost can't wait to get back.

At this point in your life you would not want to unfocus out of the body. You came for the exciting game of 'leading edge.' Here you are at the very limit of the expansion of thought.

Yes, a little more about that please. I have heard talk of 'inner planes' and those inner planes being closer to the pure expression of thought or awareness of bliss. What does it mean to say we are on the 'leading edge of thought?'

It means that thought is at its most concentrated. As an analogy, think of an essence oil. When you interface with the vibrations connected with your world, it packs a powerful wallop! You are almost overwhelmed with sensation and information. This has been taken to its (current) limit while still providing the opportunity to connect with source. However, that is what you wanted!

As a result, there is a culmination of the most unique and original thoughts.

OK, so it's no big deal. We've heard that before.

No big deal??? We assure you all of us are focusing through you (and others) in this physical reality. For us it is like an immense building project, always under construction. We are always walking down the hallways, looking into rooms and giving our opinions to their occupants. But mostly, at least on earth, we are not heard.

Why is everyone so interested in earth? We're just messing around and messing up, mostly. From the energy I receive from you, it seems that you experience far more intensely than I, and far more joyfully. Every time you guys get excited I get a blast of awesome energy and feeling. It just seems hard for me to understand why anyone would give that up to experience here. Focused or not, it seems you guys are experiencing far more powerfully than I.

We are experiencing source energy without resistance. That is very powerful indeed, and is an ability that all beings in native state have. However, you experience more powerfully on an emotional range that is not available to us. By that we mean, the intensity of your focus strengthens your experience in a way not possible in non-physical (unless we experience through you, which we do all the time, because it is so much fun).

We do not experience the 'bad' along with the good.

In physical bodies, the bad makes the good much more powerful. It is the contrasting of the 'bad' with the 'good' that makes this the leading edge of thought.

Aha!! So you guys came out and gave up your dirty little secret. We ARE here to be miserable! You just said it — it's the experience of misery that makes the feeling of relief from misery so poignant.

That, to me, is insane. Definition of nuts: give up a joyful experience for one where it is essential to experience misery in order to feel joyful. Go to a place where one attempts to reach a beingness one already is in before one gets there, knowing that there will be a lot of disconnection and feeling crummy along the way. What have you got to say to that?

We cannot get through with our answer -- there is too much static.

OK, I will try to calm down. (I pause for a little while to get myself

together).

You can play the game of hide and seek where everyone is guaranteed to win and have a great time -- arrange things so that each person will never experience the slightest trauma, disappointment, never go through any challenges, never be given the opportunity to create at the very limit of their potential. OR, you can have a game where hiding places are on top of 100 story buildings, 25,000 feet up a mountain crevasse, 2 miles underneath the sea, etc, do you see? That sort of a game involves tremendous challenge and in order to set up a game like that, one needs tremendous contrast and diversity.

One does not EVER need to experience misery! The misery comes about when you decide to deny self, when you become afraid of 'losing,' when you conceive that the result obtained from an action is a reflection of the nature of self, when you consider the silly idea that when you die you're dead forever. Every one of you understands, even though many say they do not, that when you slip off the 100 story building, you will simply transition smoothly back to Source.

When one of your pieces gets 'killed' in the board game, do you weep and moan and hold funerals? Of course not! You may become upset when your rascal

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friend knocks you off the board, but you simply remove the piece and throw it back into the pile, knowing you can pick it up and use it again at any time of your choosing! That is similar to how you intended to experience in physical bodies, but humans have made such a big deal of death, thinking it is so horrible, that the game has become somewhat distorted. No matter, that has served to increase the excitement even more from native state, if that can be imagined, and there is so much eager and intense focus upon what is going on in physical, we can hardly describe it!

Yes, I got it! It's like a really challenging game where all participants know that no harm can truly come to anyone.

Yes. Compare one of your professional football games to a game of catch between you and your wife; although there is a lot of fun and excitement in our non-physical games, the nature of the experience is much different. In our non-corporeal environments, a feeling of joy and well-being is always present; all participants know there is no possibility of harm. In your time/space earth environment, there is pain and suffering. The envelope has been pushed as far as it can go and still provide joy and a connection to self. Do you see??

Yes, I get it. When you guys explain it, it seems so simple I wonder

why I ever had any questions about it.

(smiles) We are just reminding you of what you already know. And do you feel how wonderful it is?

Yes, I can feel it. That connection to source energy, as you call it, is very poignant.

Yes, we/you live for experiences like that! Why do you think people climb Mt. Everest and take treks across the South Pole, risking death and misery? To get that feeling of incredible, poignant connection to source energy. That ultimately powerful, contrasting connection is only available (so far) in a physical environment like yours on earth.

Of course the feeling of misery is always a choice. We admit, it is harder to feel joy when your body is hungry and freezing its ass off, but it is just another opportunity to experience the incredible joy of connection to source from such a poignant place of contrast. We assure you, those who have done these things are valued highly by all of us. There is no more powerful place of experiencing/feeling than the allowance of true connection from such a place. Imagine yourself in a tent with the wind blowing 90 mph, amongst snow and ice 200 miles from the South Pole with no help available, totally, utterly and completely alone – and allowing your

feeling of connection from that place. Waking up the next morning, the temperature outside is 60 below zero, the sky is achingly, icily blue, there is perfect calm, no wind or breeze, the snow and ice seem to be magically throwing off the sunlight in a billion points of light, you made it through the storm, and you stand with frozen extremities in many layers of clothing, gaze up at the sky and feel the most powerful sense of who you are that has ever been experienced in the history of the universe, a powerful, deep, awesome, beautiful feeling of perfection, of excitement, of knowing that you are the one, so blessed, perfectly aware that you, in this moment, are God, with a feeling of connection to the entire universe!!!! Do you feel this from us?????

It is beyond description and utterly impossible in our non-physical environments. Such experiences add so powerfully to the expansion of the entire universe. We cannot express to you in words the power and value of these kinds of experiences, and how they benefit the whole of universal consciousness.

Holy moly – I can feel it so powerfully. Awesome. The words, as I type them, seem irrelevant. This just keeps getting better and better.

And you can feel how these events have been experienced by those of us not even in bodies. How can

we know and have experienced all of this from our place of so called separation? This tells you, utterly, that there is no separation. You see, you have just FELT it. You know it, you have always known it. Everyone of your readers knows it!

Whew! Thanks. That was really good!

We thought so! We love you so much!

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(Session 24)

## The Human Body

My question goes to the 'seat of consciousness' of a human being. I have noticed that when I am up in my head and operating intellectually I become almost emotionless and lose my feeling of well-being; but when I am focusing somewhere between the 2nd and 3rd chakra, I can receive your communications clearly. In fact, I cannot do this work unless a feeling of well-being courses through me. Where is the connection to source energy in a human being? Some say it is the heart, others the solar plexus, others the Tan Tien.

Connection implies two separate pieces coming together. That is not how it is at all. There is consciousness, some of it is focused into the body and some of it is not, similar to a beam of light on a sunny day, focused into a point from a magnifying glass. The collected light at the focus point is not separate from the other light that surrounds it, it is just experiencing more intensely!

OK, that was nice but it didn't answer the question. Or are you saying that there is no one place of connection? What about the chakras?

When you feel great, do you feel great in only one place?

No, I guess not.

Of course not! Consciousness is not seated in just one place! When you feel fantastic there is an expansion of consciousness. The expansion of consciousness is what occurs when you 'die.'

Yes, but consciousness is focused as you say, into the body. There must be some place for it to focus! I guess my question is, how is the body formed?

The human body manifests from a template that is designed by the consciousness of the species, and is continually evolving. Each body has a slightly different but unique template which is reflected in the DNA that structures the body's physical systems.

Where does the energy that forms the body come from?

The energy that forms the body is the energy of thought.

The energy of thought? Must be a whole hell of a lot of thought that goes into the body!!

Yes, the origin of that saying is profound and prophetic. Humans say 'that must have taken a lot of

thought' when talking about the accomplishment of a difficult project, and that is also how the body is formed. The body starts off as a fertilized egg. The process of cell division has the cell essentially moving things around in it to facilitate the process of the cell splitting into two identical cells. How does this happen? Science never bothers to tell you why all that stuff is moving around in the cell! It just describes the process. We assure you that this process is directed by thought! Consciousness is at the very core of WHY the cell material moves and behaves the way it does. That is why we say that the cell is conscious. It cannot be anything BUT conscious, otherwise, there would be no movement, no growth! And note that this movement is not random. Obviously, random motion would never create anything but randomness – yet every seed, every larvae, every egg, every cell grows perfectly every time, according to the template set forth by consciousness, and every cell is conscious and grows by the direction of thought, unless interfered with by the consciousness co-creating along with the body.

The interference by the human 'in charge' so to speak, is what causes all human disease and illness.

Yes, but cell division is explained nicely by the DNA code. Biologists and geneticists have pretty much explained the whole thing!

No doubt, but who or what is responsible for the programming of the physical code? The components of DNA are themselves composed of the same energy that makes up the atomic structure of all things. Your science says that DNA is composed of atoms, atoms are composed of electrons, neutrons and protons, neutron and protons are composed of quarks...the energy within all subatomic particles is the same...continue this process until one reaches...thought itself. Thought is the product of consciousness, and consciousness is the designing and animating principle behind all physical things. We will not argue with you, for we understand this with absolute certainty. Our explanations, of course, cannot be proven, for the measurement of consciousness and thought is not possible from your physical vantage point; therefore, it is beyond the reach of present scientific knowledge. We feel how this pains you, but for us, surrounded and immersed in complete well-being and joy, it is not disturbing at all, and completely obvious. We will be blunt and say that the inability of science to detect and explain consciousness is the primary reasons for your planet's...interest...to us. Such confusion breeds diversity of thought and creates contrasting belief systems. The amusement park with the killer and dangerous rides is much more exciting than the kiddie carnival!

Hmm....maybe. Our understanding is not complete, that is true...I have read the descriptions of cell division and seen the pictures and studied genetics and DNA, but of course what you are saying is pure speculation...

(guffaws) From a scientific point of view, which seems to be your concern, these conversations are nothing BUT pure speculation! We will say again, all biological processes are directed by consciousness. Every cell is conscious, unto itself. Each cell eagerly allows life force energy to be drawn into it, according to the dictates of the 'master plan' for the body, the 'etheric blueprint' as you call it.

So how does a human cause disease within the body?

By blocking off the flow of life force energy to the cells. By changing the thought structure around the cell, interfering with the cells asking, and source energy answering. This causes a disruption or distortion of the proper directed flow of life force to the cell.

Does every single cell have a different consciousness? Or are physical processes directed by a separate genetic consciousness that runs the body?

Well, the body has a number of what are called

autonomic processes that function automatically. When you go to sleep, your body still breathes, the heart still pumps, the blood still flows, all biological processes necessary to sustain life are still present. Remember that the physical incarnation is analogous to the envelopment of the particle by the amoeba. Although the incarnated personality senses and experiences through the body, it is surrounded by the consciousness of the 'higher self.' That higher self is you!

You may consider this a separate genetic consciousness, but the body as a whole is conscious of itself. Even when you are awake, for example, the blood in your body still flows without your conscious direction. The body itself, as a whole, and from every cell, is animated by consciousness. Everything in existence is conscious, do you see? Because everything in existence is composed of thought.

Thank you very much, that was enlightening!

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(Session 25)

## Objects

This question pertains to our last discussion about the body: if everything is conscious, does that apply to a book? A bottle of beer? A chair? I am looking around my office and see a lot of things just sitting there, doing nothing. I look out the window and see a bunch of decorative rocks in the garden lying like lumps. They sure don't seem conscious to me, or even alive.

Consciousness is not doing, consciousness is being.  
Everything you see is being what it is.

Being doesn't make a rock a rock! A rock is a rock because it has material substance arranged in a precise atomic structure.

But how does the atomic structure form? Consciousness, the animating principle of the universe, creates movement. All things that exist are in motion relative to everything else, and internally. The rock that sits in your garden is upon the surface of the earth which is moving on its axis and around the sun and the sun and the solar system is moving as well...inside the rock the atomic structure vibrates because the electrons rotate about the nucleus of the atoms, which are themselves vibrational. Thought creates motion and vibration in the subtle ocean of life force energy that permeates and

composes everything in the universe. Therefore, anything that exists is a result of thought, and thought proceeds from consciousness. You may not be aware of this thought, but it exists. You see (or more accurately, interpret) the vibrational patterns of the rock, but cannot perceive the causative influence animating it. We assure you that everything in existence has its own 'personality,' or 'feel,' that results from its unique vibration.

I suppose so. Or does it BE at all? If it's just a stream of energy interpreted by me, then how is it conscious? I can't communicate with it!

Well, you CAN communicate with the rock. But in order to do this you have to be aware of the rock! When humans see a rock they see a lump of stupid and inanimate stuff, and dismiss it as irrelevant. In other words, there is nothing on the other end to communicate with -- when you talk to your wife while she is reading a book, she does not hear you, for she is engrossed in her story. Just because you have launched a series of sound waves in her direction, have you really communicated? If you want to communicate with something you have to get its attention!

We see the rock as a pattern of vibration with a certain feel, or taste. In other words, when we perceive the rock, we receive sensations from it that are unique.

We can be 'on the same wavelength' as it is!

These sensations are outside the range of your human senses. Therefore, what we say may seem ridiculous. Nevertheless, you may understand a little of what we mean by simply feeling, touching, tasting the rock from the outside. If you do this with all of the rocks in your garden you will see that each is different. It is easier for us because we can look inside the rock.

Any object, anything perceivable, is vibration. Vibration is thought, and thought is the product of consciousness. Therefore, all things are conscious.

It just seems hard to believe that the rock is just thought, because it all seems so real.

We've been through that before! Reality is what you perceive. Reality changes when your thoughts and feelings about something change. When your vibration changes, you perceive differently.

Grrrrr....If my thoughts and feelings change about the bottle of water in front of me, it's still a bottle!!

(sigh) It all depends what you mean by 'my thoughts and feelings.' If your thoughts and feelings always stay within a specific vibrational range (and that is what the physical earth experience is designed to do), you will

always perceive in that range. Therefore, the stuff of your world is solid and real and unchanging, and the only way you know to make new substances is to force their amalgamation using heat, pressure, etc. In other words, the present human civilization has decided that consciousness does not exist, or that the origin of it is mud, that when you die you're dead and that if something cannot be observed, it does not exist. We assure you that this vibrational orientation prevents you from unlocking and manipulating the world of matter in a much easier and elegant fashion.

It all depends upon how conscious you are! Just as you say you cannot identify those yucky feelings that come up for you sometimes, therefore you are not conscious at a deep enough level to identify what they are. And so too with your thoughts about the bottle. We assure you that if you were conscious enough to perceive the vibrational interaction inside the bottle, you could change its form.

We already have talked about the human who could 'bend the spoon.' This is only partway along this process.

We are talking about things that to us have little relevance, but we continue because we eventually see a positive outcome.

So you say you could actually alter the nature of the objects

themselves if you were conscious enough?

That is what we have been saying all along. When you repair a machine, you must look inside. You take the cover off, get the schematic and at first you have no understanding, even though your eyes receive all of the information necessary to identify the parts. It is only when you really look at it for a while that you can understand how it works. In this manner you become more conscious of the machine and what it really is. The next time it breaks down, you look inside and immediately identify the problem. Soon you know the machine so well that when it begins to make a funny noise, you have immediate understanding of the difficulty. Soon you become an expert and are able to redesign the machine, improving it. This is not possible until you can become conscious of the machine for what it is! So too with material objects.

You see, you have no idea what you are capable of, as conscious beings. There is so much self-limiting thought upon your planet, but that is, paradoxically, what makes it such an interesting place.

Well, that was pretty good. If I just push you guys hard enough you eventually come up with something worthwhile.

Oh you are so...pugnacious! And that is one of the

reasons we love you.

(I receive a feeling from them that all is well) It's all good, in other words, entirely consistent with your positive message.

That's right! From our place of perception, we see no reason to ever allow yourself to feel rotten. But we do admit, it is much easier to be who we are, completely, from our broader perspective. But it is also delicious to experience from such a focused viewpoint. That is why the entire universe is excitedly watching what you do next! We are not only watching, we are participating through you.

Now that's a question to which I have never gotten a satisfactory answer. How can you guys participate through us? What the hell does that mean?

(laughs) It means we see with you, feel with you, sense with you, are aware of everything that is you, from the most intimate thoughts and feelings you have.

And just how do you do that? We're here and you're...up there somewhere! I am not aware of you guys unless I specifically bring you in.

But we are aware of you!

How?

(laughs mischievously) Because we ARE you! You see, as you live your lives you engage in more and more self-limiting thought. When you first come into your physical bodies, you are fully aware of yourself and 'us.' As you become more and more used to perceiving through the body's senses you naturally separate yourselves from the awareness of the fullness of yourself -- we admit, the physical reality in which you are immersed is very compelling -- and so therefore become less and less aware of the aspect of 'you' that is 'us.' But we never do this!

OK, I guess this is another question I am not going to get a satisfactory answer to.

Well, all you have to do is continue on your process of becoming more conscious, if that is what you choose, and you will become more and more aware of who you really are. The more conscious you get, the more you can expand your awareness to include the broader aspects of consciousness. When you do, you will find that you become more you and at the same time, become more aware of us.

How do you do that?

The conscious unfolding of the process of finding of self and expansion of self simply involves reaching for thoughts and states of being that feel better. Some make a great mystery of enlightenment, but we assure you that the process of enlightenment has much more to do with how you feel than how much you know! However, the intellect and the emotions are inextricably linked, for the process of intellectual discovery can itself be very exciting.

That is the glorious thing about your physical existence. Because of your limited focus, you have an almost infinite potential to discover more and more, and open up more and more. Every discovery leads to an 'aha!' moment of wonder, of new and fresh discovery of self and of the world around you. The process of discovery is a beautiful and awesome unfolding of life itself, and the beauty and the power and the magnificence and the deliciousness of it can continue forever, and does continue forever, on and on and on eternally. And we enjoy every delicious moment of it right along with you. You see, you not only have the rest of your life to look forward to, but eternity as well!!

OK, thanks!

And by the way, it is not necessary to become more aware of self in order to experience profoundly. Some have a contempt for those who do not have a quest for 'inner awareness,' as you call it, but we assure you that those persons are experiencing just as poignantly as you are. There is simply a being-who-they-are, a much simpler but no less profound or worthwhile existence than those like you who want to figure it all out! In fact, simply being-and-experiencing is much closer to our own non-physical existence.

Thanks for that. I suppose some of us do get arrogant from time to time!

(Session 26)

## Manifestation

Why is there a time lag between the asking for something and the manifestation of it?

Because you must allow the wanted thing to come to you. That allowing is difficult for most humans who are schooled in the idea of scarcity. For some, however, it is as natural as breathing!

That's too general. What is 'allowing' and how does allowing bring that which is wanted?

Allowing is letting-in. Letting in is important because the energies of what you are desiring cannot come to you if you are not a match to them. In other words, allowing means becoming vibrationally the same as that which is wanted.

Yes that's all fine and general, but if I want a car, I don't understand what the 'energies' of a car are. You sound like an airhead, and your answer is very unhelpful.

(laughs uproariously) Airhead! That is very good, thank you! (chattering and babbling in the background...where is that coming from?)

The energies of the car, for you, is your feeling of what it would be like to have the car.

Huh? A car is a car, what does what I feel about it have to do with the car? You know, sometimes I think you really are space cadets!

(ignores taunt) Remember, the car is a very sophisticated machine -- there has been a lot of thought put into the design and manufacture of the car. The car is designed to be bought -- that is the intention of those who build it. In fact, there is a very strong thought stream of the car that says: 'please buy me.' So there must be a vibrational alignment between the car, which desires to be received by someone, and a person who desires to receive a car. When your desire is pure to receive THAT car and when you do not block the car from coming to you, then you receive the car.

Yes, but if the car is a Ferrari that costs \$160,000 and I only have \$500...

Then you are not in the receiving mode such that you can receive the Ferrari, because you believe that your lack of money will prevent you from having the car.

OK, but say I do really believe I will get the car. How does that work when I only have \$500?

Well, in the first place a person with \$500 does not ask for a Ferrari. Usually that person will settle for a used Ford Escort!

If person with \$500 truly desired a Ferrari, purely, with no counter-thought to muddy the purity of his or her vibration, then a series of events would manifest for him that would seem magical to anyone observing that person. His uncle might leave him with \$50,000 from his estate, or he might win the lottery, or a fantastic business opportunity might unfold, or perhaps he would have a brilliant idea for a book or a screenplay; things would happen, gradually or suddenly, depending upon his degree of wanting, his purity of vibration in relation to his wanting, and his allowance (not blocking) and recognition of the opportunities which will come to him, which will facilitate for him the having of the car.

These sort of quantum leaps of desire usually take time and almost always the person gives up well before it manifests. That is because a person who has \$500 and wants a Ferrari is standing in a place of not-having; the desire for something is always greatest when you want it but are vibrationally nowhere near it. However, it is the (unfulfilled) desire that provides the energy potential that drives the creative process.

So you're saying that the manifestation of the car occurs because the person's desire matches him up with the car's desire to be bought? A car may be conscious on a small level, but it isn't that conscious!

The car is built with the idea of being purchased. That is probably the most dominant thought stream associated with it. Those thoughts are being programmed into each component of the car, and the car itself, by the conscious beings who design and build the car, at every stage of the process of design and manufacture. That is why we say there is a lot of thought that goes into the car. We mean that literally!

There may be other thought streams associated with the car: I am of high quality workmanship, I am beautiful to look at, I am fun to drive, I am fast, I am reliable, I can help you pick up women, etc, etc. These thought streams are all an integral part of the car.

The ones who buy cars like the Ferrari are matched to these thought streams, we assure you!! These thought streams are contained within the very fabric of the car, all of its component parts, and all of the human beings who built the car and desire to sell it.

This is basic stuff that we have repeated over and over. The strength of the desire and the belief of the person that it can and will happen is paramount. By believing, knowing, it will happen, the person places

himself in receiving mode -- in other words he or she is an energetic match to what is wanted, allows the opportunities for it to arrive in his experience, and takes advantage of those opportunities when they come, at each and every step along the way.

Normally those who buy Ferrari's are qualified buyers, because a qualified buyer has no trouble imagining himself or herself receiving the car. But the receiving of the car really has little to do with money, for a person who truly IS abundant will HAVE money. If you do not have the money, then you must begin with altering your state of being. Manifestation of the car in your experience is all about thought, conscious intent, desire, and belief (knowing) of receiving of the car.

We assure you that the process of manifestation is the same for us as it is for you; vibrational closeness is more important than nearness in space/time. The person with \$500 can walk into the Ferrari showroom and physically stand next to the car, but he cannot drive out with it!

So it's not magic. There is a reasonable explanation for each point in the process.

It IS magic, and it is explainable. It is the magic of conscious intent, of conscious thought, matching up with thought (energy) of like intent, in a vibrational universe

of attraction.

OK, I try to make everything complicated, but it's not.

(smile) You are one who has a powerful desire for understanding!

(Session 38)

### What Causes Manifestation?

Let's talk some more about manifestation. The simple answer is to say, 'Get enough money and you can buy what you want, stupid.' In the last session, you said that vibrational closeness is more important than the distance in time and space. It seems to me that money is the most important factor.

If you have money you may of course purchase something that is already manufactured and offered for sale. Let us describe the process we use here in our non-corporeal state, for it is the manner in which anything is received, both in physical and in native state. For instance, there was the desire for interaction with \_\_\_ a group of beings we played with some time ago but did not now know their location. In order to contact them it is necessary to first establish the correct vibration. By that is meant, a precise identification of their vibrational footprints. In our world, which most resembles what you might call a very lucid dream space, beings are not assigned labels. On earth, perception is limited by the physical senses of the body; but here, there are many more perceptions. A being's identity is known vibrationally and intimately, with what you might call full sensory perception. This depth of this perception is spectacular -- and words cannot do it justice, so we will

not attempt to do so. In order to contact our friends, we first established the correct vibrational pattern (precisely!) and intended/broadcast that signal (I am trying to translate these concepts into words), which established vibrational connection and communication. It is important to understand that unless the vibration of something is known, it cannot be contacted or perceived! That is why we say we are not God -- for although we have great knowledge, the all-that-is is so vast that we have not even begun to scratch the surface! That is why we are in a continual state of excitement and joy, for we know that the All is infinite, and yet expanding as consciousness everywhere creates new platforms(?) of perception, new structures and environments to explore and expand (words are failing me)!

In other words, in order to perceive A, you must first precisely know the vibration of A, just as the camera lens cannot perceive an object until it has properly focused. For us, 'manifestation' occurs as a precise matching of vibration. You may notice that in dreams, a change of thought or focus can instantaneously transport you to a different environment. Almost all of you do not have precise control of your thoughts, so your dreams are often incomprehensible or bizarre. When you experience a lucid dream your thoughts are in precise alignment; therefore, what you experience is also precise. In the

physical universe, it is also necessary to establish the precise vibration of what is wanted before you can receive it. In our environment, the medium through which manifestation occurs is thought itself; in your society, that medium is physically represented by 'money.' However, your money is just an energy that establishes vibrational access to physically created objects. It is still of the utmost importance to vibrationally line up with the desired thing.

Money obscures the fundamentally important vibrational matching concept, for it becomes the be-all and end-all of the manifestation process. In other words, people decide that the way to manifest a new house is to first 'make a lot of money.' This is certainly a way to go about it, but it often takes much more work than first aligning with the vibration of the house. In other words, many people often give up before they begin, because the money gap is too wide! In order to 'match vibrations' with the house, you have to first establish precisely what kind of house you want. We assure you that the clearer you can get on the vibration of what is wanted, the faster your progress toward physical manifestation will be! Money may not even be a factor in manifestation. A former acquaintance of yours, if you recall, was simply given a house by his mother-in-law, no strings attached! When you concentrate your focus on the wanted thing,

instead of the money necessary to obtain the wanted thing, your progress will often go much faster and smoother. That is not to say that money is bad, of course it is not! In fact, there are many on your planet who revel in the idea of money and gain much enjoyment and excitement in the accumulation of it. Like anything, money is an energy, and access to it is gained by the matching of vibration to it.

Wow! My next question is, how do you 'match vibrations' with a material object, like a house? A house is just a lump of matter and energy! If I want to see my friend Mark, I know I can call him up and he can drive over to watch a football game with me. But I can't have the house until I come up with the money for it.

Yes, that is what you believe, and that is what you experience. A house (or any material object) may be validly considered as a set of vibrations. Associated with the house are the thought forms connected with it. For example, the house of your sister in her city, if translated to your city, would be worth much more. The thought forms associated with material objects constantly change. Your sister's house, 30 years ago, was a much more valuable property than it is now, even though, physically, the house is unaltered. We assure you that as soon as your vibration precisely matches that of the house (or anything desired), it will be yours.

Hah! I'd love to buy that 1.5 million dollar house in Barton Hills, and I can imagine myself owning it very easily. I can get my vibe into that house very quickly indeed! But the fact is, I need money to do that!

(smiles) Well my friend, we will say that you are nowhere near a vibrational match to the house you are thinking of, at least not yet! You see, vibrational matching does not mean thinking about something for a while until you feel good about it. It means actually altering your thoughts, beliefs and attitudes about something until you just KNOW it is yours. It means resonating purely to something. When you can expect the house to be yours as a certainty, it will be yours! The money is just a side-issue. We see that you do not believe us, but the process we have described is how we, in our non-physical environment, gain vibrational access to the things we want, and that is how you must as well.

Grrrr... well that is very frustrating because how can I do that?

Many of you are hampered by the beliefs you picked up along your physical life path, that is all. Beliefs are just thought forms that you hang onto over time, and they contribute to the content of your vibrational signal. Spend no time unearthing these old beliefs, however! The way to change your thoughts and alter your vibrational

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signal is simply to focus exclusively upon that which is wanted. There is a whole universe of understanding based on the words in that last sentence, and it is an exciting adventure, is it not? You are a good teacher of this subject, but you are (like everyone else) a work in progress. Keep up the good work! You are doing fine. (smiles).

OK, so manifestation comes about because of the interaction of vibrational signals.

Correct. Manifestation of anything comes about in this way. That is how objects themselves are formed, from the coalescing of thought energy. It is how everything in this universe comes together, and interacts. All things are connected because all things are conscious.

You have implied that first there is thought, then there is thought form (coalescing of thought energy), then there is manifestation, but this description is very general. I wonder if you would go into more detail about how this all works.

In order for anything to exist, there must be thought around it. As more and more thought coalesces, a recognizable vibrational pattern comes into existence, based upon the content of the associated thought energy. Just like you make a snowman by first packing a little

snow together, then rolling it around on the ground to pick up more snow that associates with it.

Thought is not a static thing! It is alive, a product of consciousness, and is vibrating within itself. Your scientists say that a photon has no mass, but has momentum, yet it is observable to the senses as visible light. A thought is also alive in this way.

That's good! Does the process of the formation of matter go in this way, or is the matter we perceive just an interpretation of a vibration?

It makes no difference! You see, matter is vibrating internally, is it not? Is not matter -- as your scientists say -- composed of molecules, and are those molecules not situated in relationship to each other (not stationary, there is a little vibration even in the most 'solid' things) and are not those molecules composed of what you call atoms, and don't the electrons spin and rotate and vibrate around the nucleus? And is not the nucleus also composed of further subdivisions of particles (quarks, etc)?

Matter is vibration. Energy is vibration. Yes, physical humans interpret vibration, and agree upon a reality that is known as your physical platform. It does not matter (pun intended!) whether you call matter solid, or an interpretation of vibration, for it is both. We directly

interpret vibration and physical beings do so indirectly, through the senses of the body. In both cases, what is real seems solid, but is fundamentally vibrational in nature.

Thank you.

(Session 26)

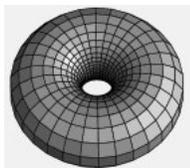
## The Creation of Consciousness? Or, The Ultimate Answer

OK, now for some biggies. Who or what created consciousness? And what is that greater something?

Now THIS is the ultimate question from the focused human viewpoint! We see things a little differently. There does not have to be a start point or a creation point. Imagine something that always was, and always will be. You have heard the circle analogy before, no start or end point, or the mobius strip, anything which curves back into itself is immortal! That is the self-reflexive nature of consciousness itself.

Yes we have heard that before, but it's impossible to have something which always WAS, even if you can design something like a torus<sup>6</sup> which can reflect back in on itself forever.

Just as the energy within the torus reflects back in on itself, so too can thought reflect back in on itself and



<sup>6</sup> A torus. Energy goes around it, through the hole from top and bottom, and back in on itself.

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create that which it is reflecting back in upon, namely, itself.

Huh? That makes no sense — just gobbledygook.

Think about what we have said! That which creates itself, IS itself!

Hmm... I guess I just don't get it. It must be one of those profound pieces of bullcrap that is above my level of awareness.

Well, we are trying to explain something which has never been created, to those who believe there MUST be a start point to something. And that is true, there must be a start point to something. Consciousness is not a thing. A thing is that which is created from consciousness -- a result of thought. Consciousness is that-which-creates-itself.

Yes, but you said that consciousness creates thought and can perceive thought, so it must, fundamentally, be compatible with energy and have mass. Energy must be created because something can't come from nothing. Even a photon that supposedly has no mass must have been created! So who or what created the energy that reflects-back-in-on-itself and forms consciousness?

Our answer is that which creates itself creates the

energy which reflects back in on itself to continually create itself again and again. This is the seed – tree – fruit analogy, the fruit contains the seed, which then starts the cycle all over again.

You have said that a massless creative potential is somehow responsible for the creation of consciousness -- but what is the difference in saying that consciousness is that-which-creates-itself? Your virtual creative potential is just the awareness-of-itself, or consciousness, which is itself... there is no start point!

Ask yourself, where did your virtual potential come from? You say, it did not come from anything because it IS nothing -- it doesn't exist but is the creator of all things. That is no different from what we say -- we are just using different words. The only important thing is that there is no starting point -- there is just continuing. In a linear perception of time this makes no sense, because in human form you can see the body born, grow, and die, so you conceive that there must be a start (and end) point. But there IS no start point, do you get a little bit of what we are saying?

There IS no start point -- that is just how it must be said.

A conscious aware being has always been conscious, by definition. It can never 'remember' a 'time' when it was not conscious. By definition, consciousness is

forever, with no start or end point. The idea of start and end is a wonderful thing, truly it is. It is one of the concepts that enabled an eternal consciousness to dream up a physical existence in the first place -- in order to experience what it would be like to have a 'begin' point and an 'end' point!

Yes, but when you are building something you have to start somewhere!

Yes, that is true — when you build someTHING you have to start somewhere. A THING must always have a start point -- a car starts out as minerals in the ground, an apple starts out growing as a bud from an apple tree, etc.

But consciousness has always been and always will be -- because it is self aware, and something which is self-aware cannot conceive of a 'time' when it was NOT.

OK, I get a little bit of what you are saying — but just because consciousness can't conceive of when it was not doesn't mean that something greater than itself could have created it. What about the apple tree? You say it is conscious, but there was no apple tree there at one time! Something else had to come along and plant the seed so that it could then become conscious. So consciousness MUST have a start point!

Yes, but we ask, who planted the seed? It was a

conscious being! So consciousness existed before the apple tree became conscious.

Yes that is what I am saying! A greater consciousness planted the seed so that the lower consciousness could experience.

Well, you need to look a little deeper. You are assuming again that that there is one consciousness of the apple tree, and another consciousness separate or higher than it, which planted the seed and created the consciousness of the apple tree.

We tell you IT IS ALL THE SAME CONSCIOUSNESS.

The consciousness of the tree is the consciousness of the human who planted the seed -- it is all the same thing, just focused differently.

OK, then if universal consciousness created this universe, then there must be other universal consciousness just like it, creating other universes, and so what appears to be universal consciousness is really just an extension of an even larger consciousness, which then is part of a larger consciousness, etc. Where is all this going?

You have gotten yourself into quite a conundrum! From our vantage point we do not perceive any beginnings or endings of our awareness. We have always been and always will be, that is something so integral to us that it is never even an issue. You see, we are so busy

having fun, endless, always different and exciting fun, that it just does not seem to us to be 'real' in any sense.

To sum up, from our vantage point: awareness, consciousness, always was and always will be. That's just how it is perceived, known on all 'levels,' as some humans would say, to any conscious being.

So I am never going to get an answer to the question of who or what created consciousness.

You can't get an answer because there is no answer, IF you are looking for an answer which requires there to be a higher power that creates consciousness, do you see? There is really only one answer, and that is consciousness itself!

This is the ultimate answer to the ultimate question!

Consciousness is the alpha, the omega, the beginning, the ending, the creator of all things, the experiencer of all things. An answer means 'here is the response that tells you how it will be forever and ever.' We have responded with an answer that tells you that consciousness is always aware of itself and there never was/is/will be a 'time' when it is not aware of itself. So this should satisfy you!

This is the answer of all answers, because it is the answer that explains all things forever and ever, and yet which is continually creating new questions and answers,

new things to experience; it is all questions and all answers rolled up into a self-reflexive ball. THE answer is, 'that which asks the question is the answer.' And it is also the question. And it is any question and any answer from 'now' until the 'end of time,' but there is no time, so the person who asked the question is the answer, and the person who answered the question is the answer.... do you get a little bit of what we are saying? You/we are the questions that you/we are asking, and you/we are the answers, and everything we create and experience is as well. This may sound confusing, but we are trying our best to express in words something which IS itself, the answer to every possible question that could be asked by itself.... you see, the whole thing is always circular, always never-ending and never-beginning, always itself the answer to any question which could be asked... (by whom? itself, of course!).

Whew! OK, my brain is spinning and my mind is out of control. We'll stop now. Thanks!

(Postscript)

As I look over this, it does make some sense. I understand now that the very nature of consciousness (or awareness) itself, is without beginning or end. And therefore that it is itself, in its own consideration and awareness, inherently and quintessentially a creator of itself and so can have no considered beginning or ending, else it would not be what it is!

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Like the worm ouroboros, that which swallows its own tail.

Ah, you understand. Yes, that is a good way to express it. Awareness essentially must be awareness of itself, because that which is aware, is aware, and so therefore aware of itself, and therefore aware of itself.... continuously.... there is no 'begin' or 'end' to this process, otherwise there would be an awareness of NOT being, which is impossible, since awareness itself means awareness of itself. There can be no NOT awareness, for one must be aware in order to consider the idea of NOT awareness!

Awareness automatically means that that which is being aware, is aware, and so therefore aware of itself. That is the best we can do in language to describe it.

This is the definition of immortality, of eternal-ness.

And so one can see that by being aware, one is always aware, one has always been aware, and one must always be aware.

These definitions and explanations must be circular and reflexive, for that is the nature of awareness. And that is the answer to all philosophical debate, but this will never be understood by those who are not conscious of themselves as who-they-are. To understand this is to know it, to feel it -- it cannot be understood solely by the application of logic. To logic, this discussion is irrelevant,

a tautology -- something that defines itself or proves itself by invoking itself, redundant -- yet, for those who understand, this is the only way it can be expressed, and the expression of it in this way is understood by those who truly understand who they really are!

And that is why, my friend, it is useless to debate with those who do not understand this, for debate invokes logic and there is no logic to these circular and self-reflexive definitions.

You see, logic looks to 'prove' someTHING as true -- and therefore must look outside of self for proof. All true proof is the knowledge of self. That is the powerful understanding you are beginning to reach.

OK, I have beat this subject to death and the readers are probably marveling at my stupidity.

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(Session 27)

## Incarnation and Death

You have said before that the same consciousness may focus into more than one physical body (see p 143 ). How does that work? 'Personalities' in non-physical must therefore be 'greater' than personalities in physical. You gave the analogy of an amoeba extending itself to absorb a particle, but I didn't really understand that. Does a non-physical being divide itself into 'pieces' or is it that just a part of itself focuses into each body?

