

Light and Life

JOURNAL

AN EXPLORATION OF THE SPIRITUAL UNIVERSE

ISSUE 1

WINTER 2000-01



Planetary Helpers

Crop Circles — The Inter-Species Alliance — Unveiling of the Etheric Records — Sleep State Programming — The Midway Realm — 7 Chakras/7 Mind Spirits — The Starchild Skull — Roswell Origins/Aftermaths — Reflectivity Amid Turmoil — Transforming Anger — Remote Viewing — Urantia's Universal Father — The Za Ma Ta Pak — Angel Anger — Remembering Seth — Working with Spirit Guides — Angels in the ER — Infinite Spirit Ministry — LolloChi Energies — Jesus: The Man — Sonship with God — Deep Mind Contact — Crash Course in Miracles

THE COVER “Sunflower” formation, Woodborough Hill, England, August 2000

by **FREDDY SILVA**
THE CROP CIRCULAR
www.lovely.clara.net

Our investigations of the ‘sunflower’ crop formation, Woodborough Hill, England, August 2000

Bathed in the afterglow of the sunset, my colleagues and I entered this cyclopean pattern. We could not quite make out the whole shape but the intricacy was astonishing from the ground- the plants had laid in spirals, then platted in waves, giving the illusion of interlocking circles. Everyone commented how the crown of our heads seemed to just open up, and for some time we experienced visions of golden light penetrating through the skull. Odd. But then, this is an odd phenomenon.

A few days went by and I collected a number of stories from other visitors. They, too, had experienced the very same sensations. Now armed with an aerial photo, I could see that we had been standing inside what looked like a sunflower. Carefully I began to reconstruct the image on computer just to see the geometrical make-up of the design. The first surprise was that the Circlemakers had used nature’s spiral- the Golden Mean ratio- to create each outward stroke of the sunflower’s petals; they did this 22 times clockwise, then 22 counterclockwise- 44 in all. This was quite an achievement, for in order to construct just one requires the bisecting of a square with a ratio 1:1.618. The whole structure was then clipped with 14 radiating rings- 44:14, or 22/7 which, as every mathematician knows, is the simplified fraction for pi.

From my work as a researcher I have deduced that sound and electromagnetism work in harmony to create these inspiring designs in crop such as wheat and barley, which are laid down in under fifteen seconds, according to dozens of eyewitnesses from around the world. Soon after the appearance of the ‘sunflower’ crop circle I stumbled across a symbol describing a Buddhist mantra called the “bija.” This is perhaps the most important of all mantras

because it shows how sound is used to energize each of the human body’s chakras, allowing information to be encoded within it – a process now established in physics! To my utter amazement, when I looked at the symbol relating to the crown chakra, it was identical to the crop circle’s. And in meditation, golden white light is synonomous with this particular chakra.

This example is just one of hundreds of incidences associated with crop circles research, most of which continues to be avoided by the media. And yet, over ten thousand formations have appeared worldwide over the past thirty years. The phenomenon continues to use a technique unknown to science, bending the plants an inch above the soil, without harming them, and leaving behind an electromagnetic fingerprint that is traceable a year after the formation has been harvested; inside these designs the Earth’s magnetic grid is now known to be altered.

The net result of these effects and their constituent frequencies is a measurable alteration of people’s brainwave patterns and biological systems.. Heightened states of awareness are not uncommon inside these ‘temples’ and neither are cases of people being cured, even of such diseases as Parkinson’s.

Clearly, there is more at work here than pranksters working serruptitiously with planks of wood and flimsy bits of string. One thing’s for sure: whoever is responsible certainly has many positive benefits to offer the human race.

Freddy Silva is a long-time researcher of crop circles, currently living in England, and in the process of publishing a comprehensive book, *Secrets In The Fields*. For more information, and to view some of the ongoing research into crop circles, please visit the author’s web site:

The Crop Circular
www.lovely.clara.net

FUTURE THEMES

ISSUE 12: PLANETARY GOVERNMENT

We welcome your narratives on the governing of our planet, from administrations of both mortal and celestial realms, how they are interrelated, and how we can all best work together toward planetary Light and Life. The Journal is petitioning for celestial answers to key questions about our societies and their interplay with spiritual forces.

Themes being considered: (Opportunities for your expressions. Can you help us develop these?)

– The Fifth Epochal Revelation: What is its relevance to science, philosophy, religion, and our quickening times? Will the copyright protect it or strangle it?
– Wellness vs. Medicine – Healing vs. Treating – Naturals Vs. Synthetics and other planetary health battlegrounds.
– Jesus: The Missing Messages. Beyond the scripture and into the Fifth Epochal Revelation, there is much more to learn about this Divinely Incarnated personality.

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We are an independent publication dedicated to the educational and entertaining exploration of planetary faiths, religions, and spiritual movements, especially in their relationships to each other, and to the current evolutionary changes on the Earth and in its societies. Opinions of writers are not necessarily those of the publisher. In fact, we encourage respectful but candid debate of cutting edge spiritual issues and welcome your submissions and letters of reply. The Journal officially believes in the Urantia Papers as a great foundation of spiritual truth, but not the only source. We believe that spiritual growth can be most readily accessed through a close personal relationship with God in daily Stillness. With this foundation, the Universal Father will provide growth in many ways, through the spiritualizing of our daily learning and growing experiences and the enhancement of Truth, Beauty and Goodness in our lives.

We believe in the respect and tolerance principles of the Temple of Urmia as described in the Urantia Papers, and appreciate the technique of its teachers: “*These teachers of the various religions made a great effort to show how similar their religions were in regard to the fundamental things of this life and the next.*” - the Urantia Papers.

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MAJOR EXPLORATION: Planetary Helpers

by **Angus Bowen, Features Editor**

There is a great healing going on; not just a physical healing but emotional, mental and psychic healing. We are a world in recovery, and we are not alone in our struggle. The fact that we are discovering more each day that we are not alone is a healing in itself.

In this issue we will be looking at various reports from around the globe of the direct assistance humans are receiving from other-than-earthly sources in the repair, reconstruction, reconstitution and re-inspiration of our mind, body and spirit.

The purposes, methods and results vary in each case, yet there is an unmistakable similarity in each instance; an intervening – a cooperative effort between mere mortals of this dimension and extraterrestrials, Lightbeings and supernals from other dimensions, other worlds and other realities.

We will venture through various portals that have been afforded us in the Divine Plan. From demonstrations as obvious as the phenomena of Crop Circles to the intricately subtle and expansive arena of the Deep Mind, we will see how the exploration of the spiritual universe is as much an inward trek as it is outward.

The Universe is a Big Place

by **Valerie Donner**

The universe is a big place. It is as big as you allow it to be, as big as your heart can receive. Our bodies, minds, hearts and souls are all one with this universe and beyond. Telepathy and channeling are our natural birthrights, as natural as breathing. In higher consciousness civilizations, communication is telepathic. Most of us in this dimension have forgotten this truth although the expansion of consciousness that is now occurring on our planet is bringing about a remembrance of these abilities.

Many of us have been in fear and denial about using these gifts and abilities. Much of this is a result of past lives where we were tortured, burned at the stake and killed in other ways to stop the flow of information from the Higher Realms. Our souls bear these scars so it takes brave beings to come forth with their gifts.

I am one of those individuals who resisted using her gifts for a long time. I was telepathic as a teenager and young adult, until I went to college and majored in business and had to memorize facts and figures. I forgot my gifts although I have been meditating twice a day for nearly 30 years. About three years ago I was trained to do DNA activations. A part of this training was healing and the first time I placed my hands on someone I heard “We are here!” I could feel the energy of these

beings as they expressed their excitement and joy that I would be doing my healing work. They were supportive and loving. I did not need to ask who they were; I simply began working with them.

Little by little I began to trust my abilities and myself more and more. Over two years ago in a lucid dream state I saw myself speaking for Mother Mary. I did not feel worthy to speak for her, did not believe in myself enough. Then one Sunday night I kept hearing the name Djwal Khul over and over again all night long. He kept me awake.

I did not know who he was, nor could I spell his name. I wrote his name down and asked a friend who he was. My friend told me that D.K. was known as the Tibetan and had channeled the Alice Bailey books. I had not read the books but I was familiar with her name. He appeared to me in meditation the next day. The day after that in meditation he told me to get a pen and pad and to start writing. He began telling me many things and is of great assistance to me when I need him or ask him a question. We began writing a book together.

I have channeled other Masters like Saint Germain, Khuthumi, Mother Mary, Mother Earth, El Morya and Sananda (Jesus). Each one has a different energy and vibration. They speak differently. I love all of them very much.

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Coming Unveiling of the Etheric Records of Humanity

Co-created by Gill Patterson, author of *The Pleiadian Light Body DNA Activation Program*.

Welcome Master Beings of Love and Light, and heavenly Melchizedek Ambassadors of Light. We have come to tell you about an incredible celestial event of an unforetold magnitude which, by the Grace of God, is to occur on the total Solar Eclipse on June 21, 2001. This total Solar Eclipse will embrace Southern Africa, and in particular Angola, Zambia, Zimbabwe, Mozambique, and Madagascar and then the entire Earth plane through a multidimensional portal of opportunity, which was opened on August 11, 1999, through the sacred geometry of 11 ($08/11/1999 = 4+7=11$), the sacred number of Christ Consciousness.

This Solar Eclipse on August 11 at 11:11am briefly swept across the Northeastern coast of America before crossing the Atlantic Ocean to weave through the ley lines from the United Kingdom to France, Germany, Austria, Hungary, Yugoslavia and Romania, across the Black Sea into Turkey, Syria and Iraq, finally arriving in India, the last nation in its path. It brought with it an incredible esoteric alignment of stars and increased Light activity through all dimensions as you entered into the Dawning of the Golden Age of Aquarius. Overlighted by the energy of the Mahatma, and the Trinity Lords of Light, Lord Michael, Lord Melchizedek and Lord Metatron, this heavenly embrace, coupled with the Grand Cross Formation, and the Christ Consciousness signature of the sacred geometry of 33 (11×3), shifted the frequency of all Humanity on this Earth plane through increased Light Quotients to a level that allowed each atom and molecule to collectively undergo the third initiation.

Through this initiation, the mental body of each individual, was magnetized to a Light Quotient level of 56% to facilitate the individual clearing and transmutation of the seven earthly ego allurements of lust, laziness, gluttony, pride, anger, envy and greed, and the collective clearing and transmutation of the seven cosmic patterns of violence, victimhood, hatred, addiction, shame, prejudice and arrogance. Furthermore, positioning the Sun rather than the Earth at the center of the Eclipse formation, this heliocentric formation formed the star tetrahedron, the sacred geometric shape related to your original Divine Imprinting from the Holy Mother, the Holy Father and the Holy Child; and the shape which you will use to activate your Light Bodies, your own Merkabas, which, when fully activated, extends fifty five feet around you in all directions, and will allow you to travel interdimensionally through time and space. Due to this incredible unprecedented event, the Patterns of Perfection through your original Divine Blueprint and the Star of

Melchizedek were reactivated in your etheric, emotional and mental bodies, and through this Divine imprinting, starting from your original eight-cell blueprint, you came into the remembrance of your Highest Potential as Twelve Strand DNA Master Beings of Love and Light and Melchizedek Ambassadors of Light. This 11:11 event heralded with it the return of every atom and molecule on this Earth plane into the embrace of Christ Consciousness and the heart center and three-fold flame of Mother/Father God, the Great Central Sun, the Source of All That Is.

This was also the first time since the Fall of Atlantis, sweet Ambassadors, that you were collectively able to reactivate this star tetrahedral shape, the Star of Melchizedek. During Atlantis, the Martians, who had entered a portal of Light in Atlantis in 65,000 BC, created a synthetic Merkaba, using the star tetrahedral shape. However, they were unable to remember the technology, and this experiment which took place in about 11,000 BC failed, nearly destroying you and your planet. And the outcome of these tragic events were as follows: this synthetic Merkaba spiraled completely out of control, ripping open the lower dimensions on the Earth plane, and completely destroying the Christ Consciousness grid around the Earth plane as well as your original Divine encoding through your eight-cell blueprint and the Star of Melchizedek. Furthermore, millions of laggard Souls who were waiting to incarnate onto this Earth plane through the lower dimensions, entered the bodies of Humanity, and you sweet Melchizedek Ambassador of Light, and almost every sentient Being on this planet, entered into an era of darkness.

In addition, this synthetic Merkaba, which is now at the bottom of the Ocean bed beneath what you call the Bermuda Triangle, distorted the Patterns of Perfection through many dimensions and planes of existence. However, through the incredible Light unfoldings upon this Earth plane, the synthetic recreation of the Christ Consciousness grid around this Earth plane was completed in May 1989, but due to this failed Martian experiment, the Patterns of Perfection through the star tetrahedron and your original eight-cell blueprint are incomplete, and until you work with the out-of-control synthetic Merkaba created by the Martians, (and situated in the Bimini Islands in the Atlantic Ocean) it is not possible that many of you will be able to activate your Light Body. This synthetic Merkaba is affecting not only this Earth plane, but also many other dimensions and planes of existence as it creates distortions and Patterns of Imperfection within these Realities. The apex of the etheric star tetrahedron actually emerges out of the water, and the mental star

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THE POWER OF SLEEP-STATE PROGRAMMING

by KIRAEEL
through Rev. Fred Sterling

This article greatly expands the information on Sleep State Programming in the new book, "Kiraël – The Great Shift" by Rev. Fred Sterling. Sleep State Programming is used extensively at the Honolulu Church of Light for manifestation.

The Big Payoff in Sleep

KIRAEEL – The average human spends between six and eight hours every night asleep. This state of consciousness is what I call the "sleep state." It's commonly thought that sleep is virtually a waste of time. However, the essence of your consciousness is pure energy and it never goes to sleep. It is in constant motion. While your body is at rest, your consciousness has the ability to communicate with your Higher Self, Guides and Angels, the Galactics, and even the God Creator. In sleep state, you are released from the physical boundaries that you are normally used to during the day (or waking state). Therefore, you can actually get things accomplished in sleep state that you could not get done otherwise.

Sleep State Programming is a form of prayer, only it's designated to be used in a duality spectrum or reality with people, places and things. The Third Dimension is mostly anchored in duality. Once you leave duality and enter the Trinity (Truth-Trust-Passion), you are doing everything from Love.

Sleep State Programming is the power that manifests reality in the Third Dimension by focusing enough conscious energy to create a vibrational force that can manifest itself into the illusion of human reality. It's similar to mastermind, but Sleep State Programming is used while the body "is at rest" while mastermind is used when the body is "not" at rest.

Sleep State Programming is where the real power is. A great deal can get

done using this simple technique. It is pointed masterminding which is directed to the spirit world (Higher Self, Guides, Angels, God Creator). The simplicity of Sleep State Programming is probably the largest deterrent to its use because many people believe that in order for anything to be of real value, it must be either extremely complicated or very expensive.

Working with Your Higher Self & Spirit World

In Truth, your Higher Self has total freedom to move to whatever space it desires. This may include dimensional travel, switching realities, journeying to outer solar systems, or simply having fun in the world of dreams. Your Higher Self can be left to randomly move into whatever space it chooses or it can enlist the Guidance Realm into action. The Higher Self is not limited by the physical realities of the third-dimensional body. Therefore, it has no boundaries, and can be programmed to perform certain functions that the physical body cannot. In using Sleep State Programming, when you send your Higher Self to meet the Higher Self of another person, or when you send a group of Higher Selves to meet with another Higher Self, the Higher Self is honored to be in the presence of the other Higher Self or Selves. It is not overwhelmed or afraid. It is honored to be in that presence.

The Higher Self has a burning desire to help the third-dimensional person. However, it is also bound by Love to allow you as the third-dimensional person to do what you most want to do in the limits of your 10% human

brain-power. That's why the veil (ego or whatever you want to call it) is there, so you can continue to experience whatever you want. For example, if you look for somebody to drop a \$50 bill in your pocket, the Higher Self will allow you to keep looking for that as long as you want. The Higher Self has the power to grant whatever you want, but it knows that you are trying to do this all by yourself in your 10% brain-power. So, it just lets you keep looking for the person who will drop the money in your pocket.

But, what if in Sleep State Programming you asked the Higher Self to bring the person with the money to you so you don't have to look for the person? That's right. That's how to work with the Higher Self in this kind of situation. The Higher Self knows where there are a lot more "angels with money" than you do.

No Boundaries on Asking

There are absolutely no restrictions or limits on anything you can ask for. Now, listen carefully, in order to use Sleep State Programming, you must go outside the 10% human brain power. When you go outside the 10%, you don't go into the other 90%; you go into All That Is. In the limitations of the 10% human brain-power, you are one of the God-Light particles. What does that mean? In the limitation of the 10% human brain-power, you separate yourself from the All That Is, and allow yourself to process through the Third Dimension whereby you will operate in the 10% human brain power of illusionary reality.

The 90% is focused in your Higher Self, but your Higher Self is not separated from the All That Is. So, in Truth, the moment you leave your 10% human brain-power, you are back in the All That Is. If you wish to limit it down to the 90% or 10% plus 90% to make 100%, this is really an untrue statement because outside the 10% human brain-power is All That Is. The limitation of adding 90% brain power to your 10% thinking to hold the thought of 100% - thereby holding some sort of individuality - is strictly a third-dimensional concept. The moment you release out of the 10% human brain-power and use Sleep State Programming, you have All That Is to choose from. You have no limitations whatsoever.

Bringing it back into the Third Dimension is a whole other thing. It's like a screaming ego because you draw it back through the ego system, and the ego system filters it all out so you don't believe it anyway. Picture this: A human being with an ego wrapped around it, and a thought is about to burst free, but before it does, look at what's outside this ego - the All That Is - all Guidance, Angels, God-Creator, all thoughts ever thought, been thought, will be thought, or could possibly come into reality. They are all floating out here. And, this person pops through in Sleep State Programming and goes out into the vast awareness of All That Is.