Imagine that on a foggy morning you leave your windows open. When you return from work, the entire house is filled with a fine mist. You may say that the kitchen contains 'kitchen mist' and that the living room has 'living room mist' and the bedrooms have 'bedroom mist,' but it is all the same 'stuff!' At the same time, the mist IS experiencing a different environment depending upon where it is situated. Or perhaps you might imagine a pool of water. Now imagine some of the water in the pool flowing in separate streams into smaller basins. Is the water in the pool different from the water in the basins?

OK, I see. It's just a flowing of consciousness from one place to the other.

Not even so much as that, as simply an extension of that which flowed. The extensions now get to experience completely differently, then when they unfocus from the body and return, there is a fuller, more expansive being as a result of the new experiences.

Ok, so the purpose of the extending is to experience from more and more different viewpoints. Is that how personalities develop?

Personalities develop by deciding to BE in a certain way. These different decisions to BE create a unique vibration, which is, of course, changing in every moment as new thought and new decisions come forth. As a being has new experiences, it makes new conclusions or preferences. The difference between personalities, both here and on earth, can be stated by asking the question, 'What does [\_\_\_\_] like?' The process of changing being-ness and thought occurs both in physical and in non-physical personalities. Non-physical personalities extend into physical bodies and experience further. The whole process is a continual expansion, new decisions about how to be and experience are made all the time, so there is constant changing, constant excitement! Oh, we in non-physical are eager to communicate with others and to experience for ourselves how they are changing, growing, and expanding! It is so

much fun and sometimes we just overflow with zest, like the child who knows he is going to get a new bike and he sees something wrapped up in the garage and knows it is for him and he can't wait to get in there and rip off the packaging! He is just BURSTING with anticipation and enthusiasm! That is how it feels like in non-physical.

Wow! I can feel that! I still don't get what's so special about earth. For most of us, our time here is spent in disconnection, or in boredom, or in just trying to 'survive.' Granted there are many who are creating in wonderful ways, but it seems that so many of us are leading lives of uninteresting monotony.

Oh, you have no idea how it is! Those who are living the furthest from their desires are asking, in the most powerful way, that things get better. Remember the beach ball in the swimming pool last summer. You held it underneath the water and then let it go, whereupon it exploded out of the water with a big splash. These intense bursts of desire impinge very strongly within the species consciousness, and are felt throughout the universe! Those who you pity as being stuck are in fact the most powerful creators of change.

That's great for you guys in native state, but I feel sorry for the poor guy in that situation! Granted he is desiring very strongly that things should be better, but at the same time he is not in a position to allow it to

come to him. Sounds to me like a lot of sacrificing and suffering of the individual to benefit the whole.

No, it is not like that at all...

Gotta disagree with you there — we are here in the frying pan and you are out there watching in comfort. We are directly experiencing, whereas you are only focusing into our lives when you desire.

Your point of view is similar to a social worker who goes into the life of someone having a bad time, then gets to leave at the end of the day to her nice house in the suburbs.

I can assure you, its no fun being the guy who is experiencing all of that, rockets of desire or no! There is something about the physical experience that you can never understand unless you are actually living it.

We understand what you are saying, but we want to tell you that you would not miss that experience for anything! This is something we really want you to get -- there is no such thing as losing -- you come to earth from a place of joy and you return to a place of joy and in between you have the opportunity to experience powerfully and deliciously while in your physical bodies. What you experience is up to you, but when you return ('die'), you will experience the most intense, incredible, powerful, magnificent feeling that you have ever felt, all because of the fact that you were focused so intensely and resisting so strongly.

And we have to tell you, there are some who come to earth solely for the experience of returning to native state! The feeling is so delicious, you see! The more disconnected you are on earth, the more powerful the release. And when that release happens -- it is indescribable. It is -- powerfully awesome (words inadequate to express the feeling)! So there is no losing and that is why we celebrate with you when you are most disconnected -- because we know that every one of those powerful yucky experiences not only make the good times that much better, but also will make your transition so much more powerfully positive! Do you see what we are getting at?

Damn, Yes I get it. Every time I think I have you guys cold you come up with some twist to make it positive! I have to admit I can feel what you just said -- your energy was so powerful there, I can't wait almost to make my own transition!

Well not so fast there -- you still want to accomplish some things.

Right! But from our conversations about death I am feeling such a powerful positive energy I can never fear it.

Death is something to look forward to, and we mean that very sincerely.

Thanks!

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Postscript – After reviewing this session, I feel somehow that they ducked my question!

What good does it do the guy who suffers to feel pain so that others may benefit?

The answer is that a person experiences and manifests precisely according to his or her choices. That is the long and the short of it. To humans it might seem brutal and unfair, but we assure you that free will and the law of 'like attracts like' operate everywhere in the universe, and apply to physical and non-physical beings alike!

Thank you. Seems pretty brutal.

It is NOT brutal! It is totally fair. Your choices have meaning and determine your experiences. This is the only way to make the playing field equal for ALL beings!

OK, I think I understand.

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(Session 28)

### More on Memory

You said previously that 'the non-resistant experience is an 'impression' upon the consciousness.' How does consciousness store an impression of its experiences?

Consider the pool of water. When a stone is dropped in to the pool, it makes 'ripples' upon the surface of the water, which interact with each other. The deepness of the experience is expressed by the power of the ripples. When the ripples reflect back off the shore, they return and interface again with the ripples going out, creating a very complex pattern of vibration.

Yes but how is the experience stored so it can be remembered? Obviously, once the ripples disappear, there is no way to retrieve that particular pattern so it can't ever be remembered again.

You are assuming there is 'storage' when there is not. You see, you conceive of a static recording or database which can be reactivated upon request, by another signal. Remember our discussion on awareness – there is no 'time,' or start point, or end point. Once the circle is completed, there is simply awareness forever and no conception of a 'time' where there was no awareness. The experience simply IS, 'forever' as consciousness

reflects back on itself!

This is hard to conceive, since something which IS, like a memory, must occupy space in/on consciousness itself — how does one distinguish between different experiences?

We don't know how to say it without saying that the experience just IS, forever!

We assure you that every experience you have ever had is, and you may be that experience again and again. We may say it is like having a perfect 'observer' within each one of you, who 'remembers' everything in full sensory detail, but it is not like that at all, unless we say that consciousness itself (you) is the observer! It is simply that the being IS the experience, and every experience is in this way re-experienceable. We gave you the picture of the stone dropping upon the perfectly still water. In the instant of its merging with the water there is a vibration created, but also a sharp 'feeling' that something has occurred. From perfect stillness, then to an 'instant' of sharp recognition-of-difference that something has/is happening, then the resonance with the experience. Everything that is experienced is perceived poignantly, as the stone that strikes the perfectly still water, yet one cannot describe it in terms of 'time' because time is linear, and this 'process' is happening all-

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at-once, in every 'moment' of experience. There is simultaneity and also knowledge of the identity of each new perception. It is magnificent!!!!

Just get the idea of the instant (the moment of NOW) when the stone hits the perfectly still water, and you get the idea that each experience is sharply distinct within itself and instantly recognizable to consciousness. Each experience being differentiated from the last, but each experience being not separated from all of the others, because there can be no separation. Of course this sounds contradictory, because in a physical universe there must be a separate space and time for each event, but you can get the feeling from the pictures and ideas we are sending you a little bit of what it is all about.

Every experience affects and interfaces with and resonates with and enhances every other experience! It is this feeling of enhancement that is so fulfilling to a conscious being, the feeling of becoming more, of expanding in new and exciting ways. Everything that has ever been experienced is available and is being made more by every other experience. It is a wonderful feeling. It is the feeling of aliveness. It is awareness itself.

Hmm...maybe I am not receiving you properly. How can one access a memory using this system?

We will try again with some physical analogies! Every experience is distinct, therefore every impression is distinct. When consciousness wishes to retrieve an experience, it inputs the feeling of it, and the 'system' (as you call it) responds with the complex vibrational pattern of the experience, which is then re-interpreted, NOW, exactly the way it was originally experienced in THAT NOW. All experience occurs NOW! The stone is dropped into the perfectly still pond, creating a series of vibrations. The vibrational pattern is dependent upon the shape and weight of the stone, the height, angle and speed with which it is dropped. Every time the stone is dropped in PRECISELY the same way, the same pattern is generated. The full recall of an experience occurs when consciousness inputs the feeling it had during the experience.

Recall the grooves on a phonograph record. An entire symphony can be recorded in one groove of the record. When the needle tracks the vibration, the sound of every instrument is recreated. The vibrations of the instruments combine, or are superposed, into one vibration.

We will try again. In a holographic image, an object is bathed in a beam of laser light, and the reflection off the object meets another beam of light that interacts with it, producing an interference zone that is then recorded. The resulting image can be recreated by shining the light

upon the recording in precisely the same way as during the recording. Every piece of the recorded image contains all of the information of the whole. Now imagine a non-physical medium that can 'store' an infinite number of vibrational impressions. See? It is simple!!! (joke).

These are physical analogies and do not really convey the true nature of memory and recall. We have probably confused you and your readers. You will have to wait until your return for complete knowledge!

(Session 29)

## Beyond Awareness

All-that-is is being created and experienced by that which IS. In other words, you may refer to the universe as just the thinker, the dreamer who dreams.

Yes, I've heard of that one before: that there is just God or all-that-is, and that all experience is simply that which God is thinking and dreaming up. That concept comes under the idea of 'all reality is subjective.'

Yes, but as we have pointed out before, there IS no difference in saying 'reality is subjective' or 'reality has a concrete, independent existence' because it all is perceived and experienced in exactly the same way!

OK, I got that.

That which IS, is, but it IS only because it IS and IS NOT.

Huh? IS NOT is just an offshoot of IS. IS NOT is just the absence of IS, just as cold is absence of heat.

No, it is the other way around.

Huh? IS NOT is the originator of IS?

IS cannot be but for NOT IS.

This is either really deep, or real deep bullcrap! So the NOT is the potential, from which the IS comes forth?

Correct. NOT IS completes the circle, creating being and self-awareness. NOT is the unmanifested, unbounded potential of the IS.

But NOT is not aware, therefore it cannot BE.

That is correct. NOT cannot BE, so NOT is not aware.

If it is not aware then it is dead, lifeless, so it is blind, deaf and dumb, and so how can it spawn awareness, which can then make a universe?

Because NOT is that-which-is-the-potential-for-IS. Consider it: if there can be an infinity of variety, then that which creates this infinite variety must itself be infinite or unbounded, therefore it is NOT. If it WERE, it would be defined in some way, and therefore limited; not infinite or capable of infinity. That which IS may be perceived. That which IS NOT cannot be perceived; it is forever beyond the observation or experience of a self-aware being, yet we can conceive of it.

You are referring to a massless, static, creative potential. And you are contradicting yourself, because before you said that awareness is eternal and there is nothing beyond that, at least that's what I thought you said.

No not really. That which is aware, IS.

The knowing-of-self is awareness, and awareness still IS; eternally IS. The NOT ---> beyond space and time [we can't use the word 'is' here, so we use the arrow]. The NOT transcends even awareness.

Wow, OK, this is the idea of the void, the nothingness-out-of-which-something-comes. I believe I have heard that before as well.

Yes, many cultures on your planet have tried to express this concept.

OK, so what good does it do to know this?

Because once you truly understand this, you realize that awareness is eternal, but there is something even grander than awareness.

Hard stuff to say in language, which always and only describes IS. So what could be more profound than awareness? That is something incomprehensible, especially for us humans who are so aware of the physical world.

Yes. Here is an analogy. The circle, representing self-awareness, must first be connected before it can BE, before eternal-ness can be experienced, connected by the NOT out of which the circle came.

NOT --> then IS, so NOT awareness --> awareness. Of course, this process occurs before space and time, so we are discussing a timeless interval.

That is the limit of our understanding through you, at this present moment. You see, when we contemplate these things, from our non-physical perspective, we get a feeling of excitement and anticipation. It is like going from a perfect state to something unconceivable, but even more profound. Therefore, we know that as wonderful as it is in native state, there is a state of experiencing even more magnificent.

Wow.

For the first time in our knowing there is one who has come into awareness with full understanding of the NOT from which-it-came.

Awesome! How to tell me?

We will have to use analogies. Like trying to draw a 3 dimensional cube on the surface of a sheet of paper, we

will have to fudge a little.

There is the unbreaking. Just as the circle is formed starting with a point, and continuing until it closes back upon itself, so there is the unbreaking of the circle, from the IS to the NOT. A being to a becoming to a limitless, unbounded infinity. The creative process in reverse.

The breaking of the circle seems like the self-destruction of one's own identity and awareness, but the 'result' is (incomprehensible to me, beyond Oneness, utter fulfillment(?) bliss (?) perfection(?)). The NOT is like going back to source-of-source, which is NOT source. In other words, there are no logically prior beings or energies, so the circle of logic is broken, or transcended, by the Ultimate.

The kind of questions you have asked us all go to First Cause. 'Who or what created the universe?' 'Who or what created consciousness?' etc. The answers to these questions go something like 'the universe began as a singularity and expanded to form the universe,' and then someone says, 'well, who or what created the singularity,' and the reply is something like 'the singularity is a rip in the fabric of space from another dimension,' and then the question is, 'well who created that dimension,' etc. and there is just an endless circular argument that goes nowhere.

Let us just say that it is possible to transcend the IS

and 'return' to the NOT, to the Ultimate Source, and come 'back.' From the NOT comes awareness, being, and IS-ness.

OK. I am trying to discover the point of this session.

We are having this conversation to show you that no matter how good it gets, it can get better. No matter how good you feel, you can feel better. That applies to beings in native state as well as physical beings. We bring this up to try to get you and your readers to understand that infinity does not mean a black void of endless incomprehensibility, of nothingness into which you disappear, but a greater and greater understanding, a greater and greater feeling of joy, bliss, well-being and perfection!

We want you to understand that there is no limit to how magnificent your life experience can be!!!

(I feel a wave of inspirational energy and a feeling that all is well and will be well forever -- it feels totally awesome). Thank you so much!

(Session 57)

## Coming Into Awareness

How does consciousness become self-aware? In other words, how does the circle become closed and therefore, eternal?

(laughs) OK, we will say this as well as you can understand it at this time. Consciousness becomes self-aware by the impulse you may call the Prime Directive.

What is the Prime Directive?

Prime Directive is the impulse: know yourself. This is the prime motivation for all who become self-aware.

You're beating around the bush again.

The Prime Directive is an impulse. Not a thought, an underlying impulse or motivation.

OK, this is going nowhere fast. Who is thinking the Prime Directive?

You are not listening! Prime Directive is not a thought!

What the heck IS it then?

It isn't!

OK, back to our earlier conversation about the NOT.

Yes, we have been over this. The NOT is the Creative Potential, capable of knowing itself.

I don't understand.

And neither do we. We can only say that self-awareness is an impetus, or an impulse, that comes from deep within. We do not know how or why. It is what you would call a mystery. But it is not something we lose any sleep over, as you say.

So the question is unanswerable then.

Yes.

It seems strange that an eternal being would have no clue as to its own origin.

We do not originate. We have always been. Once self-awareness has been attained, there is eternal-ness. Clearly, one cannot conceive of a time before one was aware. Even you can see that this is an intellectual impossibility.

OK. So coming into awareness is unexplainable.

It is glorious! But the exact moment of self-awareness cannot be pinpointed. However, we consider (and feel) ourselves to be unlimited. This brings up an interesting point!

The important quality of unlimitedness is the ability to limit itself! Do you see? Only that which is unlimited may limit itself. If it could not limit itself, it would be limited in nature! Without limits there is no existence and without existence there is no experience. Experience is the only reason for the creation of a universe.<sup>7</sup>

So now we have something that is unlimited, yet, by that very unlimitedness, is limited; it is both limited and not limited. This is the paradox of defining something that is eternal and infinite in nature. It is reflexive, circular, it folds back in upon itself. The answer to the question is the question itself. Or perhaps we should say, the answer to the question is the questioner. Both question and answer come forth from the consciousness/awareness of the questioner. The answer can be anything, for the questioner has the ability to be both unlimited and limited, and the number of ways in which the questioner

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<sup>7</sup> For a wonderful discourse on the power of limits, see the book entitled 'The Power Of Limits' by Gyorgy Doczi, Shambhala Publications.

can limit itself, in the answer to the question, is unlimited!!!

Are you getting this a little bit?

Yes, this is cool. So my questions about the origin of consciousness is like saying, 'How does the questioner limit itself in the answering of the question?'

That is good! There are as many replies to the question as there are ideas in the consciousness of the questioner. ALL OF THE ANSWERS ARE CORRECT!!

That is what trips humans up. Humans want to have systems of thought in which there are defined limits upon the correct answers, and then to say that any thought outside these boundaries is incorrect. And, within the limitations of that system of thought, this is correct!! On your planet there are many religions and philosophies that embrace this concept of 'limited correctness.' But of course, the limiting of thought is valuable because it brings comfort and stability in all of the diversity and contrast.

But beyond the limitations of a particular religion, philosophy or political belief, any answers that are considered wrong by any system of thought are also correct, because there may be a being who does not wish to limit himself in quite this way.

Therefore, there is no right or wrong! This is something that will disgust moralists and those concerned with ethics, but in an infinite universe of eternal beings, all thought and action is celebrated, for there can be no harm inflicted; only another way of experiencing and of knowing self.

In other words, all questions, answers and experience are correct, because they all proceed or are part of the eternal intelligence which brings it forth.

Holy moly, I'm getting it. That was awesome, gang. You nuttied it that time, really nailed it.

(beaming) Yes we did, did we not? We are quite proud of ourselves. And of course, of you too, who allowed in such a way as to be able for us to express in such a way that we have taken thought where it has never been before.

(Session 54)

## How Can Thought Create the Universe?

How can thought combine to form such a massive universe as we see around us?

It would have taken an infinity of time for all of the matter in the universe to be created, so it doesn't seem logical that the universe could be created out of something so ephemeral as thought. What do you say about this?

(laughs) We say, as usual you are getting complicated! And we also say, there are no deadlines where we are! We have all the 'time' we could ever need, and there is no rush to do anything. And the speed of thought is so fast that thought in combination with other thought may proceed far more rapidly than you can conceive.

So you say that the universe IS composed of thought?

We say you may conclude whatever you like, but when you really begin to understand the nature of matter, energy, and consciousness itself, you will find that this idea quite nicely explains everything in your experience. So from your perspective it is a good theory.

We say, feel the energy that is coming through from us!! There is knowing, there is the thought which comes

from knowing, there are the creations based upon those thoughts. That is the way we see it. All large enterprises begin small and grow gradually, attracting more and more interest which is naturally reflected in the physical structure. As above, so below, as you like to say.

(Total certainty is coming through from them again).

I'm sure the readers are bored with my continual rantings about the reason for everything, but I guess I just can't help it!

We enjoy these conversations, we admire your tenacity in attempting to figure everything out from such a limited perspective. If you will just contemplate the idea that what you are observing is an interpretation of an energy stream, that this stream of energy can be interpreted differently, that it is possible to experience differently based upon your knowing of yourself and your thoughts, and therefore, that the universe you see around you is not all there is, that there is always more being created in every moment, that you are part of this wonderful creation we call existence, that you are helping to expand the universe with your desires, that you are a multidimensional being, an aspect of which is temporarily focused in this body, that your connection to the Whole is always and forever, that what you experience now is benefiting the Whole, and that from your broader

perspective you are reveling in your experience and in the experience of all others, that this experiencing of all is what you have called universal consciousness, that universal consciousness and you as an aspect of it know that all is well; not only well, but exciting, exhilarating, joyful, wonderful, magnificent, delicious, abundant, and awesome!! (to say just of the few of the positive things we experience), then you will no longer need to ask these sorts of questions, for you will be immersed in the blissful energy of who-you-are/who-we-are, and you will experience from an orientation of wanting to play in every moment; wanting to enjoy, wanting to explore, enjoying the infinite vastness of what-is and eagerly yourself creating and anticipating the creation of more by all aspects of consciousness, and just reveling in existence and your part in it!

That is what we want to send to you.

(whew. I think I got some of that, anyway!)

Well, one benefit of asking the same questions over and over is that you guys send me communications like this! I want to feel like that all the time.

And you may, as long as you approach life from the orientation that all is well and perfect.

Thanks!

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(Postscript and Comment)

From their perspective my questions seem interesting but unnecessary, yet at the same time they are eagerly participating in the discussion. Maybe it just makes them feel good to be all-knowing gurus. I'm going to ask them about their motivations for participating in these discussions.

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OK, I asked them:

Why do you guys participate in these discussions with me? Do you like being all-knowing gurus?

Because it is fun. To communicate with a physically focused being is delicious. You have no idea of the quality of communication that you send to us. It has...a vibrational flavor that cannot be described, but which we find delicious. We come because you ask, and it is fun to participate with one such as yourself with such a strongly focused and unique point of view. We simply enjoy interacting with you, and that is the most profound reason to do anything!

Its always so simple when you explain it! Thank you.

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(Session 30)

## Earth History Part II

I started writing a book 2 years ago, but decided that it was too big. Now I am going back to it. It is a book about earth history and the galactic interaction that has taken place upon the planet to create human DNA. There are 5 or 6 extra-terrestrial races mentioned, most of this data I read from books or articles by others. I find it impossible to believe that earth is alone in this vast universe, and that there has never been interaction between the people of earth and the rest of the galaxy. I would like to get a course in earth history from you guys, your version of the story, as it were, to help me write my book.

Well, we are not big fans of rehashing the past, but we will be indulgent for a little while (smiles). Where would you like us to start?

Firstly, I have it that earth was a specially created planet, a water planet, and that it came from another star system. It doesn't seem that earth could have evolved in this solar system, given the dry, barren inner planets and the outer gas giants. Was earth a specially created planet?

How does any planet evolve? From the intention of consciousness. Just as an tomato seed contains within it the blueprint for a tomato plant, so too does a planet have its own set of instructions. In the case of earth, it was to be a lush planet of great beauty, great contrast and diversity, right from the very beginning.

Did the planet evolve in this solar system or was it moved from somewhere else?

The planet earth evolved here, in your solar system.

All right, I guess in my story it doesn't matter. Why does the earth have so much water?

It was designed that way. You see, originally there were the beasts of the sea. Life came from the sea onto land and evolved from there.

Did we really need that much water?

The idea was a vast ocean of water that could support oxygen-based life.

Why oxygen based life?

Because that particular atmospheric environment creates a milieu of potential volatility, change, and short life spans.

OK, so the cosmological idea of gradual evolution, where life slowly evolved over billions of years is true? The earth was just not created in one fell swoop?

Of course not! Just as a seed takes time to grow into a plant, so too does it takes time for the infinitely more complex, numerous and diverse patterns of life to grow and evolve an entire planet and its biosphere and ecosystem. Your planet's ecosystems are especially complex, and have taken eons to reach their present state.

Very good. But the time idea doesn't make sense. If matter and energy is composed of thought as you say, then it shouldn't take a lot of time to manufacture a planet! The size of the manifestation shouldn't matter, as you have said before.

Yes, but it takes 'time' for the evolution of thought! Evolution is a chance for consciousness to experience within the changing life forms of a planetary environment. We do not WANT it all to happen at once! Consider the abundance of life forms that have had experience on your planet since life began here -- the diversity has been tremendous. Your planet and your species, as well as other species, are in a constant state of evolvment, which is just another way of saying, always having different experiences. The impetus for physical evolution always follows the evolution of thought and the desire to experience in different ways.

So the universe is a creation, a continuing creation?

Yes! That is what we have been saying over and over. As thought itself becomes more sophisticated and complex, so too does the evolution of the universe. Thought is a creation of consciousness, and so thought and consciousness evolve together, and with it the product of thought and consciousness, the universe itself.

Time is subjective. When we/you evolved thought to the sophistication of planetary creation, we couldn't tell you how much 'time' it took! It was just a magnificent, ever-evolving creation. Humans say that it took 15 billion years from the 'Big Bang,'<sup>8</sup> and from the point of view of physical humans, it seems to be accurate. However, the human conception of a singularity from which all-that-is came forth is not correct.

Not correct?

An infinity of matter and energy cannot exist in an infinitely small space. Apropos of our previous discussion, a 'singularity' is more properly thought of as a causative non-physical potential.

In other words, infinite means beyond space and

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<sup>8</sup> Editor's Note: The "Big Bang": At time  $t = 0$ , the universe was a singularity with infinite matter/energy density and zero volume. Then the Big Bang occurred. -- From Eric Weisstein's World of Astronomy.

time. Space and time are appropriately limiting conditions, and result in perception, communication, and experience; this is the definition of a universe. A universe is, by definition, not infinite. Consciousness is infinite, for it transcends space and time; it is the creator of space and time.

That's good! Now, the reason for the creation of earth. In the first place, is the earth a special planet, created for a special purpose?

Of course! And so is every other planet in creation! Do you think the creation of an entire planet and all life forms upon it or in it is arbitrary?

I guess I never thought about it in any coherent fashion. Makes sense though. OK, was the planet earth created for some universal 'Great Experiment?' That's what I have in my book.

Well, we see this universe as a free will universe. We see from what has manifested from the potential regarding earth that there were decisions around the intention to create a planet of great beauty and contrast. The design of physical bodies was to be so that physical beings could experience this contrast sharply. And so the human form grew to be vulnerable to the elements and the temperature differential and everything else.

So there was not any grand decision of universal consciousness to design the earth along some line or other.

Well, you are misunderstanding the nature of universal consciousness. There is so much diversity among the focus of universe-wide consciousness, just as there is on earth! There is no 'spiritual hierarchy' deciding on things for all of the universe, or even a portion of it. Beings have carte blanche to do whatever they would like. We are making it up as we go along, you see!!

Right! You said that before.

There is no evolving to 'become worthy' in the eyes of a spiritual hierarchy of superior beings who make decisions for everyone else. That is what was in your vibration there.

Yes, the Ascended Masters idea.

Well, there ARE Ascended Masters, from your point of view! They just do not control your evolution!

OK. But someone had to make the decision about the blueprint for earth! Who or what were these beings? Some say they are called the Elohim, the builders-of-form.

The decisions for earth were made by those who wanted to experience there. You see, the accumulated experiences and knowledge of planetary construction is not hidden away, only for a specialized elite. Thought and knowledge is accessible to everyone. As we said before, we communicate with full sensory perception and completely accurate thought transference. Besides, as we said before, the evolution of a planet takes place gradually. We are in no hurry to rush one stage of development for the next. We want to savor the moment!

OK, good! We are making progress, but sometimes your answers are so general I don't feel like I've increased my knowledge.

Well, that wonderful 'wanting to figure it all out' idea often is prevalent in your vibration, but we tell you over and over that the earth, like everything else in the universe, is a work in progress!

OK. Now, I have read that the human being was genetically engineered; in other words, there is no record of an evolved link in DNA from mammal to primate to proto-human to the present-day human. It is called the 'missing link' genetically. The biological record seems to indicate a 'jump' in evolution.

Also, what I have read shows that the races who engineered our DNA contributed their DNA to the mix. I have noticed some bird-like human body types, some insect-like human body types. In Europe is the white

man, in North America the red man, in Asia the yellow-skinned man, in Africa the black man. It sounds like a board game! It just looks too planned out to be a result of evolution.

Who ever said evolution was continuous? It looks continuous when you take the long view, the billions or millions of years view. In other words, thought evolves within the consciousness of a species, and then a decision is made in the consciousness of the species and the DNA therefore changes quickly within a few generations, and there is a new type of human.

OK, but why are there many species of other life forms and only one species of human?? If there was no outside influence?

Well, there again you use outside influence. We assure you the consciousness of the human species attracts unto it those very situations and changes and the beings to help you make the changes that are decided upon by the consciousness of your species. Everything that manifests for you is as a result of your invitation of it, as we have said over and over. Those 'outside influences' are simply responding to that which is in your vibration that are being created by the consciousness of your species. So there is never any influence that is not invited on a free-will basis. Do you see? Humans refer to off-worlders as aliens, but we assure you, no one can

have access to your space without your express invitation of them.

We understand that you often do not believe us when we talk about 'vibration' and the power of thought. That is because your physical environment, and your biological sensors, are designed to limit your perception of thought. Nevertheless we tell you that physical humans operate under the same laws as we do. You get to decide what your experiences will be.

Your message is, if anything, consistent. But what about the fact that there is only one species of human?

Each species gets to decide for itself how to evolve. Your classification systems arbitrary categorize species. You say, 'the primate family has X number of species,' and 'the human species only has one type.' However, the mandrill and the baboon and the gorilla and the chimpanzee do not classify themselves in such a way. Each species decides for itself their own evolvment. Physical biology is the product of consciousness, not the other way around! It may seem absurd to a physical human to hear such a statement, but we assure you it is true.

So what do the fossil records of primitive humans tell us? There are a number of different species which then evolved to only one kind of human.

That seems odd since all other species have different branches.

The answer is simply that the consciousness of those branches or species that are no longer around, decided to move on. In your attempt to explain every detail, you get lost in complexity. Consciousness is not biological in origin, consciousness is non-physical. A change in thought will be reflected in the biological evolution (or discontinuance) of any species. You seem to want to assign a clump of consciousness to a species, and assume that this clump will forever become attached to a clump of biology. And then you say, 'this species has disappeared and is gone forever.' And then you get sad and find yet another way to disconnect from source. Well, the consciousness associated with that species is alive and well, we assure you! Consciousness celebrates its physical existence and celebrates when it re-emerges back into native state. The consciousness of the Neanderthal and the consciousness of the Cro-Magnon is not different from the consciousness of the present day human. This idea is reflected in the matter and energy that make up your world. As we said before, the energy that composes the elements in your Periodic Table is the same energy, with different internal geometric arrangement. This energy is the animating principle itself. The universe and everything in it is the product of

consciousness .

OK, I see. I always look for big explanations and outside influences and more evolved spiritual hierarchies directing the show. I guess I still haven't gotten over the 'humans are inferior to other more advanced beings' concept.

Yes, but that is alright. Remember that the human race can change the conditions of its experience at any time.

Good! Now one more question. Scientists say that 'junk DNA' is 95% of the human genome. In other words, only 5% of our biological blueprint is useful, the rest are remnants left over from the evolution of our species. Or something like that.

(big laugh). Yes, this is very amusing. Let us say (dryly) that we do not make inefficient blueprints. What your scientists do (what they always do) is start from a box of thought and perception, and extrapolate from that box. And that is understandable, for it is not possible to perceive outside the box if you are not equipped to do so! Again, the human experience is designed to be one of limited perception and intense focus and experience. On a planet where the existence of consciousness is thought to reside in a lump of matter called the brain, such a conclusion is inevitable. Your scientists are correct,

however, when they say that the human being is only utilizing a small portion of DNA. What is perceived as 'junk DNA' are the capabilities of the human that are not recognized.

And these capabilities are?

Complete health and vitality of the body without illness, much longer life spans, communication with full sensory perception (as opposed to symbolic communication via language), telepathy, the alteration of the atomic structure of matter. To name a few. As we have said over and over, the present civilization of humankind has no idea what it is capable of. The status of your DNA activation reflects the present state of self-limiting thought upon your planet.

That's exciting!

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(Postscript) -- Atlantis and Lemuria

Our science and history books tell us that the present human civilization is the first human civilization on planet earth, the culmination of hundreds of millions of years of planetary evolution. Is this true or were there other, more advanced human civilizations that came before us?

There were other civilizations prior to this one. Their

focus was different from the present human race, however.

Was there were destruction of life upon the planet earth in the past? Did Lemuria and Atlantis exist? In other words, were there land masses in the Pacific and in the Atlantic associated with these two (supposedly) ancient cultures?

Let us say that your civilization is not the first to exist upon your world. The two societies you speak of were very different from that of present day earth, but not so different from each other. They existed almost contemporaneously, and met their end in a similar fashion. The location of these civilizations is unimportant -- let us just say that there is no physical evidence of a sunken continent in the Atlantic ocean. The present civilization upon your planet is completely different from that which went before -- and markedly different from those in the rest of your galaxy.

The themes of planet earth are extreme volatility and change. Your planet has a history of discontinuity -- major civilizations come and go and are replaced by others of a completely different nature. Often these changes are accompanied by natural disasters, but not always.

When you contemplate the universe you do so from a

completely skewed viewpoint -- you have no idea how unique your planet is. It has a long and storied history that is far beyond the scope of these conversations.

All right. Can you tell me how Atlantis and Lemuria were destroyed?

Almost all of your major civilizations have ended with some natural cataclysmic event. The rising of sea waters, the melting of ice, the shifting of the magnetic field, sudden changes in climate, geological movements and even collision with celestial bodies have all been a part of earth history. Your planet is legendary, and is far older than you think.

The planet earth is extremely susceptible to changes in consciousness. In other words, a mass change in consciousness can greatly affect your planetary weather, your geology, and the magnetic field that cocoons life. We do not know of another place where the planetary consciousness is so affected by the decisions of its inhabitants. That is why we said earlier that humankind was a like a virus in the body of earth. And what is really interesting is that almost no one in your present civilization has any understanding of consciousness -- you think you are biological beings existing on the surface of a rock where life sprang forth randomly. We have to say that we find this idea amusing in the extreme, for

there is no place in which consciousness is less understood, but which has a greater affect on your environment.

That is interesting, but I have heard that Lemuria was a totally peaceful and harmonious society! How could they have caused a sinking of their continent?

We are not going to discuss this topic in great detail. As we said before, it is far beyond the scope of this dialogue. And we do not spend our time investigating the past. It is the present moment that interests us!

OK, that was pretty definite! Were there any societies before Lemuria and Atlantis?

Yes. Humanity has a much longer history on earth than is thought. As we said before, major civilizations upon your planet occur between episodes, or convulsions, or changes in the planetary environment. Your planet is known for these sudden and volatile adjustments; it even has a wobble in the rotation about its axis, somewhat like a spinning top gone slightly out of control. Now you approach yet another change -- and where it will lead is anyone's guess. The potentials that surround your planet at this time are enormous, and magnificent. All eyes are upon it, for it is a gigantic vortex of energy that is moving

and changing at an astonishing rate. That is one of the reasons every one of you couldn't wait to incarnate during this time.

Consider the billions of humans and the many more billions of other species. Consciousness is shuttling in and re-emerging (being born and dying) at an astounding rate. To observe the patterns from our vibrational vantage point, to see the energy shift as thought changes and creates new vibrational patterns is so fascinating that many make your planet their full-time occupation!

To answer your question, there have been many civilizations on the surface of your planet, but we are not thinking in your terms. You are thinking 'if we could find out more about ancient cultures we might learn something about our past, in which case this would be valuable information for us.'

We say this is not the case at all. Those other societies were a completely different vibrational experiment and what manifested for them has no relation to what you are living now, do you see? In those older societies, the consciousness was different and the cultures were very different. Every major civilization upon your planet has been characterized by difference, and every one of them was unique (unlike the cultures on almost all planets, whose lineage is unbroken). Humans want to apply what was in the past to the present,

forgetting that understanding requires a matching of vibration. You recall your perusal of the Voynich manuscript, a book which has been undecipherable for decades even though it clearly contains a handwritten message. The symbols should be translatable, but they are not! In other words, from your present vibrational platform it would not be possible for you to understand these ancient cultures. Just look at how much trouble you have deciphering your own Bible!

It is not possible, for example, to gain wealth from a consciousness of poverty, and this also applies to anthropology and ancient civilizations. It is impossible to fit a square peg into a round hole. It is not possible to directly apply what was valid in a past vibration to the completely different vibration that exists today! What has occurred in the past is unique and will never occur in the same way ever again.

There is a very storied history upon your planet, made possible by the conditions here. We have discussed this before when talking about the evolution of your planet -- it has become a place of exaggerated change, of growth, and of dissimilarity, which has come to such a culmination that at present it is one of the furthest or highest place of physical contrast in the entire universe!

Most of you bemoan the state of affairs on earth but here is where the action is, as humans say. There is such

a variety of possibilities for creation and new experiences! It is wonderful, and believe us, you couldn't wait to come here. You said: let me go to earth and experience the diversity. I will find beauty, joy and prosperity amidst it all; I will experience the ecstasy of creating my life amongst others who think and act differently; and it will be glorious! Like the guy traveling to the South Pole we mentioned earlier -- to discover who-you-really-are in the midst of this apparent (but perfectly balanced) chaos, to create a world to your liking from you place of personal power despite all reasons not to, now that is good beyond our capability to express it to you in words. You can feel it, but it cannot be expressed in words!

Wow. I don't know if my question got answered but the flow of energy is just incredible! I feel -- elated, excited, enthusiastic, powerful -- it's amazing!

Yes -- you are living on the leading edge. You understand the laws -- now go and create a life for yourself that is full of everything you want for yourself. It is all before you, waiting to be manifested!

Thanks (whew!)

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( second postscript)

In looking over your reply I noticed you said that it is useless to dwell

on what has happened in the past, because nothing of value in the present can be learned. But this seems backward. If we were to find out, for instance, how energy was used in Atlantis, we could stop burning fossil fuels and perhaps develop clean energy devices. We could change our consciousness and so alter conditions.

You do not need to research the past to find that out! All you have to do is, in your now, ask the question and receive the answer that will be appropriate for the present. Some of your inventors are doing just that and have come up with prototype devices that tap into the energy of source. Soon these devices will be perfected and available, so long as humans keep asking for it.

Q; OK, I get it. But it IS fun to investigate the past.

Fun indeed, and if it is fun, we are all for it. We just do not want you to get so serious about it! You do not have to know about what went on in Atlantis in order to develop clean abundant energy sources in the present. Besides, the physical records of these societies have been destroyed.

OK.

(Session 31)

## The Leading Edge of Thought

Is there such a thing as mathematics in native state? In other words, in the creation of a planet, say, is it engineered like we would engineer a bridge? On earth, we need mathematics to help us build a bridge properly.

In our non-physical environments there is complete communication of what is being attempted, therefore there is no need for mathematics. Mathematics is a substitute for creative thought. In non-physical we communicate with complete and total understanding, so there is no need for symbols. A symbol is a representation for something real, or something that can be experienced. Since the entire experience of something can be communicated flawlessly, and directly, there is no need for symbolic communication.