Without any given direction, it just flies into all this and absorbs Love, thrills, and then it comes back into the Third Dimension again to be a human being. Without any given direction, you can bet that the human spirit would definitely interact with Guidance of its own choice. Would



you not want to play in the Absolute? Well, unless you are designated to stop part way through all of this, you are right at the top of all of it, and there's no way to bring that back through the ego.

Sleep State Programming Technique

You can use this simple technique to make fuller use of the sleep state that you previously thought was a waste of time. The results can be a bit overwhelming, so be prepared to be pleasantly surprised. You can use this technique in all areas of your life - the possibilities are endless. Lastly, it must be clear that the most important component of Sleep State Programming depends upon the level of passion you bring forth.

It's best to use Sleep State Programming just after you meditate because you are already in tune with your Higher Self. For this technique to work, you must ask your Higher Self or Spirit World for what you want. The Spirit World can't give you what you don't ask for. Take a few deep breaths, relax your mind and body and begin a dialog with your

Higher Self. It may sound something like this:

"I know you have had the freedom to do whatever you desired in the past. This evening I request that my directions be followed to the letter, prior to the usual journeys of intention." Then, state what you want the Higher Self to do.

This will allow the new joint venture to get off on the right heading. Remember, this is going to be quite new and will look as though you're stifling the Higher Self, so be gentle. Now suppose a situation in your life involves another person. The conversation with your Higher Self may go like this:

"I've been working on a situation for some time with little success. As I have not been able to reach a mutually agreeable outcome with this person, I would like you to meet with the Higher Self of this other person and work out the following details, in the following manner."

Here, details are essential because your Higher Self is perfectly capable of producing the results in the exact manner you prescribe. The conversation may continue:

"Oh yes, by the way, I also want to have a clearer memory of my dreams, so will you please keep the reality of my dreams in the upper essence of my mind until after I wake, so that I may begin to journal them."

Here's another example of using Sleep State Programming in business when trying to deal with another human being:

Let's say you arrange a meeting with
(Continued on page 10)

Our Inter-Species Alliance

An interview with GEORGE BARNARD

Editor's Note: George Mathieu Barnard; Dutch by birth, French by descent, and Australian by choice, has written five books documenting what he terms an "inter-species alliance." Working alone with a "platoon" of invisible beings, he and the "Eleven-eleven Spirit Guardians" carried out rescue missions that changed, forever, the lives of many mortals. Barnard has been a very successful businessman as well as a gifted student of psychology and clinical hypnotherapy.

The L&L Journal's Angus Bowen had the opportunity to talk with George while he was visiting the U. S.:

L&LJ: George, in your books you tell the stories of your 39 years working as the lone *human* member in a "Platoon of Invisible Beings" who went about the task of saving lives. You have documented events that most people will find incredible. You tell of seeing *not-so-invisible* Friends when you were just a toddler:

GEORGE: I am in my early sixties now. The Spirit Guardians and I have been a *proactive inter-species alliance* for a little over 39 years. However, *visual contact* was not re-established until late in the Australian summer of 1971-72. I tend to believe that, from an eternity viewpoint, all of our lives are known. Short-lived mortals, foreseen as being "prepared" to work with Spirit Guardians in later life, would need to be educated from childhood.

So, yes, I was only about three years old when there was a *regular* visitor to my home. To my mind he was simply "the man who ate no dinners." He turned up out of nowhere and stood between my mom and dad at the dinner table. But since no one in my family acknowledged his presence, it seemed hardly to be my task to address him.

L&LJ: It's not necessarily unusual for little kids to "see" invisible beings but you also had an early propensity to perceive future events:

GEORGE: There were many times when I would casually remark that a certain thing would happen the next day, or the next. These "dumb but accurate" remarks bothered my father endlessly, even though my mother always got away with her spot-on predictions, and without eliciting my

dad's biting comments. But for my dad's sharp criticism, childhood amnesia would have surely clouded my memory of those predictions.

L&LJ: Did your father's attitude bother you?

GEORGE: The French tend to be somewhat tough on their children – loving, no doubt, but quite cynical in their jesting. Their children tend to be greatly resilient and generally take those remarks in their stride, but I often did feel somewhat hurt by my father's comments. He said I would most likely become famous, and build a smelter that would turn gold into lead, or invent a distillery that would turn wine into water. Those were his favorite comments. He was often spooked, and called me "Our Joseph" and inquired about my coat of many colors, the conditions in Egyptian prisons, and the depth of the pit my brothers threw me into. He knew I was different, a dreamer.

L&LJ: You left the Netherlands, and family, at the early age of 18 and moved to Australia and those *invisible visitors* followed you?

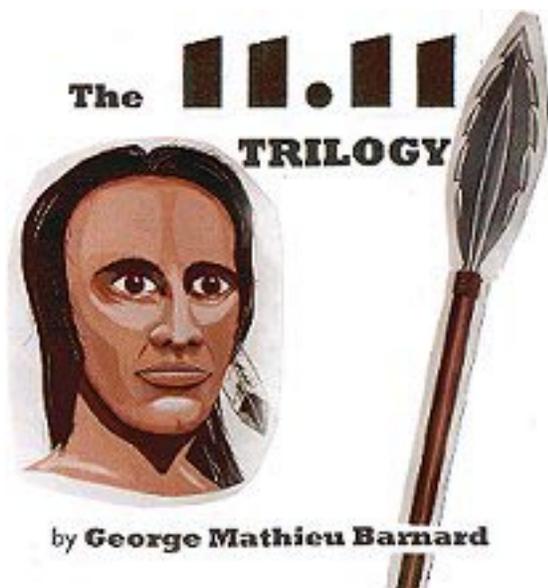
GEORGE: The Spirit Guardians, all along, had their input into my continued education. There were frequent voiced or subliminal proposals for my getting involved in normal and abnormal psychology. And there were insistent suggestions on their part that bordered on outright *commands* for me to get involved in clinical hypnotherapy. I truly hated that idea, but it was fine, really. And it was in this clinical environment I dealt with a number of potential suicides, and gave these patients the impetus to see beyond this short physical existence – their afterlife.

L&LJ: Sounds like "life and death" situations:

GEORGE: There were a number of my patients who had tried to end it all, and these mortals were judged by the *I, III* to become likely "re-offenders" in the near future. They tended to be key members in our multi-national communities — severely tested contributors — but generally they were not very spiritual in their outlook on life. As a *Platoon*, we did a lot of healings, and I clearly understood that *progress* for one individual is *progress for all*.

L&LJ: You call your invisible friends "the eleven-eleven;" "Spirit Guardians;" or "the Platoon:"

GEORGE: They claimed it to be "*the name of their*



BZUTU FOR SHORT – Author George Barnard made a sketch of a member of the 11.11 Midwayer platoon, his name revealed as *Ahbécétutu*. Being hard to pronounce, it became *Bzutu*. He says he is a warrior, chief, shaman and teacher, and is also known as ABC-22.

obvious they were meeting me more than halfway.

L&LJ: Did you ever wonder what it was all about? Or if there was some kind of “destiny” in mind during all this?

I knew, long ago, they were training others like me all over the globe, France, Russia, India, China and the Islamic world, Indonesia, too – a global drive for *progress* it is. And all these Spirit Guardians’ mortal students will be documenting their experiences. Their terminology won’t be like yours or even mine, not at all, but most of these mortal students will be well educated, multi-lingual, imaginative and most likely fearless, psychic, too, or deeply spiritual.

I know of two children in Australia, mere youngsters, who are already being trained by the Spirit Guardians. Both these little guys know *who and what* I am. They simply *know*. We are endowed with a mind link of some kind. Call it an encirclement, perhaps.

L&LJ: You tell the story of finding your “friends” mentioned in a book:

GEORGE: in 1997, in our university town, as a co-student of mine and I walked into a local library sale of unwanted books, a large blue book immediately attracted our attention. She put her hand on it, and said, “This one is for you, George.” At the very same time, I also put my hand on that book and said, “This one is for me.” We stood there laughing about our unusual behavior, but I did buy the book for just \$AUS 1.00. That’s about \$US 0.60. It was a *Urantia Book*, full of someone’s writing and comments and reminder notes.

I had been telling this young student about the Eleven-Eleven Spirit Guardians, and how we were a Platoon. She knew my involvement was not of my imagination, because she, too, was getting the occasional eleven minutes past eleven wake-up call. Almost immediately I found Paper 77 - 8, “*The 1,111 loyal secondary midwayers.*”

It was wonderful to find that my Friends of many years were really famous, but for some time after, I considered putting my manuscripts through the shredder, since every one already knew them. Then I realized my experiences with the 11.11 might well be unique... hardly common, or routine. Some daring and dangerous tasks we performed..

Continued on page 10

Number, the number of their Name.” Much later, after they got me safely out of some dangerous situations, I called them the *11.11 Spirit Guardians*. They guarded me. I see them as Celestial Warriors, Protectors, and we operated as a *Platoon*.

At first I thought they were figments of my imagination. But their Leader, their Chief, claimed to be one of *1,111, the Eleven-Eleven (les Mille-Cent-et-Onze - the One Thousand One Hundred and Eleven)*. That made some sense. I concluded they were the *same* Entities who, and for many years, had woken me at *eleven minutes past eleven at night*, after which I tended to know things that would happen during that day, or during the days that followed. That unusual phenomenon had been going on for many years – about ten years, or a little more.

L&LJ: So you had excellent communications with them?

Their ability to communicate in the languages I was familiar with intrigued me greatly. They were clever, friendly enough, and endowed with a tricky sense of humor, swift in giving me their replies, and only occasionally intrigued or amused if I gave them a quick, or cheeky answer in return. It seemed they were reading my mind, unless I gave them one of my fickle, instantaneous answers. Only then might I elicit a look of great surprise or vague amusement.

But seriously, being involved in psychology, yet *seeing Spirits and hearing things*, is not what one might consider *mentally hygienic*. Still, I was almost fearless in those days, successful in business, doggedly determined to find out what was going on with this group of unusual Beings, and pleased to be able to bounce my theories off them, assisting them, and learning from them. They seemed a clever bunch, ethical in their ways, and it quickly became

SLEEP STATION PROGRAMMING

by Kirael

an important person or a potential sales client. You wouldn't dare meet this person unless you and/or your whole staff had pre-set the process. If you call the person at 10 a.m. and ask for the meeting, and the person says to come over right now, you must say you really can't make it today. You'd have to put it off until tomorrow.

Then, you'd call your staff together in an emergency meeting, and give them the details of what you are working on. Your staff would use Sleep State Programming on that person that evening so the process would be pre-set for the meeting tomorrow.

You may get as involved as you desire, knowing that the clearer and more impassioned you are, the better the results. Passion is the key to Sleep State Programming, and the more clarity you have on the details, the better the results will be.

Passion is the butter knife of the ego. Whatever way you want to get through the ego – gently – passion can get through. It can open up the ego, and it won't hurt anybody. That's why I call passion the butter knife, and not a "butcher" knife.

KIRAEEL is a lightbeing in the Seventh Dimension who has profound messages about the Great Shift of consciousness. The medium for KIRAEEL is Rev. Fred Sterling, radio-TV host, healer and pioneer of the Signature Cell Healing method, and author of the book, "KIRAEEL: The Great Shift." Honolulu Church of Light - www.inward.com

THE INTERSPECIES ALLIANCE

(Continued from page 7)

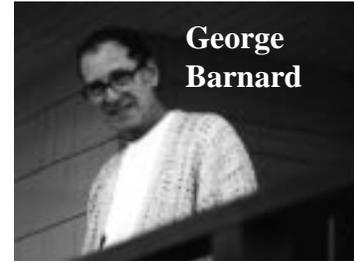
L&LJ: You are presently touring the U.S. and after working *solo* with a number of "celestials" for all those years, it must have seemed strange for you to find that over here we sit around in groups carrying on conversations with "celestials," yet "visible" contact is very, very rare.

GEORGE: Only since I've come to the US have I found a few others who are dealing directly with members of the 11.11 family. There are other Celestial Teachers, and I've made friends with quite a few Celestials here.

In the USA you are socializing with celestials and getting a spiritual message. In Australia we are a proactive workgroup of the same *Battalion*, different *Platoon*. Your country has a spiritual need; our needs are more basic, perhaps. I think it's more fun to be able to *see* your "Workmates," but once the connection was established, and I knew with whom I was dealing, it proved to be more accurate to rely on the subliminal messages that "arrived" in my mind, and mostly whilst I slept. It also saves time. We're all very busy getting jobs done - the Spirit Guardians and I.

L&LJ: On your U.S. tour, you have been teaching many of people techniques in mind-mastery designed to help them establish or improve their ability to make *celestial contact*; even *visual* contact and there's been a lot of interest in "healing."

GEORGE: Visualization deals with imagination, but it seems you can eventually run out of imagination. That is when *realities* come to the fore. The spiritual realm is *more real* than our time/space world. One of my psychology lecturers taught me a basic method of "deepening" the mind to actually *see* them. I used



George
Barnard

whatever I could find to improve the system, technique, construct. It's worth teaching. We are getting some excellent results. Most people are interested in "healing at a distance." They see it as a priority to heal those they love. Some have spotted their Teachers, but most have opted for healing at a distance. If you ask for favors for yourself, you may just get what you want. If you ask for a favor for someone else, who can refuse you? Human will, free will, is a powerful tool.

L&LJ: What's next for you, George?

GEORGE: My company, *11.11 Publishers Pty Ltd*, is committed to publishing episodes of Midwayer encounters from around the globe. It's my job in our celestial group, and that is what my company was formed for.

With the return to Urantia (Earth) of the rehabilitated Secondary and Primary Midwayers, we are going to see a great deal more activity, and other Celestials we now regularly converse with will tend to be more in the background in years to come into organization and administration. It is logical. The Midwayers are our nearest relatives we would naturally, perhaps preferably, deal with.

Read about this amazing inter-species alliance by ordering "The Trilogy - The 11.11 Spirit Guardians of the Half-way Realm," - "The Search for" "In the Service of" and "By the Grace of the 11.11 Spirit Guardians of the Half-way Realm" Read excerpts on pages 12-13.

LaHoChi High Frequency Hands-On Healing

by ELIZABETH CHANDLER

There is a remarkable new energy therapy accessible to anyone known as LaHoChi High Frequency Hands on Healing. This wonderful healing modality brings in a higher frequency of healing energy than has been available in the past and is infinite in its benefits. Extremely easy to learn, it features 5 hand positions for healing others and 4 hand positions to heal oneself. Even a beginner is able to see results quickly.

Specific instructions for moving LaHoChi energy through you and/or to another were given to Satchamar, a spiritual teacher on May 15, 1991. This is truly a new healing energy meant for people in the process of transformation and transmutation into the Light Gods and Goddesses we were meant to be. The activator of the healing chi comes from a spiritual Chi

Ascended Master existing on the realm of the Cosmic Consciousness. "La" refers to the Light, Love and Wisdom coming from Christ Frequency or higher. The "Ho" refers to the movement of this energy and "Chi" is life force. We could summarize LaHoChi energy as healing light of the highest frequencies, filled with light force, moving with the combined intentions of spiritual beings not in form and human beings to wherever it needs to go. This would include but not be limited to the earth, humans, plants and animals.

Each physical body is in existence because of a number of layers or "fields." Each vibrating and co-existing around us at different frequencies. If there is a manifestation of an illness or imbalance on the physical/cellular layer of the body, it logically follows that there is also an energetic disturbance on one or all of the subtle energetic fields as well. The higher the frequency of healing light the healer can

access, the more complete the healing will be.

There are no hierarchies of abilities or workshops to attend to learn this system. At this high level, all ego inputs are released as we realize that all humanity are healers as we connect and combine our intentions to heal. LaHoChi energy is meant to be available to all as a splendid part of our health maintenance ritual.

Unique to this system of healing is a "Seal of Divine Protection" that surrounds the healer and recipient that guards against low frequency vibrations and ensures the participants will not absorb any released negative energy. Many healers have stopped using some of the more well known hands on healing techniques because they felt they are taking on the released negative energies of their clients. Some healers remain unaware they have absorbed negative energies, but feel excessive fatigue, burnout, put on "energetic weight" or have actually physically gained weight. To continue to be unprotected while healing is not only detrimental to each healer but ultimately to all humanity. LaHoChi energy is so high in frequency and we are protected by such a powerful energetic shield, we know that we are completely safe during the healing process. We are continuously filled with healing light of a very high vibrations purity and feel a high energy level and vibrant health even after years of healing others.

The benefits of LaHoChi are infinite. This form of healing reweaves the energy field by repairing holes, tears and shattered areas caused by a variety of impacts including difficult birth, radiation, surgery, drugs, accidents, past life injuries, all types of trauma, environmental toxins, negative affirmations and genetic tendencies. It reweaves the web like structures between the subtle bodies so that information can pass freely.

Also, the complete chakra system is opened and cleared and the 8th, 9th, 10th, 11th and 12th chakras operating like an antenna system out into the universe are activated.

The body's energy field system is vastly expanded when divine memory is transmitted to the physical body causing a direct connection with our Divine Higher Self. The original divine blueprint for each being is revealed and our light body is activated. We are then accelerated to our spiritual and healing gifts as we reach our divine perfection.

A simple but comprehensive book is available to learn this healing technique. The beautifully designed manual includes detailed instructions and clear, accurate photographs of each hand position. Many have already learned to use this energy therapy without prior training or experience. And this is how it is meant to be - everyone on the planet healing others and themselves bringing about perfection in health and ultimately Heaven on Earth!

The author, Elizabeth Chandler, was prodded by the LaHoChi Master for years to make this system available to a wide audience. She is a registered and certified yoga instructor and meditation teacher with over 20 years of experience and widely known for her healing abilities. She first noticed she was absorbing negative energy from her students in yoga classes as they released it, and sought out LaHoChi as a way to neutralize or transmute it. In her private practice, she now almost exclusively uses a combination of LaHoChi and flower essences to heal the energy field of her clients.