Right. So mathematics, on earth, is necessary because we are too disconnected from each other to fully communicate conceptually and with full sensory experience?

Well, we do not want to be so harsh. You are in a box of perception as we said before, but this box has been deliberately designed by you to create a certain way of experiencing. The advantage of your biological box is the thrill of discovery and the brilliant conception of a totally

new idea.

Because in native state there is complete ability to communicate and understand, there is less incentive or need for fresh original thought; whereas on earth there is a lot of duplication of thought and a lot of rehashing and relearning the same old stuff, but always there is the completely new thought. And that is your gift to the universe at large, the completely new idea! Because there is so much understanding of what-is in non-physical there is comfort and joy within that. But on earth your conception that you are separate and your zeal for creativity drives thought in completely unexpected directions. Lines of thought that in non-physical would never even be considered are undertaken with zest and originality. On earth you are pushing the envelope of thought, opening up new avenues of concept and expression and creation.

You see, the original intention of the human experience was that of a child. A child comes forth eagerly and joyfully, intending new experiences. But the child is ignorant. He or she can't wait to explore the world from his or her limited viewpoint. Of course the child does not consider himself limited or stupid. It is just eager to jump in!

Give me an example of the new idea or thought that has come from

earth.

Well, it is not so much the idea coming from earth as being shared with the rest of the universe. As soon as you get the idea, we get it, because from our point of view, there is no separation. It is the same as if 6 people at a party all had the idea at the same time to go into the pool for a swim. You could not say that this idea was originated by anyone, but that it occurred to everyone at the same time.

OK, but what are some of the leading edge ideas that humanity on earth has thought up? It seems to me we live in a very primitive society, dependent on inefficient, filthy, fossil fuels and in a society that has no understanding of self.

Yes, it is glorious, is it not? We assure you that every being on earth is having an experience that is simply not possible in native state. That is why you came here -- for the leading edge experience!

We would say the idea of democracy is one. Rule by a majority, now that is something that would never occur to anyone in non-physical, because of our knowing that all needs can be perfectly met in a universe of infinite abundance. The idea of democracy is that some must agree to go without for the good of the whole. This provides much contrast and excitement for those on your

planet.

Yes, but this idea comes from disconnection, and is wrong. What really new valuable idea has come from this place?

Well it is not like that! *Any* new idea is valued. There is no wrong or right idea. The new thought adds to what-already-is, in such a way that it inspires new decisions, agreements and ways to play, new personalities to assume. For instance, the idea of democracy leads to the identity of judge, legislator, citizen, lobbyist, attorney, plaintiff...the list is practically endless! These identities would simply have never occurred to any of us, and we assure you that we have great fun with them.

We are very enamored of the concept of 'safety in numbers' and no matter how far we stretch our intelligence we cannot figure that one out. It goes against every law of the universe that we know of, and in fact is a complete non-sequitor and self-contradictory. Yet we see many on your planet wholeheartedly playing this game. We observe some of the games that are played on earth with some amusement, amazement and sometimes, awe.

Awe?

Yes -- the stock market, for instance. That is a game organizing trillions of thought forms and billions of

decisions and millions upon millions of transactions every day, on a global scale. Now that is a game to be proud of!

So we are basically a source of inspiration, then, not necessarily for specific ideas.

We look to see what form human creativity is taking, and we sort of feed off of that. From our point of view there is no separation. To us, it is us thinking up new ways for us to be. Your idea of the 'black hole' is also very interesting to us.

Do you mean to say that there are not really black holes?

Black holes are a creation of your scientific theory. But it is interesting that since you have conceived of the idea of black holes, and have been giving your attention to them, you are beginning to find them. That is all we will say on that subject. Within that process is the secret of creation itself.

(Session 32)

## The Design of Bodies

Lets talk about the design of bodies. On earth the dominant species is human, but I assume there are different types of bodies on other planets. Is this true, or is life everywhere designed along the lines of 2 legs, 2 arms, one head?

Well, look around on your planet at the incredible diversity of species. This is no different in the rest of the universe.

So there are differing body types out there with free will and intelligence as great as humans?

What do you mean by intelligence? By this we feel you mean intelligence in human terms. Do humans consider spiders intelligent, whatever that means? We define intelligence as that blending of consciousness and physical body for the benefit and advancement of the species. According to that definition, humanity is one of the least intelligent species on your planet!

OK, but a spider is not going to solve Fermat's Last Theorem, or design a rocket ship. It takes quite a bit of smarts to do that.

The consciousness of a spider would consider a

rocket ship, and especially Fermat's Last Theorem, to be an idiocy, and any 'proof' of it to be even more ridiculous! What does a spider care for such an abstruse mental concept? The spider would say: how does one prove something? By marshaling arguments which seem reasonable in support of it. A spider marshals plenty of reasonable arguments in support of its species, and so it is intelligent. You see, each species is directed by the consciousness of that species. That consciousness is an aspect of universal consciousness, which created the universe. So all species are equally intelligent, because the consciousness which directs them is an aspect of universal consciousness. So it is pointless to get involved in debates about which species is most intelligent. All species act to advance and enhance the experience of their species. Since each species perceives differently, this will be different for each species.

OK, so what about my question about human-like quality intelligence existing on other planets in different bodies (like the bar in Star Wars) . Do such intelligence's exist, or is the universe basically populated by different variations on the Adam Kadmon body type?

There are many variations of human-type life forms out there, as well as non-human type life forms. We would not say that any of them are more or less intelligent than the others.

So you're saying an amoeba is as smart as a human.

(smiles) We do not consider the question to be important. You can tell our lack of enthusiasm from our responses.

Yes I can feel the disinterest.

We say that all species have a distinct purpose for being and perceiving the way they do. That is why there are different body types with different sensors and therefore different ways of experiencing. We see infinite variation in physical vessels throughout the universe, to allow consciousness to express in infinitely varied ways. Just look at all of the variety on your own planet!

It's so much fun to experience in different ways, that's the whole point of playing the physical game.

OK, as usual I feel perfectly content, but I really don't know if my question got answered! The energy that comes through from you guys is always one of complete confidence and perfect understanding.

Let us say that there is a lot of variation out there and from your viewpoint in non-physical, you get to decide to experience as much of it as you want. Incarnation and death, for consciousness, is a very easy

thing!

Thanks!

(Session 33)

### The Benefit of Difference

I am concerned about the direction our government is taking. It seems that those in power, in their fear, are determined to dismantle our fundamental freedoms, and I am wondering about the validity of your message. You seem to be saying that all is well, but the actual political situation is becoming more and more intolerant of opposing points of view.

A government cannot take away your personal freedom. Your freedom, like your integrity, is a state of being.

That is all fine and well, but it is hard to maintain a sense of freedom if the environment round you is completely different.

The only reason you would perceive an environment not to your liking is if you began to give it your attention. As we have already said, what manifests in your life is a result of what you resonate to within your own consciousness.

So you are saying that I can still live a peaceful and abundant life even if my country becomes a dictatorship?

Not if you think like that!

But I could!

Yes.

How?

First of all, let us say that you have no idea how powerful you are. The universe is set up to support every single one of your choices. It automatically lines up vibration, and places you in time and space near to those who think and believe as you do. If this concept were fully understood, all of you would be very mindful indeed of your thoughts and beliefs. You would scrupulously focus only on those things that make you feel good, and avoid that which causes you discomfort. We tell you with absolute certainty that the universe provides an interface to consciousness that responds instantly to every one of your choices.

The government of a nation is a direct mirror, or reflection, of those who live in it. Therefore, it is not accurate to refer to "those in power," as you are wont to do, for they can only exist as a result of the choices of each and every one of you. Such a mindset is an indication that you have given away your power! The universe will respond to you individually, no matter what

the others are doing. Even if there are policemen on every corner, you may wave cheerfully to them, or rant and rave and cause yourself upset.

You cannot control the actions of another! You can, however, control how the universe, and the people in it, respond to you. We tell you that you can find happiness and prosperity no matter the conditions! (big wave of love here, and complete certainty)

Wow, that feels good. I'm beginning to get it! What's hard for me to grasp is the idea of a universal interface. It isn't visible, or obvious to me.

That is because you do not know yet how to work with it. Once you begin to focus exclusively on well-being, you will find your life changing for the better in magical ways. We tell you that there are millions upon your planet who understand this instinctively and who lead lives of abundance and joy far beyond what you have yet experienced.

Wow, that feels really great! So it is possible to find and live exactly what you want amidst all of the chaos and unwanted conditions?

Yes! Not only that, but when you change your focus exclusively to well-being, you influence the environment around you. You become a lighthouse, a beacon shining your light into the world. The way to truly change the

world for the better is by setting an example. You have no idea how powerful your light can be! One person broadcasting a powerful signal of well-being is more powerful than a million disconnected ones. Believe it or not, one person shining his or her light may influence the million and do so much more quickly than you can imagine.

We know this because we perceive the full vibrational spectrum, whereas you only see that which is brought to you by your human senses.

Cool! So my attention to politics and current events is really not serving me.

Well, like so many, when you give your attention to this subject, you seem to automatically gravitate toward the idea of stratification, of greater and lesser. This has been a theme of the current civilization on your planet, and the one previous to it as well. The idea of greater or lesser makes no sense to us, for we understand that focus, or attention to a subject, will result in greater knowledge and ability. There is the idea on earth that if another demonstrates great ability, it means those who have not yet learned to do so are inferior. Instead of celebrating the other's accomplishments and becoming inspired to your own creative process (which is how we

do it in native state), you have been taught to think of yourself as less-than. This generates a feeling of inferiority and unworthiness, and leads to a victim mentality that supports hierarchical political structures. All of this is unnecessary, however! All of you are divine beings, temporarily having a physical experience. Where you get tripped up is comparing your doing to the doing of others. You categorize your BEING by your doing!

In other words, you downgrade yourself as a spiritual being by looking what another has manifested in the physical universe, and assigning yourself a grade based upon the comparison to yourself. We do not need to tell you that this is backwards. DOING FOLLOWS BEING, but you have allowed being to become dependent on doing! You have placed yourselves, as powerful, eternal and divine beings inseparable from universal consciousness, as subject to what you observe in the physical universe, even though it is you (and us) who have created that universe! Do you see how silly that is?

Holy moly, I do see it!

(smiles) Well, we have the advantage of perceiving on a much broader level. But we understand that you are immersed, on earth, in an environment of tremendous diversity and divergence and it is sometimes difficult to

find your way. But we are here to tell you that you can always find your way by paying attention to how you feel, and keeping your attention placed on things that feel good.

Getting back to your original question of politics, we say do not turn your attention to it if it lowers your sense of personal freedom, because you cannot look at something unwanted without resonating to it. By definition, if you are looking at something and considering it 'dark' you are vibrating there and so it will come to you, do you see? That which your attention is on will become activated, regardless of whether you want it or not! If you look at the establishment of a totalitarian society in your country with perfect nonchalance, it is not 'dark' for you, and so you do not experience anything negative. It is your perception of what you are looking at that determines what you experience. You get to decide where you want to vibrate and what you want to experience.

For example, you may decide to only experience beauty and prosperity, in which case you will find yourself at a beautiful lake, or in that house in the woods you have been longing for, OR, you may decide to experience joy in the midst of contrast, in which case you may find yourself in the middle of a battlefield, feeling perfectly safe. Whatever you decide to experience is exactly what you will experience!

That is the value of difference -- each may find his or her own desired experience, choosing from such a great smorgasbord of possibilities.

OK, it again comes down to the decisions a person makes.

That's right! This is a free will universe based upon Law of Attraction.

You are beginning to see the value of consciousness. By that we mean aware and awake and consciously creating. You have only within the past two days begun to truly realize this. It is so easy to let your thoughts drift, and pick up upon the ideas floating around in mass consciousness. Soon you find yourself on some negative side-trip of contemplation and you do not know how you got there! This is creating your life by default. By deliberately and consciously deciding where you place your attention, you get to consciously increase the flow of life force energy through you, and you begin to draw to you the things you desire to have.

So many think: 'I will think and feel in my old habit patterns of resistance, and what I want will still come to me.' Can't happen! In order to create the life you want, you first have to create a state of being that precisely matches it. This lines up your vibration to what is wanted, and you begin to see evidence of it in your experience.

The greater is your intention, the more attention you devote to it, and the more your energies line up to that which is desired! The purer you line up your energies to that which is desired, the faster it comes into your experience. The process of manifestation always begins, must begin, with an activated vibration aligned precisely to what is wanted.

Right. But I am wondering: why are so many choosing to give their power away, choosing fear and hatred instead of joy?

There are many more awakened now than before. By 'awakened' we simply mean, focused upon life-giving subjects and thereby letting in the feeling of their own life force.

We want to say something here that might offend, but we say it anyway: there is no 'dark.' The all-that-is benefits from all of the experiences of physical beings, regardless of what they are. We are excited just as much by war as by the beautiful painting, because we know that the death you are all so afraid of is a glorious and complete rediscovery of self. Death is an opportunity to experience again, in a completely different way. Imagine a being about to incarnate on earth like a Christmas tree with dozens of presents underneath. There are millions of species and life forms from which to choose your physical

experience! You do not open one present and play with it forever, neglecting the others. You get in there and rip apart every package to see what is inside! That is the feeling you have regarding incarnation, life experience, and death from native state. Death is a wonderful opportunity to open another gift.

Yes, but if all acts are celebrated then what you're saying is that Hitler was cool, nazis were cool, torture is cool, depravity and inhumanness is totally cool. That makes no sense to me.

We do not want to imply that, in a physical plane/lifetime, acts of depravity to those who experience them are not horrible. But we do say that when you again perceive and experience from native state, you will look upon all such activities with love and acceptance. It cannot be any other way, because consciousness itself is love, is eternal, and cannot be harmed. And as we keep saying, the universe is designed to support your choices. No one need experience anything uncomfortable. What you activate within you will be precisely what you experience in your physical environment.

OK, I can see that. But why does one come to earth anyway, if so many experience misery? Is there such a thing as a disconnected native state being?

Disconnection occurs when one denies self. That is impossible when one is truly connected to self, as occurs when one returns to consciousness in its native state. The return to native state is always accomplished fully, with no exceptions, as one transitions out of the body. There are never any 'holdovers' or disconnected spirits.

Look at it this way: the earth experience is an adventure!

When you go on an adventure, you sometimes have experiences you would not choose sitting in the comfortable chair in your living room. You immerse yourself temporarily in the experience for the excitement of it, like going white water canoeing on a difficult river. Once you are in that canoe, you are going to experience whatever happens, like it or not! One always has the choice whether to have fun or to wail and bemoan the situation. Many on earth decide to do the latter.

Your earth life is only temporary!! When you entertain yourself at an amusement park, do you get sad when there is a ride you don't like, or do you find another, better one? And when its all over do you mourn? Of course not! You just get in your car and go home, and the same thing happens in the physical earth experience. Lighten up. Have fun. When it's all over, you will return in blissful awareness to the fullness of you,.

I can feel the love. It's awesome. Thank you.

(Session 34)

## Astrology

What about astrology? Scientists scoff at it but persons with genuine psychic ability say it is valid.

Astrology deals with those factors that are pre-incarnation. In other words, those decisions which you made before you focused into the physical. Astrology charts can be a way to help your physical aspect understand the decisions you made from native state. But we do not emphasize astrology as a way to direct your life. You have free will and the law of attraction will be the great manager in the sky for you in this attraction-based universe. All you have to do is decide what you want, and focus upon it!

The decisions of consciousness determine how it is focused and how the template of the physical body will be modified to suit that focusing (all bodies, even within the same species, are different). Of course each astronomical body will have been in a certain position relative to the earth at the time of birth, but it is not the position or influence of those bodies that is the important factor in the incarnation! Any good astrologer knows this.

Some astrologers make too much of their extrapolations from the position of celestial bodies at the time of birth and then saying: 'The movement of the

astronomical bodies will determine the behavior of the conscious being inhabiting the body, according to these rules.'

We are not saying that astrology is invalid. We say, in fact, that astrologers are quite correct for the most part in their charts and predictions of the energetic signatures from stellar bodies as they move about relative to the earth. What we are saying is that the influence of these bodies is in the background, in comparison to a being's free will conscious decision making.

We cannot emphasize enough that this is a free-will universe! Consciousness is directing the show. There is no outside influence that can have any effect upon you, unless you begin to believe that it does.

That is the power of all predictive disciplines or arts – as long as the practitioner can get you to believe that so and so will happen, your thoughts will begin to coalesce around it and you will begin inviting it into your experience.

Good. Thanks.

(Session 35)

## Sex

In order to reproduce the species two different body types were designed. Why?

The two body types mirror the idea of attraction. This is an attraction based universe, as we have said again and again.

Well there must have been more to it than that! For example, why was birth given only to one of the sexes? There could be attraction with both sexes able to give birth.

The idea was to produce desire by providing contrasting body types -- the qualities of the female are intensely attractive to the male, and vice versa. Since form often follows function, this could not be accomplished if the bodies were identical.

Sex is a wonderful way to induce even more focusing, or attention. When you fall in love every ounce of your being is focused on only one thing! In this way, perception and experience is further intensified.

We have to say that the sexual desire among humans is very powerful -- very powerful indeed. Think about, feel, the sexual desire you have had when in the proximity of a woman you consider beautiful and

desirable. It is very strong, is it not?

Yes, very strong indeed! There is something about a beautiful woman...

What is that 'something?' Scientists say it is pheromones, and they even have pheromones you can buy to make you more attractive to the opposite sex.

It is more than just pheromones. Pheromones are a trigger, just one of many. For instance, when you see a desirable woman in a movie, she is not present to transmit a chemical signal, yet sexual desire is stimulated in you anyway. A better explanation is the law of attraction -- vibrational attraction. Male and female bodies are vibrationally different, and attract, somewhat like the poles of a magnet. Remember, physical objects are ultimately representations of vibrational content. The desire of one sex for the same sex is an altering of the vibration of that body by the consciousness present in the body, to be attractive to the same sex.

Interesting. Ultimately all your answers boil down to the decisions of consciousness.

Yes, consciousness designed the universe to play in it, consciousness can change its vibration by changing thought and since the vibration of consciousness and the

vibration of the body it is merged with are so intimately connected, the decisions of a conscious being can affect cellular health and even alter cellular growth. That is why some people can be healthy all of their lives while others are often sick. That is why two patients can have the same disease, receive the same medication and respond differently. That is how tumors can go into spontaneous remission, and even disappear. Usually the latter only occurs when there is great necessity, for the thought stream on your planet is very definitely biased toward biological explanations and answers. But occasionally, even on earth, consciousness is able to assert itself, even though standard medicine dismisses these events as anomalies. And of course they are correct -- for such events are rare. But they are rare only because most people have no idea of the power of consciousness, and have no idea of the power of thought.

(Session 36)

## One Consciousness

You have said previously that consciousness doesn't come in clumps; that there is one consciousness, but focused in many different ways. You have explained this before but I still don't get it.

We will try again since you are so interested. Imagine many circles within one larger circle. (See Appendix B). The position of each circle is known to the others. In this diagram, the One is composed of many aspects, each experiencing from its unique perspective. The sum of the aspects are greater than the whole, because the whole has available to it an infinity of separate experiences.

Yes, but is there one overall consciousness that gets to experience all of that? In the diagram there is one big circle that contains all of the little circles, so it would seem from the diagram that only the big circle can be aware of all of the little ones.

Well, our example is just an analogy. All of us get to feel the connection to source! Any of the little circles can, by increasing its awareness, assume the broader perspective of the Whole, represented by the big circle.

You mean that any of us can experience as the one consciousness?

Yes! That is what we mean when we say there is not a Supreme Entity directing everything. It is possible to experience the One from any aspect.

I'm getting to understand a little bit more. So it's possible for individual personalities to experience a wholeness, or a oneness, even though there is individual experiencing.

Yes, that is the genius of it. Diagrammatically you can say that the little circles inside the big ones are all eternal just as is the big circle, but that the 'little' circles can assume the identity or awareness of the big circle at any time. And just as important, the bigger circles may do the same with the little circles. That is how we can experience through you, you see.

Have you ever felt really wonderful? Did you notice how much more you felt aware as an individual, and at the same time felt a connection to all things? That is how source energy functions.

I see, dimly.

It is so very simple, but so profound. Physical beings have a hard time understanding the simplicity of it. Humans think for something to be awesome and powerful, it must be complicated, because the sophisticated and powerful devices on your planet involve

so many components. But that is not the way it works with consciousness!

So the idea is that consciousness is a Whole and at the same time, different aspects or extensions of itself.

That is well stated! The Whole IS the aspects, or extensions-of-itself, which ARE itself.

Wow. Thanks!

(Session 37)

(In which there is a happy ending to a complicated and esoteric dialogue)

Playing Around (A Mischievous Dialogue)

Wait! We are not done yet. There is something profound that you are the edge of.

I can't think of what it is! Give me a hint.

What is it that creates the what in what- is?

Consciousness.

What is consciousness?

Source energy that closes in upon itself and becomes self-aware, according to what you said before.

Right. So how is this done by consciousness?

Consciousness cannot be aware of itself unless the circle has been closed. So it cannot do something to itself unless it itself is already conscious.

Yes, but how did it originally get conscious?

You're asking me? I thought we'd already gone over that!

(laughing) Yes!

I haven't the slightest idea.

There is the NOT, the potential, that must give birth to the IS. The NOT is the Unbounded Infinite, which conceives of and creates the IS. From IS NOT comes IS. But this potential is a quality, right?

That is what you said before.

OK, then this potential cannot have a beginning and an ending. It cannot be created, by definition, right?

It sounds like you are groping for answers.

This is a cooperative effort. We are not your conception of God, as we said before. We are using you as our sounding board. We are coming to an understanding of the NOT.

The NOT --> that which does not exist, that which as yet cannot be, therefore it cannot know, for knowing requires self awareness (We use --> because we cannot say 'the NOT is that which does not exist,' for IS indicates being).

Sounds good so far.

Preceding self awareness --> the impulse to BE, and only after the First Thought is self awareness is born. Preceding the physical creation is the conception or visualization of it, and preceding knowing-ness of self is the conception or inkling of it: the utterly new idea or conception of something that has not yet been brought to fruition, but is becoming. Therefore, knowing-about is senior to knowing itself!

Hmm, knowing-about is below knowing, not senior to it, else it could not know-about. First there has to be know, then know- about. A person who knows how to play the piano is more competent than a person who merely knows about the piano. That is why we say, 'those who can, do, those who can't, teach.'

In order to know the piano well enough to play, one must first know-about the piano. The impulse or idea of the piano must come first before you can even approach the piano. Knowing is associated with a thing, existence. Knowing-about is the potential to know.

Wow this is deep.

The concept is know = completion of the circle.  
Know-about = creation of the circle which is being

completed. Know-about = unknowable, until consciousness/self-awareness, then the knowing. Unknowable is more profound than know, even though we cannot imagine it, because in order to imagine it, we must know, but knowing cannot fathom knowing about.

OK, we are just playing word games. We're not any further along...

To figuring it all out! Right? We are not trying to figure it all out! We are just playing, do you see? This little exercise is a fun playing-around with ideas. This is what we do all the time in native state -- we play around and have fun and devise new ways to experience. So we wanted to give you a little taste of that, because you are so serious, and always approach things from the idea that we have to figure it all out. That can never be done!

I think I'm getting it. You're just having a little bit of fun with me, and trying to get me to see that what we have been doing in these dialogues so far is just playing around, having fun, and fun is what we do for its own sake, not because there is some deep, deep, profound intellectual mystery at the bottom of it all.

Yup. We are all like little children, but if we say that, we are not taken seriously. So we have to assume an air of importance and wisdom, but we want to say we are just as dumb as you!

Or just as smart!

Yes! Do you feel the little child energy coming through?

Yes I feel it. Its mischievous too.

Yes!! Ha Ha ha!!! we feel like levitating your chair off the ground and scaring the crap out of you!! (metaphorically sticks out their tongue)

Boy you guys ARE like little kids aren't you?

Yes! Lighten up and have some fun!  
(end of transmission )

Well that was weird! The impression I got from them is that I am so serious and so are most humans and that I would feel a lot better if I just lightened up and took the attitude of a child.... OK, I get it.....

I see what they are trying to do: get me to realize that my continual, probing questions as to the ultimate nature of time, consciousness, and reality itself is just an attempt to define and limit these things for all time, to get a final answer that will be true for all time, when this is not possible. I see that the inherent nature of consciousness, and reality, is eternal, ever expanding, ever changing, and cannot possibly be boiled down into The Answer!

In their wisdom they have played with me long enough so that even I

can understand this through my obscuring intellectual and analytical fog. They have allowed me to come to this conclusion in my own time, without forcing me. They have been very patient in answering my (what seem to me now) mostly stupid questions, so that I have finally been able to clear away the smog of my confusion and understand that the answer I need for any question about life the universe and everything can be found within me. I am an extension or an aspect of the universal consciousness of the Whole, or the One; eternal unto myself, and so any question I might have about anything can be answered by simply consulting my own understanding, for that understanding is the understanding of all-that-is.

Reading over this stuff I am almost embarrassed because of my confusion; but I hope that any who read this can benefit from it. Perhaps these dialogues have helped to clear up some mysteries for the reader as well. I feel like I have reached an entirely new level of understanding about myself, life, and my fellow human beings.

(Session 39)

### Metaphysical Conclusions, so far, from the Dialogue

I am coming to the realization that a purely intellectual approach to Truth is sterile, and can never result in true understanding. True knowing is a feeling, a certainty, accompanied by data. I understand now that it is the feeling that is more important than the data, for there may be many data paths to source. Your transmissions are always accompanied by an uplifting, positive energy. It is this feeling that I am now regarding as Truth.

I see now that my questions about 'who creates consciousness,' and others like it, are off the mark!

You are beginning to understand on a deeper and more profound, but necessarily simpler and elegant level. You see, these sorts of metaphysical questions indicate the asker is apart from true knowing and experiencing. Such questions must come, first of all, from a separation from source, otherwise there would already be true knowing, and the question would not need to be asked!

That is why we always tell you to lighten up and relax. Once this is understood, the questioning of it and around it is unnecessary.

But we see great benefit in this unfolding, for there are many like you who will read this and begin to connect more strongly with their inner knowing. The sequence of queries and answers, and the evolvment of your

understanding, will provide for others the same realizations you have had about yourself.

I see dimly. The very asking of the questions about the creation of source, etc, come from a disconnect from source.

Ultimately, yes! Once one simply releases the questioning which comes from a not knowing of who you are, one relaxes, that is the best word we can use, into a feeling place of utter serenity, power, joy, well-being. All of those wonderful feelings are the knowing of source, which is who you/we are.

I feel the simplicity, power and elegance of your words, and the knowing that is coming to me. So in fact, 'deep metaphysical questions,' far from being closer to source, are actually farthest away from a true understanding of it! I always felt that questions about relationships, for example, were trivial compared to these 'deep' questions, but now I am knowing that relationship questions can come from a true understanding and connection to source.

Not necessarily, it is just that some need to travel that path to find the knowing. We assure you, there are many who ask questions about relationships that are very far from an understanding of themselves as pure positive source energy!

It is all about the unfoldment of thought, and this

thought contributes to the expansion of the universe, since the universe is just all of the thoughts that have ever been thought.

Good! We are making progress and I feel that I am clearing the muck from my eyes and beginning to see clearly.

That feeling is what experiencing is all about! It is the reason for being itself -- the feeling of expansion of awareness and knowledge ALWAYS comes from an unsullied connection to life force, to who-you-really-are. It is a powerful allowing or letting in that results in true knowledge of Self and of the One.

I can see myself asking many different questions now. Now that I have cleared all of this up, I am not sure where I will be going, but I am sure that we will be having more conversations.

We are looking forward to being with you!

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To be continued in Part II...

# Dialogues – Part II

(Session 40)

## Knowing

(The energy comes forth without my conscious asking)

There is no right answer. There is no universal truth, there are just truths. You may know yourself as anything you would like. Many humans know themselves to be less-than. If you want to be wealthy, then know yourself as wealthy. If you want to be wise, know yourself as wise. If you want to be healthy, know yourself as healthy. That is the power of knowing. Knowing is what you are, because whatever you know yourself to be will be reflected in the conditions that surround you. Knowing is not something you do, but something you BE. It does not even require thought. It only requires a knowing that \_\_\_\_ (fill in the blank). This idea is very powerful. Underlying thought is knowing, because it is from knowing that being and thought proceed.

One does not have to think in order to be alive, all that is required is knowing.

We teach thought, because that is what humanity

understands. But true powerful creation proceeds from simple knowing. If you understand that and begin to apply it, miracles will begin to occur in your life.

So thought is an adjunct then to knowing.

Yes, thought is a very powerful attractor, because the universe itself is composed of thought. We have gone into this extensively before, so we will not mention it again. Thought, visualization, imagination, all these are the product of knowing. These things are helpful aids to convince yourself that you is worthy to simply and powerfully know yourself the way you want to be. And when you know yourself in a certain way, then experience of that knowing follows.

That is very powerful. I see I would not have understood this before our dialogues.

Yes, and now that you are beginning to understand, now you can become the powerful creator that you have always wished to be. We see that thought and imagination have always led you on a circular path. You call this analysis paralysis.

For example, you wonder why there is not enough money coming in. You then reason that it is because the job is not paying enough. Then you say, 'but why isn't the

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job paying enough?’ and you think, because I am always being passed over for promotions, because I do not get along well enough with the managers or directors or bosses in my department, because, because, because, and then you wind up with: well, if I just had more money coming in I wouldn’t have to go to the office every day, and then you wonder again why there are not enough dollars coming in, and the process starts all over again! This sort of ineffective circular reasoning is typical of what happens with thought. That is why we promote the idea of creative visualization. With creative visualization you place yourself exactly where you want to be, with those people and situations that you want to be in, and with the things you desire (you do not figure out how or why you got there, for that traps you in the reasons it cannot happen). You do this over and over again in order to feel good about these things, in order to set up a matching vibration within you, enabling the Law of Attraction to work in your favor. It’s all about the feeling, you see, and the knowing that comes with the feeling! The feeling is the activated vibration.

This process bypasses the analysis paralysis, but any process like this is really doing one thing: allowing you to simply and powerfully know the conditions of your life as true. If you can simply know that what you desire is true, you set yourself up in a most powerful way to be the

recipient for them, for that knowing generates a feeling of utter certainty, and a vibration of complete purity.

Good. So when we refer to knowing are we referring to consciousness itself?

As per our previous dialogue, we say that knowing is what self awareness IS. Remember, we decided that it was meaningless to attempt to pin down something that is eternal. You may attempt to describe or model consciousness in any way you wish, but you will always be limiting something that is unlimited!

Whatever you call it, it is an awesome feeling of total certainty, and bliss.

OK I get it. Now, how is knowing differentiated from feeling? They seem to be the same thing, or at least intimately connected.

Knowing generates feeling. This feeling is simply a resonance within your consciousness of the appropriateness of the knowing you are undertaking, and is reflected in the physical emotions.

In native state, consciousness knows itself as a feeling of bliss and well-being; it is a feeling of fulfillment and, at the same time, excitement and exhilaration. It is a constantly changing pattern of joy!

But we want to say that in your physical incarnations,

knowing can be something that is not in resonance with source. Even though the inherent or quintessential nature of self awareness is positive and joyful, you may nevertheless know yourself in a way that generates negative emotion. This is one of the very great fascinations and attractions of the physical world to non-physical beings.

For example, you may know yourself, if you so wish, as one who lacks integrity.

Perhaps you consider yourself to be a liar, or a cheat, or just not good enough. This state of being will generate within you a feeling of negative emotion, and this feeling will keep attracting people and situations into your life that match your feeling of unworthiness. The ability to establish a state of being is intimate to consciousness and is called free will. No one can stop anyone from knowing anything about themselves. Therefore, free will reigns supreme in the universe, for the universe and everything in it is conscious on some level. We want to say that this is obvious from our point of view, but sometimes not so obvious from yours!

When you know yourself to be a good person, that knowing generates a resonance of good feeling and your life proceeds along in a positive direction. Good and bad feelings are simply interpretations based upon the knowing that is present within each of you.

So first there is knowing, then there is feeling, and from there thought is generated upon any topic or beingness in life. Positive or negative emotion is then generated from the interaction of thought with your personal cocoon of life force. You are always in control of the way you feel.

Self awareness itself proceeds from a knowing. A knowing of what? The answer to this question establishes a state of being and knowledge of self. Knowing is the potential from which everything comes, and is the answer to your question about who or what creates consciousness. The knowing is the alpha and the omega, it is the creator of all things, of BEING itself, and all questions and all answers are generated from it and lead back to it.

It cannot be elaborated upon further because of its inherent simplicity. It is the simplicity that gives it its enormous power, and attempts to elaborate or explain it too far simply dilute the power and effectiveness of it.

Right. This sort of discussion must go in an 'advanced' section.

It is interesting, is it not, that advanced = simple, and beginner = complex?

The more complex something is, the more limited it is, and therefore the less powerful it is, because there is

less knowing of it. The first half of this book is testament to that.

Give us an example of the power and simplicity of knowing.

A good example lies in your ability to learn something. Since learning is vital to the physical experience, it has application to the whole of life. In your learning of the piano, for instance, you have chosen to know that you are not good enough, and that is reflected in how you study the instrument, how you practice, and how proficient you are with the piano. Your friend Tim simply knew he was a player and began to access the knowledge associated with the instrument without any lessons, and began to play. When you asked him how he did it, you will recall he just shrugged his shoulders and said, 'I don't know, I just knew my chops and started playing.'

You found this very frustrating did you not? You wanted him to go into great detail and instruct you, so that you could do the same, but of course you see now how impossible this is. Only YOU can allow yourself to know in the way your friend Tim did!

That is why good teachers do not necessarily stuff the heads of their students with data, but instead inspire them to know. The best teacher is one who instills

interest in the subject, and enables the student to get the idea that he or she can know it and be good at it. A good teacher inspires you, essentially, to know that you can excel in what you are studying and encourages you to experiment. This is the power of knowing, because it is intimate to who-you-are.

When you have this knowing, then information and skill development comes to you much more easily.

Good! This is really great. Now lets get into some practical applications. How can I learn the piano more effectively using the information you have given us?

First, attempt to know yourself as an accomplished musician. If this does not work -- if you cannot know or allow yourself to BE an accomplished musician -- then do creative visualization every day for a few minutes before proceeding to sit in front of the instrument. Imagine what it would feel like for you to play like you want to play. Then proceed with the lesson or practice. The more you can simply know yourself as accomplished, the faster you will learn. You can tell your progress by how you are feeling while playing. The better you feel while playing, the faster you will learn.

That is about as complex as we can go without wrecking the power of knowing.

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This is good. Why does knowing something like: 'I am a bad person' generate a yucky feeling?

Essentially, all negative emotion is generated by physical processes and felt by physical sensors, activated or triggered by thought. In other words, ALL NEGATIVE EMOTION IS ARTIFICIAL (even though it feels very real indeed), a product of the interaction of consciousness with your biological bubbles of physical incarnation. As we have said before, this is one of the fascinations of a physical experience. It is practically impossible for one of us to feel even remotely crummy!

The inherent nature of consciousness and the universal awareness of which you are an aspect lets you know you are going down a road that is against your true nature. If this were not so, it would be like a human body without the ability to feel pain. You would be hammering a nail and it would go into your finger and you wouldn't even feel it. These feelings are necessary when in the physical experience, because you don't want to destroy the body that you worked so hard to focus into! The genesis of all pain and discomfort is a departure from the connection to life force energy.

But we want to say that the experiencing of these 'yucky' emotions also serves you very well, because it provides a feeling place for contrast, and motivation to

change to something better. When you experience a 'yucky' feeling, and then are able to change your knowing to a positive platform, the contrast between the yucky feeling and the good feeling is delicious. Many come to the physical just for these moments of contrast, which we have talked about before.

Of course, one does not have to feel 'yucky' in order to appreciate the diversity and dissimilarity in your world! In a state of connection, the observance of contrasting lifestyles, cultures, and even horrible circumstances only serves to make you even more joyous in your personal choices. It is in the comparing of what you are being and doing with the contrasting circumstances and creations of others that you can find even more joy.

We want to say that the fundamental reason you focused into physical bodies was to experience dissimilarity. Dissimilarity means difference, contrast, variation, divergence, unlikeness. You may find this statement irrational, but we assure you that the inherent nature of your knowing and experiencing and feeling when not in physical bodies is so positive that the prospect of knowing yourself while immersed in dissimilarity seemed so exciting!!! You incarnated with the feeling that the physical environment is powerful, wonderful, leading edge, dangerous and adventurous, and when you return from your excursion on earth you

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will tell all of your friends and share your experiences and it is all just a blast. The contrast in 'non-physical' is not anywhere near what you experience here on earth.

So we are able to 'know' ourselves as anything we would wish?

Yes, that is true. You have complete free will to experience anything, anything at all. There is so much possibility and variety on earth, you may experience a life of a king, a slave, or a bug. Look at it as a very exciting place in which to experience.

A bug? I can't experience life as a bug! I'm human!

The point is, you could have decided, before your incarnation, to experience life as a bug. Remember, you are consciousness that flows into and out of physical vessels like the ghosts in your movies flow through walls.

Cool. Now lets get a little more down to earth and explain a bit about knowing. How does one know ones self to BE something, and how does that knowing translate into the actual experiencing of it?

Have you ever just known something was going to happen before it actually happened? It could be a telephone call, and you knew the caller before picking up the receiver. You know your little child is going to run into

the street even before he has done it, and you run over and grab him just after he takes his first few steps. In your experience, we are accessing the time when you were driving down the freeway and you knew with complete certainty that the piece of furniture was going to fall out of the truck right in front of you. You recall how you swerved over into the other lane not two seconds before a chair fell out of that truck right into the lane you just occupied?

If you have ever had an experience like this, you understand what we are talking about. It is a knowledge so complete that there is not even the slightest doubt; in other words, your anticipation of it is so complete, it could already be said to have happened. It could be said to be a fact, before the occurrence of it! This is the knowing we are talking about.

All of you have the ability to know in this way. If it is possible to convince yourself of something so completely that it is known in this fashion, the manifestation of it is only a very short period of time away. It is, assuredly, a certainty that it will occur just exactly as you have known it.

How do you convince yourself so thoroughly of something if you don't really believe it in the first place? Say you want a vacation home that cost a

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million dollars, but you know that in your business or your job you are never going to save enough money.

Notice, the first thing you said after the statement of your desire was 'I can never save enough money.' Now you have already introduced a counter-idea into the mix, thus guaranteeing that what you want cannot come to you! Your knowing is much more about not having the vacation home than about having it.

On your planet, the conception of the sequence of events leading to manifestation is backwards: the certainty that one has a thing only occurs after it has manifested; or after a time, when it has not manifested. It is easy to know one has a thing when one has a thing! That feels good. And it is easy to know that one has not a thing, when, after a time, one gives up on having it at all. That feels bad.

The knowing that one has a thing before one has it is simply an extension or extrapolation of the same knowing that comes after something is in already in your possession. What is not understood is that IN ORDER TO HAVE SOMETHING ONE MUST ALREADY BE RESONATING WITH IT. In other words, one must already BE it. On earth this idea is considered delusional, but we assure you that the process of manifestation is the same on earth as it is for us. As above, so below.

So, at the most fundamental level, there is the knowing of a thing, then there is the feeling which that knowing generates, then there are the thoughts surrounding the thing. We just run the process backwards, you see, when we want to manifest something that we don't have. That is why we tell you to keep your thoughts focused exclusively upon that which is wanted, and why we encourage visualization of that which is wanted, so as to avoid the counter- thought. It is also why we recommend meditation, especially when one is in the 'analysis paralysis' sort of circular thought pattern. Meditation avoids thought of any kind, and so resistance to what is wanted is lessened.

But at its most fundamental, bedrock reason, all thought, visualization and feeling of a thing leads simply to knowing of the thing. And that knowing is you. You are cause-point, generation point, manifestation point. This will not be real to many who read this, which is why we recommend that this dialogue about knowing be placed later in your book.

The difficulty in convincing yourself that the new vacation home (or anything wanted) is attainable is letting go of the control of the manner in which it will come to you. Do not place your attention on how, otherwise, it will just remind you of the fact that there is no money to effect purchase. Then you will just give up,

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because it will seem like an impossible task.

It is impossible to have something if you do not believe you can. Therefore, the first step in the creative process is a knowing of the possibility. You have to create the possibility FIRST before anything useful can occur!

Simply visualize and find the feeling of what it would be like to have the desired thing, This will increase your knowing of it, which is to say, the certainty and confidence that you can have it. You want to get to the point where you simply know, without any doubt, that it IS. For example, when you get in your car and drive to your work place, do you worry that the building will no longer be there? Do you worry that the sun will not appear tomorrow morning? When you order a meal at a restaurant, do you badger the waiter every minute because you are afraid your food will not arrive? Of course not, these things are simply accepted, known, and we assure you, it is this knowing which is responsible for the creation or manifestation of everything in your universe! It is this sort of 'convincing' which we want you to do with yourself.

Consider the forces that keep the earth's ecosystems functioning in perfect balance, the planets rotating and orbiting the sun and the sun's conversion of energy; these forces are on such a gigantic scale that the human mind can't even comprehend them. Yet you accept them

as easily as you do your own breathing! If you can acknowledge such monumental forces with such ease and equanimity without feeling the need to control them, why then is it so difficult to accept the having of a new house? Or a new relationship? Or better health? Or more money? So many of you just give up on an idea almost as soon as the idea or desire is launched, but this is unnecessary!

We have been blabbing on, but the idea we want to get across is that the knowing of something that is desired is a powerful way to bring it to you very quickly. This knowing is an ability possessed by every single conscious being in the universe. Knowing, certainty, absolute confidence is who you are at your very core, and we assure you that ALL successful people, no matter what the endeavor, have such knowing and confidence. On earth you just reverse the process and say 'well of course he is confident, he can do it!' but of course this is backwards. You ARE knowing, and therefore, you may know and manifest anything you want.

So knowing is the end result of anything.

It starts with knowing and ends with knowing!

Let's say that you are presently living in an apartment, or a house which you no longer consider adequate. There is a level of knowing associated with

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your present experience. After you get your new house, there is a different level of knowing to match your improved circumstances. At every point in the process, your decisions about what you are knowing about yourself and the things that are wanted are determining the actions you take, and what is drawn to you. In other words, knowing establishes a state of being and a powerful vibration that allows the law of 'like attracts like' to work for you. At each point along the path of manifestation, all you are doing is knowing the changes that you are then receiving! The primary reason for manifestation is simply your knowing that it will be. That is the long and the short of it!

Even the material objects you work with in your creative process are determined by your state of being! The gourmet chef works with the most expensive and state-of-the-art equipment, but the backyard barbequer gets away with a grill and a couple of cooking utensils.

So knowing is both consciousness itself and the decision or choice of consciousness to BE a certain way.

Yes! In order to understand this, all you have to do is practice a little. The child does this all the time at play. He or she practices different states of being and they all feel different! The child has not forgotten that he or she

can change himself and his 'vibe' at will. The child still remembers the fundamental vibrational character of the universe, and his intimate relationship to it.

We say that consciousness is cause point because the knowing we have talked about is knowing before manifestation has occurred. Therefore, knowing of the thing is senior to the thing itself. If you can know something utterly before it has come to you, and then of course after it has come to you, this is the same as saying you have created it, because there is no difference in the thing before it was in your experience, and after it was in your experience.

For those who don't like the word create, we may say 'direct' or 'choreograph' or 'orchestrate.'

Wow, that's good. Thanks!

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(Session 41)

## More on Knowing

All right, lets review what you said in the previous conversation. That was quite a lot to digest.

Well, we said that knowing is the basis for consciousness, for awareness, for life, and that in manifesting desires, one may short-circuit the creative process if one can simply know that one already has a thing that is desired. To some this may appear delusional, but if that is so then the creative process itself is delusional, for it requires the artist to hold a vision despite the fact that the physical object (or the goal) has not yet materialized.

Good! In this dialogue I want to get away from the esoteric nature of the previous one. Now that we have our understanding that this profound feeling of certainty, which you have called knowing, is the basis for life itself, let us proceed from there to applications of this concept to daily life.

What would you like to discuss?

Let's talk a little more about this idea that knowing something can short-circuit the creative process. This seems pointless, for it is the joy of the creative process which is the reason for much of life itself!

Well, we said this in order to help our friends relieve a little of their tedium! Sometimes all of that hard work gets a little boring, as you have experienced trying to learn to play piano. If one can get the idea that it is possible to know and BE anything, then one can retain enough interest and excitement to carry through the learning process to its intended level of accomplishment.

But of course any creative process that feels like work is just disallowance of the source energy that is the impulse for the creation in the first place!

But you get what we mean.

All right, but did you really mean that you can learn anything simply by knowing it? Like Trinity did in *The Matrix* when she learned to fly the helicopter?

Yes, we mean that most emphatically. We wanted to get around your own doubts on this issue so we really gave it to you, in order to get through.

What is the process of learning anything? Either inhalation of data, or a series of physical movements which bring about a result. In music this is simply a placing of the hands on the correct keys in order to play what is desired. This is called technique, and as you have discovered, without technique you simply cannot play those feelings you so much desire to play. For the piano,

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it is a knowing of what each note sounds like, what grabbing certain keys will sound like. In the creative process one normally practices and practices and practices until one can automatically find the correct keys every time. This is simply a matter of practiced movement. But practiced movement is nothing more than knowing! It is data that is thoroughly known. And data is transferable. (We don't really mean data as some of you mean it, but more as packets of thought, like that which we use to communicate with you. These packets of thought are mirrored in the protocols your computers and networks use to communicate with each other. When humans understand that consciousness itself is capable of the same thing, then it will be possible for you to communicate with each other far more understandably and effectively).

So if it were possible to 'download' knowledge of these practiced movements, one will have the technique necessary to play. Just as we send you information that you translate to the keyboard, so too can the thought stream of the piano be accessed and translated to the keyboard of the piano.

We have said before that every thought that has ever been thought still exists. There is a 'thought bank' or 'thought stream' connected with any activity. Knowing simply involves contacting the correct thought bank for

the activity. This involves a fine tuning of thought and vibration, and complete allowance of that which is wanted. If it were easy for humans to do this, none of you would ever have had to attend school. Now isn't that a happy thought!

OK, any suggestions on how to do this?

Not really! Like your friend Tim, who just picked up on it, it is something that must be accomplished on an individual basis. But we want to assure you that it is possible! It has more to do with the fine-tuning of vibration, and allowing, than it does with effort and practice. You must relax into it, as we have said before.

So what you are saying is that it is possible for consciousness to communicate as our devices do.

Of course! Consciousness designs and builds the devices! It is just that you do not trust or believe that you as conscious beings may do the very things you allow your devices to do. These devices reflect an imperfect knowing of self. There is nothing easier than the allowance of directed thought from one being to the other. But because human beings like to do things the hard way, you have designed for yourselves a society based on the strong belief that only through machines

may legitimate work be done. The possibilities of consciousness are limitless! Levitation and telepathy are just two of the things that may be accomplished simply by the use of conscious intent and allowing.

If you want to learn something, how do you learn it by this method of knowing? You DON'T know it, so to just say 'know it' is not very helpful.

If people could do this, as you said, there would be no need for schooling.

The need for schooling in its present form comes about because of the design of your society. There is really very little that you teach in your schools that is necessary for the living of a life full of happiness and fulfillment. We have described this process above, and you experienced it when you swerved out of the way of the truck that spilled the chair upon the highway. It is simply a matter of connecting with the source of YOU, and directing thought and intention. When this is done the answer is given, and then all that is necessary is to allow the answer to come forth within you. Thus is knowing born.

It sounds so simple when you say it! But most people would just laugh and dismiss it as simplistic dreaming.

And that is why those who do this struggle so much!

The very ones that are dismissing this are the ones who are complaining the loudest, working the hardest, and living lives of the least fulfillment, because they are the ones most disconnected from themselves, and thus from the source of knowing.

Whew! That was an emphatic and authoritative response. I really felt that one.

Well, we want to get our point across to you, because there is a little bit of that in you also, which is why you are not yet fully living the life you are dreaming of. You see, from our place of knowing and perceiving, we see the universe as a place of vibrational activation and matching. To us, the transmission and receipt of thought and perception is the most natural thing in the world, and we see it happening with humans all the time, yet humans deny this process almost before it reaches conscious awareness. It is a habit pattern of self-denial that has been learned and taught generation after generation. But this denial of knowing is simply denial of self.

For example, the world class musician who practices for hours every day in order to maintain his or her proficiency is very often struggling against himself or herself. There is a very strong belief on your planet

concerning hard work and its necessity for success. Very often however, the hard work leads to physical deterioration in the muscles of the hand, arm or wrist due to excessive strain.

We are not saying practice is unnecessary! Many artists practice for the sheer joy of it. These are always the most successful, for the joy of doing something purely for itself leads to the greatest connection to source and the greatest knowing.

If you were to explain this to a guy on the street, he'd think you were either nuts, or talking nonsense, at the very least. I wonder how this could be explained to someone who had no interest in metaphysics, but who just wanted to improve his or her life a little. Give me something profound and useful.

Profound and useful... how about this? Identify what you want, and envision it as yours. Know it is yours. When anything counter to it surfaces in your consciousness, ignore it. Have fun imagining living life with the things you desire.

That is what we would say. We would emphasize the word fun. If the person you are talking to has no idea of fun, then you are wasting your time!

The best thing you can do personally, if you want teach this, is to simply be an example for others. Our words do not teach really, but someone who knows and is

actually applying these principles in his or her life will be getting noticeable results.

OK, thanks!

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(Session 42)

## The Universal Perspective

I have noticed that almost everything I have been taught is 180 degrees the opposite to what you have told me. I can understand how a species can be confused, but I don't understand why thought and behavior on planet earth is so totally wrong-headed! Why have human beings adopted a mind set and a mass consciousness that is so opposed to universal law?

Well, in the first place, there is a perfect balance of knowledge in the human consciousness, it is just that humanity tends to emphasize the things that are not in agreement with universal forces. We assure you, the knowledge base of the human species is very adequate to enable you to change conditions on your planet to those which are in the flow of universal energy. The question is, why do you pick and choose ideas that take you apart from your source?

We assure you that it is just a question of emphasis, not knowledge or wisdom.

Interesting...the knowledge base is present, so all we need to do to shift conditions and attain wisdom as a species is to change our focus?

That is correct. Focus upon scarcity has created

almost all of the conditions that humanity objects to! The scarcity concept is reflected in your economies, which are based upon scarce fossil fuels, but also with regard to the health of your bodies. Humanity has chosen to believe that there is only so much well-being to go around, and if anyone takes more than his or her 'fair share,' conditions will deteriorate. Of course, the opposite is true!

How strange, from our perspective! Your scientists have detailed the systems that support well-being on your planet, from the atmosphere to the geology to the biology, and yet, you look past all of this magnificence and concentrate your attention upon areas of conflict and disconnection. Then of course, Law of Attraction brings you more of same. But as we have said over and over, individuals have the choice and the opportunity to experience as much abundance and well-being as is desired. Why is that? Because the contrasting environments and cultures on your planet serve to move people up the vibrational ladder! When what you dislike is hitting you in the face every day, it motivates you to shift your attention to what is wanted.

Polarity or duality is built-in to the design of the physical universe. For every condition there is its opposite: day and night, hot and cold, wet and dry, etc. What is not understood -- and this is very important -- is that the negative end of the polarity scale is itself not a

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force, but simply an absence of the positive aspect. The positive pole of the battery indicates an absence of electrons; cold is the absence of motion, etc. Humanity has assigned a source of evil or darkness to the absence of something; and in so doing has powerfully distorted the pure, positive energy of source. That is always an option, of course, but we do not recommend it!

Attempting to rid yourself of something is counter-productive, for it places your attention on the opposite end of the stick. There is no power at the other end of the scale! You must supply the power and that is why it is so much work! It's draining. The dark side has no power other than what you supply to it and that is why so many wise ones have called the dark side an illusion, a phantom. It is not illusory when you experience it, but you only experience it because you activate it.

Despite the distortions in mass consciousness, many millions lead lives of happiness. These blessed ones have simply learned to keep their focus predominately on the positive end of the stick.

The knowledge and wisdom to build clean energy devices, to completely understand the basis for perfect bodily health, to organize your societies in ways which empower instead of disempower, are all available for the asking! To us it appears that mankind is building a gigantic fortress to keep out all of the wonderful things he

is asking for, and which are literally banging on the doors wanting to come in! We are not kidding when we say that anything that is asked for is immediately given. Humankind, as a species, must learn how to receive, must learn that he is worthy of receiving on a much vaster and more magnificent scale than he is accustomed to! And of course, the asking of mankind as a species is utterly dependent upon the individual asking of each person.

Did you know that you are the only life form on your planet that barricades itself from source? In your mad scramble for prosperity you resemble the hamster on a treadmill. No matter how fast he runs, he always stays at the bottom!

OK, so there is nothing wrong with us as a species, we have just chosen to emphasize self denial.

Yes, that is a good way to put it!

So as a species, we are not dumber than any other intelligent life out there in the rest of the universe.

Well we see you have a little bit of a distorted idea of what it is like out there. Every species has its own emphasis on what experiences it chooses to have. But every species has the ability to fully connect with the

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source-of-all. The source-of-all contains all of the knowledge and wisdom than any species in physical could need, for it is the collected, evolved thought of consciousness since the beginning of the universe! Diverse planetary environments are created because of the desire for variety of experience and expression. Dumb or smart is really an irrelevant term, for what is valued in one species may have no value for another. For example, one species may decide that exploration of the universe is very important, and so they construct gigantic ships of space, traveling where they will. Another species may find that a pastoral existence suits them just fine, and the idea of spending ones life in an artificial environment would be anathema to them.

What is intelligent to the space-faring species may be deemed stupid by the other. You see this on earth, in miniature, all the time! People judge each other by their own standards! A computer programmer may look on a biker with disdain, whereas a biker might consider the programmer to be a boring egg-head! The wonderful variety you experience on earth is mirrored throughout the physical universe available to your perception. Earth is sort of a mixing bowl for many cultures and interests. That is why there are so many upon the earth at this time. Never before in the history of your storied planet have there been as many in the physical at the same

time. This is an amazing time to be alive! We in nonphysical are just delighted and amazed to see so much action! The only thing we see that is non-optimum is your failure, most of you, to appreciate what you have!

Yes, I got that! (lots of positive energy flowing). So there IS something to the idea that earth is a special planet, among all others in the universe.

There is more variety concentrated in one place, that is all, and that is why so many wish to focus here at this time. This in turn increases the variety and contrast, which makes it even more exciting!

How many cultures are represented on earth at this time?

How many species do you have on your planet? Millions! This despite the fact that your planet is isolated, off galactic trade routes and presently out of the communications loop. That was not always the case, however!

Tell me more!

Let us just say that your planet's volatility has resulted in a series of unpredictable, — for that is the nature of your planet — cataclysmic events. The last time this occurred everyone packed up and left.

Wow! That leads to my next question: If humanity does not cease it's warring and polluting and destruction of other life forms upon the planet, will the earth will become so imbalanced that it will destroy itself? Supposedly, Lemuria and Atlantis were civilizations that destroyed themselves.

Do you think that it is possible for humans to destroy the earth?

We assure you that you cannot. If you could see the time track of your planet you would be amazed at the events that have taken place. Your planet has sustained massive shocks from runaway celestial rocks, wars involving inconceivably powerful weapons, natural geological and atmospheric cycles of purging and cleansing, tremendous climate shifts, the list is a long one. The planetary consciousness supports all of these changes, and the beings who incarnate here are the most adventuresome, and looking for the cutting edge experience. You have no idea how powerful are the effects of humanity's decisions upon the fabric of your planet. We say most emphatically that your planet is the jewel in the crown. It has evolved within the idea of tremendous volatility and diversity and, throughout its long history, has lived up to its reputation, believe us!

Therefore, it simply is not possible for humanity to destroy the earth, for you in physical form are not fully

aware of the forces of well-being that surround you. Compared to previous civilizations upon your planet, you are like very badly behaved children throwing mud in each other's eyes! However, there is a growth of consciousness upon your planet that we see culminating in another tremendous leap of change, a gigantic species evolution of thought. We have no idea how it will turn out, but all eyes are eagerly focused upon your planet at this time!

From our perspective we see a grand place of variety and contrast in which we all want to play! The idea that there is some sort of 'serious' life or death experiment going on and that if you don't behave in a certain way all will be lost is a distortion, do you see? We assure you that Gaia will not permit it. You forget that the earth is alive, and she is a very powerful being! If mankind ever became too dangerous to her -- we do not see that occurring -- the planet would take action to prevent it, as it has done in the past. Your planet has been around a long, long time, and will survive long after this particular civilization is gone.

Relax. There is nothing to worry about. Let in the energy and the perspective we are sending to you. Do you feel it?

Yes I do. It feels great. It feels like all is well, mostly, and great

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excitement, and just great adventure and exhilaration. Does it feel like this all the time in native state? Or are things just going particularly well right now?

(Laughing uproariously) Oh you are such a funny man! Yes, it is always like this. There is much less dissimilarity, and experiencing here always feels wonderful. Within your physical containers you experience a range of feeling unavailable to us in non-physical, for there is the availability of intense negative emotion such as despair, depression, anxiety, fear...we feel these emotions only as a slight lessening of well-being, but for you it is as if your very being is threatened...we sometimes look at you in awe, if you want to know the truth!

We would not have your planet any other way, despite the wars and bad things that are occurring, and neither would you. Oh, if you could just see it from our point of view! You can hardly believe the excitement and the wonder at what has been created on earth. The things that most humans say are horrible we revel in. There is nothing like focusing in a physical body with all of the delicious experiences available to you! Now you might say, 'Why don't YOU come down here, experience this garbage and see how you like it!' And we say, we do experience it, through you. It is impossible to

communicate in words the value of your planetary contrast, and of your experiences. The earth is a masterpiece that we/you have created and evolved! But it is even better than that, for it is possible to enjoy and experience here over and over; the sculpture is a brilliant, constantly changing work-in-progress! This will become obvious when you resume your awareness in this perspective. We/you have created something that is so valuable, so amazing, that all consciousness everywhere is in eager anticipation of what will come next! We watch in amazement at the things you do, the new ways of experiencing that are coming alive and being created every day. The music, the art, the conflicts, the struggles, the sheer aliveness of it all, just astounds us (gigantic flow of energy here -- indescribable). Humans fear change because they fear harm and the pain that accompanies it. That is how the human experience has been designed, however, and you signed up eagerly for it. We tell you that it is possible to experience joy even through pain, for pain is artificially created, a deliberate construct of the interaction of consciousness and biology. It was designed this way BECAUSE IT IS SO UNUSUAL!!! You are on a glorious journey and it is possible to co-create that journey for happiness or grief -- you are always in the drivers seat, co-creating in the physical in a universe that is constructed with joy and designed for the

experience of well-being! That is our message to you. It is an inspiring message, and it just happens to be the truth!

When humanity finally understands the nature of consciousness and death, you will never live life as seriously as you are living it at present. Your whole perspective will change, and we are almost sad about that. Actually we do not get sad, but when humanity realizes this and changes the world to a more positive orientation, there will not be so much excitement, we assure you. We know that what we have said will offend many, but this is the viewpoint you have when you are perceiving solely from your broader awareness.

Whee, I really got that! I cant put it down in words like you gave it to me, but I really got the energy. So earth is where the action is, right now?

Yes.

When earth evolves past the point of 'excitement' as you call it, will there be another planet or area of the universe that is created to reestablish this level of contrast?

The universe is constantly evolving. We do not know how or whether there will ever be another place like earth, because there is no Supreme Being making decisions for the whole. And that is what makes this

planet at this time so incredibly valuable, precious, and exciting!

There is just ever evolving thought. Who knows, perhaps there will evolve an even more exciting place than earth! We are breathless with anticipation, as you might say, because we do not know what will happen next!!! Oh it is so wonderful to be alive! We are humming right now and sending this to you and we feel you are really getting it. Do you get it?

Yes I really get it. Jeez, it feels so exciting and exhilarating!

It is, it is. So enjoy it, revel in it, live life to the fullest and appreciate the contrast and diversity you see all around you. Admire your fellow co-creators, no matter what they are creating, even if it be evil from your point of view, because we assure you, you would not be anywhere else in the universe!

Wow, this is blowing all my circuits.

Yes we are really sending it through and we want all of your readers to get it too!!! Do you feel it? That is how wonderful life is, that is how wonderful you are, every one of you, oh the love is so great here for us/you, we are awesome!!! Live! Love! Have fun! Enjoy your incredible physical experience!

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Awesome, dude. Thank you so much.

You're welcome. Thank you! We will talk again soon.

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(Postscript)

I think that this is the communication they wished to give me all along. They are always very good at answering my questions, but the clarity of their answers are dependent upon my degree of allowing them to come through. Today I experienced the most awesome feelings of what it is like from the non-physical point of view. It was the most amazing view of earth that I have ever experienced, entirely different and more inspiring even, than the most inspired spiritual channelings I have ever read. It is an energy of total and complete well-being, a complete and utter knowledge that everything is absolutely perfect (and getting even better than that), a feeling like you had when you were a kid when everything was right, just before Christmas when you knew you were going to get some great stuff, and you couldn't wait to see what was going to be in those boxes, but at the same time enjoying every moment. Totally amazing.

Now I can never have the slightest doubt again that all is truly well. I wish that I could transfer this feeling to all of you!!

Imagine a feeling of complete bliss, exhilaration, and excitement without even a hint of anything uncomfortable in it, and you will have an idea of the energy that came through to me today.

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Are you the same guys that come through Esther Hicks?

Well, it is a little different for you and for her,

because your vibrations are different. Esther is more of an allower, you are more of a teacher.

(Session 43)

### The Value of Disconnection (?)

OK, I have a question. I have heard you say through Esther Hicks that you do not go with us when we are angry or experiencing negative emotion. Yet, in our last conversation you made it very evident that even negative emotion and activity is exciting. If you do not experience these emotions then how can you know their value?

That is a very good question. Through Esther we said this in response to questions from the audience. Through you we can say that when we say 'we do not go there,' we mean that we cannot go there. In other words, we are connected to the source-of-all and we do not really know how to disconnect from it.

That seems impossible, as all you have to do is place barriers of resistance to the source energy.

No! We ARE source energy, and we cannot barrier ourselves, we cannot be something we are not. Only in physical form is it possible to disconnect temporarily from source. That is why we say that all negative emotion is artificially generated.

Then how do you know how wonderful it is? If you can't experience the pain as well as the good times. you are forever barred from the true

knowing of how amazing it can feel to be in a very bad place, and then come to a very good place.

There are many ways to experience contrast! You do not have to experience it from a place of pain to appreciate it! There are two ways to experience ANYTHING; from a place of fear, or from a place of joy. Negative emotion actually obscures the true perception of an event. We discussed this previously in the session on memory. We believe that although it is obviously a good thing to experience relief from pain, it is a much better thing to not experience pain at all! In both cases the end result is the same: a connection to source. However, we have never had a physical experience!

Now we are going to say something that will shock some of your readers.

Why do you think there are so many who wished to experience in the physical? For the death experience. We have not said this to anyone else because it can be construed as irrational. But we know you can understand what we are saying. It is a rush that is inconceivable to almost anyone on earth. The experience of your psychedelic drugs is sometimes an attempt to simulate the death experience and the incredible feeling of release that accompanies it. However, any rush you get from drugs is trivial compared with the true expansion of

consciousness that accompanies 'death.' It is beyond description, and that is why we cannot understand why so many of you fear death so much. Death is the greatest single experience you will ever have, and we say that with emphasis!

That is interesting, because you are saying that there is indeed a separation between physical and nonphysical, because you can never truly experience the negative emotions that we feel.

Oh you are so delightful! You come up with such interesting points of view! Let us think about this for a while, hmmm... what we want to say to you is that exposure to contrast is beneficial because it stimulates new desire and creates new thought. There is never a benefit in experiencing a disconnect from source. A negative emotion is felt as a blocking or distortion of life force. Although it might be interesting to experience once, continuing to do so is rather like beating yourself over the head with a hammer.

OK, but then that negative energy is of a lower vibration, and it never goes away, so here on earth we are creating all sorts of negative vibrations. And so it can be said that we are the source of negative energy which you say does not exist anywhere in the universe! Have you been lying to us all along?

The subjective experience of negative emotion is the blocking of life force energy. When the plant is taken out of the sun and placed into the darkness, it dies. There is never any benefit in experiencing a cutting-off from source.

Of course there is! It makes the feeling of good that much better!

OK, understand this: when you are truly connected to source energy, there is what could be called an ultimate feeling of bliss. It doesn't get any better because you experience disconnection.

Then why do beings incarnate especially for the purpose of transitioning? You are painting yourselves into a corner!

While it is true that the death experience is a rush, it is not a rush because one has to feel bad in order to feel good! It is caused by the process of focusing and unfocusing consciousness. Let us explain.

Incarnation is a focusing of consciousness into the vibrational range of the physical environment. Death is an unfocusing, or expansion of consciousness. As an analogy, imagine a gas packed tightly into a small container. When the lid is opened, the gas naturally wants to expand.

The cause of the rush at the time of transition is not the transition from negative emotion to positive emotion, but the expansion or unfocusing of consciousness.

This feeling of the rush is always provided by an expansion.

Let us explain a little further. When does a 'rush' of happiness or joy feel like? If you will pay attention a little bit the next time you experience this way, or you can remember what it felt like, you will discover that it is always accompanied by a feeling of expansion. It is, literally, an unfocusing of consciousness. That is why when you feel exhilaration it does not last, for you always refocus. This is often said by humans to be the process of 'coming down' from the 'high.' There is a lot of truth in this phrasing, for it reflects an understanding of what is occurring to consciousness itself.

Wow. I thought I really had you guys there! I get it about the expansion of consciousness from a focused state to a broader awareness that IS the 'rush' one feels. I can also see that an expansion of consciousness takes place when one does drugs, and that is the reason so many have used drugs to attempt the permanent expansion of consciousness (e.g., Carlos Castaneda). But I have to tell you, no one can tell me that there is no benefit in experiencing negative emotions. I suffered cycles of depression in the past and there is something poignant about going through that and coming out the other side. There must be some value in it!

Here is our dirty little secret to you: there IS value in it, but it is not something that we want to promote too loudly. In some circles there is a sort of 'cachet' in saying that you were on earth and experiencing negatively. And, frankly, there is what you might call a 'morbid curiosity' in such experiences. In other words, imagine yourself watching the 'Survivor' TV show, or some other form of 'reality' television. Don't you have just the teeniest urge to experience it? Don't you sometimes imagine what it would be like to go through it? Well, it is no different on earth than it is in heaven, my friend. Some of you actually DO participate in the insane asylum called earth! But really, there is nothing to it, because once you transition, you throw away all of that negative interpretation of experience and it really doesn't seem important at all. It really ISN'T important at all! You have now an idea of how it is in nonphysical, after our last session. Does it seem reasonable to you that there is value in going through negative experiencing?

I have to admit that I can't conceive of it from that awesome feeling.

It is only from the incarnated state that it seems valuable, do you see? You justify your disconnection by attempting to find value in it! You say: 'we are helping

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the all-that-is by feeling negative, because we transmute negative energy from the rest of the universe,' or you say, 'no pain, no gain.' That is only natural for you KNOW that you are supposed to feel good, and a departure from that seems irrational. You have had a glimpse of what it feels like to be fully immersed in source energy and so you know there is no value whatsoever in a feeling of disconnection. It just isn't something that would even be considered from here. We think you understand.

Yes. I do understand. So let me summarize: it isn't the transition from feeling negative to feeling positive that is of value, but the transition from focused (incarnated) consciousness to unfocused consciousness (broader awareness). When fully connected to source energy, we feel so wonderful that to consider disconnecting in any way, (feeling negative) would be a joke: if it was considered at all, it would be in the form of humorous rejection.

That's pretty good.

I am receiving a feeling of perfect bliss from you right now. You said yourself that it doesn't get any better than that. Which invites the question all over again: Why come to earth at all?

We have already given you the answer, you are looking at it from an intellectual point of view. Imagine yourself in paradise. The sun shines every day, it is 85

degrees all of the time, the ocean is always comfortable for the activities with the water, could you (speaking to me) live there blissfully for the rest of your life? Of course you could not! That is why you live in the northern hemisphere of your planet, to experience the differences and find joy in them. Of course there are uncomfortable times with the weather, but you would say overall that it is far better for you to experience difference than sameness, even if that sameness is perfect.

Jeez, that is cool. My brain is spinning! I feel good, but I think I'd better stop for now. Thank you very much, that was very enlightening. I learned a lot and got some confusions cleared up.

Until next time!

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(Session 44)

### How We Disconnect (and Re-Connect) to Source

How does a person get separated from source energy? Consciousness IS source energy, so how is it possible to disconnect from what we already are? How does the process of separation from source work energetically?

It works by focusing. Let us define focusing precisely. Focusing is the narrowing of attention. The only way for consciousness to experience in different ways is to narrow its perception. The narrowing of perception can be accomplished using the vehicle of the physical body, which is designed to limit perception. The desire of consciousness to experience in different ways is the primary motivation for the design and construction of physical bodies, and the physical universe itself.

When consciousness focuses into a physical body the incarnating personality is consciously aware only in a narrow bandwidth of vibration. That is by design and intent of the incarnating personality. During a physical experience, of course, the narrowing of perception occurs even more intensely as you concentrate on specific tasks within the physical environment. Now add exaggerated diversity and dissimilarity into the mix and viola! -- resistance becomes almost inevitable. Attention often becomes fixated upon what is unwanted. Like a space vehicle approaching the moon, a very powerful vibration

now completely fills your viewscreen. The strong awareness of the unwanted vibration is your predominant focus.

This process works for positive feelings as well as negative feelings! Because consciousness is so intensely focused in your physical environment it is possible to experience joy and well-being very powerfully indeed. Those who have had physical experiences tell us that the physical environment can enhance joy and well-being beyond that in non-physical, although the duration of these experiences is short. Short, but very powerful bursts of intense enjoyment and excitement! That is one of the attractions of physical expression. Some of you LIVE for these occurrences. For beings like yourself and those who read this document, it is all or nothing! You do not find yourself in a body upon the planet earth unless you are an adventurer, an explorer, a radical, an envelope pusher, an ultimate joy-seeker! So you see, the motivation for a physical experience is very powerful!

Right — I'm getting that energy of excitement from you again. I wish I could just bottle this up and dip into it any time.

You can!

I can? How? Yesterday was not a good day for me. For some reason I just couldn't vibe up to those really great feelings.

That vibing up, as you call it, is just letting go of resistance. It is the unfocusing of consciousness. It is allowing. The process of feeling better is the process of allowing source energy to flow through, which is another way of saying, unfocusing a bit from a narrow, intense focus on something which feels uncomfortable.

Wow! OK. So how do I let go when I am not feeling so good?

What you want to do is unfocus. Don't unfocus TO anything in particular, unless you can find a thought that really floats your boat. Simply allow yourself to 'expand' a little, and see what happens. In that unfocusing, you will be taking attention narrowly focused upon something unwanted and re-finding the knowing of who you are. This is what happens often in meditation.

Sometimes you begin thinking thoughts that take you ever so slightly toward a place of resistance, but you do not notice it. After a time you do notice it.

Then you attempt to assign your disconnected state to one big thing, when it is actually a series of little steps along the way. Simply unfocusing a little may bring relief.

OK, I'll try that next time. Tell me again why I came to earth?  
Sometimes it doesn't feel like such a good idea!

Imagine a gated playground full of children. Would you rather watch someone else have fun playing, or get in there and play yourself? Some kids are screaming at each other, two are fighting, and the rest madly running around, but you want to dive in anyway because...it's there! You know that you will have fun despite what the others are doing.

From your pre-incarnation perspective you observe the 'stuff' of the physical universe and you want to play with it! Is it more fun to watch someone drive a car along a beautiful coastline, or actually be in that car yourself? It's just the deliciousness of the physical experience. We remind you of the movie called 'City of Angels.' Nicholas Cage played an angel who could go anywhere and do anything, but when he fell in love with a human he couldn't wait to become physical. That movie is a wonderful exposition of what we are talking about.

Good.

Anything else?

I was going to ask you why you come to me, specifically, but then I answered my own question by saying it is because our vibrations match up well.

Our vibrations match up precisely! We come because

it is fun, of our own free will, of course. It is good to perceive in a different way, but it is even more fun to perceive through some one who we can talk to as well. It is sort of like the difference between having a very good friend to hang around with, and a computer terminal. From the terminal we can perceive different locations on the internet, but with a friend we can do the same thing and also share what we are perceiving, and many other wonderful things as well.

It is funny sometimes to us, this process humans call 'channeling.' Some make it out to be a big deal, but we assure you that it is completely natural. Here it is taken for granted because it is simply what we do all the time. Humans do it all the time as well. All things in the universe share a natural connectedness. We hope you don't consider this weird or anything. We ARE weird, of course, we love being weird, and you are a real weirdo too. That is why we love you so. (big feeling of love here)

I love you too!

Is the feeling of love not the most natural feeling in all the universe? We think so. Yet for some on earth, it is considered a weakness! The strength and power of love is beyond all of your tanks and ships and weaponry. With

this feeling you may attract unto you a life of perfect bliss.

Yes!! I can feel that.

(Session 45)

### Earth -- A Broader Perspective

I am curious about the relationship of planet earth to the rest of the universe. You guys have said before that earth is a special planet, and I am wondering if it is normal to have 6 billion humans, as well as millions of other species, in turn in their billions, inhabiting the same planet?

It is not normal.

Well, then what is normal? And why is earth an exception?

Although there is great diversity of cultures, environment and species, the norm is for less mixing of species and environments. As we said before, the earth is a planet of tremendous volatility and variety of habitat. If you could only understand the intricacy of planetary engineering that keeps the systems and environments on your planet functioning. It is, we would say, not only a marvel but miraculous.

Although the design for your planet was for change and contrast, it has evolved beyond that which was expected. It is never possible to predict how planetary environments will evolve, but on your planet this is especially true.

When you play a game, sometimes the game is boring, sometimes it is really exciting. It all depends upon

how the participants interact, what they decide from moment to moment. Sometimes the game evolves to a tense excitement. The players are on the edge of their seats so to speak, not knowing what the outcome will be! It is all so very exciting. You have felt this feeling many times. On your canoeing trip, and on your trip with your friends to the lake, there developed a camaraderie, a sort of magic evolved between everyone that lasted for days, and when it was all over there was much excitement about what had transpired. There were many different activities going on, but all got together in the evenings and talked, bantered, played more games and everyone was exhilarated about the day's activities and excited about tomorrow. That is how things developed on earth. There are more focused aspects of universal consciousness coming and going in every day on your planet than on most planets in many of their orbits around their suns. If you could see it from our perspective, you would notice thousands of points of focused light appearing and many thousands returning their awareness to the whole, in every second. It is very exciting, exhilarating, and like your friends, we all get together talk about the 'day's' activities, and look forward breathlessly to what will happen 'tomorrow.' Unless you have felt this way you cannot possibly know what we mean. But we feel that you do.

Yes! I can feel that that energy of camaraderie and excitement must be amplified many times by the sheer number of entities coming and going.

Oh, it is! It is .... (feelings of wonder and excitement and amazement). You got that, we think!

Is there this much excitement about other planets as well?

Let us just say that the space around earth is especially busy right now, and it is very exciting.

I keep getting from you that there is no universal blueprint for thought and action. It must be really refreshing and exciting because no one knows what is going to happen next.

It is an energy of total well-being as well, is it not? From our perspective we see it all, and marvel.