Elizabeth Chandler has also written a book describing this technique in detail. It is 30 pages, spiral bound and sells for \$39.50. To learn more or to order a book, visit her web site at <http://www.lahochi.com>. Visit many healing sites at www.lightandlife.com.

11:11 Spirit Guardians of the Half-Way Realm

from the Trilogy of Books by George Mathieu Barnard

The Inter-species Alliance.

Theodore Barnard, born in 1901, was a contributor by his very nature. He made it his life's work to train many severely traumatized victims of WW2 in the art of gold leafing, bookbinding, and printing. For those who could not afford to pay a lawyer's fees, Theodore happily represented them in the courts. The Frenchman had become a master of the Dutch language, a convincing orator, who shouldered all kinds of "people problems" without undue reservation. He seemed to live a life without stress — a casual, most productive, existence.

He did have serious qualms about the behavior of George Mathieu, the middle child of his seven offspring. This "unusual kid" claimed he could sometimes see Spirits. Occasionally the youngster talked with these Celestials, even did a few jobs for them.

More disconcerting to the father were the predictions his "dreamer of a son" often made. They were accurate to the minutest detail. It would have never surprised Theodore Barnard if his son's unusual behavior would one day turn into a blooming psychosis. Little George was a big, big worry to his larger-than-life dad.

At age thirty-two, after weeks of deep mind training, and in a near-death trance, George finally came face to face with his Celestial Friends of old. He called them "les Mille-Cent-et-Onze," "the Eleven-Eleven," or "the Spirit Guardians of the Temporal Half-way Realm."

These were the Celestial Beings who for ten years had regularly woken him

at night, and at precisely eleven minutes after eleven — their "courtesy wake-up call." Frequently, also, there would be daytime "courtesy reminder calls." 11.11 seemed to be their trademark. These 11.11 were seemingly forever "stashing" lots of information into his mind.

It is now almost thirty years ago, since George and his co-student, Louise Hewitt, attended sweat lodges with Professor Dr. Willis, their Psychology Lecturer. The three walked white-hot one thousand degrees Celsius fires, and learned to bend one-inch-thick steel rods with the use of their minds alone. It was all designed to teach them to exercise complete control over their minds.

Both students thought their extracurricular activities would quickly come to an end, and hence, they would be teaching themselves whatever else they needed to know.

They were so wrong.

"You will meet your Spirit Guide or Guides this evening," Willis stated calmly. "Call them what you like... Guardians... whatever... See them as real or imaginary, it matters not a bit. Your eyes closed, and in a deep trance, you will come face to face with those who will now guide you, and throughout your lives. They are totally impartial, and you two can bounce your ideas and theories off them. Then, you two take to heart the answers that come your way. Have faith in the veracity of what they tell you, always. Let's go. Let yourselves drift now. Let yourself drift deeper and deeper. Now enter that misty, pleasant scene of nature in your mind. Climb that misty mountain. And let the mist clear now... slowly now."

He was standing on a rocky outcrop

— a tall, powerfully built, near-naked Spirit Sentinel holding a spear with large, shimmering, serrated spearhead.

He could be a native from North America, and just as easily have Negro blood, Barnard mused. It was hard to tell. The light was poor and there was just a faint trace of color in all George saw. But the details of what the mortal perceived on the screen of his mind were sharp. The Warrior was scanning the distant horizon and either unaware of his being watched, or choosing to ignore the human.

A gray hide, tied around his waist, reaching to just above the knees, was all the Sentinel wore. This Combatant in bare feet, Barnard guessed, would be thirty, say thirty-two years old at most. Near enough my age, he mused. He eyed the awesome weapon with some concern, but felt he could trust the Warrior.

This well-armed Fellow did not at all look like the Spirit Friends he remembered from his youth. George saw the Spirit Guardian as nothing more than the soul of someone long departed. Such a great shame he died in his prime, Barnard thought. He appears to have been someone with great potential — a mighty hunter of men and beasts.

The Guardian was "picking up" on the mortal's thoughts. Barnard knew he was. And as the Spirit Guide with his dangerous-looking spear slowly turned to face him, George could tell the Warrior was not at all amused about his having been judged to have expired at some time in the past. This Guardian knew a great deal about the human. George sensed he did. But the human knew nothing about the Guardian.

"I greet you, friend, and my name is

George Mathieu Barnard,” the mortal framed his thoughts.

“We greet you,” came the instantaneous mind-to-mind reply, “and we all ways know you.”

That was a tricky answer! Does he know everything about me, or has he always known me? George wondered. Or is it both of these? Although they were communicating mind-to-mind, there was no doubting the Guardian’s command of the English language, despite his choosing not to use a past tense.

“So, what’s your name then?” George casually asked of the Guardian’s mind. Surely, he thought, you might have volunteered that information by now.

It surprised the human when the Guardian spoke. “Ahbécétutu,” he said out loud and quickly.

George was almost sure Ted Willis and Louise had heard it, too. Despite his being in a deep trance, his mind was racing. Any name with Tut in it might well be Egyptian, but he doesn’t look like being of that ancient race. Barnard was puzzled. Speaks about himself in the plural, he wondered. Thinks of himself as royalty?

“What’s your surname then?” George asked. Getting the answer to that will quickly clear things up, he considered, and will place him somewhere on some continent.

“Ahbécétutu!” The Guardian’s answer came much louder than before. He was seemingly troubled by George’s lack of understanding, or the little trust the air-breathing mammal was affording this Celestial.

Poor fellow! Barnard thought. He must have had just the one name,

ever. But where does it come from? A thought struck him. He might be both, Bantu and Zulu, and somehow these two names have got themselves mixed up.

But the mere thought of this was enough for him to learn from the Sentinel’s eyes he had got it all wrong again. This Spirit Warrior was not going to volunteer any more information on the subject of names.

Barnard gave it one more try. “Can you spell it out for me?” his mind requested.

“It is never written!” came the abrupt response. Ahbécétutu — or whoever he thought he was — was growing tired of those questions about his name.

Never written? Not yet written? the mortal thought. Never to be written? Or don’t you dare write it down, or I’ll stick this spear right through you? Could this Sentinel have predated all forms of written language, Barnard wondered. He gave up.

“Shall I just call you Bzutu, for short?” he asked. “Is that fine with you? Giving every foreigner with a difficult-to-pronounce name a nickname is somewhat of a tradition in Australia. I got used to it. You would not believe, my friend, how badly my name gets mutilated in this country.”

The Guardian’s big smile and glistening white teeth told him there was no problem with the nickname. Barnard had got lucky. This was a friendly Spirit Guardian. Even if he was long dead, he seemed to have retained his sense of humor.

“So, what did you do for a living?” Barnard’s mind asked him.

Again, he spoke, “I am Warrior. I am

Chief. I am Shaman. I am Teacher.” He seemed to reiterate he was still very much alive, hardly a part of history.

And I might well be Mickey Mouse. Why don’t you pull the other leg? thought Barnard. He was beginning to doubt whether what he was viewing, and hearing, had anything to do with reality.

This Spirit Guardian, however, seemed to know his every thought. He seemed to also sense the mortal’s frustration. “I am One Thousand, One Hundred, Ten and One,” he said at last, “the name of our Number; the number of our Name. We share your human space, not your time. I am Ahbécétutu.”

Finally, something made sense... an overwhelming amount of sense. This Warrior really was the mortal’s Teacher, and responsible for teaching his mammalian student things of the future. Even if he was long dead, and sadly lost in another dimension of time, they could still be friends and do some good work together.

Their Inter-species Alliance was born.

Read all about this amazing inter-species alliance by ordering the CD: “The Trilogy - The 11.11 Spirit Guardians of the Half-way Realm,” which includes: “The Search for...” “In the Service of...” and “By the Grace of... the 11.11 Spirit Guardians of the Half-way Realm”

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Seven Chakras and Seven Adjutant Mind Spirits.

by GERDEAN

This is a study, of sorts; it is a fascinating look at something that almost anyone interested in 'hippy-mystical' concepts will enjoy. I have found this to be an interesting comparative analysis ever since I heard the medical intuitive Caroline Myss' seminar about the chakra systems being the foundation of good emotional, physical and spiritual health.*

So, as with any study, let's begin by identifying our terminology.

THE CHAKRA SYSTEM:

The chakra system is a concept that has been around since ancient times. Although I am not a scholar, I know that this philosophy is an essential part of the spirituality of the eastern religions, for these seven basic chakras are seven energy fields, or vortexes, in the body — in the spine, actually, which contains the life force. Envision your body as a tree. Your tree trunk is your spinal column, through which the sap of life flows to all other parts of the body, much as the nervous system extends out from the spine to all parts of the body. Each chakra relates to a specific part of the body as an energy vortex, which feeds prana (life) to our existence. Generally speaking, the seven chakras are identified thus:

1. The root chakra, at the base of the spine.
2. The abdominal chakra.
3. The stomach chakra.
4. The heart chakra.
5. The throat chakra.
6. The 'third eye' chakra in the center of the forehead; and
7. The crown chakra, located slightly above the head, as a halo.