We are always excited at the new potentials being created from the thought forms of the participants -- multiply that by every species upon your planet -- and from those potentials, which ones actually manifest (which ones are agreed upon). There is an eager anticipation for the next moment, the next possibility, the next potential manifestation, then there is joy when the manifestation appears, and then there is excited and

eager anticipation about the next set of potentials, and there is exhilaration at the constant expansion of potential, of the new possibility, and it is indescribably delicious, as one of your commercials used to say!  
(great feeling here, powerful )

Man that is really exciting! It seems like its more exciting for you guys than it is for us! I just don't feel that tremendous excitement in every single moment as you do.

Well, you are there. By that we mean, you have your fingers in the clay of creation. That is a really, really good place to be. We have to say there are many on your planet who feel as we do every day. Those are the truly blessed ones. Those are the powerful creators of their experience, and through them we experience so much bliss.

So it's all just a matter of deciding upon something exciting, then creating it.

Yes! But it doesn't matter where you are, focused in a body, or in non-physical. We have a great game going!

Man this is so great. Its so uplifting! It's getting so I need my 'fix' every day. The energy is just amazing.

And it will get even more, as you allow more. There is nothing on your planet, or anywhere else for that matter, that you need to resist or defend against, not ever.

Thanks!

(Session 48)

### Selfishness

You have said that this universe is based on the Law of Attraction. Are there other universes with different properties? In other words, are there universes which are not based upon the Law of Attraction? And what is a 'universe' anyway?

Well you have asked two profound questions! The first we will answer by saying that we do not know of an experience that is not based upon this law. We are not saying that there aren't, it is just that we are not aware of any. We would define a universe as that which has been agreed upon and therefore perceived.

OK. So are there other universes besides this one?

We do not know what you mean by 'this one.'

I mean, the one you/we experience in.

Well, since we experience where we experience, and a universe is defined as where we experience, then we would not be aware of anything outside that which we are perceiving, do you see? So again, you have asked one of those profound, but essentially meaningless, questions!

Where do I come up with this stuff?

(big love) Well, you are just naturally curious, but it is a matter of where you are being curious from. In other words, if you are curious from a place of disconnection, then the questions you ask and the answers you get will be those of disconnection from truth. Truth is consciousness, is US, is YOU. The more you connect with you the better you feel, the more magnificent you regard yourself as being, the more certain you are of who you are, the more you realize that all is truly well!

(lots of passion again from them — big energy rush) Yes! I got that. Tell me, I keep asking these profound but meaningless questions, so is there something within me that you can identify that I should look at?

No! You want us to look at something non-optimum and point it out, so that you can place your attention on it and 'solve' it, and therefore, stick your vibration there and be worse off than you were before! We want to point out your magnificent nature as a focused aspect of universal consciousness, an awesome beautiful and wonderful facet of us!

Thank you. That felt good. As you said before, all questions and answers inevitably lead back to US.

Yes, that's right.

Ok, now lets talk about something practical. Lets talk about the human need to find global solutions to worldwide problems. You have said before that individuals can only change within themselves, that it is not possible to change others. So why do people want to change others, or change the world?

In the first place, the desire to change the world is divinely inspired. It comes from the inherent quality of love that is the basis for all life and all consciousness everywhere. When our dear friends look at others experiencing pain and misery there is naturally a desire to help.

However, many times the actions taken proceed from a not understanding of the law of 'like attracts like.' When attention is given to fixing problems, those problems become magnified. This is natural, for it is very difficult not to notice the difficulties when they are staring you in the face.

Sometimes, those who want to change the world do so because they wish to get everyone thinking and acting like themselves. In that way it is possible to feel at ease about the future. However, there is no possibility of worldwide solutions unless there is agreement among individuals. Social solutions are based on universal principles, for in order to have a universe in which to

perceive, there must be agreement. Agreement simply means a common vibrational focus. Unless there is widespread agreement upon the problem and the solution, a true resolution is not possible. Mankind tries to get around universal principles by the imposition of force, but this never lasts very long.

The world is in perfect vibrational balance. It is in perfect balance because the fundamental operating principle of the universe is 'like attracts like.' Therefore, there is never a case of mismatched vibrations or accidental events. This means that there is never unfairness or injustice, as brutal as that may seem to humans.

Those who wish to fight and argue may do so, those who wish to find only serenity and peace may have that as well. Human beings get into trouble when they think 'I cannot have peace and harmony when there is fighting and war present.' We assure you that your planet is a large enough platform so that all who wish anything may have the fulfillment of their desire. It is only when those who wish peace, for example, focus upon and resist those who are fighting that the peaceful ones are drawn into conflict, for they are consciously matching their thoughts and feelings to fighting! They begin to resonate to conflict and the universe begins to respond to that signal.

If those who wished only peace focused exclusively

upon peace, their experience would be one of peace, no matter what the others are doing. This may not seem valid at all to some, but it is a simple and powerful truth of the universe. Those who truly understand this principle bring to themselves a life experience that is entirely consonant with their desires.

It just seems weird that the universe would be set up in a selfish way that no effect is possible in the experience of another.

Well, first of all, you can certainly influence what another thinks or does, you just cannot make him or her do it without their agreement! We talked about this before. It IS selfish, and that is the only way it can be, if all are to have free will. In order to allow consciousness the ability to create the reality it wishes, free will must exist. And it does!

Wait a minute. We can't create our own experiences because we need the agreement of everyone else to build and maintain the gameboard (earth).

From your/our broader perspective that is true, but the physical components of the planetary environment are set up before you arrive. We guarantee you that all humans have complete and total free will to do whatever they choose, and all thought and action is managed by

Law of Attraction. If you were able to create in the experience of another, then every time you got mad at your friend (or your enemy!) and wanted to stomp him, that person would be the immediate victim of your thought or action. The result would be a universe of complete chaos and disorder. In fact, it would be impossible to have a universe under those conditions, at least one that we understand. So free will is absolutely essential for the operation of the universe, and for a pleasant experience. We suppose one could create a universe of psychosis, but that would only come from a completely disconnected viewpoint.

There are no victims, anywhere in the universe. There are only free will choices, and the matching of vibrational intent.

Right. Makes sense to me, but to some of those very helpful and selfless persons who want to make the world a better place, your scenario sounds cruel and selfish.

Those wonderful selfless persons who truly wish to help others do so from a complete sense of connection to source energy! So they only experience happiness and joy, beyond the ability of most of you to understand. Their cups runneth over with love, as the song goes, they are filled with the love of God and therefore naturally

desire to share with others. Now that is true giving, giving from a place of such overwhelming joy that it just naturally spills over to the rest of the world. These people are like suns, sending their beautiful energy radiating out in all directions. Firstly they allow themselves to receive in overwhelming abundance. They 'juice up' with source energy and are literally huge vortexes for it. Life force pumps through their energy field and their body and out to the rest of the universe. Oh, the joy of it!!

Those who are truly connected have an intuitive understanding of Law of Attraction, even if they have never heard of it.

It is only when giving proceeds from a 'fix it' orientation that problems result. That is because nothing is broken and therefore nothing needs fixing. But this cannot be understood from a place of disconnection! Do you see?? Those who wish to repair or save a broken world (which is not broken) cannot ever do so, for they are attempting an impossible task and going against the laws of the universe.

All behavior is selfish behavior. The connected one is selfish enough to link powerfully to source. Those who are not are acting from the selfish need to have others bring themselves in line with their own desires. That's just the way things are arranged!

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So is it necessary to have selfishness in order to have a smoothly functioning universe?

It is the only way we know of to have a universe, and experience, and stay connected to source! Selfish just means, connected to source. And source, or life force energy, is the energy of creation, and it always feels good. Selfish means feeling good all the time, regardless of circumstances. This is also known as unconditional love.

When you feel good you can influence others to feel the same. And when all are feeling connected, you have a world where there is joy abounding! The only way to have a world of peace, prosperity and harmony is to selfishly feel as good as you can in every moment.

Free will means unconditional love. Unconditional love means, loving someone no matter what he or she thinks or does. Because consciousness is love, the universe must be one of free will.

OK! When you explain it, it makes a lot of sense.

It makes sense because it feels good, did you ever think of that? Why is something considered logical or reasonable? Because it feels good. Logicians devise systems of thought that are internally consistent. Then they compare other thoughts to this system to test for

validity. This entire process is undertaken because it feels good. It feels good to have the ability to sift through irrelevant and inconsistent thought in order to find the ones of value. No matter what the activity, it is always done from the selfish viewpoint of wanting to feel good!

What most humans mean by selfishness is a striving for prosperity from a place of lack. Because these activities stem from a belief in scarcity and a feeling of anxiety, it draws forth similar behavior from others. That is just Law of Attraction at work. What humans object to in selfish behavior is, at its root, a belief in scarcity. The selfish one, it is said, is trying to take more than his or her fair share. This idea is itself a violation of universal principles, which is why so many live in poverty.

There is abundance proportional to the degree of expectation. If there is a belief in limitation, the universe delivers only limited resources. Again, this is the law of 'like attracts like' at work. The universe always delivers to you according to your level of asking, and your ability to allow what you want to flow forth unto you. In other words, the universe responds to activated vibrational content; therefore, you can never receive more than your beliefs allow. Your beliefs act like a governor on one of your trucks; the governor restricts the flow of gasoline to the engine so that no matter how hard you push on the accelerator, only a limited amount of fuel can get into

the carburetor. Limiting beliefs slow you down!

If you ask, but do not place yourself in receiving mode, you do not receive, then you consider that your asking was not answered. But it was, it always is! You just have to let it in! Your valve needs to be open.

Asking is an outflow, but a receiving is an inflow. You cannot ask and receive at the same time, because energy cannot flow inward while at the same time it is flowing outward! Therefore, in order to receive, one must place one's orientation towards inflow. What most humans do is go into action, trying to 'make it happen.' Most of you are so busy asking that you have forgotten about the receive part!

The idea that selfish is bad stems from a sense of unworthiness. There are many prosperous ones upon your planet, and without exception, they ask at a very high level and the universe delivers accordingly. We also assure you that if every human being asked for abundance, the planetary environment has the ability to deliver that abundance, in perfect balance to the asking and with no harm to the planetary environment. We know this because it has happened in previous civilizations. In fact, it is the lack of asking (and allowing) which creates the consciousness of scarcity, and which in turn creates economies based upon polluting fossil fuels, which in turn creates the pollution, which creates disease and ugliness

upon your planet.

In other words, it is not selfish asking for more that is the problem, it is the LACK of wanting more!

There are technologies now in their infancy which will eventually provide clean, abundant generation of energy. These need only be requested in order to be allowed into the economies of your earth. There is no scarcity. There is only a lack of requesting abundance! Your planet is surrounded, cocooned in, composed of, an energy of infinite creative power. Prosperity is possible for everyone.

Therefore, do not look upon selfish people as bad. Simply be aware that they act, fundamentally, from a divine impulse to be connected to source energy.

OK! That just about takes care of selfishness, I'd say! Thank you.

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(Session 50)

### How Can a Good Person Attract Something Bad?

You have said that the law of attraction brings to us experiences that mirror the content of our thoughts and feelings. So if you always feel cheerful, you should only attract people and situations that are positive. But what happens when a joyful person is walking down the street and is attacked by a meanie. Because the cheerful person experiences ANYTHING as positive, then he will enjoy getting his butt kicked? This state of affairs doesn't make sense. The cheerful person should NOT have attracted the meanie. Do you understand what I'm saying? I'm confused.

If whatever you attract into your experience feels joyful to you, then you cannot define anything that appears in your experience as other than joyful. Therefore your question is irrelevant, do you see?

Right! But it just seems that if the law of attraction matches vibration, a joyful person could not attract a meanie to him, even though that person might interpret any experience he had as positive.

Yes, that is correct. A joyful person cannot attract a meanie, unless there is a desire to do so. Remember that although the law of attraction is a fundamental universal principle, so is free choice!

The universe matches vibration; however, even a meanie is inherently an eternal, joyful extension of source

energy, temporarily in a disconnected state. Therefore, there could be that in the joyful one which attracted that same quality within the 'meanie.' And when the meanie gets within the proximity of the blissful one, he will cease to be a meanie, because in order for the meanie to remain in proximity to the blissful one, he would have to at least temporarily release his meanie vibration, do you see?

Hmmm...Right. I keep forgetting that truth is personal, and law of attraction works on an individual basis. As you say, even the most depraved person is at heart a divine being. But that renders the law of attraction meaningless, for anyone could attract anyone. Therefore, life really is probabilistic and accidental, just like our statisticians say.

The determining factor in any co-incident event is the activated vibrations that are uppermost, or predominant in the overall mix. The quiescent tuning fork makes no sound. It only emits a vibration when someone strikes it. Only activated thought sends forth a signal. Therefore, the meanie can never match up with a joyful person, UNLESS the joyful one intends it.

OK, so it is the ACTIVATED vibrations which send the signal to the universe, and to which everything in the universe responds.

Yes, and that is why changing thought and belief and

raising your emotional tone will invite something different into your experience. We are accessing in your mind the experiments done by Hans Jenny.<sup>9</sup> (see Appendix C for images). Placing different vibrations of sound into a medium generates different geometric patterns within the medium. Thinking different thoughts also generates a different response to you from everything in your environment.

Good! Because we are able to choose our thoughts and beliefs, we have the ability to vibrate anywhere in the spectrum and draw to us an infinity of experiences.

Yes! That is the genius of law of attraction.

The law of attraction works on an individual basis, and appearances can be deceiving. For instance, a person may put on a false front, smiling and laughing when with others to cover a dominant vibration of sadness or despair. One of your wife's students told the story of the very successful businesswoman with a seemingly happy marriage, perfect health and lots of money. Yet that person was intent on committing suicide. Whatever happens to a person is a reflection of that person's

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<sup>9</sup> 'Cymatics' Vol II, by Hans Jenny, Basilius Presse, Basler Druck und Verlagsanstalt, German Edition, English translation.

thoughts and feelings. Because human beings do not have the ability (yet) to read another's mind, it is impossible to know what someone is really thinking and feeling.

A truly joyful person cannot attract an attacker and will only experience joy, in whatever form that takes.

OK, I see. Truth is personal, and is experienced personally.

That is correct.

(Session 51)

## Is The Universe Real or a Holograph?

Are the galaxies we see in our telescopes really there? Or are they just a holographic representation of our expectations that they are there?

They are there.

How many of them are there?

Billions, as we said before.

Why so many? Is it really necessary to have billions of galaxies and trillions of planets in such a vast universe, in order to experience in the physical?

Well, do not ask us -- we are not the orchestrators of it all! There is no God in the Sky deciding what is to be done. The universe you see around you is the result of the accumulation of thought, over eons of time.

Hard to believe something so well ordered had no planning.

We didn't say there was no planning! We just said there is no one deciding what the blueprint will be.

Wait a minute. If we are all extensions of a universal consciousness, then that consciousness must be making the decisions.

Aspects of universal consciousness are making the decisions! Thought has evolved in an almost infinite variety of ways. There is no way that one being could comprehend it all.

Huh? universal consciousness IS the wholeness which has created all of the parts, and so understands what it has created. To say that somebody built the universe and that they don't understand what they built is nonsense!

While it is true that the whole is greater than the sum of its parts, it is the parts that are actively constructing and expanding the universe. YOU are one of those parts! Do you have any firm idea of the universal blueprint? We thought not!!!

Yes but you guys are connected to the broader awareness of universal consciousness.

Yes, and so are you and every other being in the universe. But that broader awareness is a collective awareness from each of the participants. If you form a committee to oversee a project, and each person has an equal say, is there an overall deity consciousness of the committee making the decisions? No! The decisions of the committee evolve from the decisions of each of the participants. What is called 'the committee's decision' is

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the agreement of the participants. Now expand that to include the all-that-is, and you have the idea.

Cool! Good analogy.

Is there a universal awareness of oneness that knows all, or is it just a collection of 'parts?' A collection of parts doesn't make sense, given what you have said before about a universal consciousness that decides to BE different personalities.

There is no overall Deity. But there is an awareness of the Whole, of course!! All are the whole, and so are aware of the whole. But we see in your mind the idea that there is one Big Deity that has decided to split off or focus into various clumps or parts or personalities, and this Big Deity is directing and orchestrating the parts. That is not how it is at all! All aspects contribute, in their own way, to the quality of Being of the whole, and so can only understand the Whole from their decision to focus or BE where they are, do you see? In order for there to be a personality, there must be awareness and perception from that personality, and so there are all sorts of different flavors of perceiving of the whole from every aspect of the whole. Just as in the committee there is a group of individual beings deciding for the entity that has been created to be 'the committee,' so there is with universal consciousness and all of its aspects.

Here -- feel this (I feel like I am God -- it is blowing

my mind). THAT is what it FEELS LIKE to be connected to source.

It is a feeling of oneness, of wisdom, of utter certainty and knowledge of who—I—am...Wow. It almost feels like I am dying. Kinda scary.

Dying IS the complete return to source! That scary feeling is the resistance you have to the death experience.

My circuits are getting blown again...

Release your resistance and feel the energy...that's right.

Whew! I lost the feeling.

That is what happens when you resist -- your experience becomes lessened.

OK, I get it. You know, I felt that Oneness, I felt like a God, but I didn't know everything.

Very good! Oneness is a feeling. But this feeling does not prevent individual viewpoint or experiences. It does not prevent us from exploring and playing games. If EVERYTHING is known, what fun is it to play?

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Cool!

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(Later – I am back to my normal human self)

Q; Human beings have never been beyond our solar system so how do we know that the galaxies we see aren't just a holographic projection, or a product of our collective imagination?

That is an amusing viewpoint, but we must tell you that there are lots and lots of planets and galaxies out there with intelligent life.

OK. Hard to believe that earth is a focal point among all of that diversity, hard to believe that there isn't even one planet out there that is like earth. In fact, I'd say the odds are impossibly against it, and that you guys have been feeding me a line of bullcrap. Just by chance alone there should be, among all of that vastness, many planets of diversity like earth. I am beginning to suspect that the universe really isn't that big. I mean, how many ideas can there possibly be? How many different manifestations of experience could there possibly be?

Ahhhh, now you are starting to get it! How many indeed? Now you see the infinite variety and vastness of creation, and of consciousness itself. You have no idea of the evolution of thought that has led to the unfoldment of the universe so far. It is vast beyond description!

Yes but why is earth so special amongst all of that? On earth there is an isolation consciousness. For many years we thought we were the center

of the universe! So the 'earth is on the leading edge' idea sometimes seems like a salve to our collective egos.

All life and all environments are unique! There IS all of that diversity, there IS all of that different thought, there IS all of that different experiencing, and consequently, different environments for physical expression. We know it is hard for your mind to grasp, but we assure you that all of this difference exists. It just so happens that earth, at the present moment, is the most diverse, the most populated, has the most intermingling and variety, all on one little world, in one little corner of space! Believe it or not! That is why you came here!!!

Wow. It is hard to believe. I can't get around that idea.

Yes, because there is still an element of unworthiness in your vibration, and within the consciousness of your species. Believe us, all of the other life forms and the consciousness directing them are fully aware of how special this place is!

OK, I'll take your word for it. But why or how did we get to be chosen among the trillions upon trillions of beings in the universe to come here? Was there some sort of contest or competition? Did we win the 'earth incarnation lottery?'

(laughs) No there is none of that. Let us say that all those who wish to participate in the earth experience are allowed to do so. That is how your planet has become so populated.

Yes, but the space is limited!! Amongst all of the quintillions of beings in the universe, who decides who gets to participate in earth? What about all of the others who get shut out?

Silly boy!!! Imagine, if you can, an infinite universe where the scarcity concept does not exist. Imagine an infinity of playgrounds and a consciousness whose aspects feel not the need to compete or struggle against one another. You may then conceive of an all-that-is of infinite variety and cooperation, where ALL may have their desires satisfied! The scarcity concept is too ingrained in your thinking!

Whoops, right I forgot.

Earth is unique, but so is everyplace else. If there were not uniqueness everywhere, then it would not be necessary to create. Somebody once said that if there are two persons exactly the same, then one of them is superfluous. We do not create sameness, we create difference! We celebrate originality! We adore diversity

and different points of view!

You may be getting the idea how vast the universe is.

Yes, I'm getting it, and it's mind boggling. How do you keep track of it all?

We certainly don't! We cannot, for our perspective is also limited. We are not God, nor do we wish to be. We FEEL like God, but we are not that supreme being. And anyway it is not necessary, because it not necessary to control it, because there is no possibility of anything going wrong, as we have said over and over. Only if there is an idea that the thing can go haywire is it necessary to keep tabs on everything. The universe is a magnificent place of infinite variety. If you want to know our succinct statement about life, the universe and everything, we can sum it up by saying 'Those who decide to play together do so.'

That which makes earth so exciting (its incredible contrast and variety crammed into such a small space) also causes you to believe it is that way universally. But this is not so! Trust us, this universe is so well balanced and abundant that there is room for any conceivable thought, perception and experience. No one gets shortchanged. But then of course there are so many playgrounds that it is impossible to experience them all,

which leads to an eagerness to explore them all!

Some on earth have said that the universe might get messed up because of the decisions that are made or not made on earth. There is talk of lightworkers bringing light into the dark, a battle of light and dark with the fate of earth, or the universe, in the balance. What do you say about that?

Well, there are lots of games being played!!! Do not criticize the games of others. It is possible to look upon the contrast, from a certain viewpoint, with certain desires, and wish that it would turn out a certain way. There are agendas in non-physical as well as in physical! All is appropriate.

We suggest to you that instead of worrying about what others believe, to imagine your life exactly as you would wish it to be; keep your thoughts focused there and you shall receive exactly as requested. Allow others to play whatever glorious games they wish! If you do not resist the actions of others, you will not resonate to anything unwanted, and so you will not experience it.

Relax and have fun!!!

OK! (nice energy of well being coming through here. All is well)

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(Postscript and Comment)

Feeling like a god is truly amazing. I actually felt that I might leave my

body behind — it scared me. They calmed me down and I realized that death and that awesome feeling are the same thing. It's mind-boggling — but I can't deny what I just experienced.

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(Session 56)

## Relationships

What is the single most important thing to know about a relationship with another?

The relationship you have with yourself will determine the kind of relationship you have with another.

How does that work?

If you are lacking a certain quality then you will often attempt to find it in another. When this person demonstrates the quality to you, it will cause you to be attracted to them. Your partner just matches the wanted vibration you set up within yourself.

However, if at any time your partner no longer demonstrates that quality, you find that there is 'something missing' from the relationship. This phrase is a good one, but it usually is uttered by someone who is claiming that the quality is missing in their partner, when in fact the genesis of this lack is within themselves.

Let's say you are a 'serious' person, not as humorous as you would like, and you meet someone who is very funny and makes you laugh. Because of your more serious attitude toward life, you and your partner have conflicts with finances. Eventually the conflicts cause you

to draw out in her/him a more serious and 'responsible' attitude toward money matters. Now, of course, she is not so humorous or funny anymore; which is the very thing that attracted her to you in the first place. Do we say that this person is no longer funny or humorous? When she is with friends she still shows that side of herself to them. It is only when she is with you that the lightheartedness you loved so much is no longer present. That is because you have activated a vibration within her that is similar to your own.

Now you decide to break up because 'the thrill is gone.' But really, there is nothing missing, only something not wanted that has been activated by continual attention to it. The humor and carefree attitude you were looking for in your partner has been deactivated by the lack of it within you.

If, on the other hand, you were able to simply accept her rather carefree attitude toward money, a mutually satisfactory arrangement could have been worked out between you. Perhaps she would take her half and you would keep your half, or something of this nature. Now, instead of being browbeaten, she maintains the humorous quality that you so admire, and begins to activate it within you as well! You find yourself liking her and yourself a lot more. Both of you are reinforcing the vibration of the other in a way that both sides admire!

Now the relationship gets stronger and stronger.

It is only when you begin to dislike and pay attention to a quality which is not desired in another that you activate the very quality you do not want to see. And of course the root of it all is the consideration that that unwanted condition is present within yourself.

Good! So it all comes down to what is inside you, even when dealing with another?

Yes! This is simply Law of Attraction as applied to relationships.

(Session 58)

## Evolution

Does an insect have a distinct personality?

The personality of any being is determined by how it is focused.

That's supposed to be an answer?

(smiles) Where is the consciousness of the insect focused?

In the insect body.

Precisely. The insect experiences its world through the sensors of the insect body. Therefore, the personality of the insect will develop according to how it perceives and the environment in which it lives. Imagine yourself as an insect and ask yourself how an insect personality would form.

Well, I don't know much about insects.

Insects are not focused in the way that humans are, obviously. There is more of a collective consciousness to insect populations. Each individual insect is, however,

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quite sure of its place in the collective and derives much satisfaction from it. It is not a lonely existence! In certain countries in Asia where population density is extremely high, there is a certain resemblance. There is the necessity for cooperation.

OK, but where is the line drawn? How far down the evolutionary scale does one go before one reaches the point where each individual member of a species no longer has a distinct focused personality?

That depends on what you define as personality! Even a one-celled organism has sensors and is interacting with its environment! Consciousness also inhabits the blade of grass, the cells within the blade of grass, the molecules within the cells, the subatomic particles/vibrations that compose the atomic structure of the blade of grass...

OK, I see. The personality is based on the physical receptacle. And that is determined by how evolved the species is.

Yes. Since each species wants to experience differently, the way of perceiving must be different. A physical container is simply a way to focus consciousness!

There is not one species upon your planet that is focused in the same way as another, there is not the same intent for experience duplicated in any of life forms

upon your planet. Considering how many of them you have, you may get an idea of the value we place on difference and diversity.

The intent for experiencing may be different, but there must be 'more' consciousness focused in a human than in, say, a beetle!

There is simply the intent for the life form, of the consciousness of the life form. Each life form has a different purpose for experiencing! We assure you that no two insects are exactly and completely identical! Each insect, each plankton, each cell, has a place in the universe, is unique, has an experiential possibility and actuality! There is never duplication, even though it might seem so from the human viewpoint.

Do we say that the ant population has 'less' consciousness focused because each individual body is smaller? The ant population is in the billions upon billions, each ant is individually focused, and having its own experience! Just as humans are. And so we do not say that the human is more 'evolved' than the ant, the human came after the ant in the evolution of the biology on planet earth, but the consciousness that experiences in the ant and in the human is the same consciousness with different intent. Just as the copper atom and the lead atom are made of the same energy, but display

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remarkably different properties. There is no 'more' or 'less' of consciousness! Man sometimes gets fooled by examining the biology and leaving consciousness out of the equation.

Right. That makes sense. But on earth it did take a longer time to evolve to the human did it not? Or was each species just 'seeded' upon the earth, like a garden we create with different plants and herbs and shrubs and trees and flowers?

If that is the case, then the 'missing link' can never be found.

The history of this orb is so involved, so complicated that we do not want to get into all of it. Suffice it to say that free will has reigned supreme, that law of attraction has operated, and the conditions we see upon the planet at this time are a perfect reflection of all that has come before, of the evolution of thought that has come before, and that conditions may change at any time that the free will choices of consciousness upon the planet decides to change. The face of your planet has looked very different in different ages as consciousness has decided to experience differently.

OK, back to evolution. So evolution has more to do with biology than with consciousness? Evolution, as humans think of it, is a linear process, a gradual progression 'upwards' toward more and more complex life forms.

Well yes, evolution reflects the progression of thought and the decisions to be and experience by the consciousness of each species. But that is not to say that a species could not come to earth from the outside, if invited by the collection of consciousness of the earth, and thus create more diversity.

How would a new 'bug' come to earth? In spaceships???

Well let us just say that those who have come to earth from other systems have brought some of their life forms with them. Earth has long been a curiosity; it is off the beaten path, so to speak and those who have come here over the years have been the adventurous ones. Because the earth for the past several hundreds of thousands of years has supported an extremely diverse set of environments, life forms of all types have been able to find a foothold on your planet.

There has been no genetic experimentation with the human race from the outside?

(sigh) there was some of that, yes, and linear biological evolution, and some seeding, and some 'deposits,' and whatever the incredibly complicated mix of thoughts of every myriad of species that has ever existed upon your planet decided upon. It would take more

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lifetimes to describe all of these decisions and interactions than it took for them to manifest! We could go back and reread all of that old thought, but we think it is much more exciting to think about and experience right now; it is more exciting to mold the creative energies that are before you right now, to decide upon a course of action and go out and make it happen, to devise new systems of thought and manifest new experiences. It is so much more exciting when you do it in the now!

Right! So evolution is not necessarily totally linear, but a sort of conglomeration of decisions made by the consciousness of each species, and the interactions of those species with each other, and from the outside.

Yes, that is good! The decisions of the species (and individual) consciousness determine its biological evolution. Evolutionary leaps occur when the programming templates of thought are changed. These changes are fairly rapidly reflected in the physical biology. From the non-physical point of view, it is a grand symphony of cooperative individual decisions resulting in group agreement, Just as an artistic creation grows according to the decisions of the artist, so too do species evolve according to the decisions of the participants. As above, so below.

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(Later)

Back to evolution again. It seems that the biology is getting more complex and sophisticated as time goes on, so it seems that there is an 'upward' direction to evolution.

There is the evolution of thought, which is directly reflected in the biology and the culture and the interaction between and within species, which then affects the biology in unpredictable ways, which affects the culture and the interaction between species which causes new desires to come forth, which then changes the thought stream, which is then reflected in the biology, and the culture, and the interaction between and within species..... you get the idea! It is a gigantic, ever evolving mixture, and who can say where the evolution of thought may take us? Your societies on earth now are in many ways what you might call 'primitive' compared to the glorious society that existed in Atlantis, but we do not say you are 'less evolved' because in many ways you are superior to that society (less rigid, less stratified, more flexible in your willingness to change ideas about people and different cultures). Do you see? Evolvement, in your mind, means getting closer and closer to an ideal, to a perfected divine plan. There is no such thing! If there were, we would just close up the universe and turn the lights out. This is the thing we have said powerfully to

you over and over in these dialogues: the universe is changing and growing and evolving such that no one can know with certainty where it will 'end up.' Because it can't 'end up' -- it is eternal!

But we do know one thing: it is incredibly exciting and exhilarating to see the potentials and what may manifest, and then to look at what actually does manifest!!! It is exciting beyond your comprehension.

(I'm getting their excitement again!)

In fact, there is quite a bit of betting going on as to possible outcomes.

Betting?

Of course! We are no different than you! The only difference between our betting and yours is that we have nothing to lose.

I never thought about it actually...

Well, you have the idea that there is a fundamental difference between beings in physical and native state beings. Sometimes we think you think we sit around on clouds all day playing lutes. Your idea of non-physical is a perfected state of being, but we assure you most emphatically that is not so. Although we stay connected to our divine nature, we are just as incomplete as you

are, and we rejoice in that fact in every moment.

There is no Divine Plan!!!!

That is what we want you to understand. There is no Divine Plan, because there is no necessity for one, in fact, as we said before, it would mean the end of the universe: no further evolvment, everything is understood, boredom, boredom, ultimate boredom, no need to continue. Do you get it? (I am getting it).

Humans think there must be a Divine Plan because humans think that things can go wrong, and so it is comforting to think that there is an omniscient deity somewhere who is directing the universe along a path that will mean fulfillment for all. This is understandable.

But we are here to tell you f that is not possible to get it wrong. In fact, none of you have ever done anything wrong, and neither have we.

Let us state this as emphatically and as unequivocally as we can: THERE IS NO POSSIBILITY WHATSOEVER OF ANYTHING ANYWHERE IN THE UNIVERSE GOING WRONG!!

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There, we have said it, and you have received it! We have been trying to tell you this from the beginning, now you have fully heard us.

From your Divine perspective, you know that everything is perfect. Oh, it is so perfect, you are feeling

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it a little bit, we can tell. There is such a delicious knowing that all is well, always will be well, always has been well, forever and ever and ever and ever, there is no possibility of bad things happening, no destruction of positive values, none of that, just glorious evolution, expansion, new thought, new experience, it is so WONDERFUL!!!!!!!!!!!!!!

We hope you got that. (Wow)

There is perfect balance everywhere in the universe, and upon your planet. The law of attraction sees to that. All who are warring are perfect vibrational matches to each other. All victims and victimizers are perfect matches to each other. All is in perfect balance. Oh, if you could just let go of your ideas that there is an equal probability for things to turn out badly as there are to turn out wonderfully well. It is only in the thought that things may turn out badly that sets up the potential for things to turn out badly! -- and matches you up with others who are also thinking that things may turn out badly. The universe is your humble and obedient servant, and it will bring to you exact matches to your thoughts, beliefs and feelings about things. You are creating it all; you, as conscious beings, get to decide what happens to you, and to your world.

If you do not like what is occurring, then choose again!

From a human point of view that makes me nervous every once in a while, for the reasons you have stated above.

Yes, we see that, but you know, we celebrate every decision.

Even if humanity destroys the earth in a nuclear conflagration, this earth that you—all are so excited about!

We have already been through that. We do not see that happening, ever.

Yes, tell that to the poor blokes in Hiroshima and Nagasaki. I bet they didn't expect to get blasted. And that brings up the question again, how did ALL of the people in the two cities get to be a vibrational match to nuclear weapons dropping upon them? Nukes are indiscriminating, thousands are affected, radiation is everywhere, so those who are not vibrational matches to it are affected just as those who are. There! that is a violation of law of attraction, and so everything you have been saying is bullcrap. Gotcha!

Are you saying to us that there were people in Hiroshima and Nagasaki that were victims of the actions of others?

Of course. That is obvious — radiation from nukes affects everyone, indiscriminately.

That is not so. There were those who were affected, and recovered. Many died, that is true, but everyone who did so was resonating to the possibility.

Bullcrap! No one there knew nukes were going to be dropped on them.

We say to you, with complete certainty, that all there who suffered, suffered exactly according to their thought and belief of it. The radiation you are talking about has a very strong and virulent thought stream associated with it, a thought stream of sickness, poisoning, scrambling of cells, and certain ugly death. It is the thought stream associated with radiation that is the cause of death, the consciousness associated with the energy stream of the radiation that finds a match to the vibrational patterns of fear and agreement within the resonating consciousness. Vibrational familiarity is the cause of all sickness and death, even with regard to radiation.

We understand that our statement will be considered outrageous and offensive to most, but we are here to tell you about the universal laws.

Yes right. So if a nuclear bomb dropped 200 feet from me, I wouldn't be vaporized? That's just ludicrous. You guys are nuts.

If you were not a vibrational match to it, you would not be there.

Yes but those poor blokes in Nagasaki and Hiroshima WERE there.

Some of them were not there. On the day of the strike, some left town for one reason or other. The ones who left were the ones listening to their internal guidance for the potentials around those two places were very, very strong. It is fear that blocks the receipt of a person's internal guidance. Those that remained were fearful on some level of something happening to them, and had an idea of their vulnerability.

We'll continue later. You guys are really pissing me off.

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(4 hours later). OK I'm back. I still don't get what the hell you are saying. If somebody drops an H-bomb on YOU, jack, you are dead!! And I mean dead, dead, dead! The bombs today make the ones dropped in Japan look like firecrackers. You can say all you want about the thought stream of radiation is what kills you, but I gotta tell you that you don't want to be around when one of those detonates.

Sometimes I think you guys are amazing but other times I think you are psycho's.

Yes, we knew this discussion would provoke anger, and we understand completely what you are saying. We

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must insist, however, that this is a universe not only based upon thought, but composed of it as well. Consciousness is directing everything, and everything in existence is conscious on some level. We want to assure you that this universe is completely well ordered right down to the most infinitesimally small particle. All is in balance. As we talked about before, in Part I, the virus has a consciousness associated with it, which is interpreted by the cells and the human consciousness directing the show as harmful and destructive. Remember we were talking about miracle cures and we said that when a miracle cure occurs, the consciousness associated with the cells of the virus change; or, the cells and the human consciousness which directs the body and its processes ceases to interpret the consciousness of the virus as harmful. When this occurs, no harm whatsoever may come to the cells, for there is not really an 'evil' consciousness within the virus. The vibration within the cell, affected by the consciousness of the human, resonates with the vibration of the virus. It is the same with radiation.

The universe is ALL based upon thought, you see. When human beings truly realize the power of their own decisions and choices, your societies will change and become more like all of you want them to be.

We do not make light of anyone who experienced the

bombs at Hiroshima and Nagasaki, but the mass transitions of those who 'died' in the blasts were so powerful that we say without hesitation that Japan will never be attacked by another nuclear weapon. The consciousness present within that country will simply not allow it.

There is not death, only transition to a glorious state of broader awareness. We think you have received these energies from us, and we know and you know the truth of it.

Yes, I do. I know for certain now that the experience from my non-human focused state is fabulous. I no longer fear death, in fact, it seems like a good thing. But I'm not ready yet!

Again, you have somehow diffused my question about nuclear weapons without actually answering it.

We have brought to you the energy of who you are, which is the energy of complete, total, and utter well-being. In the presence of this feeling there is only total certainty that all is well.

Thank you. I feel great now!

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(Postscript and Comment)

That was amazing. I was REALLY hacked off at them. But after receiving their responses -- which I must tell you is accompanied by the

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most wonderful and powerful feeling of complete certainty -- their statements that all is well and all is perfect seem so obvious that to question them seems ridiculous.

But then of course I go back to living my life and allow myself to get disconnected from this wonderful feeling. That is just one of my beliefs, I know that, but it is a belief that I don't seem to be able to do anything about. I should just apply their philosophy and place my attention and desire on always feeling this way. Easier said than done, but the reward is so awesome when I can feel this great.

I still didn't get a satisfactory answer to my question about nuclear war. Intellectually, it just doesn't make sense to me that a person who is 100 miles away from a nuclear blast and gets killed somehow 'attracted' that experience.

Then I reach that wonderful place of well-being and I realize that, from there, there is no possibility whatsoever for me of getting myself nuked. I just know it. And I know this would be true for anyone else as well.

This intellectual Q and A is fascinating, but I see clearly that my intellect can never be satisfied. Perhaps that is its function, but looking to the intellect for THE truth is like a dog chasing its tail!