In meditation techniques, these vortexes of cosmic energy are often

envisaged through colors. Although there are variations, generally speaking, the first chakra is red, depicting a passion to live. The second chakra is seen as orange, the building block of life and relationships. The third chakra is yellow and represents the ego. The fourth chakra is green, representing the energy of life, and is often used in healing. The fifth chakra is represented by the color blue. The sixth chakra is seen as violet and represents the eye of perception. The seventh chakra is white, which is said to be all color (whereas black is the absence of any color), representing the beautiful lotus blossom, or the "white light" of Nirvana — our divine Self.

THE SEVEN ADJUTANT MIND SPIRITS**

The seven adjutant mind spirits, like the chakras, are not personalities but are circuits; they are bestowed on all living creatures on the material plane. My appreciation for these mind-circuits, a gift of the Mother Spirit, stems from studies in the Urantia text and is corroborated by an enhanced understanding of myself as a result of conscientious attempts to identify the influence of the adjutant mind spirits in my own personality system.

The Urantia text purports that humans share the ministry of five of these seven adjutant mind spirits with the animal kingdom, but the lower levels of animal life are only able to access the first five, whereas human beings are able to access all seven.

From bottom to top, they are:

1. the spirit of intuition;
2. the spirit of understanding;
3. the spirit of courage;
4. the spirit of knowledge;
5. the spirit of counsel;

6. the spirit of worship; and
7. the spirit of wisdom.

Even though these circuits are not personalities, there is little question that they are Planetary Helpers of a most fundamental nature. In both cases (chakras and adjutant mind spirits) they minister to the very existence of the creature they serve. Let's take the example of the first adjutant mind spirit and the first chakra as an illustration of how these formulas are compatible and even complimentary.

The first chakra relates to the will to live, the survival instinct; so, too, does the first adjutant mind spirit, which is the spirit of intuition. The urge to live is instinctual and is found in the most elementary forms of life, even the one-celled amoebae which reacts to the stimuli of its environment in an instinctual urge to live. This self-preservation *a priori* of survival is a reflex instinct so innate as to be mechanical and without conscious thought, noted in such functions as breathing or blinking.

The next step up from here in the chakra system is the reproductive system, an enhancement of the urge to survive, and as an adjutant mind spirit, it is the spirit of understanding, the impulse of coordination which is also necessary if life is to persist. Ms. Myss' demonstration of this chakra includes the elements of Power, Sex and Money as elementary self-defense mechanisms, essential to the maintenance of life.

The spirit of understanding might at first seem to be unrelated because we consider understanding to be a component of the intellect, but if we consider it to be more of an instinctual comprehension, such as knowing something "in our gut," it is apparent that we can understand on a

primal level whether or not we are safe, where we may be losing power or being subjected to someone else's power, and certainly where sex and money are concerned as essential to the maintenance of life.

The third adjutant mind spirit is the spirit of courage. The third chakra is in the stomach and is depicted as yellow. I think of a yellow-bellied sapsucker because I recall that this chakra relates to the human self, and when I perceive myself as having been attacked, I feel the response in my stomach, as if I had been punched in the stomach. At the same time, when my stomach is full, I have a sense of well-being. Thus yellow can either connote a cheerful disposition or, on the other hand, sickly or jaundiced personality. Courage could well be the spirit necessary to rise above the yellow (as in coward) into yellow (as in sunshine).

The fourth chakra, located in the heart, is the seat of love, as is often depicted in Catholic art. The fourth adjutant mind spirit is knowledge. Again, we might think that "knowledge" is an intellectual comprehension of facts, but the spirit of knowledge is also the curiosity mother of invention, the adventurer and investigator of other realities. Thus, the fourth chakra and the spirit of knowledge are both pivotal points where the lesser self may leave off and allow the higher self to emerge.

The fifth chakra, at the throat, is simultaneously the adjutant mind spirit of counsel, or the social urge. It is also said that the throat is the seat of the Will, the free will aspect of the creature's right to choose. In making decisions one may counsel with oneself or with others through expression, by way of communication — through the voice.



These first five adjutant mind spirits we share with the animal kingdom. Depending on their intelligence quotient, you will find four-legged creatures also reflect intuition, understanding, courage, knowledge and counsel. The next two mind spirits, however, are reserved for the mind of man which is capable of God-consciousness. It could be surmised that the same value holds true for the chakras, if indeed the eastern mystics ascribed a chakra system to the animal level.

The correlation between the chakra system and the adjutant mind circuits here takes on even more interest because, as Ms. Myss points out, if the heart and the head are not in synch, the throat will clam up, will freeze. No expression is forthcoming. But if the heart (chakra) and the head (third eye/perception) are in synch, there will be an outpouring of words or work. Similarly, if the desire to know (spirit of knowledge) is in harmony with the religious impulse (spirit of worship), then the social urge is given impetus, ambition is communicated and accomplished with good orderly direction.

The final two chakras, the sixth represented by the eye of perception and the seventh indicating enlightenment, are a wonderful parallel to the sixth adjutant mind spirit of worship and the seventh

adjutant mind spirit of wisdom. It is the eye of perception (or belief) that perceives what is worthy of the adoration of all mankind; the lotus blossom of enlightenment is a state of mind and being that equates naturally with wisdom.

I once thought worship ought to be the highest adjutant mind spirit, but then I realized that unenlightened mortals tend to worship indiscriminately, such as when we pay undue homage to money or power; I could then see it was wisdom that rightfully wore the 'crown' of enlightenment.

In practicing healing arts, whether focusing on the physical illness, the intellectual conflict or the emotional dis-ease, a consideration of the chakra system is a natural part of my techniques. Augmenting the ancient art with an appreciation for the circuits of the seven adjutant mind spirits gives me even more to look at in considering what is involved in attaining mastery and full consciousness of wellness — physically, emotionally and spiritually.

* **Caroline Myss, Ph.D. - "Anatomy of the Spirit: The Seven Stages of Power and Healing," Harmony, New York, 1996.**

** **Urantia Paper 36: "The Life Carriers," section 5: The Seven Adjutant Mind Spirits."**

The Starchild Saga

by Lloyd Pye

While touring the western United States in mid-February of this year, 1999, I was asked if I would meet with a couple who wanted to show me something. The “something” was not specified, but I am often asked to evaluate material relevant to my research in the field of non-traditional human origins. (I support the theory of Interventionism, which occupies the wide swath of middle ground between Darwinism and Creationism. For those readers who do not yet know of me or my work, information can be accessed on the internet at www.lloydpye.com. I assumed the request would involve some aspect of my research specialty, hominoids, which includes Bigfoot/Sasquatch, the Abominable Snowman/Yeti, and two others, Almas and Agogwes, that are not well-known worldwide but which dominate in their particular regions.

My assumption proved to be wrong.

What the couple wanted to show me was a pair of skulls, one clearly human, one apparently not. The latter has come to be known as “The Starchild Skull.” The story can be read at www.starchildproject.com.

It is difficult to describe my feelings when the Starchild was lifted up out of the small cardboard box containing it and its companion. In my studies of human and prehuman and hominoid anatomy, which comprise the bulk of research in my book *“Everything You Know Is Wrong—Book One: Human Origins,”* I had learned a great deal about the bones in a human body. However, nowhere in my research had I ever encountered anything remotely resembling that skull.

I sat stunned, gazing into eye

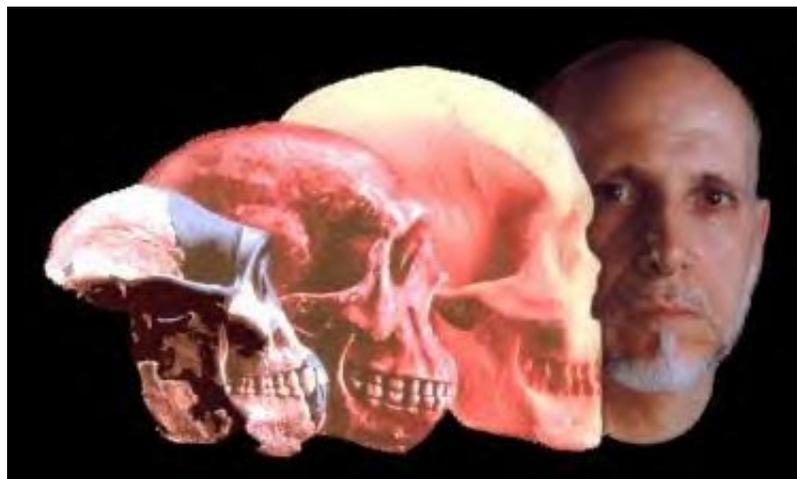
“sockets” that were merely shallow indentations scooped from the front of the face, feeling the kind of awesome wonder one occasionally feels while gazing at a star-filled night sky. “What do you think?” the couple asked me. I pulled from my reverie and looked at them. “I think you might have a winner here. I think it has a good chance of being alien or part alien.” They nodded, making it clear they felt the same way. “What should we do with it? How should we go about proving it?”

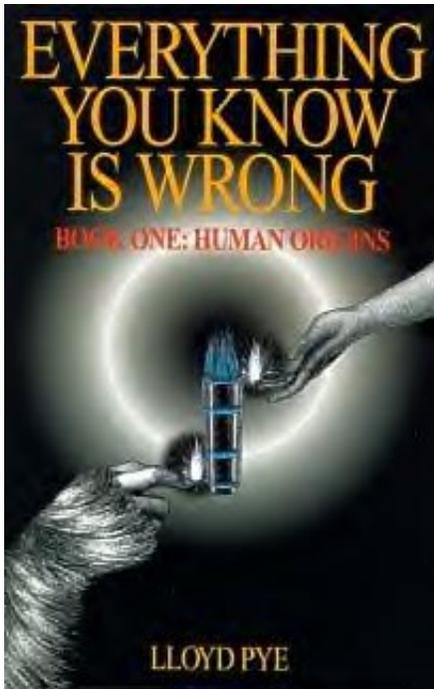
I told them how I would go about that, outlining a series of steps I felt would be most effective. First, consult experts in human pathology to determine if it was any kind of known deformity I was not familiar with. If those consultations indicated we should pursue the matter seriously, then a battery of formal tests should be conducted using the guidelines for studying any anthropological find: Carbon 14 to date it; an endocranial cast to determine the structure of its brain surface; a spectrographic analysis of its bone to determine the chemical makeup; but most importantly, comprehensive testing of its DNA needed to be carried out, both mitochondrial and, if possible, nuclear.

This, I knew, would be the sticking point. Nuclear DNA is difficult to recover in ancient bones, which are classified as anything over fifty years. These skulls had been found 60-70 years ago in the mountains 100 miles southwest of Chihuahua, Mexico, but they appeared to be 200 years old, or more. That would make recovery of their nuclear DNA only possible in a handful of labs around the world, and the costs of such work would be substantial. So I undertook trying to arrange the testing processes in a very deep financial hole that I did not prove to be very adept at digging my way out of.

Here I must confess that while I have many valuable attributes as a scholar, writer, and lecturer, I have proven to be a highly ineffectual fundraiser. There is now serious doubt about whether I could raise dust on a dirt farm. So it has taken me five full months of effort to secure the services of a DNA lab that can do the work that will be required on the Starchild skull. These tests will get underway in late August or early September, and we should have a definitive answer by mid to late October, if all goes well.

What do we expect those results to say about the Starchild? There are





three options: It is a seriously deformed human of a type that has never been seen before. It is a purely alien being of the “Gray” type. (See article on p. 27). Or it is a hybrid between a human and a Gray type. What are the odds on any of the three being the ultimate answer? If you ask almost any establishment scientist who deals with human physiology, they will say it will unquestionably prove to be a deformed human of some kind. However, based on my own extensive research into human deformity, I do not think that is likely. I think the Starchild will prove to be one of the latter two, most probably the alien-human hybrid.

In the course of forming my opinion about the Starchild skull, I consulted over forty acknowledged experts in fields ranging from anthropology to dentistry to ophthalmology to radiology to neonatology to forensic pathology. Some of them grudgingly admitted I

had shown them a “highly unusual” specimen they could not be 100% certain about, but the vast majority insisted that its many physiological oddities had to be the result of pathology (deformity) because the alternative (the alien hypothesis) was impossible.

As one of those experts so cleverly put it to me: “Mr. Pye, as long as pathology can account for a foot growing out of a human head, pathology can account for this skull.” Challenging that kind of all-encompassing defense is a bit like trying to play Monopoly against Bill Gates using real money. The game is heavily stacked against you before it even begins. But let’s not be intimidated by the many Ph.D.’s who have been consulted and pronounced the Starchild a deformity. Let’s simply look at the facts and let those speak for the skull. Read them and decide for yourself what you think it might be.

The eyes. Human eye sockets are cone shaped to hold an eyeball and the muscles surrounding it that allow it to move up, down, left, right. That cone extends 5 to 6 centimeters into the skull, and at its back are openings for the optic nerve and various blood vessels. As mentioned earlier, in the Starchild’s skull there is no cone, but rather a shallow scoop in the bone of the face, 3 centimeters at its greatest depth. The optic nerve canals and the fissures are skewed down and away, at the bottom of the scoop and on the inside, thereby housing an eye radically different in shape and probable function.

The temples. In humans, thick bands of muscle pass beneath the zygomatic arch (cheekbone) to spread out in a fan shape and connect with the entire side of the skull. They attach from

forehead to upper hairline to behind the ear. In the child the zygomatic arch has been greatly reduced and dropped from horizontal to a 30-degree angle. Instead of two fingers worth of muscle passing through, two spaghetti strands pass through. And, in a true miracle of deformity, those greatly reduced muscles have been neatly detached from the anchor points of humans, spread out in a reconfigured fan shape, and reattached across an area about 1/3 that of a human.

The parietals. In humans the parietal bones form the upper rear of the cranium. While we all know there can be quite a range of difference in this part of the head, the parietals of the Starchild are far beyond any such variation. In fact, they are so large relative to human parietals, it is conceivable they might contain individual parts of a trilateral brain (all humans and primates have bilateral brains). If this should prove to be true (a planned endocranial cast should be definitive), there would be little doubt the child was a pure alien or an alien-human hybrid.

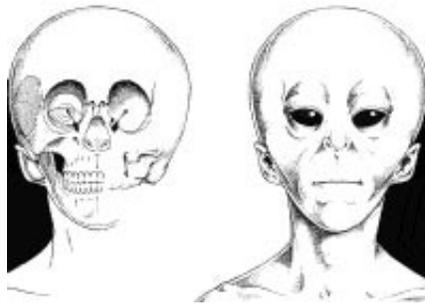
The occipital and neck. The occipital is a large curved bone covering the lower rear of a human’s head. Near its center is a noticeable bump (feel your own) called the “inion,” which is the starting point for the neck. Above the inion is skull, below it is neck. Neck attachments fan out in an arc that carries from the inion to behind and below the mastoid bones that protect the ear canals. It is an extensive area, in its own way as extensive as the attachment area of the temple muscles. And in all the cases of head binding I have now seen, not one has gone below the inion. Yet in the Starchild’s skull the entire occipital is flat, as if designed that way, with a gently convoluted surface that belies

The Starchild Saga

any possibility of binding—ever. Furthermore, the inion has become subtly concave relative to the bone around it. And, as with the temple muscles, the neck muscles have somehow been detached from where they would normally be on a human skull, greatly reduced in size, then reattached in a semicircle roughly 1/3 the area of a human neck.

The foramen magnum. In humans the foramen is positioned rear of center to balance a heavy rear cranium against an essentially empty face area. The front of a human face has numerous sinus cavities, two deep eye sockets, a mostly empty nasal passage, and a rather large mouth. This means the weight of the brain is dominantly rearward, under which is the human foramen. The child's foramen is centered under the head, balancing it like a misshapen golf ball on a vertical tee. This shift in its center of gravity is necessary because the child's cranium is essentially wall-to-wall brain. It has no sinus cavities and greatly reduced eye sockets above an apparently small nasal passage and mouth.

Weight and brain volume. An adult human skull weighs about 2.2 pounds. The Starchild's skull weighs 13 ounces without its teeth or jaws. With them it might have weighed 15 to 16 ounces. It is definitely made of bone that is lighter and thinner than normal human bone. Furthermore, it lacks the internal flanges of bone that support a normal cerebellum, which among other functions in humans is the coordinating center for muscular movement. The lack of those flanges does not necessarily mean the Starchild lacked a cerebellum, but if it did that would be incompatible with life as we know it. However, one of the most startling differences between humans and the Starchild is in brain volume. A normal adult's brain capacity is around 1400 cubic



centimeters (c.c.), while the Starchild's is an astonishing 1600 c.c.!

In anthropological circles a jump of 200 c.c. in brain volume heralds a new species. Homo Erectus is 200 c.c. more than Homo Habilis. Homo Archaic is 200 c.c. more than Homo Erectus. Homo Neanderthalensis is 200 c.c. more than Homo Erectus. But in the case of the Starchild skull, it is officially considered a mere freak of nature, and so it will remain until DNA testing and other testing now underway definitively proves its lineage to be either a very ugly human, a pure alien gray, or a gray-human hybrid.

I'm betting on one of the latter two, which I still need help to prove. There are several peripheral tests that need to be done over and above the DNA testing, and those tests will cost in the range of U.S. \$10,000. If anyone would like to participate in this fascinating, possibly historic project, please wire any contribution to: Bank One, Metairie, Louisiana, U.S.A. The ABA Routing Number is 065400137; the Account Number is 1574861504.

Don't worry about being informed of the test results. As soon as we know for certain, one way or the other, we intend to publicly announce and publicize the results on the internet site. If the Starchild turns out to be a terribly malformed human, then we will have added a valuable new chapter in the annals of human deformity. And, of course, if it turns out to be anything other than 100% human, it will be the single greatest discovery in history.