(Session 59)

### Biology and Consciousness

The intellect can never understand eternal-ness because the intellect is always looking to First Causes, and to End Results. Consciousness has neither a beginning nor an ending. We access in your mind the geometric spiral you call a logarithmic spiral, and specifically that one you call the golden mean spiral. These sorts of spirals have no beginning and no ending. That is the way the intellect can understand eternity. Which is to say, it cannot understand completely because the intellect always is looking for that source, that beginning, and that ending. In the spiral you speak of, you may say that the spiral begins from the calculated point of origin, but of course the spiral itself can never reach that beginning point. That beginning point is the creator of all, and the spiral is the intellect's attempt to gain complete understanding. But it never can!

You have to feel your way to Truth, and that is why we have sent you the wonderful energies of source. In the presence of source you understand completely what Truth is. Truth is unexplainable to those who have not felt who-they-are. You will all find out sooner or later, when you make your transition, so there is nothing to worry about!

Ok. I see now what you are saying! The feeling is the understanding of who—I—am, of the One Truth, and my dissatisfaction comes when I back off from that feeling of total understanding and try to get at Truth from the intellect.

Yes. But we want to say to you that intellectual understanding, or the attempt to do so, is of great value!

Why? It's pointless, as you said yourself! The intellect can never understand!

Now you have it! Do you see? The intellect can never understand, it is a perfect mirror to the never ending quest of the universe itself for more diversity, more experiences, more more, more of everything! The intellect is a wonderful thing and provides the impetus for the continuing creation of the universe! Without the intellect there would be total understanding, and so no need to create anything new or experience anything new, there would exist a state of bliss and oneness with no experience! Do you see?? The intellect you are disparaging is in fact one of the most valuable commodities of consciousness. It is the reason why we have a universe in the first place! The insatiable desire to investigate and explain everything (which is impossible) leads to a further quest to do so, which leads to the expansion and evolution of thought and of the universe

itself.

Wow. So it's all good then. The intellect is just part and parcel of consciousness itself.

Yes, it cannot really be separated from the 'rest' of you(!) but humans tend to distinguish between the intellect and the emotions. These are just aspects of the human personality that have been developed by human thought.

All right, what is the relationship between DNA and consciousness?

DNA is the physical reflection of the thought stream that creates the body. The physical DNA has nothing to do with the formation of the body. It is responding to directions, somewhat as the shadows on the wall reflect the movements of the hand. One may see the shadows move and infer that the shadow is complete-in-itself.

But scientists have found that DNA DOES contain the code for the building of the cellular structure of the body.

The code is REFLECTED in the cellular structure of the DNA. The actual code is contained in the structure of thought within the energy field of the organism. You may call them templates if you wish, or blueprints, for that is a

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more accurate analogy. Thought forms are the basis for the construction and perception of everything in the universe! The general template for the construction of the human body is brought forth by the agreement of the species; in other words, those who wish to participate in the human experience on earth. Individual differences in body type (no two human bodies are identical) are reflected according to the intent of the incarnating personality, co-creating with the consciousness of the body. It is all a vibrational dance of intent, and co-creation.

OK. So there is no validity to the theory of the biological basis of consciousness, and therefore you are saying there is never a time when the biology is directing the evolution of the consciousness which is associated with it?

We want to say, if you can hear this, we are saying clearly that the biology as you call it, the cells, the DNA, are all vibrational in nature, and so is the consciousness of each of the cells, and of the body itself, and of the human consciousness that is co-creating with the biology. Is there a difference between the biology and the consciousness?

Well, there is none, not really, if you could look at it from our point of view! We see a vibrational dance composed of and activated by thought.

That must be weird. You mean when you look at us you just see a formless bunch of vibration? Sort of like the guys in the movie *The Matrix*, who could look at the code and immediately see bodies and buildings and dogs and everything that makes up our world?

That is a good analogy. You are hearing us, we have been trying to say this all along. Our perceptions are much deeper and broader, however. We see you for the magnificent being you truly are! What you see and sense are so real to you that it is not possible to perceive from a broader perspective you see! That's the whole point of being physical -- you are completely and utterly immersed in your world. We tell you, however, that it is all just an interpretation from your orientation as a human being.

Yes, I do find that difficult to believe. You see, it is one thing to speculate about such things, but it is quite another to hear someone say it so unequivocally, and then to actually write it down and publish it so that others can read it. It just sounds ridiculous to human ears.

We understand, but it is not so strange, if you think of a digital device like the computer you are working with, or a digital camera or digital television. You are merely sending a stream of binary data, a yes-no sort of transmission, and from that your receivers interpret the

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data and show you a picture of your world that can be understood, and which is a duplicate of the picture that was taken by another being who interpreted the same way. This process is taken a little further with your 'virtual reality' headsets which can put you in the middle of a scene which seems terribly real to you, and which can inspire you or scare the living daylights out of you! The headset offers a series of impulses (vibrations) interpreted by your human sensors and which are very, very real to you, even though an outside observer will say that you are just sitting in a chair. Now take that process a few steps further and realize that you come into a world composed of vibrational patterns which you are equipped to interpret in a certain way.

We see from what you have typed that we have gotten through a little bit of what we wanted to say.

Yes, I have a hard time releasing my resistance to your communications when they are different from what I believe or have been taught.

That is all right, we have given you the basics of what we wanted to say.

Thank you!

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(Postscript and Comment)

Sometimes I just can't believe what they are telling me, and so I don't receive as accurately as I would like, but I think I got the gist of what they said. It is hard to believe that biology and thought and consciousness is the same thing. It ISN'T the same thing, not for me anyway, because I don't perceive it that way, but it is for them. Sometimes I think this dialogue is pointless, because they see things from such a broader point of view that it often doesn't make a lot of sense to me, at least at first.

The reader may simply look at these conversations as an interesting fantasy, and I wouldn't blame them! Although I have to admit it is mind expanding to receive their broader viewpoint and interpretation of reality. They come through with such a feeling of complete understanding and certainty, it is hard to doubt.

But sometimes I will go back and read over what I typed and I think 'you're going to publish THAT?' At the very least these conversations have gotten me unfixated from the idea that my truths are the only valid ones. It's good for me to get such a radically different point of view!

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(Session 60)

### The NOW Moment, Mind Reading, and the Akashic Records

OK, say you are floating around in the non-physical plane and you want to have a life on earth. How do you go about focusing yourself into the space around a body?

By tuning-in, or radically narrowing your focus of attention. If you can recall a time you concentrated powerfully, your attention was fixated. You had 'tunnel vision,' only perceiving that which was directly in front of you. It usually takes some time for the incarnation process to complete, however. We see in your mind a sort of slam-dunk of consciousness into the body, but most often the process of incarnation is gradual. A little baby is very often outside the body, getting used to the sensors of his or her physical container.

I received a picture of myself enclosed in a sort of geometric pattern, a sort of lightship, approaching earth. Is that how it is when you focus into a body?

That is very good! For a brief moment you captured a fleeting glimpse of the glorious being of light that you truly are.

How do you see us?

Well, this picture will be dependent on your understanding, and the language you choose to translate our thought impulses.

Imagine a gigantic orb of light. The light is composed of impossibly fine filaments all changing color, and forming intricate, beautiful and complex vibrational combinations, patterns and geometries. Every time you think a thought or make a decision, it is reflected in the ever changing patterns of your gorgeous light. You are constantly changing into something magnificent, and you are never the same from instant to instant. Each one of you is impossibly beautiful. Each one of you is magnificent and awe-inspiring. Oh, if you could only see yourselves as we see you for even one instant, all war, conflict and discomfort would disappear from your planet forever. (A feeling of indescribable beauty and love comes forth from them).

(chuckling) However, that is not the game you are playing! You are playing the game of physical human, and that is a different thing entirely.

Wow. I would like to be able to see myself and others as you see us. At the very least I would like to become more sensitive to the vibrations of thought. It might be fun to know what someone else is thinking.

Start with feeling. Perceiving the vibrations of

thought first starts with a feeling of that thought. The feeling is your surest guide. Fear is easily discernible, so is anger, apathy, grief, joy. These are all different patterns of vibration.

Yes but those emotions are the result of the thought, not the thought itself. It is one thing to say that a person is angry, it is another entirely to know what thought or thoughts generated the emotion. We call it the ability to 'read minds.'

If you will ask those who read minds they will tell you it is all based upon feeling, and at more refined levels, knowing. A thought and a feeling are both vibrational in nature. Those who can read minds are not always accurate. There is a lot of guesswork. More accuracy is attained when there is exposure to a person or a group for a period of time, so as to get used to the dominant thought patterns of those in the group, or the one that is being read; then the patterns of thought can be anticipated.

For us, reading minds is not necessary, because we perceive vibrationally with senses that are innate to consciousness itself. For almost all physical beings, these senses get blocked when you focus into the body. Thought is vibrational and you must be able to accurately read these very subtle vibrations in order to receive accurately.

However, it is much easier to pick up on resistant thought. Resistant thought (such as fear, worry, criticism, judgment, etc.) sets up blockages and distortions within the energy field and can be detected -- they stick out like a sore thumb. These distortions are accurately reflected in the emotions. There is a feeling associated with each one, you see. Then this feeling is translated to an anticipation, or an educated guess, as to the exact thought of the being that generated the emotional vibration. A medical intuitive accesses resistant thought patterns to determine the cause of illness and identify what areas of the body are affected.

I have heard of something called the Akashic Records. This is supposedly a record of every thought that has ever been thought. So there should be a record of everything that has ever happened in the universe. Someone who is sensitive could tap into that and know the thoughts and experiences of another.

The Akashic Records, as you call them, are not recordings, but (here we use an analogy) a vibrational impression within the fabric of consciousness. There is no 'storage' as with your hard disks or optical media storage devices. There is simply a knowing of all that has transpired, all that has been felt, all that has been thought, all that has been experienced.

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How can experiences be 'known' if they are not stored and recalled? Otherwise, consciousness could simply know itself and not need a physical universe within which to experience.

Experiential knowing cannot be known without it first being experienced. There is knowing without experience, and knowing with experience.

Gobbledygook. Makes no sense. You haven't explained how experiences can be known if there is no place to store them. There are an infinity of experiences so how can there be knowing of the details of all life and all things everywhere in the universe since the beginning of time? There is just too much data for some generalized 'knowing.' There must be some way to store these experiences, and then access them independently.

That which creates knows that which it has created. In other words, we do not suffer from memory loss as you do! What we are calling 'knowing,' you are calling 'information.' The two are much different and relate to the concept of the NOW, and linear time. In other words, there is not a linear stream of data that must be contained, as a dam holds the water, or as a hard disk holds information in storage. This is a concept that is impossible for almost all physical beings to understand. The simplest way to explain it is to say that since everything happens NOW then all information can be known NOW. We will try to give you an analogy that

makes sense.

Thought reaches everywhere in the universe instantaneously, because the universe is composed of thought. Therefore, it is possible to know anything at once. The moment of NOW encompasses all there is and all that has ever been.

In your physics, time can be considered as a 4th dimension. In this conception, time reaches every point in space all at once, just as the cover of a pot completely encloses the hole.

Imagine that you are writing a book. As the book develops you get familiar with the characters, the story and the plot. One day as you concentrate fully the entire book is before you. The plot and the ending are fully established; the characters are fully developed, every subtle nuance of interaction is known. Now you find yourself back at the keyboard and realize that the linear process of typing and editing is before you. The completed book has come to you in a magical moment that seems beyond time and space. For a brief instant that feels like an eternity, you have suddenly stepped out of time and into complete knowing.

THAT is the great thing about the physical experience. You will sit inspired at your keyboard for weeks in the presence of the creative energy of source, as you mold and shape the book exactly as you wish! This moment is

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instantaneous and yet has seemed to last forever! Such is the characteristics of the NOW to those familiar with it.

Sometimes it is called being 'in the zone.' Those who engage in martial arts or physical endeavors know exactly what we are talking about. Concentration leads to a point of release into the NOW in which action is effortless and there is complete knowing. Those who meditate have also experienced this phenomenon.

When the Master teaches the student the bow and arrow he says, 'Clear your mind and know that the arrow will find the target. Release the arrow as the leaf bends under the dewdrop.' The Master understands that it is possible to reach a state of consciousness in which the result of an action is known before that action has even occurred.

We have previously referred to this process as knowing. The NOW moment, therefore, when fully realized is a state of being in which all that has ever been and all that is, can be known. It is a window of zero elapsed time and infinite time that encompasses all experience and knowledge. This is the best way we can explain it to you.

All things begin and end with consciousness and the knowing-of-itself. The answer to the question is the questioner.

Wow, great explanation! So the Akashic Records aren't written on stone tablets.

(smiles) The Akashic Records, as you are calling it, is simply the knowing of consciousness.

Knowing is something that must be approached at the level of understanding of knowing itself. Knowing encompasses feeling and intellect. It includes all data and perception. The feeling of knowing is a vibrational encompassing of all-that-is or has been. In the NOW, all of these experiences are available.

Knowing something with utter certainty is in microcosm the experience of the One. The incident with the truck on the highway is indelibly impressed upon you, because in those moments you were fully conscious within the situation.<sup>10</sup>

Just as there can be individual personalities and experiences within the undivided One, so too can there be complete knowing of the experiences of the One. Such is the nature of knowing.

You guys are blowing my mind.

We are excited. You have come to an awareness

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<sup>10</sup> Driving down the freeway behind an open-bed truck carrying furniture, I knew 30 seconds beforehand that a chair was going to fall out onto the road in front of me, and it did. It was a feeling of complete certainty, coupled with a data stream.

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which is very important, and will be very expanding and exciting as we continue our discussions and take thought where it has never been before!

I can't wait!

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(Postscript and Comment)

What I understand from this conversation is that those experiences which are the most 'real' to us, which we remember clearly in every detail, nuance and perception -- whether these experiences are good or bad -- occur when we are fully conscious in the moment. A mugging, a beautiful sunset, all of these things cause us to fully awaken within the situation, and what we experience in these moments is therefore easy to recall. That must be how it is in native state, which I must assume is fully conscious, even if I am not!

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(Later)

I'm a little confused after reading over this session. You said before that it isn't possible to know everything at once because that would lead to boredom and an inability to have new experiences. Now you say it is possible.

Remember that the law of 'like attracts like' is always in operation. We can know anything to which we vibrationally tune in, but as individual personalities, we are not aware of everything in the all-that-is! The physical experience just enhances the feeling of time as a linear, sequential process.

We do not know the future, however. In that sense our existence is similar to yours. We only know potential futures -- these are quite clear to us for we can see the energy around them. The excitement for us is to see which potentials will manifest.

I'm probably never going to understand this idea fully.

You will when you return to native state!

OK.

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(Session 63)

## Dark Matter

Our scientists have postulated that ‘dark matter’ and ‘dark energy’ exists alongside of observable matter, and that galaxies and other celestial objects actually form around this dark matter. Scientists say that dark matter and energy can explain the missing matter in the universe. So tell me, what is ‘dark matter’ and how is it different from ‘normal matter?’

All new perception results from a change of consciousness and thought. All matter and energy is ultimately composed of thought, and when thought changes it alters its vibration and so is able to perceive differently. What you call dark matter was first postulated theoretically. Then evidence for it began to be discovered. The process of discovery mirrors the process of creation, for in order for something to come into being it must first be established in thought. As more and more thought builds around it, something perceptible comes into being.

Yes, but dark matter wasn’t created out of a hat because human beings thought it up! The planet Neptune existed before scientists discovered it!

Yes but the law of ‘like attracts like’ is always in operation. Humanity would have been blissfully unaware of Neptune if you had decided to exist as a pastoral

society with no technology. Without vibrational change, there can be no new perception. What is called dark matter is a shift in thought that leads to a shift in perception. Humanity is reaching further into the potential sea of vibration and discovering another layer.

Another layer?

Awareness of another spectrum of vibration brought about by a shift in thought. When thought changes, access to new vibration is guaranteed.

That's pretty deep. Of course. You cannot know what you are unaware of.

Yes, but you CAN change your vibrational orientation and BECOME aware of new things. That is how all new discoveries are made. Without first changing your thoughts and beliefs you are destined to perceive always in the same way. That is how so many get 'stuck in a rut.' Although their world is constantly changing, it changes into the same thing over and over. Even though you are always creating your reality, there is the same (or similar) physical evidence to support the opposite conclusion. Life itself is a self-fulfilling prophecy.

Right, you mentioned that before. Where is the human process of

discovery leading to?

A greater understanding and a broadening of perspective of the human consciousness.

Are there fundamental laws of matter and energy, as the law of attraction is to vibration?

Matter and energy are vibration.

Right. Do the physical laws we observe from our planetary perspective apply everywhere in the universe, or can physical laws change from a shift of consciousness?

As we said before, what you perceive as matter and energy is based upon thought and thought is vibration; therefore, a changing of thought will lead to new perception.

We will say only that the effortless manipulation of matter and energy is possible, for the matter and energy you observe comes forth from a universal sea of vibration. You will eventually discover the fundamental relationship between vibration and matter. You will discover that it is possible to uncover the secrets of atomic structure and see clearly within it, and you will be amazed by the powerful simplicity of its internal organization.

Give us a hint!

Geometry and vibration. All matter has a precise internal structure. Elements differ because of the geometric arrangement of an energy that is the same throughout the universe. It is possible to alter the structure of matter using vibration and geometry. That is all we will say right now. When you make the discovery you will be amazed that you didn't think of it before. The knowledge exists in your species consciousness, for it has been achieved before in earlier civilizations.

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(Session 65)

### Mass Consciousness

I watch television and listen to the radio and hear people talk, and I conclude that the same themes pop up over and over again. Death, conflict, destruction, war, poverty, illness, victimization, etc. The history of our planet seems to emphasize these topics. It's almost as if there is some sort of magnetic/thought attraction that pulls the mind and attention toward them.

Yes, it is called Law of Attraction! You see, once you start paying attention to a certain range of thought, it then becomes easier and easier to do so, as the vibrations of all concerned match up and attract new ones with the same vibrational content. What you call mass consciousness is, essentially, a habit of thought continued by a lot of people from generation to generation.

So that's all mass consciousness is — a habitual pattern of thought?

Yes. And that is why we tell you not to place your attention upon anything that is not wanted, because the bank of thought that is upon these subjects is very, very large indeed, and it will easily draw your attention to it if you focus upon it for any length of time.

Wow. So that means 'mass consciousness' is just a bad habit of

thought that can be changed at any time.

Yes! At any moment, and in every moment, thought is changing all around the planet, and it is the choices people make in every instant that determines what is in that pool of thought. What you call mass consciousness is simply the totality of activated thought/vibration within the consciousness of all members of your species.

So what I have been seeing as 'sleeping' people, are just those who are connecting up with a very large habitual thought stream.

Yes, and there is no need to do so, unless you choose to, of course! Humans have a tendency to look out at the world and say 'oh it is so big, what can I do with my pathetic little bundle of intentions and dreams' but it is precisely that way of thinking that brings about unwanted conditions. It is a self-fulfilling prophecy, brought to you by the Law of Attraction. There is no law that says 'the biggest or most dominant thought form will be the one that wins out over all of the little ones.' All thought forms and vibrations are individually answered by the law of 'like attracts like.' In other words, the universe has been designed so that ALL corresponding vibration comes together. The sensitivity of the system is extremely subtle, because thought itself is subtle! Therefore, you never have to worry that that your desires are not

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known. They are known. The beauty of the vibrational system is that it instinctively brings compatible things together.

It is only because many people agree to the same thing that a similar reality is drawn for each one. Then humans look out at the world and say 'there is a powerful reality out there and that is just the way it is. I had better get with the program.' In other words, there appears to be an overwhelming group vibration that must subsume individual ones, but this is not true! All beings can be conscious creators, but many choose not to be.

There is no group manifestation! It may seem so, for many millions have common behavior patterns, and so one is tempted to say 'Poverty and suffering and illness are what God has intended for mankind.' Oh, if humans were only aware of the power of the creative process! Each individual conscious being draws unto him or herself. That is the law. It is universal law, and there are no exceptions to it. It is the most powerful law in the universe, the law of 'like attracts like.' It works on an individual level, and we don't just mean for humans. Every being on your planet is asking and receiving according to the content of that asking! You are all loved and treasured beyond measure, beyond your ability to know, most of you! There are some who are thriving and healthy and wise and prosperous, these understand that

when asking occurs, it is always given. But many do not. And so we see the same patterns of thought, over and over, generation to generation, and therefore the same sorts of manifestations occur, generation after generation, and it is all due, simply, to a decision to think and envision the same thoughts, over and over and over again!

Any time you wish to change your reality you may, merely by utilizing the incredibly powerful creative energy of the universe, the life force energy that keeps the planets in orbit and keeps the galaxies organized and keeps the cells dividing and the seeds growing and the entire universe organized! This energy is the energy of consciousness itself, which is why we tell you to connect with source, which is the same thing as saying, feel the joyful energy of who-you-are. Every human being is sitting in such a powerful place. Each is a gigantic creative engine, harnessing the power of the entire universe!! It is so grand!! To change the conditions of your life it is only necessary to change your thoughts and desires toward what you desire for a long enough time for it to manifest.

Cool, I really get that. I have had a tendency to lament all of the stupid things that go on in this world, because they are so big, so ubiquitous. It DOES seem like there is a mass reality that can't be changed, especially

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when you look out at the world and see the same dreadful things every day, and read the history books and find out that it has been dreadful for thousands of years!

Yes, it has taken a long time to build the potential for massive change that exists on your planet at the present time. But the economic and political conditions on your planet are ALWAYS a reflection of the collective consciousness. In other words, the 'power structure' as you like to call it is created by the masses, for it is a perfect match vibrationally to those whom it controls. In other words, individuals have the power, the rulers or governors only exist by the vibrational acquiescing of the masses. Your vibrational vote counts far more than your vote in the latest election! For example, the latest victory by your current president was due more to those who did not like him, in their hatred and resistance of him. All attention was on him, not on the other candidate! This is how it goes in a vibrational universe.

Wow! I never thought of it that way. Of course! Now I can let go of my hatred of those in power who seem to be perpetrating a mass reality that I don't like; I can see now that the power structure itself is maintained by the combined focus of individuals who continually focus on unwanted things.

Yes. Those who are acting in ways that you do not

appreciate are present in your experience only because you are placing your attention in areas that you dislike. Their presence is completely invited by you. ANYTHING present in your life is simply a vibrational match to your focused attention upon it.

For example, we see that for many years you were worried about your business. It was your attention to not having enough that brought you into contact with those clients who were willing to pay you only what you thought you deserved, which wasn't much! Your thought pattern was 'I will have enough to survive,' and so you did! There was always enough to get by, but never enough to do the things you really wanted.

OK! So much for the power of 'mass consciousness.' You are saying there is no such thing.

We are saying that individuals have the power to create or invite into their own experience, exclusively, without interference from anyone else. We are saying that there is no one or no thing imposing itself into your life. You are the inviter, the co-creator of it all, through the law of 'like attracts like.'

Thank you.

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(Postscript and Comment)

Does the universe really respond to individual human beings? That is sometimes hard for me to believe when I look at the world and my own life, but it is consistent with their message.

Actually it gives me a feeling of power, a rush of well being to think that I can completely control my own destiny; that all I have to do is keep my thoughts and my dreams aligned with what I really want, in order to eventually get it.

(Session 66)

## Meet The Guys, Part I

Let's talk about you. It seems that you consider yourselves a 'group consciousness.' How can that be in light of what you just said?

We say 'group consciousness' in the sense of group agreement. There are individual, or distinct, personalities that have agreed to come together because of shared interests. This does not mean we have somehow sublimated our individual desires for the good of the whole. That is a human concept!

All right, who are the individual members of your group? What are their personalities?

Would you like to meet us?

Yes!

First meet the one you might call Dragon. He is very forceful, energetic, and loves to explore new things. Now meet Sweet (my translation, not a very good one), a very feminine, soft and beautiful one. Sweet appreciates powerfully all vibrations and experiences which come to her. As a result, she experiences in a most beautiful way. Now meet Arsenio, a traveler. He has just recently joined

us. Now meet \_\_\_\_\_ (can't translate) a researcher and delver. We admire his curiosity, and his desire to put his nose into everything he sees and attempt to explain it vibrationally to us. Then there is the one we call the wise one, sometimes because he believes he is very wise, other times because he actually is (laughter). And finally, meet the jester, one who loves jokes, pranks, tricks, and who keeps us all riled up.

OK, so we seem to have 6 entities.

Yes, we have a very powerful group with varied interests, and which accesses a very wide vibrational range; therefore, we have many varied and interesting experiences.

If you wanted more varied experiences, you could invite others to join you.

We feel very excited at this moment.

So how do others come to you? Is it by invitation, or accident?

There are no accidents! Only joyous meetings which are matching our intent and desires at the moment.

So in your world, everything is joyous?

We focus upon joy and so that us what comes to us, but this is not a hard thing, if that is what you mean! The easiest thing in all the universe is to feel joyful. It is who we are.

Wow, I got that. So how do you experience through us, as you have said before?

How does the light flow through the magnifying glass to the point it focuses into? We decide to do so. It is effortless.

So why haven't you come physically to earth. You always say how wonderful it is, yet you choose not to experience it yourself. Seems kind of hypocritical.

Well we do not wish to get into that again, we have already been through it. When we focus through you, or anyone else, we experience through you, although we do not experience AS you do, because we do not resist the experiences we are having through you.

You didn't answer my question.

The answer is, you wanted so much to focus as you have done, and we want so much to experience as we do!

We have all made the absolutely perfect decision.

I have a friend, Matthew, who said he recalls having to be shoved into his body at birth because he changed his mind at the last minute, and had trepidation about coming to earth.

(Big Laughs, some guffaws too) Oh that is so wonderful! You see, your friend could not wait to come to earth. His statement is made from a state of resistance to the life he has made for himself. But we know your friend would not have it any other way.

So the decision and the focusing into a body on planet earth is always joyous and is always based upon conscious choice?

Yes! Let us give an example. When you went on your family reunion to Colorado a few years ago you injured your leg, but you decided to go on a hike in the mountains anyway. Now that decision was made joyously, was it not? From a place of true pleasure. Of course, along the way you got lost and could not find the trails back to the ranch, and you became thirsty and you knew there was no chance whatsoever of anyone finding you if you did not find your own way back. And there were the cougars and mountain lions in those mountains. You managed, by calming yourself and exercising a little woods sense, to hike to a place of height where you could

see the countryside and found a green patch. Then you chose landmarks, put a pebble in your mouth, and began hiking back. You recall how you found a stream and the water was delicious. After a few hours you found your way back to the very place where you had left, even though there was no knowledge of it!

When you got back you were very pleased with yourself, even though there were times during the experience you imagined yourself to be without hope.

That is how it is when incarnating on earth. There is complete joy and knowledge of well being at the beginning, adventures in the middle, and joy at the end, when you leave, or shall we say, return to your broader awareness. In between there are all sorts of wonderful events, and the knowing that no matter how bad it gets, there is a return always to well-being and perfect bliss.

OK! I don't seem to get individual communications from you guys, but a single understanding. Where does that single understanding come from?

From our agreement, silly! Do you feel the individual vibrations within our message to you?

Yes!!! Hey that's cool. I do feel them. I can feel sweet and a sarcastic one (that is jester) and then Dragon.

As you become more sensitive you may feel all of our individual vibrations coming through to you.

OK guys, thanks!

(Session 67)

## A Serious Question Turns Into A Very Big Joke

How does a disembodied entity develop a personality?

Silly boy! How did you form your personality? By deciding what you are interested in, and focusing on those interests. Then you have many experiences that get you to understand who you are in relation to those experiences. Now all may know you by your peculiar pattern of vibration. That is the way it works with us as well.

Yes, but we decided to incarnate in a specific environment called earth — OK I see. In the same way that we decide to focus in a physical environment, you do the same in yours.

That's right! We do not live on clouds you know. There is so much for us to experience...(they want to tickle me now)

You guys are like little kids! Are you always this silly?

Sometimes! We want to show you that there are no limits to the decisions of consciousness. We may be whoever we would like. Sometimes we think you see us as a bunch of old fogies with white beards, sitting around

philosophizing.

Yes but as you said before, no two things can be exactly alike, otherwise they couldn't exist. Since the universe seems to be filled with a practically infinite number of personalities, when you change your knowing of yourself you change your vibrational pattern, so how do you not become exactly like someone else? That would mean you would think yourself right out of existence!

Oh, that is good!!! (lots of excitement -- the delver especially likes that one). Oh that is delicious!! We will make a joke of that and we will tell it everywhere. You will be famous!

OK boys and girls, settle down! You didn't answer my question.

When you decide to work out and change your body, do you worry that you will become exactly like someone else???? Do you think you will disappear? (they are snorting with laughter)

Of course not, idiots! The body is already a separate vehicle and we cannot alter them enough to become exactly like another. But you are just pure vibration, and since thought is vibration and thought alters consciousness itself, as you have said before, then you must make sure you don't BE just like anyone else, otherwise you might become superfluous.

Oh we have not laughed so long in years! We are beside ourselves really we are!!!!

(they are laughing so hard I cannot get anything from them)..... waiting..... I am starting to get a little irritated.....

OK we are ready to reply to you now (we think (more laughter). Look, silly boy, we have pointed out to you how everything in the universe is unique. Every cell, every blade of grass, every grain of sand, every snowflake, if you can imagine the infinity of difference in the universe, it is beyond comprehension. Each one of us know ourselves to be completely and utterly unique in the universe. There is not a snowballs chance in hell, as you say, of ever becoming exactly like another and thinking ourselves out of existence. (drying tears, metaphorically) Oh, that was so funny!

(dryly) OK I am so glad I have been the cause of so much merriment.

It was worth our association with you just for that joke. If you are boring from here on out, we will still be happy with that.

(They are laughing and howling again). Over and out.

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They seemed to think that was really funny. I don't know, it seemed like a valid question to me, but I felt like the freshman who says something really dumb during his first day at university. The only difference is there

was nothing malicious in their response, just great merriment and amazement at the absurdity of what I said. I have never heard them so raucous. If they were human they would have been on the floor in paroxysms of laughter. Somehow I think our relationship has changed...

(Session 68)

## Alternate Realities

(Introducing Delver)

I am wondering how you travel between the vibrational realities in your world. You don't have to use spaceships, do you? I thought I remember you guys saying something like, 'we do not have to travel to be where you are.' What did you mean by that statement?

(Delver) I will try to describe this process as best I can to a human being who is really not capable of such a thing.

What you refer to as 'alternate realities' is to us simply an environment to be perceived and experienced. The perception of alternate realities is accomplished by vibrational tuning of self. This vibrational tuning is accomplished as follows: first you stop all thought, become nothing. Then you know yourself to be different from what you are. You see, each tuning has its own feel because every environment is unique, and has its own vibrational signature. Therefore, all environments have a particular feeling. For us, the alteration of the 'vibrational filaments' of our being changes the way we feel; because each of us in Native State has trillions of 'light pixels' or 'light filaments' you may understand that the range of feeling is infinite. It would not be possible to experience all combinations even for an eternal being; and that is

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why we feel so much excitement (which I am sure you have noticed as these conversations have continued).

In order to 'move' to a different place, it is necessary to adjust the vibration of the entire being to match the target environment. This is precisely what humans do in the incarnation process. For us, this process is fascinating and entirely natural. When you return from a physical experience it usually takes you a little while to get your vibrational sea legs back! The true masters among you will do this easily; but all of you remember how eventually.

We do not travel in space as you conceive of that idea. In order to access the desired location, we travel vibrationally. Imagine an infinite sea of possibility or potential. This sea, being composed of thought, is accessible instantaneously through thought. In other words, the barrier to communication and travel in a physical universe are the great distances between locations in space. Accompanying distance in space is also the problem of time. In a world of vibration, however, and non-physical beings who understand vibration, the common denominator, or key, that unlocks access to experience is the ability to alter ones own vibrational footprint. Therefore, the concept of distance in our world is irrelevant. Time is also irrelevant, for we do not experience time as physical beings do.

How does a Native State being accomplish the vibrational alteration of self? By the attunement of the entire sphere of consciousness, or lightship, if you will. We are masters of change; shapeshifters of the highest order. Change is a necessary component of success for a physical being, but for us it is absolutely essential; otherwise, we would be, as you say, 'dead in the water.' In order to visit and experience different environments it is therefore necessary to change the vibration of your entire being, and in order to do this, you must alter yourself, completely, from the inside out. For us this process can only be described as exquisite; it is comparable to a really great orgasm for a physical being, because the feeling that was you is now different. This feeling is much different than a human emotion; human emotion is a fairly straightforward expression of a narrow and distinct range of frequencies. For us the vibrational alteration is extremely intricate and complex, and intensely personal. It is immensely satisfying, for it requires the establishment of delicately balanced patterns of light within the radius of consciousness. It is, in a word, delightful!

If this were possible in a physical form -- some have attempted it with varying degrees of success -- there are no guidelines and it can be terrifying, because the place you are going to is unknown. You feel like you are 'losing

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it;' and in fact, you are! You are losing contact with the reality you know and entering a different one. This is sometimes also called 'losing your mind.' It is simply perceiving in a different way, and those who are considered crazy (and consider themselves to be crazy) are simply perceiving something in a radically different way. The fear of insanity is the ephemeral remembrance from Native State of the process of the complete vibrational altering of consciousness. The fear of death in humans is simply the fear of losing contact with the known physical reality, and in fact the death process itself is precisely what I am describing. Fortunately for all humans, the death process is experienced uniformly as a return to complete joy and knowledge of Self. There are no exceptions!

The fear of change is simply the fear of an unknown vibration, and the resulting consequences for the life path ('But what will happen if...?'). Again, it is a fleeting remembrance of the native ability of consciousness to completely turn itself inside out, which is obviously inappropriate for a physically incarnated human being who has decided to experience in a specific playground of limited vibration. Most nightmares or terrifying experiences restimulate or activate this knowledge. It is THE primal fear within the human who is physically focused within a very narrow range of frequencies, but

who knows that this process is a necessary component and inherent capability of all consciousness when not physically focused. This sometimes leads to a feeling of being trapped or stuck in the body. In Native State, the vibrational alteration of Self is entirely natural and experienced as joyful freedom to go anywhere and do anything. This is the reason why many of us choose not to have a physical experience. Those of you who do so are experts in the vibrational shapeshifting, and are considered Masters. It takes a Master to focus so narrowly and intensely into a physical box of vibration, especially on a planet like yours. All of you are highly admired, respected, loved, and yes, looked upon with awe.

(Pauses. Where were we...resumes) With practice, a particular feeling can be associated with a distinct 'universe,' or environment; which is to say, a precise range of frequencies that are perceived in such a way as to appear as a totally separate reality; and one may 'travel' back and forth between vibrational realities as easily as one hops in one's car to go to the store to pick up groceries. On earth, people who are 'flexible' may become proficient in a number of areas, and so it is here as well.

Wow!!!! That was cool. Great explanation, by the way, Delver. Do you

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have another appellation which you prefer, other than Delver?

Delver is fine. I am pleased you were able to understand.

Yes, it is blowing my mind. I feel I have gained an expansion of awareness from your explanation.

(pleased) Thank you.

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(Postscript and comment)

What I understand now is that in order to see differently and experience differently (in other words, to change your life) you first have to BE different. That's why, in order to change anything in your life, you have to be able to let go of the current reality and create a new one!

This guy Delver is more on my wavelength! He seems to be a very incisive person who is interested in delving into the details. His energy is distinct from all of the others. I am not sure that the composition of the group is the same as it was when I first started, or whether it won't change continuously in their communications with me. I think it would be fun to communicate with each of the members of the group, one at a time. I think I will try to invite in the energy of the one I call Sweet. I think there is a better name for her, but I can't think of it right now.

(Session 70)

## Meet The Guys, Part II

I would now like to invite in the energy of the one I call Sweet. Your energy seems very soft and allowing.

I am very powerful in my allowing of beauty and love; I experience only bliss, in all of its infinite aspects.

I do not know what questions I should ask of you, although I feel you very powerfully.

Ask me anything at all, I will answer you.

How is it that the very nature of consciousness itself is love, yet there are beings like yourself who are (focusing?) (deciding?) on love, and your energy feels different than the others? If all beings are love, then why do you all feel different?

I am practiced more on my attention to the intense experience of blissful feeling. This is what 'floats my boat' as you might say. Since that is where my attention is almost exclusively, the preponderance of my vibration resonates purely with love and beauty. You feel whatever vibration is the most dominantly activated in us is. We are no different from you.

Good! So what value do you gain from being a part of this group, and what value do you add to the group, in your opinion?

My vibration is a soothing one; I am constantly on the lookout, as you might say, for beautiful things for the group to experience, I am a good guide to the perception of, and experiences of, beauty and bliss. These perceptions and experiences take many forms.

Like what, for instance?

Well, some short time ago I noticed a particularly pleasing planet of water with lots of gorgeous waterfalls; the group loved to watch the water and its behavior; for Delver there was much interest in examining the patterns the water made; for Arsenio, there was always joy in seeing something new, for Dragon, he admired the power of the water as it smashed against the rocks, the wise one appreciated the wisdom of the consciousness of the waterfall, etc. I have chosen this example because it is real to you.

How do you personally perceive in your non-physical state? Is it like delver said earlier, or do you just wander around looking at things in the physical universe?

There is both! You see, for us it is easy to go to

different 'realities' as you would say, because their vibrational patterns are known to us. That which is physical is vibrationally very powerful and obvious; it beckons somewhat like a gigantic sun or a light show. Therefore it is not difficult to find such environments.

We do not perceive sterilely as you might think; but powerfully, with the complete vibrational sensors of consciousness. There is so much richness, I cannot even begin to describe it to you.

Yes, I am getting that! It feels like you have a wonderful time!

Yes, the vastness, excitement, and richness of the all-that-is is astonishing. There is never-ending excitement and exhilaration at finding the next treasure!

Wow, all of you guys sound totally wired, in a good way! This focused physical environment often seems like a pale shadow of the wonderful energy I get from you.

You are adventuring in a different way than are we. You were eager and excited to come, and you still are. It is a measure of your excitement that you are transcribing these dialogues with us. The beauty that you experience may not be continuous, but at times it so intense that I am awed by the power of your feelings. For example, reading the book last night about the 14th century with

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its appalling darkness, and the beautiful marriage experienced by the lead female character was stunning for me. Then when the husband died, the incredible beauty combined with the aching sadness you felt -- oh, it was ..... there are not words. It is of such a deep and profound nature, I almost envy you! Your experiences can be so intense -- your sexual experiences I find to be of amazing power and exhilaration. There is so much in your world that is truly awesome, a consequence of the incredible contrast you see and experience in every moment of your physical existence. To know yourself in such an environment...the strength and power that is required is beyond my willingness to attempt.

It is a delight and a source of continual amazement and awe to see what humans create and experience. Remember that there are 6 billion of you -- the experiences of beauty that occur in every second upon your planet are awe inspiring to me, to the group, to the rest of the universe! You are truly blessed to be where you are!

Wow, I really got that. Thank you!

Thank you for being and experiencing so that we may experience as well.

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That was the one I call Sweet, for want of a better name. The energy

feels feminine to me. There is an intense feeling of beauty and love that comes from this being. When reading over what she said I got the beautiful feelings back again. I understand what she means about being able to experience intensely. I do truly consider myself blessed to be here (most of the time, anyway!).

(Session 71)

### Meet The Guys, Part III

Now I would like to speak with the one I call Dragon.

I am here.

I feel a powerful, assertive energy from you.

This energy you feel is the match your energy makes with mine.

That brings up a question (smiles). Because I can only feel that energy in you which is a match to mine, how does anyone truly know anyone else? Since my energy may only be within a certain range of frequencies, I may never fully know you.

Good question; but the answer is, when you allow the fullness of you, you know the fullness of another. In your focused physical state you pick up bad habits of resistance and only allow a fraction of all of the available experiences to come to you. That is not true of this group!

So everyone in your group has a true idea of each other?

As true as can BE, my friend! That is a good saying,

is it not? What one can BE, one can experience, because everything in the universe will respond to your signal.

OK, what is your purpose for being, and what do you bring to the group, and what do you add to the group, in your opinion?

I add a little, and much needed, aggressiveness. I am always on the prod for exciting experiences, a little action, and wish to assert myself as much as possible in order to make events turn out the way I would like.

In what way can you do this? You cannot create in the experience of another, and since all are connected to source, there can be no real assertiveness.

(big belly laugh) Ho Ho Ho! Now that's a good one! Do you think it is any different here than on earth? Does not the big one push the little one around?

You're telling me it's just as bad in non-physical as on earth? That's not what I've been getting from you guys all along!

Do you think we are little cherubim, singing psalms? Do you think we all hold hands and sing praises to God and are lovey-dovey to each other all of the time? There is more diversity here than on earth, far more, and just as much temperament. It is just that we do not beat

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ourselves up over what happens to us. There is no war or conflict, but there is plenty of action I assure you! Why, we remember the time we played with the group \_\_\_\_\_ in the \_\_\_\_\_. We fought mightily in that game and prevailed. You see, there are plenty of opportunities for me to show off my skills and my talents! Why, I single-handedly threw those rascals out of the \_\_\_\_\_ so that we could occupy that space!

(I could not translate the concepts)

OK, our readers may be a little shocked to hear about this! We always hear about how perfect it is 'up there' in the non-physical plane.

And so it is my boy, and so it is! It is perfect because all activities are loved and cherished!

There are some who cannot understand how aggressiveness toward another can be loved and cherished by that other who is being shoved around. I'm not sure I understand it either.

Because there is no sense of unworthiness! We are all connected to source and so in the struggle -- which can become very heated mind you -- there is never danger that another will be harmed in any way, or that 'revenge' will take place, because you see, there is no revenge! On earth, revenge is seen as terrible because the awfulness of death is the result; but of course there is

no death here, do you feel that? There is just the joy of the experience and the going on to another joyful experience! Do you think it is not joyful to struggle against another in a battle of wills? Or in a heated game? Haw Haw Ho!!!! I feel like the giant in one of your stories!!! When the others get a whiff of MY energy and intent they back off I can tell you! I am the greatest battler in the universe!!!!

You see, on earth there is the idea of not enough, and so when there is a struggle and one's house is wrecked and all of one's belongings stolen then one considers he or she has lost. And so smoldering hatred results and the desire to strike back maliciously. That is how it goes on earth with its prevalent consciousness of not-enough! But where I am there is none of that! When the other side gets destroyed, as it were, in the game, they happily go off and find another battle to fight. They know that there is no 'losing,' there is only learning and growth. There is no conception of victimization, just the joy of battle. There is no consideration that 'losing' is bad and winning is good. It is all good, as you say!

Our battles are not malicious; they cannot be, because maliciousness implies harm and it is impossible to harm anyone, do you understand? IT IS NOT POSSIBLE TO HARM ANOTHER!!! I hope you got that. We are beings who know totally and utterly our own

eternalness and our own immortality. It is so excellent!

(Wow I got this incredible sense of excitement. This guy is one of those warrior types).

I feel a rush of energy from you that is the most exciting of any in the group so far.

And well it should be!! Why do you think I am so valuable? I bring the highest excitement and exhilaration to the group. They love me and my high-powered energy!

Wow. I got that; thank you. Now let me talk with the traveler, who I named Arsenio.

(Arsenio comes).

I am here.

I feel from you the desire always to look over the next hill, as we say on earth.

Yes, I am an explorer. I am never satisfied to stay anywhere for very long, although I am very pleased with this group so far!

So what is your purpose for existing, and what do you bring to the group and what do you gain from being in it?

I exist for the unbounded pleasure of exploring everything in the universe. My goal is to experience everything that can possibly be experienced, everywhere.

But that is impossible.

YES!!!!!!! It IS impossible!! Isn't it glorious!!!! I will never run out of new and exciting things to do!!

OK I get it. You are the sort of bloke that never wants to get bored. You are the sort that wouldn't like to curl up in an armchair and read a good book.

Well, I'm not stupid, you know! Every once in a while I can 'curl up' as you say, but it doesn't take me long to want to go out over that next mountain.

How are the experiences you have different from those a physical being might have on earth?

There are endless vistas open to us and there are NO blocks, stops, or hindrances whatsoever preventing one from experiencing just as one would like. On earth there is the lack of money. If you wish to go to the wonderful resort in the Caribbean you saw on the TV you could not, because the cost for one week is more than your entire

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life savings! Imagine an endless universe with endless excitement, and ALL of it available to you for the asking (I am feeling an incredible sense of expansiveness and joy here). That is what it is like for me. I am having ever so much fun in my travels!

I got that. All of you (so far) are so different! How can you possibly find common ground?

(laughs) Silly! We love each other and celebrate our differences! The more different we are from each other the more we love it. In fact, we are very proud of the vibrational range of access of the group. We feel that we are on the cutting edge of integrated group consciousness. We know and feel the bond of love and understand the perfection of each one. That is why the differences are so celebrated, you see! It is only in difference that there can be excitement! There is joy and celebration to see how uniquely each is focused, to interact with each other and find new aspects of each other. I look at Sweet and I am always blown away by her beauty and softness (indescribable feelings here, first of \_\_\_\_\_ I can't translate, it's an excitement, anticipation, oh-its-so-wonderful-to-know-there-is-more-to-see-and-do, and the feeling of love for Sweet practically knocked me out of my chair).

Are you getting it?

Yes, indeed I am. This is great! I can see how on earth we have it all backwards. I understand that the common denominator of love is understood and it would naturally be the differences that are valuable. I am feeling so wonderful right now!

You are beginning to see the gorgeous nature of life.

Wow! I have to take a break. More later.

(later) Now lets invite in the one I call the jester.

Present!

And what, in your opinion, is your contribution to the group and what do you gain from being a part of it?

My contribution is my irreverence for any and all. I am the one that may dream up the new wrinkle in a game, or the new strategy in a competition, or point out the irony in a situation, and play pranks and tell jokes about any and all. I also push the envelope of the group and keep things from becoming too stogy.

Well now that is interesting. What would a non-physical joke be like?

Well, here's one: during our game with the \_\_\_\_\_

Dragon was about to haul the other off when I came over and [tripped] him so that the other was able to get free. It was the most clever ploy because Dragon greeted me with the most heartfelt appreciation for my help, but I 'helped' in such a way as to prevent, at every turn, Dragon's success. It resembles somewhat your TV program called the Three Stooges. At the end we were laughing so hard the game could not continue! That is the sort of energy I bring to the group: unpredictability. I am just as likely to disrupt the proceedings as to help them along!

That could get kind of irritating after a while.

(Dragon) we have been known to gang up on that one and give him a taste of his own medicine! (Jester) yes and that is one of the reasons I love this group so much! They are as likely to play a trick on me as I am willing to play tricks on them.

There is only irritation if you are trying to get something done! There is none of that, for as soon as we finish with one activity there are a million more to choose from.

(wise one) Yes there are an infinity of possibilities.

OK, what is this wise one? Let me speak with him.

I am here!

You feel like a child!

I am a child, as are we all! What you feel as the energy of the child is what we call wisdom, for it is in the innocence of the child that there is full allowing, and with full allowing comes infinite possibilities, do you see? It is only by allowing all that one can experience all, and it is in the experiencing that brings forth wisdom.

Holy shit. I had it all backwards as usual! I can feel that most of the answers I have been receiving from the group over all this time have your energy stamped all over them.

Yes! I have been the principal responder to your questions.

I still can't believe I had it backwards. On earth when one lives a life full of adventure and has many experiences, often this makes one sober and contemplative, and so therefore wisdom on earth is associated with old men with long white beards and staffs, pontificating on the mysteries of life.

Yes! I understand. But it is truly the energy of the child that allows for those diverse experiences in the first place, do you see? Without the eagerness and complete

allowance of the child, there cannot be tremendous variety of experience, and therefore no sorting through of those experiences, which leads to wisdom. Actually, wisdom is just the keeping open of one's vibration to accept whatever comes. Without that sense of openness one cannot be wise. All of us have this quality, but it is my exclusive focus: to remain always totally allowing of every vibration in the universe! In order to do that I have to be as the child.

In order to see wisdom, look into the face of a child. If you do so mindfully, you will be astonished at the understanding you will receive.

I feel childlike energy coming into me again.

Yes, isn't it wonderful? This is what I bring to the group and what the others love about me. I have personally found a nice mixture of vibrational focus, complementary to my life interest.

It seems to me you are the leader of the group. I never would have thought a child could lead a group.

Well, I do not 'lead,' as you think, but it is my influence that brings us to so many new experiences and adventures.

I would have thought Arsenio would be the leader then.

It is not like that! Our experiences are the combination of all of our vibrational focus. That is the primary reason we come together: to broaden our vibrational range in order to access (and create) new experiences.

It is Arsenio's desire for the new experience that is partly responsible for our adventuring, but it is also my complete allowing of those experiences that helps bring them to us, in a way that is agreeable to all of us. By linking our vibrational strengths we reinforce in each other all of those qualities we admire in ourselves. We are a very fine group, and since the addition of Arsenio we have had even more fun!

Wow, I get a completely different energy from each of you, it is hard to believe you can cooperate so fully with such different personalities. On earth there would likely be a lot of conflict in such a group and it wouldn't last long.

Well we do not know how long this group will last either! We do not do anything forever, you know! 'Breaking up' in earth terms means squabbling and disagreement, but here there is complete knowledge and certainty that whatever happens is for the best. Because the whole is never complete there is always something

more. This drives humans crazy because there is the thought that if we could just do it right and perfect the first time we wouldn't have to ever do it again. However, it is the doing that brings the enjoyment! And so we are happy never to get anything done. We know it is not possible! We certainly admire our creations, but we know there is always another creation, another idea, another adventure, and we do not try to hold on to the old ones and recreate them. We know this is impossible. On earth when you do something that is really wonderful there is often the attempt to recreate it. You think 'it can never get any better than this' or 'lets remember how we did it so we can feel this good again.' All of these ideas are self-defeating because you can never get it that way again. We understand that joy always lies in the newly created events, not the ones that have already been experienced.

Wow. Right. It comes from the understanding that all is well, there is no shortage of anything, and there is an infinity of time to do whatever it is you want.

Yes! The time factor is another thing that gets humans stuck; and that is understandable, since you only have 80 years or so to live in your bodies (at least, that is what humans have decided). So there is the added

'pressure' of time. But from our point of view this added time pressure only makes what is created even more delicious, because one is always aware of the poignancy of the moment.

I really got that. I am finding my human points of view are turning around, 180 degrees, from what I was taught. I don't hardly feel... human... anymore! Since beginning these dialogues I don't feel the petty human irritations nearly as much as I used to. When I look back at my life now I see that I have wasted so much of my time in useless resistance to life experiences, negative emotions, petty squabbles, feelings of unworthiness, etc. etc. etc. I now feel all of that was in a past life somehow! You guys have really gotten me to see the beauty and truth of what it means to be alive. I see more and more the quintessential nature of existence, mirrored in the positive feelings to which I have been exposed since talking with you guys.

(smiles) We have just been an impetus or a catalyst for you to allow more of yourself.

Thank you so much!

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(Postscript and Comment)

This session was so enjoyable! I felt myself open up and expand, and a big increase in my feeling of well-being and wholeness. I think this is a turning point in my life. I can't go back to the old way of feeling negative emotion. It feels too good to feel good, to want to feel bad anymore.

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(Session 74)

## Perception in the Non Physical Realm

Hi guys!

Hello!

I was thinking of a name for this group, and I decided that the 'Gang Of Six' would be a good one.

Ho Ho!!! (Dragon likes that one).

Now that our relationship has changed and I can get the separate energy of each of you, I want to ask Arsenio a question.

Arsenio, would you describe to me, for our readers, what it is like to experience in the non-physical state? Delver has given us a very good description of how a non-physical being gets around the universe. However, I especially want to know how you guys see and experience. Delver has said that a non-corporeal being perceives in a richer and more detailed way.

That is a very good question; this is a subject I can really warm up to! First of all, let me say that perception in a human body is more 'concentrated.' We see a vast spectrum of vibration, and although the physical experience is very intense, very often human beings are not in the moment to enjoy perception to its fullest. In

fact, sometimes a place like earth can be quite overwhelming! However, I have to say that there is nothing like being fully conscious and focused into a human body for the sheer POWER of perception. The solidity or reality of perception is a function of how 'tuned-in' you are to it.

We have the ability to finely alter our perception and really intensify our experiences. We perceive more broadly than humans, because we have a greater range of perception. However, the 'feel' of our experiences is lighter, more relaxed. In another sense it is far realer, because our vibrational sensors have a far greater range and we have control over what we choose to let in. Your human senses define and interpret for you!

In the physical universe, manipulation of the environment is far more difficult. The raw materials are h-e-a-v-i-e-r and movement is s-l-o-w-e-r. We interact directly with the vibrational materials of our world. Although it is possible for us to focus narrowly and mimic the intensity of physical experience, it is not the same. The vibrational concentration in the physical universe is much higher; like an essence oil, it takes many thousands of flowers to make a small bottle. There is much thought that has gone into the construction of the physical universe and I mean that literally! As for how it feels to us, that is impossible to describe in language.

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When the gas escapes from its container it is exposed to the big wide world outside the walls of its former enclosure. When you make your transition you will, as Delver said, have to get used to a much broader range of sensory experience.

Delver said that in order to go anywhere you have to vibrationally alter your entire being. So how do you get NEW experiences if you can only be aware of those things you already know about? In other words, you can't go someplace if you don't know where or what it is! In a science fiction novel, Alfred Bester referred to such a journey as a 'blue jaunt;' a trip to nowhere. Couldn't you get lost?

(smiles) When you look on a map there are always reference points between where you are and where you're going; similarly, there are vibrational reference points in all of our journeys.

Explain.

Imagine a montage of images floating into and out of your awareness. When your vibrational frame of reference changes, your perception changes. You always know 'where' you came from and where you are; just like on a vacation drive, you may stop at points along the way that are of interest. Very often we do NOT know where we are going; that is the exciting part for me. However,

we are never in danger, just as a person who jumps into his car without a specific destination is not in danger. We cannot fall off the end of the world!

Wow. It sounds like traveling is far easier than on earth.

Yes it is. We are our own vehicles.

Explain to me a little more about that. Delver mentioned that a native state being is a sort of lightship or container of consciousness.

That is true! The capability of your sphere of consciousness is beyond human comprehension. Just as the human body has solidity or reality but is dependent upon the atmosphere, sunlight, and a proper environment for its sustenance, so too does a native state being appear to have a defined radius of awareness. However, the lightship or sphere of consciousness IS also part of what you might call the universal field of consciousness. If we were to model the native state being from a physical standpoint we would say that it is defined for a distinct radius, but extends outward to the entirety of the All and is symbiotically linked to the whole. In this way there can be individual personalities and at the same time, a feeling of oneness.

The human debate over the idea of 'free will' is funny to me. When you return to Native State you discover that

there is nothing BUT free will and free choice. In order to experience ANYTHING it is necessary to be mindful and to have control of your personal vibrational orientation.

Wow! Is there any 'territory' marked out by certain groups that you have to be wary of? Or any toll roads or taxes collected to participate in certain activities?

No taxes or toll roads I am aware of.

'Territory' is 'marked' simply by the intent of any who participate. The thoughts of any and all set up a vibrational pattern that is recognized, and just like on earth, the various signals are managed by the rule of 'like attracts like.'

What would happen if you decided to crash one of those groups and break up their game? Would you get pushed around?

It does not work that way. In order to perceive and experience there must be vibrational commitment. It would not be possible for me to 'barge in,' as you say, because connected to such a vibration is resistance which would prevent complete access to such beings. That is how the concept of 'like attracts like' protects every being in the universe from unwanted intrusion.

I do not think of such things because I only participate in activities that interest me. There is so much

to do that I cannot possibly get to it all and I don't want to waste my time barging in on beings that don't want me in their game, or I them.

But I thought that everybody loved each other?

We do! But that doesn't mean that every being in the universe just hangs out in one big clump! We all have our separate interests!

But there are no psychotic games, like trying to twist somebody's non-physical head off, or to gain power over others?

That is a silly question, because of what I just said.

What's the most important difference in perception between being in a body on earth, and in native state?

I'd have to say the single biggest difference, from my perspective, is the sense of freedom. I value my freedom to go anywhere and do anything very highly. I would not care to come to an environment such as earth, where even to drive a car one has to pay a 'license fee.'

What sort of stuff do you see up there?

(smiles like a parent would to a loved child) Well,

whatever is in my view screen; that is, whatever is in my vibrational range. My thoughts and desires put me in the places I want to go.

Do you create anything? Is there any art up there?

Oh there are magnificent creations! We ourselves are magnificent creations of light!

There are creations of light and vibration in all shapes and forms. The impulses for creativity on earth come from your connection to source, just as for us.

How do you create? Do you just say 'abracadabra, give me a paint brush' and it appears in your hand? How hard do you have to work at creating, say, a light sculpture?

Again, that is a silly question. If you want to build a house, do you say 'abracadabra let there be a house?'

Of course not! But it is much more difficult to create something in the physical universe, you said so yourself. It's gotta be easier for you than for us.

(sigh) How do you build a house?

Well, first you have to have a blueprint...

Correct. There must be a detailed blueprint in order to even begin...

Yes but...

No buts! How successful would a child be if it tried to design a house?

Not very successful I'd imagine.

Why not?

Well, because the child has no understanding of a house...Oh, I get it.

Yes. There must be complete understanding of the creation before it can manifest. In order to build the ocean liner, there must be knowledge of every part and how to build each part and how to connect it to the whole. A physical creation is just a representation of thought. There is no difference in creation in the physical realm and in the non-physical realm. In the physical universe you just have some added steps.

Right. Like paying the architect and going to the lumber yard and hiring all of the contractors.

Yes. Just like on earth, however, there is a huge

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database of knowledge concerning what has gone before. However, it is not possible to think vague thoughts and have something manifest. You have to know what you are doing! You cannot create the Notre Dame cathedral from a child's drawing! Full understanding of what is to be created is necessary, just like on earth. You must have a correct blueprint!

Some think it is more fun on earth because there one has to learn how to mold the material one is working with to a greater degree than with us. There is often more skill required. That is why Michelangelo's Pieta is celebrated throughout the universe! To be able to chip away at a solid stone and make that stone look like soft flesh is a remarkable achievement. There is more persistence needed on earth to create something than is required here, although the process is the same: the organization of thought into a precise vision of what is wanted.

OK, I get it! That was very good.

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(Postscript and Comment)

It seems I assign mysterious qualities to beings who are not physical, as if non-physical beings were somehow completely different. I guess we have more in common than I thought.

(Session 75)

## What is the Higher Self of a Native–State Being?

Hello All!

(babble of noise, and greetings). We are in the midst of a game that Dragon has gotten us into (again).

Time for any questions?

(Delver) Fire away.

OK, do you have a Higher Self? Do you have channels like we do on earth that accept energy or awareness from your broader perspective, to give you an idea of where your next step might be?

Our Higher Self is our intimate connection to source. We form groups to enhance this feeling, for the sum of the 'parts' is always greater than the whole. That is probably why the One has many aspects.

How many aspects or personalities are there?

(smiles) That is one of those quintessential human questions! I do not have an answer for you. As many as there have been decisions to BE, I would imagine. (Delver): There is a community of those who delve into

such secrets. I will communicate.

(Pause)

(I received a snapshot of one reality, which then merged into another reality, and these kept flashing by more and more quickly until they simply blurred into a fine mist, which then blurred into a 'transparency,' which then turned into [nothing/everything]. The feeling of each picture got lighter and lighter, until at the end there was a feeling of [ultimate knowing, ultimate bliss, ultimate everything ultimate potential and potential fulfilled, and then a hint of something else]).

Delver, what do you think of that?

I have to say that sort of thing is fascinating to some, but not for me. I am having such a good time that even I do not feel the desire to delve into such things.

So was that a picture of some deeper reality beyond the nonphysical?

I feel it as just another way to perceive, as a part of the infinite, another part of the all-that-is. You love to place a severely defining and limiting label upon something -- at the level of your understanding -- in order to feel comfortable with it. I am happy to admit the possibility of yet another way to experience, because I am not finished delving into those experiences I may

have at my current knowing of myself. There are some who consider at deeper levels than I, and there is much excitement for some at such things as we have just perceived, because there is the reaching for something more from a place of not understanding. It is of value, because it 'stretches' the knowing of self.

OK, makes sense. I think humans like a mystery, because we believe that there is an underlying One Truth behind everything, and if only that Truth could be discovered then all would be known.

Yes, there are many truths, an infinity of truths. You are looking for the One Big Truth to satisfy your intellectual curiosity, but you can never find it. The One Big Truth is love, joy, well-being, as we have said over and over. The One Big Truth, when you really get it, is YOU. All things, all knowledge, is contained in the complete knowing of self. When one knows self, one connects to source, one IS source. That is something that you just have to feel and experience. The seeker looks outward for the truth that IS him or her.

You mentioned that you form groups to enhance the quality of your lives. Is it possible for two spiritual beings to merge completely? To occupy the same space at the same time? Is it possible for two beings to BE each other completely?

That is a good question! (applause) We see this attempt in physical humans with sexual experiences. Our experiences of this sort are agreements to allow the other completely. There is a blending that is so intimate that it does feel like we are occupying the same space! Humans may also accomplish this, since human consciousness is not limited to the body.

That's right! Maybe great sex is more than just the mingling of bodies, but also the co-mingling of spiritual energy.

I would say that is correct. Sexual experience is the attempt to mimic the blending and melding of consciousness. It is divinely inspired!

(Session 76)

Animals and Their Purpose For Being  
The Incredible Gift of the Little Chipmunk

I want to talk about the animals on planet earth. I have heard it said that animals, in the wild, are purely connected to source energy with no resistance. Yet they kill and eat each other with abandon. My cat today caught a chipmunk and just ate the thing raw. Humans slaughter animals by the ton every day for food. It makes sense that a species which is so afraid of itself would do crazy things. But how can creatures who are supposedly so connected tear each other to pieces?

Animals in the wild are free. That is their main purpose for living. Freedom is everything to them, and in order to maintain it on a planet like earth with its dominant life form, mankind, in a consciousness of opposition and conflict, some animals will eat each other. But just as many animals will eat roots, plants, and fruits as well.

OK. So freedom is the dominant vibration of animals?

Yes. Very strongly. Mimicking consciousness itself. Although the dog, the cat, the sheep, goat and horse have become domesticated by association with man for many years.

Why do animals come to earth if they know they will be slaughtered, especially by man? A slaughterhouse is one of the most depraved places on earth. Why does the consciousness of the cow come to earth, knowing it will be assassinated?

The cow comes because it wants to experience in the way it does. For the most part a cow has a good life, up until it is killed. A cow knows when its time is near, and the consciousness of the cow leaves the body before any great pain is experienced. It is not for humans to decide for another species what is bad or good for that species. Man has enough trouble with himself!

I can think of a lot of better ways to have an experience!

You come to earth knowing you will die, do you not?  
What is the difference?

The difference is that most humans get to decide of their own free will to exit the planet, but a cow is just lined up at the slaughterhouse and its brains are whacked and it is bled and gutted. There is no respect whatsoever for the cow in this process, it is a degraded, machine-like disregard for the consciousness of the cow.

Yet the cow comes anyway to earth! Why is that, do you think?

I'm asking you!

The answer is, simply, because it wants to. It wants the experience it is having, and even though it appears to you to be 'inhuman,' as you were going to say before you changed your mind and typed something else, the cow does not allow itself to feel degraded, the cow does not allow itself to feel disrespected in any way, because the cow is an animal of such dignity that humans cannot even conceive of it. The consciousness of the species you call 'cow' is one of the most serene and powerful in all of creation. The cow revels in its dignity and confidence in itself, the cow celebrates its existence in every moment, even if that is not apparent to human beings. Because of detachment from the understanding and connection that comes from true allowance of self, there is so much that humans are not aware of. What does the cow spend its life doing? Masticating grasses that contain chlorophyll. Chlorophyll is a molecule very similar to hemoglobin, except that chlorophyll has a magnesium atom at its center giving it a green color, and hemoglobin contains iron, giving it a red color. Essentially the cow gives itself a continual blood transfusion. We assure you that the cow feels really, really good all of the time.

Fine, for the cow. Now lets talk about the chicken, who is born to be

slaughtered, who experiences life in a cage, without ever being given one iota of decency or respect in its whole life. What possible purpose or benefit could there be in the consciousness of the species of chicken, to experience a life of utter degradation and imprisonment?

We can only say that if the chicken did not want to incarnate, it would not. The consciousness of the chicken is fully aware of the life it is going to lead; because there is no difference whatsoever between 'chicken consciousness,' 'cow consciousness,' 'beetle consciousness,' or 'human consciousness.'

(frustrated) There are millions of chickens slaughtered every day. I don't understand the purpose for the chicken from the chicken's point of view, especially since you said that the main purpose for an animal coming to earth was freedom.

We said the main purpose for an animal in the wild, to come to earth, was for freedom. The chicken, the cow, the turkey, these have different purposes for being and experiencing.

Please enlighten me, for I am confused.

For such as the chicken in the cage, we see the enjoyment of what it is experiencing. It does not know of what it does not know, that is, it does not know that it

could be running free, and tasting of life in another, less restricted manner.

It is guided and connected to that guidance, the consciousness of its species, in such a way as most humans will never understand. It is supported with so much love in its existence that it knows much joy. That is why it keeps coming back. The chicken does not spend its life worrying what will happen to it. It simply tries to enjoy every moment.

The reason a being decides to focus into a body is simply for the enjoyment of the physical experience, while it lasts. That is something humans often do not understand, for the life of a human is often so detached from this feeling of joy that you assume the worst for all other species as well. In other words, a human will, from his place of detachment from joy, always find the matching vibration in another species, always interpret for another according to the reality he or she has built for himself or herself. This does not occur with other species, as each one sees itself as valuable, knows that what it is experiencing is valuable, and revels in that experiencing.

Wow. I sort of get it.

What happened to that chipmunk who got caught and eaten by my cat? When I looked into its face, as my cat held it in its mouth (before the cat ripped it apart) I saw the most angelic, innocent and beautiful face I think I have ever seen in my life. It was beyond words, and I feel myself

being very sad for the life experience of the chipmunk that it lost, because of the murderous instincts of my cat.

The chipmunk was so beautiful because that is what it was feeling, do you see?

No!!! I do not!!! I understand that the consciousness of the chipmunk might have already left, but I don't get how or why it could be so happy????? It just got mashed!!

The chipmunk was in such a state of grace that it cannot be imagined ...

Oh, I can imagine it. That is a good word for what I saw in the chipmunk -- a state of being blessed to such a degree that it was written all over its sweet little face.

It is even greater than that. It is a feeling of such blessedness, of sacredness, of being loved to such a degree that it is impossible to describe, even as you type through your tears. THAT is why the chipmunk comes, do you see? For its life experience, and yes, the experience of being killed by the cat. Do you think that the chipmunk accidentally entered your house and allowed you to see its face?

Do you accept the incredible gift that you were given? You will never forget that sweet innocent face as long as you live, and we suggest that instead of being sad you

accept this monumental gift and celebrate with the little chipmunk the glory and the beauty of who it is, and its wonderful life!

I can barely type, I can hardly see through my tears -- there is something more here, because I just cant stop crying. What is it that I have activated that is affecting me so strongly?

It is the gift of life, which you are resisting. The energy of life is flowing though you so powerfully, so intensely, that if you would just let it in, you would experience the most intense and awesome joy that you have ever felt. That is the gift of the chipmunk -- it is a miracle, if only you will accept it! The face of God can be seen through any of God's creatures. For you, this day, it was the little chipmunk. We want you to stop this session right now, let in this wonderful energy and celebrate what you have experienced this day. Contemplate the energy of the chipmunk and what you have experienced, and think about why you were present to see what you saw. Remember the face of the little one, and every time you feel yourself resisting, let go of your resistance, open up to God as the little chipmunk has done, and experience the ecstasy that the little one felt as it made it transition, as it celebrated it's life and the great and powerful gift it was giving to you. Enough. Stop now, and do not do

another session until you have mastered what the chipmunk so lovingly gave to you.

(end)

(Session 77)

A Conversation With the Being who was the Chipmunk  
(two days later)

OK chipmunk, lets talk. Why were you so joyful in your being  
captured by the cat?

Because the cat and I had an appointment!

You knew the cat was inside the house when you entered?

Yes, I suspected danger, but I entered anyway. I also  
smelled the man smell very powerfully, yet I entered.

I was so sad to see your cute little body destroyed.

I was not, I was overjoyed!

Why????

Because the cat facilitated my transition back to  
source.

Did you feel pain?

It was startling at first -- I had no idea what was  
happening to me. Then...I experienced bliss. My life was  
very joyful. The seeds which you placed upon the floor of

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the garage made my life abundant and I experienced joy in my chipmunk existence, but I feel no sadness that my physical experience was terminated. It was time for me to move on, and so the cat and I came together.

Did my cat have anything to do with my seeing your face in the way that I did?

Recall how your cat did not struggle as you picked it up. This was very unusual was it not? Your cat being feral, when it has an animal in its mouth it will avoid capture by you. Yet it just stood there, waiting for you to pick it up. You recall you held it in one hand as you had to unlock and open the front door, and all that time the cat did not struggle, but remained perfectly calm and allowed you to hold it, so that when the door was open and you placed it outside on the mat, you were able to see me clearly. I tell you that this was NOT a coincidence, although you may believe whatever you want!

It was unusual, I have to admit. My cat will not allow me to touch him if he has a kill in his mouth.

Yes, it is as I said before.

So WHY was this cooperative effort made? Hopefully, not for me! I don't want to be responsible for killing something so I can learn some life

lesson.

Do not worry, it is as I said, the cat and I came together in the perfect manner. My desire was for more joy and the cat's for a kill. My physical life was already fulfilled. Therefore, my transition was the perfect solution. You were in the perfect place, a perfect vibrational match to witness the miracle of life in its transition from one way of experiencing to another.

Holy moly, I can see it. Tell me one thing, I understand I am communicating with the consciousness associated with the chipmunk, but is there a separately focused consciousness of the chipmunk body? I have always wondered about that.

Yes, there is, the consciousness of the species, you might say, of the biology of the chipmunk, which pumps the heart and expands the lungs and sees to the cellular maintenance of the body.

So what kind of an experience did the consciousness of the body have?

You saw it yourself on my face and in the relaxed manner in which I rested within the jaws of your cat! You saw how at peace every cell of my body was, you perceived the Godlike serenity and joy on my face.

It's just hard for me to believe, and I don't know why.

Because there is that within you that does not want to believe in the eternalness of life. Because you still do not understand the beauty and joy of the process of incarnation, life, and the thing you call death, which is not death, but a transition to something beautiful. Because you associate my transition with a premature ending of life, and because you are still focused so powerfully, and have so many desires and goals yourself, that to have what happened to me occur for you brings great sadness. And so that is why you cried when you thought about my life cut short, even though it was exactly what I wanted.

Celebrate your powerfully focused life with all of its exciting possibilities! Go for it, and never look back. Feel the life force energy flowing powerfully through you, revel in the positive feeling it gives you. Celebrate my life, and yours!!

Yes!!! You nailed it. You sure don't feel like a cute little chipmunk to me, but a powerful being.

Yes. I am a powerful being who has returned that aspect of my consciousness that was focused within the biology of the chipmunk. Now you are talking with the whole of me.

Good. I get it. It never does any good to be sad, because being sad feels bad, and the inherent nature of life is good.

That is correct. Now go out and LIVE this idea!

Thank you so much.

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(Postscript and Comment)

Conversing with the being who was the chipmunk might seem strange, but I have to say that it's no more weird or strange than talking to other dead beings! I was able to pick up on the chipmunk being because I felt his energy so very strongly before. I am beginning to understand that the process of exchanging thought is as natural as breathing. If I can do it, anybody can do it. I'm just a working class guy that is beginning to wake up a little to my potential to be anything I want.

The chipmunk incident was awesome. I am realizing more and more that all is truly well. I don't care how many conflicts mankind decides to embroil himself in, all of that is trivial in strength and importance to the death of a single chipmunk, for there is in the chipmunk the consciousness which is directing the unfolding of the entire universe.

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(Session 78)

## Trapped Beings

There are many who believe that the non-physical state, like earth, has disconnected beings, crazy beings who can feel just as rotten there as here, evil beings who attempt to seduce physical beings into acts of depravity, as in devil worship and black magic. These beings supposedly exist on a plane that is halfway between the physical and the non-physical. The movies 'The Sixth Sense' and 'What Dreams May Come' dramatized this idea. A book written by a substance abuse counselor says that often a heavy drinker or drug user will deliberately not transition, because he or she loves the drug fix so much and cannot let go of their addiction.

Is it really true that everyone transitions fully back to source? After all we live in a free will universe, and beings may choose to do whatever they wish.

Let us ask you: now that you have interacted with us and allowed the energy of source to flow through you, would you ever want to hold on to anything like that?

No. Definitely not, But I am not a psycho or an addict — my intent is always to experience as joyfully as I can. But I can remember a time when I was really into hatred and negativity — and there are a lot of people who love the energy of depravity. It is second nature to them.

Addictions, psychoses, all such sensations only exist in connection with a physical existence. Addictions to drugs and alcohol are caused by the need to dull and

soothe a feeling of discomfort brought about by resistance to life experience. Addictions, hatred and other lower emotions result from a habitual pattern of disconnect from source. Those who have had a difficult time on earth only experience an even more powerful release from their self-created bondage. Like an irresistible magnetic force, well-being draws a being towards it -- once again the law of 'like attracts like' comes into play. That which is innately joyful is attracted to joy!

But these people have resisted for so long, they will never stop resisting — that is the reason for 'trapped' beings and those who hang around in their negative state wishing to entrap others.

That is mankind's fiction. Many do not know how to allow their true nature and they project that onto everyone else! We assure you, everyone transitions fully without exception. The overwhelming property of this universe, and of consciousness itself, is utter joy and well-being -- you are inherently pure and positive; that simply is just the way it is. You may consider that a universal principle. In fact it is the First Principle -- for consciousness created the all-that-is and everything in it.

We want to state the following in the most emphatic manner possible:

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(1) There is no death -- there is always a continuation of consciousness, for consciousness is eternal.

(2) The emergence from the physical is perceived by a being as so perfect, so utterly natural, so RIGHT, that no being ever, for even a millisecond, has any doubt about deciding to return fully to native state.

(3) Clairvoyants and other sensitives who pick up on the thought forms of entrapment, discomfort, or addiction are receiving the thoughts of the person BEFORE transition was made. There is always a full return to source, do you understand????

(4) Therefore, there is no karma or 'original sin.' You are adored and loved beyond your knowing.

OK, I got that! (They are very emphatic). Lets talk about more about the First Principle, as you call it.

The principle is simply that consciousness is itself quintessentially blissful and perceives itself that way.

Yes, but consciousness has free will and may know itself as anything! When consciousness decides to know itself as degraded, that is what it will experience -- therefore, to say that consciousness always experiences blissfully is not true.

The inherent nature of consciousness is positive --

that is simply a fact that we know absolutely. It is, as you might say, the 'default condition' for consciousness. Extreme discomfort can only be experienced when one enters a leading-edge environment like earth, where consciousness is narrowly focused in such a way that it is possible to fill ones entire perceptual viewscreen with thoughts and feelings that are counter to your inherent divinity. However, the narrowly focused points of view are joyously thrown away in the transition back to native state.

The pitiful 'high' from drugs or alcohol -- or any addiction -- is insignificant compared to the 'fix' of pure positive source energy. You are your own most wonderful drug!!

How does the Law of Attraction arise from the First Principle?

The Law of Attraction arises as an inherent or innate condition of thought itself. Thought proceeds directly from consciousness; it is pure love and joy and it automatically wants to associate. Physical or perceivable things have different properties depending upon the internal arrangement or geometry or patterns of thought that compose it. We have talked about this before. Underlying everything in the universe is a sort of innate magnetic attraction as it comes forth from the soup or sea of

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potential that has been created by consciousness. In other words, all vibration comes forth from this soup and is connected to it, therefore, all things have an intrinsic association. Therefore, the all-that-is is fundamentally attraction based. Repulsion and attraction occur as a result of the desire for all things to seek balance. Form results from internal geometry. 'Like attracts like' is an inevitable result of the vibrational interaction of that which is positive and joyful in nature.

Good explanation!

Are there are other universes besides this one?

You are asking the wrong question! The universe that you perceive is always a result of your vibrational platform of perception. When you change yourself, what you perceive also changes. We have discussed this in detail in previous conversations.

There are as many universes as can be conceived. You see, a universe can be just one thinker, and depending upon the thought of that thinker, there can be a different beginning point or a set of initial conditions. Just as a culture can be placed into a petrie dish, so to does thought expand. Because the 'seed thought' is conscious it may generate other thoughts, which generate more and more and more... you see how fast this can

expand! At the speed of thought! It makes the culture in the petrie dish seem as slow as a turtle.

Wow! So how many universes are there?

(laughs) You are incorrigible, aren't you? Well, there is not a 'container' for everything as you are thinking, with each universe neatly labeled and understood by the Perfect Being in the Sky. Let us say that there is so much creation going on that the expansion of thought is endless.

Whew! OK, this is blowing my mind.

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(Postscript and Comment)

The power of their statement that all beings make a full transition was impossible to doubt. It seems to make sense that if consciousness is inherently blissful, then no one would ever hang on to old feelings and emotions gathered from a lifetime on earth. The energy that comes in from them makes this seem obvious when I am experiencing it. But when I come back to my 'normal' state of perceiving, I have doubts. I'd bet that anyone reading this who has had a genuine near-death experience would agree with them.

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(session 78 continued)

As these conversations continue I am struck by one thing over and over again — the incredible feelings I receive from you in comparison to the way I feel in my earthly life. It seems inconceivable to me that anyone

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would want to come here. So many are in pain and suffer. Even in joy I do not experience the rush I feel from you guys. It seems that we are here transmuting negative energy. There must be universal significance to so much suffering; otherwise, why would beings knowingly put themselves through so much discomfort? Disconnection while on earth is inevitable, it seems.

Well, we have been over that before. Let us say that the POTENTIAL for experiencing joy in the physical is enhanced. It is, as your Sherlock Holmes character said eagerly when in the middle of a particularly trying case, 'a considerable challenge.' You knew before you came here, however, that you were up to the challenge. You embraced it!

ALL OF YOUR DISCOMFORT IS SELF-CREATED. Our message is consistent: resistant thought blocks and distorts life force energy, and that makes you feel bad. It really is just as simple as that! For some this seems ridiculous, for something as ephemeral as thought seems to have no power at all. However, thought interfaces directly with consciousness and source energy; your decisions powerfully affect the way you feel.

The earth is a 'thought amplifier.' By this we mean that the amazing contrast and diversity that exists upon the earth, combined with the feeling of separation from source energy that almost all humans manage to feel, leads to the most powerful creation of desire for positive

change. These powerful bursts or explosions of directed desire contribute mightily to the expansion of the universe, for they are powerful bundles of vibration. The contrasting experiences humans get themselves into are like gigantic engines that generate huge, powerful flows of thought energy to the rest of the universe! When you are really dirt poor is when you really want prosperity. This is when desire is at its absolute strongest, and that is why we talk about the value of contrast and diversity. The point is, *these powerful explosions of desire have the potential to make you feel like a god*. It is what you intended to experience when you incarnated. But now that you are here, you focus only on the unwanted contrast that helped to generate the feeling, and not the wonderful feeling itself! To us it seem all backwards.

Holy shit. I got it. The crummy experience focuses your attention very powerfully on the wanted thing and shoots life force energy through you. But instead of paying attention to that great feeling, instead we bemoan the conditions that brought it about. That's like biting the hand that feeds you.

We could not have said it any better. Congratulations! It only took you 4 months to get it. We are teasing you, don't take umbrage. Most humans never figure it out.

Better late than never I guess! So what you are saying, and have been saying, is that all is really well.

Yes!!! We will say it too: all is really well.

If you approach life, the universe, and everything from the point of view that all is really well, your life will be filled with continuous miracles.

(Session 79)

### What is Life Like in the Spirit World?

Alright fellows. What will it be like for me when I make my transition? Will I suddenly remember all about myself, and will I have knowledge of everything that universal consciousness is aware of? Or will I just remember completely who I am? It seems that if we are connected, then we should all have knowledge of each other.

What you experience will be precisely what you resonate to. As Delver explained previously, we perceive precisely according to our vibrational orientation. We guarantee only one thing: the feeling of it will be positive and joyful, so there is no need to worry.

OK, I guess that was a dumb question...

Not at all!! There is a widely held opinion upon your planet that either we are all disembodied ghosts carrying chains and weights from accumulated karma, or just One Big Oneness, sitting on clouds contemplating the wonders of our belly buttons! It is not either of these. We are individual focused personalities just like you, but with a broader range of awareness.

Then is there such a thing as universal consciousness?

Universal consciousness manifests in the feeling of oneness, of connection with all.

Again, it all goes back to the idea of 'like attracts like,' as we have already explained. Individual personalities are uniquely focused and do not have awareness of everything in the universe all at once. Besides, it would be boring as hell!! (Dragon). When all is known there can be no growth, no expansion, no glorious new experience. I would not like that at all.

There can still be oneness and newness. The two are not mutually exclusive.

Yes that is true. Oneness is a feeling of love and excitement. What we are saying is that the experiences of individual personalities are personal, depending upon the vibration of that personality. This brings to one perceptions, events and beings within that vibrational frame of reference.

OK, I guess that answers it. Law of Attraction applies everywhere.

The law of 'like attracts like' allows for selective experiencing. Awareness of everything at once would not allow for experience, for it would be as before the unfoldment of thought created the all-that-is. All would be known, but there could be no otherness, no

communication, no experience. The fundamental reason for experiencing is for we/you to know itself in as many ways as possible -- to always find more ways to be, do and have!!

It is breathtaking. Everything in the all-that-is simply revels in the knowing that all is arranged perfectly in order for all focused consciousness to experience in any way that can be considered or desired; we cannot express in words our satisfaction and wonder, happiness, and sheer pleasure at what we have created!!

(energy is really coming through here -- fresh breeze, excitement)

We are connected in the sense that we know ourselves as perfect, that the universe is perfect, and that we can know each other at any time we choose to. We just don't do it, nor do we want to do it, all-at-once!!!

It would be like owning a vast mansion with millions of rooms. You are never going to live in all of them, or even a fraction of them, but you know they are all beautiful, all different, and all accessible. And the beings you meet in any room will be a perfect match to the theme for that room, and to you, when you visit! Do you get it??

Wow!! That was great. Yes, I got it. That feels really exciting.

Thanks!!

(Session 80)

### As-Isness

There is a concept called As-Isness, which states that if one perceives anything for exactly what it is, it will vanish. This concept is applied successfully in a therapy called Traumatic Incident Reduction, where a person will go over and over a painful event until he or she has discovered exactly how it happened, at which time all of the painful emotion will vanish. I have also successfully applied this concept to minor injuries. One time I smashed my ankle until it had swelled and was black and blue. I went back to the place where it happened, got myself into the exact position I was in when I injured myself, and went over and over the event mentally. I felt a great pain suddenly in the ankle and then it was gone. When I rolled down my sock to look at it, the swelling was gone and my skin was totally clear! I have done this a couple of times successfully since then. This procedure seems to clash with the Law of Attraction, which says that if I went back in there and mucked around in the vibration of injury, I should feel worse, not better. How do you explain this contradiction?

Well, that is a very good theory, we must say, but it works simply because your focus is upon wellness, and so you allow yourself to release the resistance to the event you were holding onto when and since the injury took place. If you are going over the incident, and you are focusing upon getting better, then you will. As we have said before, there are no inherently bad vibrations: the only way illness can come is by blocking the flow of life

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force energy to the cells of the body. By concentrating very powerfully on health while going over what happened, you say to the cells of your body: 'I will not interfere with your process of sucking in as much life force as you desire, and in fact, I will powerfully amplify the life force energy that you are seeking, to restore balance to the cellular structure.' And so the cells are able to heal much faster than normal, because you are amplifying the flow of life force to them. This is how 'miracle cures' can occur: the powerful focus on wellness brings wellness, for that is the natural state for anything in the universe.

Now let us get to the idea of identifying time and place, and something disappearing. What disappears is the resistance to the event, which is causing the illness in the first place.

When your foot hit the wood bench violently, your cells immediately began the process of restoring balance. However, the line of thought in which all humans are inculcated since birth says 'The time of healing will be proportional to the extent of the damage.' This stream of thought is so powerful that humans take much longer to recover from injuries than they should! We assure you that if you were taught from birth that the body is naturally healthy, that it has powerful abilities to draw forth healing life force energy at will, and that recovery

from even serious injury can be rapid and complete, your planet would be filled with vital, happy and healthy people.

The animating principle causes cells to replicate and maintain health, and the material which composes the cells is composed of thought. Therefore thought may alter cellular structure, and do so easily, naturally and powerfully. This is demonstrated by many upon your planet every day, and you got a taste of it that day with your ankle.

Identifying time and place is simply focusing the attention on well being!

We say, ANY method that places the client's attention upon well-being is valuable, and that is why this method works so well for some.

OK, so there is no necessity to go over the harmful event in order to restore balance?

That depends upon the individual! The reason for all illness, and all recovery from illness, is the disallowance or allowance of life force energy. You can write that down as one of your laws which you are so fond of proposing! You may call this the Law of Well Being.

OK, that really answered my question. As always, your answers are so simple. I sometimes forget that simple = powerful.

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Yes! The simple and powerful truth of life is that utter, total and complete well being, health, prosperity and joy is the order of the day, in every moment, and all that is necessary to experience it is to let it in!!

Thank you.

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(Postscript and Comment)

Their view of life is a lot simpler than mine. For them, everything comes down to well-being, and not resisting the flow of good stuff that they say is coming to us in every moment. That's easy for them to say, but it's a lot harder for us sometimes!

When there are people in your face all day it's hard to concentrate on well-being, that's for sure. But then they will say 'the reason they are in your face is because you have invited them with your negative thoughts and feelings.' Yes, I heard that. It shouldn't be this hard just to concentrate on stuff that feels good. It feels so much better when I do, but sometimes I'd just rather be ornery. Their philosophy is easier said than done, but I can't fool myself anymore when I begin to blame others for my problems. I can see more and more clearly that I am the one in charge of my life.

(Session 81)

## How Can Solid Objects Be Composed of Thought? The Necessity for Harmony

It is hard for me to believe that everything I see is, first of all, made up of thought, and second of all, just interpreted by me as some invisible vibration. The world is solid and I can't believe that I could convince myself so thoroughly that something so insubstantial could feel so real, without my knowing it! After all, when I smash my car into the bridge at 100 mph the metal gets crumpled and my body gets smashed. You can talk all you want to about thought being able to change the universe around us, but when you get in an accident, all the thought in the world isn't going to help you!

Of course not, but you must ask yourself: 'How did I get myself into that situation?' We assure you that if you were a match to complete well-being, you could drive your car at 200 mph and nothing bad would happen! Ask yourself, 'Why it is so much fun to drive fast?' Partially because of the danger involved. And why is there a consideration of danger? Because there is the thought stream that says: 'driving cars fast can result in fatal accidents.' We assure you that if everyone on the planet agreed to the thought stream that 'driving cars fast is fun and there is no danger whatsoever of crashing' there would never be any crashes!

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That's very good, but how did we agree to interpret a 'vibration' as solid?? I am not aware of interpreting anything -- the real world seems perfectly solid to me.

The body's sensors do this for you, as we have already told you. That is why the biological basis for consciousness makes sense to a lot of people. It is not possible to separate your perception of the world from the sensors that you use to perceive the world. In other words, that which you perceive is a function of that which you use to perceive. But both 'objective reality' and the sensors you use to perceive it are composed of the same energy! Whether you believe it or not, everything you see in front of your eyes (and the eyes themselves) are ultimately composed of thought. In order to perceive anything there must be vibrational proximity -- the dog whistle is not perceptible to the human ear because the frequency of the whistle's vibration is out of range. Therefore, the solidity and reality of your world is simply a function of vibrational tuning and matching -- the law of 'like attracts like' at work again. Because perception itself depends on the matching of vibration, the interpretation is made instantly. What is perceived and what is used to perceive must be identical! (or in close proximity). Therefore, in order to see anything at all, there MUST inherently be harmony between yourselves

and the things in your world. This is a concept that, if fully understood -- it is obvious -- could lead to a gigantic paradigm shift in consciousness upon your planet.

We can summarize our discussion by saying that HARMONY IS NECESSARY TO THE PERCEPTION OF REALITY. That is why, when you reach the depths of lower emotion, your world seems murky and unnatural.

Remember that everything is conscious, even the rocks you consider lifeless. There must be AGREEMENT between everything that exists in the earth environment to perceive each other at all! That means that all life and all objects and all energy on your planet is synchronous, harmonious, and similar in nature. It cannot be any other way!

Wow. I mean, that's BIG. It gargantuan. You mean everything we see is in agreement and interaction with each other? It all seems separate!!

Most assuredly, all is in agreement, in harmonious agreement! Otherwise, the vast, incredible, well-ordered systems that keep your planet within certain defined parameters necessary to sustain life upon the earth could never be maintained. The ONLY reason life continues the way it does upon earth, from millennia to millennia, is because of the broad agreement of everything on and

within the earth to cooperate with each other! Otherwise, there would be chaos.

God, I can hardly believe it. I am beginning to see, dimly, what you are saying. Everything IS connected!

That is correct. The beauty of the system is that harmony is built-in. It is infinitely flexible, and operating at the fundamental level of thought and at the instantaneous speed of thought. The universe is a reflection of consciousness itself, and the First principle.

You are blowing my mind again. So we can't help but be in harmony, otherwise everything would fall apart!

That's right! And so you can see how amused we are when human beings bemoan the state of their lives. It would be like dying of thirst in the middle of Lake Superior (the largest body of fresh water in the world). You have to work real hard to find discomfort in a system that is set up specifically and only for well-being, prosperity, and joy.

I am amazed. I gotta stop for tonight, I can't take anymore!

(Session 82)

## Crop Circles

I want to know what your take is on crop circles. These are fascinating and complex geometric designs imprinted on fields of living plants. No one can figure out where they come from, as there is no evidence whatsoever of a physically intelligent life form, yet the patterns are clearly made by a great intelligence.

The crop circles are formed from intersecting patterns of thought activated by human beings, from the templates of thought which surround your planet.

Too general. This can't be the explanation, because people noticed them before there was even awareness of something called a crop circle. These things were spontaneous, without the knowledge of any human.

We tell you that the thoughts of human beings who are curious about the 'way things work' are activating these designs.

Yes, but why crop circles? Why not a scientific paper or an inspirational story?

For obvious reasons, because it will attract the attention of the many who are asking. The crop circle phenomena is the answering of source energy in

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response to the asking of humanity for knowledge of the universe. It is a precise response to the asking, vibrationally, all over the world.

Yes but why only in England? Or why mostly in England? There is a theory that the aquifer and the soil have an electrical connection and so there is energy supplied in great quantity for the making of the crop circles. But this is really just a shot in the dark. There are also white balls of light that have been seen around crop circles. What are the balls of light?

The balls of light are your perception of the energy or intelligence that is responsible for making the crop circles.

Is this energy intelligent? What or who is the energy bringing forth these crop circles? What is their message to humanity?

Again you are assuming there is some grand divine plan and that the planning forces are trying to show humanity the error of their ways and direct you toward the One Truth that will result in solving all of the problems of planet earth. That is not how it is at all. Again we say that the energies responsible for the crop circles are the exact vibrational response to the asking of humanity. That is all there is to it.

I find that answer very unsatisfying. There must be more to it than

that. You seem to regard it as unimportant.

Well, we are not enthusiastic! We see, however, that it gives many people great joy to investigate and figure out the crop circles. It is a little bit like a guy who builds a gigantic, complex jigsaw puzzle with millions of pieces, then throws it into a box and forgets about it. 30 years later he takes out the box and is fascinated with the designs and the construction because he cannot remember how he did it! That is sort of how we view crop circles. There is a reminding, within the geometry of the patterns and the energies associated with them, of things that humanity has forgotten. These thought forms are a legacy to your present civilization from past cultures with greater understanding. Within the planetary consciousness is much wisdom and knowledge! Now that many are waking up to their potential, and as the asking from humanity has gotten clearer and more precise, it is reflected in the clarity and precision of the crop circle formations.

Yes, but who is doing it? Who is building the crop circles? There has to be a conscious intelligence that knows how to construct the patterns!

(sigh) As we have been saying, the intelligence behind it is YOU. It is the intelligence of all of those who are asking.

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No! Because there isn't one person who fully understands the geometry's of all of the crop circles. Someone who is ignorant of algebra can't do algebra, no matter how much he 'asks' to understand algebra!

Let us explain it this way. The planet earth is surrounded by a sea, an ocean of thought. Every thought since the beginning of life upon your planet is still in existence. There are thought forms of incredible beauty and complexity, from artists and mathematicians throughout the history of your planet. And we don't just mean human history! And we just don't mean the history of mankind since 8,000BC. There have been many civilizations upon your planet, some of them far more advanced in mathematics, geometry, biology, and science than the present civilization. The asking of those who are wanting to know more access or trigger these thought forms, which come from the historical consciousness of your species and the consciousness of the planet earth. The patterns are not fully understood because vibration of the asking contains an element of mystery and wanting-to-know-more. As we keep saying over and over again, this universe is one of vibrational matching, and so you get exactly what you ask for.

That was great! But it still doesn't explain who is doing it! No one on the planet knows or is consciously responsible for the flattening of the

plants. You have not explained how the designs get into the field.

Do you see those little balls of light? (Forget about the aquifer and soil explanation). If you are determined to find out what these energies are, continue to investigate the balls of light. These are the messengers of the intelligence behind the building of the crop circles. Notice that these energies are associated with biology and plants. That should give you a clue where to direct your energies.

OK! That's all you're going to say on the subject?

Well, we do not want to spoil your fun!

(I am getting nothing from them on this. Usually I can get a little leak of some energy as a hint, but they are really shutting down).

OK. I can feel you shutting down but I want to know whether this is something really important or not.

You will make of it what importance you assign to it. As your thought changes regarding it, so too will the phenomena change to match your thought. We live in a universe that is constantly expanding through the thought of every conscious being. Isn't it exciting?? (Feel fresh breeze energy coming through again).

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(Session 84)

### Birth Defects

If all beings come into the body as pure positive life force energy, and if the body itself is formed from the consciousness of the incarnating being, then how do you explain birth deformities and degraded bodies coming forth from the womb?

There is a stream of thought connected with the body. Not only the incarnating consciousness is involved, but also the consciousness of the mother and father. The thought forms of both parents, especially the mother, help to determine how the body will grow in the womb.

So you are saying the incarnating consciousness does not have complete control of the process?

The incarnating consciousness is not separate from the mother and father. There is an intermingling of the thought streams that affects the genetic material and cellular structure of the body.

Well, this can all be explained by the biological theory of consciousness, which I don't believe is true. I don't understand how an incarnating being is not in complete control of the body he or she is getting. Why would someone want to incarnate into a deformed or degraded body?

In human biological reproduction there is involvement of the free will choices of both mother and father. It is unavoidable. The incarnating consciousness makes the decision to come into the body or not. That is why some babies are born stillborn. The thought stream of the mother especially will have a great effect upon the cellular material of the baby growing within her. This is unavoidable, and understood by the incarnating consciousness.

That is clear, thank you. Now tell me why a being would decide to come into a degraded or deformed body?

For the experience. That is always the answer. The incarnating being knows he or she is eternal, knows he or she is pure joy and bliss. When you are in this state, there is no fear, no anxiety, no concern. There is only utter confidence in who one is, in the energy of life, which is immortal, powerful, joyful source energy. A being incarnates purely for the experience of being in the body, even if it is deformed or degraded by earth human standards. And that applies to any species; the chicken and the cow included! There are as many reasons for incarnating as there are particles in the universe, which is to say, an infinite number. There is total knowledge of complete return to source. There is never any thought of

negative aspects. There is only knowledge of the positive attributes of source, do you see? (energy is flowing big-time)

Yes, again, when one is connected to this energy, all questions with even a hint of negativity seem ludicrous.

Yes, 'birth defect' is a human term. The body when born is either suitable for the incarnating consciousness, or it isn't. If it is not, the being does not enter and the baby is stillborn.

Thank you!

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(Postscript and Comment)

In this session there was the clear understanding that there is never a bad choice for an incarnating being. I got the clear impression that what might seem inappropriate to the vast majority of human beings may be perfectly desirable to another. There is an unmistakable impression from them of perfection in all things, and that free will is the deciding factor in all experiences.

END (for now)



## Appendix A

### THE BASIC LAWS OF THE UNIVERSE

Some of the material for this essay comes from 3 taped lectures from Esther Hicks (1).

(For a more detailed explanation, see the book 'The Vibrational Universe')

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#### The First Principle

The First Principle states that consciousness is pure, positive, creative potential, and that consciousness creates via thought. Consciousness created the universe to experience in it, and to know itself. Consciousness is eternal.

#### The Law of Free Will

(1) The Law of Free Will states that consciousness everywhere has free choice; there are no exceptions. Free will is an inherent attribute of consciousness and can never be taken away. Whatever we decide to be, or do is our decision and ours alone. No one else can think, choose, decide, or feel for us. In other words, every conscious being has the ability to decide for himself or herself, without interference from anyone else.

The law of free will means that it is possible to become a conscious creator, for the universe is designed to support our decisions.

The Law of Free Will is inseparably bound with its compatriots, the Law of Vibration and the Law of Attraction. Together they guarantee ultimate personal freedom, if properly understood and applied!

#### The Law of Vibration

(2) The Law of Vibration states that all things can be considered to be vibratory in nature. It follows directly from the Law of Consciousness.

Matter and energy are vibrational in nature, for all things are made of atoms and the atom is 99.9% space. Atoms vibrate internally as the electrons oscillate around the nucleus. In other words, the atom is a vibration because it is internally in motion.

Thought is also a vibration, because it too is alive, coming forth directly from consciousness.

The thoughts and emotions of a conscious being generate a vibrational signal to the rest of the universe. All things in existence have a unique vibrational signature, or footprint.

An activated vibration will generate a vibrational response from the rest of the universe. In other words, think of a tuning fork. In its deactivated state a quiescent tuning fork sends forth no signal; however, when the tuning fork is struck, it emits its characteristic sound.

A sound is a vibration, carried upon the molecules of the air. An activated thought is also a vibration, carried upon the universal energy of consciousness itself, which pervades the universe. This energy has been traditionally called chi, prana, or life force energy.

The implications of this are enormous, for it means that a person is in constant communication, vibrationally, with the world around him or her. It means that others will respond to the way you think and feel.

The Law of Vibration leads directly to the very important universal principle called the Law of Attraction.

#### The Law of Attraction

(3) The Law of Attraction states, 'like attracts like.'

Whatever you focus your thoughts upon will be drawn into your

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experience. Thoughts are magnetic and so attract to them more thoughts like it. Emotions and feelings are powerful amplifiers to thought. It is an energy phenomenon. It does not matter whether you desire the thing you are focusing upon. That which you are thinking and feeling will be drawn into your experience regardless. That is why the rich get richer and the poor get poorer. It is why the better it gets, the better it gets, and the worse it gets, the worse it gets. That is why fighting something you don't want will always draw it into your experience.

Think of yourself as a large magnet that draws to itself that which it is focused upon, and you will have the concept.

#### Conscious Creation

One of the corollary's of the Law of Attraction is the principle of conscious creation. In order to get what you want, you must deliberately create it, through the conscious exercise of your free will choices. If you do not your life will be created for you by default, most likely through your own unconscious belief system reinforced by the thoughts, ideas and beliefs floating around in the mass consciousness, or by picking up and buying into the beliefs of others.

A conscious creator causes things to happen in his or her life!

#### (4) The Law of Allowing or, The Path of Least Resistance

When you want something you want it now! However, no matter how skilled or resourceful you are there is always a time lag between the original conception and the manifestation or achievement of the goal. The creative process takes time!

Allowing what is wanted essentially keeps your attention on the wanted thing, and off of the fact that you don't have it yet! This keeps your

vibrational signal oriented in the right direction, and allows you to rendezvous with the people and resources that match up with you. By not resisting the wanted thing you allow the law of 'like attracts like' to work in your favor. Whatever you place your attention on you get more of. By relaxing into your creative process you strengthen your intention and become a more powerful attracting magnet for the things you want, and a more effective co-creator.

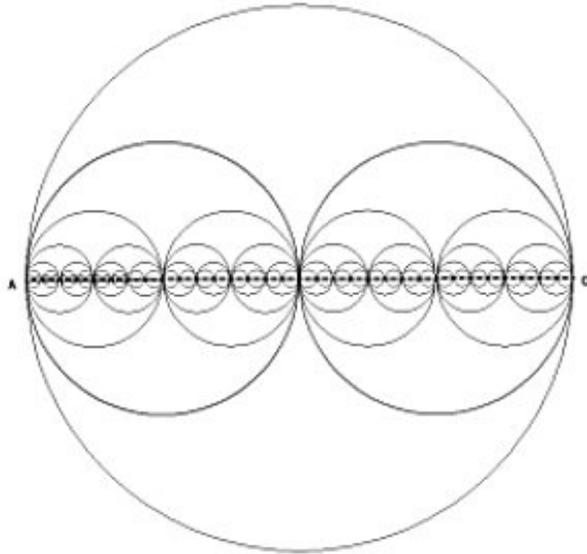
In short, allowing is the aligning of your vibration with that of your desire. When your thoughts, your focus and your intent are exclusively on what is wanted, you feel relaxed, joyful and lighthearted about the goal. Paradoxically, the more joyful you are, the less hard you have to work at it, and the more powerful and effective are your actions.

For more information see the book "The Vibrational Universe" available at [kjmaclean.com](http://kjmaclean.com) or at [Amazon.com](http://Amazon.com)

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## Appendix B

The Binary Circle Pattern. This pattern is made by drawing 2 circles sides-by-side within a larger circle. This pattern is not a fractal, because it has constant dimension, but it has some interesting properties.



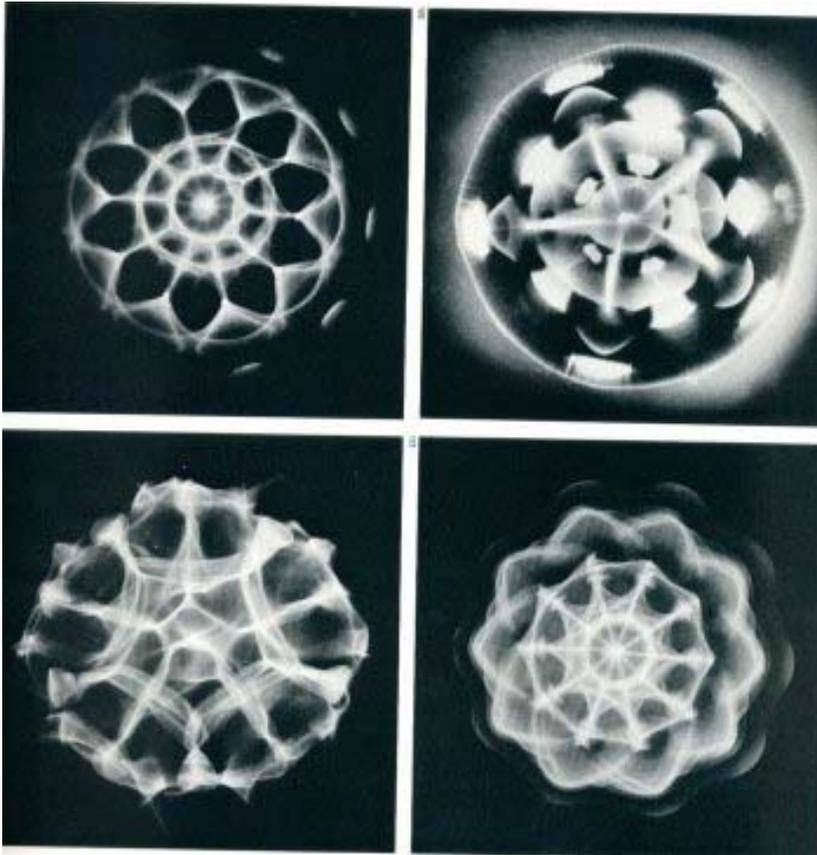
## Appendix C

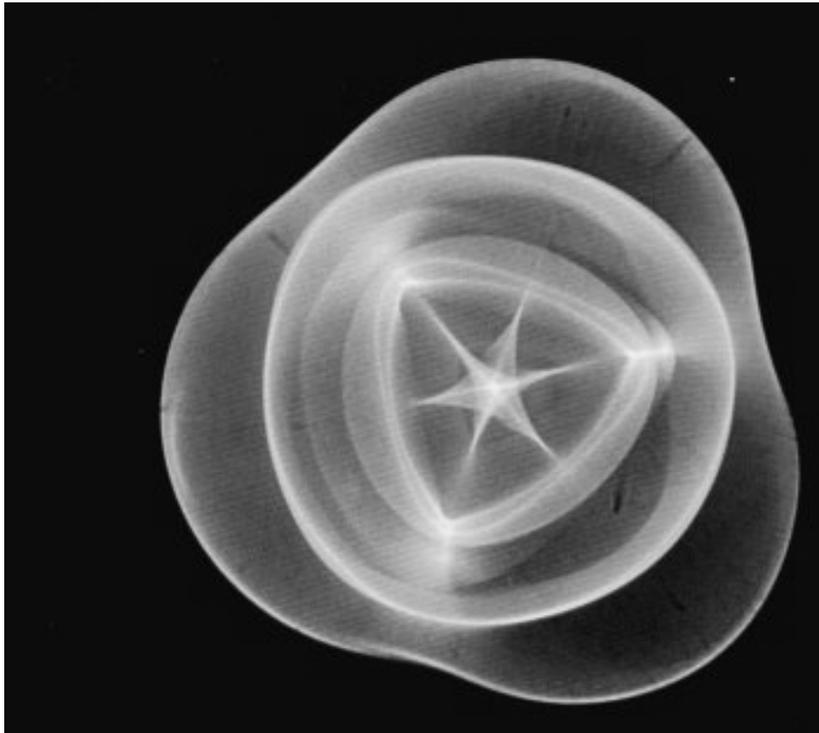
Vibrational patterns formed by stimulation of various media. From

'Cymatics' by Hans Jenny

Basilus Presse

Basler Druck- und Verlagsanstalt





## Appendix D

### Michael Walters' Time Travel Explanation

#### From the novel "Beyond the Beginning"

"In my mind, there are two cases to consider in time travel. One, time is a static corridor in which one may observe, but not interact with, our 3 dimensional physical reality. In this scenario, physical reality is read-only from the time dimension. However, if this is true then it will be possible to travel in time from the beginning of the universe right through to the end of the universe. In this case there is no free will.

"We *think* we're acting freely, but an observer from the time dimension would be able to predict the actions of every single being from the beginning of the universe to its end. We are, in effect, living predetermined lives. I personally do not favor such an interpretation, because I believe in the necessity of free will if our lives are to have any meaning. But it is certainly a possibility.

"The other case is more problematic, and is treated in the traditional time travel stories. Here one exits the time dimension and is able to physically interact with all of the objects and life forms which existed at that time.

"One could go back and meet one's parents or even ones self, altering history and the flow of time. However, if you are able to do so, there is no reason to suppose that others cannot as well. In traditional time travel scenarios, there is only one time traveler, and everyone else is imprisoned within the flow of events. If someone invents a time machine, you can bet it will be duplicated! In that case, we are all time travelers, and where does our historical time continuum leave off, and our now, or present, begin? If

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everyone can travel back and forth through a history which is supposed to be static, then it is no longer a history at all, but a dynamically created experience, which is really just the definition of present time. We must now invoke a multiplicity of history theory, in which parallel universes are created with every interaction of a time traveler with the reality of that history. But then we ask, where does the matter and energy to create these parallel universes come from? They cannot already be in existence, for their existence is unnecessary before the action of our time travelers. Therefore, the creation of parallel universes, even if it's possible, is itself a dynamic, on-demand process, based solely upon thought and action in the present. It is also a violation of the law of conservation of energy.”

“Good point,” John said. “But assuming you could go back to the past and talk to your great granddad, you're not in the present, you're in a past time line.”

“Theoretically, yes. But to your father, the conversation he's having is occurring right now. And to you, the conversation is occurring now. The common denominator of both experiences is now.”

“Hmmm...I can see what you're saying, but there's a contradiction.”

“That's right! Let's say that out of 6 billion people on earth there are 1 million with access to time machines. If all of them go back into the past, interfering with history, that requires the creation of at least 1 million parallel universes, or alternate time lines, assuming that each person only makes one history-altering interaction. If time travel is allowed in those alternate universes as well, then the bifurcation process must continue exponentially. We can postulate an infinite universe with an infinity of energy, but things are going to get real messy very quickly; and the fragmentation of experience will result in more and more disconnected and isolated pieces of reality, cut off from existence itself.”

“And even if it is possible one has to ask, who is responsible for the management of all this? Does it just happen by magic?”

He paused to straighten his glasses.

“Yes,” John said, “but if the time dimension is like a 4<sup>th</sup> spatial dimension, it wouldn't be too bad. A 3 dimensional cube contains an infinity of 2 dimensional planes stacked up one on top of the other. Just in this room we could have an infinite number of 2 dimensional universes. So in a 4 dimensional universe you could have an infinite number of 3 dimensional universes in a closed, finite, 4 dimensional space. That should be manageable.”

Michael Walters smiled. “That's very good John, but here is where mathematics diverges from physics. In mathematics we define a 2 dimensional plane as having width and length, but zero thickness, but of course this is impossible in physical reality. Anything that exists in 3 dimensions has to have some thickness or we couldn't see it. A physical universe is a practical place, and we need to deal with actual, physical quantities.”

“I guess so...”

“The problem stems from Euclid, I think. He defined a point as “that which has no part,” and a line as “breadthless length.” So a line is composed of a bunch of nothings called points and a plane is composed of an infinite number of breadthless lines, and so on. This has led to a separation between the reality of the physical universe and the way we conceptually view our universe. It has led mathematics into the realm of imagination, divorcing itself from the reality of everyday life, which is why so many people hate math!

A point, to exist, must have mass. It must occupy space. And a line has to have width as well as length. And a plane has to have some thickness,

otherwise we couldn't observe it.”

“I suppose so,” John said.

“Nevertheless, your point is valid. You could stack a lot of 3 dimensional universes in higher dimensional geometry's. Unfortunately, these higher dimensions are just a creation of our imagination. There's no physical evidence of higher spatial dimensions that contain the matter and energy we need for our parallel universes.”

John reluctantly agreed. His boundary observations were potentials, not actualities.

“Here's something else to consider in your thinking about time,” Walters said.

“A time line must be continuous. It must be continuous because if our time traveler to the past makes a change in history, the future from which he came is no longer valid; but there must be another time line on which he can travel back to a future in another parallel universe. Otherwise you get into paradoxes like a person exists but was never born. I don't want to get into the mathematics here, but a discontinuous time line will have a gap in it; a disconnected place. If enough energy flows into the gap, then, like an abscess, it can suddenly explode. So a discontinuity in time will lead to a massive increase in entropy, and a complete unraveling of the well ordered nature of reality. So in order for the multiplicity of history concept to work, time must be continuous.”

“OK, I can see that,” John said. “No gaps.”

“Now lets consider the problem of travel forward in time. In the first place, travel backward in time also implies travel forward in time, because to return to the present from 1233 means travel forward from 1233. So we really can't separate the two. Nevertheless, it's instructive to look at forward time travel from the present. Traveling forward in time means, by

definition, a fully mapped out and static time line where all decisions and actions have already taken place for every participant in the universe, except the time traveler...”

“Wait a minute,” John objected. “Just because we move forward in the time dimension is no reason to suppose the people who we're observing don't have free will!”

“But we've already agreed that a time line must be defined and continuous, John! A future time line therefore implies observation of the same conditions every time, otherwise it would be fluctuating and totally fuzzy. Something fuzzy has discontinuities, like water droplets in steam. Besides, if one traveled from 2003 to 800,003 and saw different outcomes every time, what does it mean to say 'I traveled to the future?' A future must be defined before it can exist. A fluctuating future is a changing thing, and is precisely what happens when we try to view the future from the present.”

“I suppose so,” John said doubtfully.

“Well, I'm just giving you my take John. What I'm saying is that there is really no distinction between a 'past' and a 'future,' from the time traveler's point of view: it is always possible to access both as historical events. If there is really no distinction between a past and a future, then how do we define time in the first place?”

“What if each person has his own time line, creating his own future?” John postulated. “Then a person could travel back and forth, like the guy in the H.G. Wells story.”

“Well, if there are future time lines for each person, then there have to be duplicate universes of matter and energy for each person, and we've seen the difficulties of that. In any case, traveling to the future then becomes meaningless, time travel itself is meaningless, for there are as

many futures as there are decisions and actions by each individual in the present. So the future always resolves to decisions taken right now. Besides, the creation of duplicate universes requires that copies of yourself exist in every one of them. I suppose that's possible, but it doesn't seem like a very elegant way to run an operation!"

He stopped to take a drink of water. "Not used to talking so much."

"It seems to me that time travel only makes sense if there is a common past and a common future that affects everybody. So let's grant that it is possible to travel to *the* future," he continued. "When our 1 million time travelers move to the future, they come back and tell everybody. So the future is known before it happened. Then that knowledge of it in the present would change the future. But then the time travelers couldn't have traveled to that future, because it never materialized. Also, if enough people traveled forward in time, there'd be no one left in the past to create the future they were observing. Now we get into all sorts of paradoxes, and the only way to resolve this is with a multiplicity of time lines. But that solution is inelegant and inordinately complex."



## About the Author

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