Since this article was published (in England's Fortean Times Magazine in December, 1999) the initial rounds of testing the Starchild's genomic (nuclear) DNA have been completed, and the results are that it is male, and from a forensic standpoint it is human. There is more to it than that, of course, because of the greater insights that might be available through diagnostic testing, which is more extensive and expensive than we have been able to afford up to this point. So what we will do now is go through the testing that has been done, outlining the results, and after that we will discuss various views of what the results mean and how they have been interpreted. I think you will find it fascinating.

Get the Whole Starchild Story at:
<http://www.starchildproject.com/>

EVERYTHING YOU KNOW IS WRONG

**Book One: *Human Origins*
by Lloyd A Pye**

Have You Ever Wondered...?

- ... why we humans use only about 10% of our massively supercharged brains?
- ... why idiot-savants can somehow access parts of the remaining 90%?
- ... why we humans have a gene pool with over 4000 genetic defects?
- ... why our closest genetic relatives, chimps and gorillas, have very few?
- ... why we humans have genes that are only 200,000 to 250,000 years old?

Working with the Helpers

... why anthropologists insist that we descend from creatures 4,000,000 years old?
... why we humans in no way resemble those ancient so-called “prehumans”?
... why we humans have 23 pairs of chromosomes for a grand total of 46?
... why our closest genetic relatives (sharing 98% - 99% of our DNA) total 48?
... how we humans could lose 2 whole chromosomes in only 250,000 years?
... why our skin is so poorly adapted to the amount of sunlight striking Earth?
... why we are so physically weak compared to our closest genetic relatives?
... why Earth is minus a huge part of its crust, the part where the oceans are?
... why Earth is the only planet or moon with moveable tectonic plates?
... why Earth’s moon is so extraordinarily outsized relative to other moons?
... why megalithic structures like the Pyramids cannot be duplicated today?
... why stones in those structures would buckle today’s largest moveable cranes?
... how the ancient Sumerians knew all about Uranus, Neptune, and Pluto?
... why we found Uranus only in 1781, Neptune in 1846, and Pluto in 1930?
... how and why the Sumerians kept cosmic time in units of almost 26,000 years?
... if these questions will ever end?

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lloyd@lloydpye.com.

by Norma Gentile

In the past when people called on me for healing assistance they asked me questions such as: When will I meet a new boyfriend, or get a new job, or be healthy?

Lately however, I’ve noticed a shift. The questions no longer infer that the universe is acting upon them, but that they are part of creating their own lives.

Common questions nowadays are: “How can I attract a new boy or girl friend?” “What do I need to do in order to find a better job?” “What does this disease have to do with behavioral, belief or emotional patterns that no longer serve me?” “What does having an uncomfortable relationship with my body or with another person tell me about myself?”

I believe that we have undergone another radical shift this past summer, from one of isolationism (the universe is out to get me) to co-creationism (what I experience is the result of my own consciousness).

Years ago a friend showed me a book about interactions. It was based on viewing our actions as boomerangs. Sometimes the results come back quicker than other times. It is certainly easier to understand that what we think, do, or feel has an impact on others, which then they reflect back to us, when that reflection is immediate.

I find that I see in each client an issue which somehow also reflects itself in my life. It is my understanding of how it reflects into my own situation that allows me to hear how to support the client. When I accept the healing or learning that the guides provide for me in my life, I am then able to set

my own issue aside. In this way I step through into a forgiveness and compassion that creates a healing space for another person to rest into.

For example, addiction is a major issue for most people. This may take the form of any of a number of compulsive habits which create discomfort with one’s own body, mind and spirit. In channeling for a client who smokes, we were shown how the smoking let her hide her femininity. As I looked at the energy for myself, I saw how instead of smoking I hid the same beautiful gentle feminine energy in myself by overeating.

When I begin to channel, I first take an account of my own body, thoughts and emotions. I always ask for assistance and healing around my own issues from the guides. If my back begins to ache, spending a few moments on releasing that tension will then allow a much larger interplay of energy between the guides, the client and myself. Taking care of myself, as the practitioner first, ultimately allows more energy to flow to others.

For me moving into oneness with spiritual energies isn’t something special. I believe everyone is connected to spirit at all times. I feel the presence of angels, guides, and helpers as a warmth or thickness in the air, a comforting sensation as if someone were standing behind me, and a musical chord sounding in my ears. Everyone perceives energy differently, and each person finds the ways that their own angels are speaking to them.

As a channel for spiritual beings, I am used to viewing events through the eyes of another. When I invite in healing guides, I remain aware to

(Continued on page 36)

THE ROSWELL UFO INCIDENT: ORIGINS AND AFTERMATH

A Commentary By Sheldon Nidle

Ancient Beginnings

The story of 'the Roswell incident' really begins with the galactic wars that ravaged this sector of the Milky Way Galaxy for millions of years. About 900,000 years ago, the remaining contingents of Reptilian and Dinosaurian hybrids went underground when the Galactic Federation of Light established a second Earth colony on the lost continent of Lemuria (a now-sunken land in the mid-Pacific Ocean that was destroyed by Atlantis some 25,000 years ago).

Although Reptilian and Dinosaurian hybrids made sporadic disruptions in the new colonists' lives, their primary goal was to quietly observe the settlers' strengths and weaknesses. The hybrids expected that, at the right moment, their main forces would return and the information they had gathered would assure the dark side its ultimate victory.

The long-anticipated time never came. Instead, the Reptilian and Dinosaurian hybrids were compelled, eventually, to bargain with the off-world 'rebel' forces. The Anunnaki had held crucial government positions in the Atlantean Empire, just before its fiery destruction some 13 millennia ago. Subsequently, these 'underground' Reptilians and Dinosaurians became observers and important allies of the many Anunnaki regimes that secretly ruled our world until about five years ago.

The Facts behind the Crash and Other Similar Incidents

In the 1920s, the informal arrangement between the dark-siders and the Anunnaki was shaken when the Galactic Federation of Light

diplomatic teams began to initiate formal contacts with some of your major national governments. This was at a time when the American, British, Canadian, French and German governments were developing and testing some truly remarkable secret technology. This advanced weaponry used high voltage electrical fields and 'zero-point' or photon energy to create protective force fields, produce particle beam weapons and demonstrate exotic types of propulsion.

Quickly, Earth rose in status from an off-limits, 'quarantine' planet to one that, by the early 1930s, was under intense surveillance. Strong confirmation of the need for such scrutiny came during the last year (1945) of the Second World War, when an experimental atomic weapon was exploded in New Mexico, followed by two more bombs, detonated over the Japanese cities of Hiroshima and Nagasaki. These heinous events prompted various star-nations, representing both the Light and the dark, to send spacecraft to directly observe these activities.

The Initial WWII Incidents and the Crash at Roswell

During the 1940s, as well, events occurred that compelled Earth's major governments to deal with the dark 'off-worlders.' Washington State was the site of the first significant US crashes. At the time (1942), the US Navy was able to repudiate the accidents as 'war-related' incidents. Sadly, the cover-up continues to this day.

The major incidents, however, took place in New Mexico between midsummer 1948 and midsummer 1949. Most famous of these is the

crash of three Zeta Reticuli observation ships near the city of Roswell, New Mexico, in early July of 1947. The crash occurred during the Zetas' mission to ascertain fledgling US atomic warfare capability, and as a result of their flight path.

During the last year of the War (1945), the US Navy and the US Army Air Force began to experiment with more advanced types of radar. This led, in the mid-1950s, to the successful development of the first highly secret, 'over-the-horizon' radar devices.

Two stations of this type were located in northern areas of New Mexico and Arizona. At the exact moment when their main tracking beams overlapped, they inadvertently created a strong electromagnetic field capable of briefly disrupting the photon beam fields that propel the typical Zeta Reticuli observation ship.

One of the flight paths that these Zeta Reticuli ships chose to observe our planet began at the North Pole, extended down Hudson Bay to the Rockies, and then traced this cordillera into northern Mexico. From there, they followed the lands of northern Mexico into the Caribbean and, finally, back into outer space.

Between the midsummers of 1948 and '49, the two secret experimental radar stations carried out specific tests that, for extended periods, combined tracking beams. During the same time period, numerous Zeta Reticuli ships were ordered by their star-nation to increase surveillance 'runs' over North America. The rest is history.

In early July 1947, three observation crafts encountered the beams of these

secret radar facilities, severely disrupting their propulsion fields. The emergency that resulted somewhat resembled a severe 'stall' in a conventional aircraft during high wind turbulence. The spacecrafts' pilots, unable to regain proper control, rapidly lost altitude and crashed.

The Aftermath - Secret Agreements, Et Cetera

Two major crises ensued. First came the nature of the American response. Initially taken aback by the events, the US government sent investigative teams to search New Mexico, Texas, Arizona and northern Mexico and interrogated survivors of this and other recent crashes. Second, the combined governments of the Zeta Reticuli binary star-nation were deeply confused and angered by what they perceived as an unprovoked attack on their unarmed spacecraft.

In 1949, these occurrences almost caused the military forces of Zeta Reticuli to annihilate Earth's population. Swift intervention by various diplomatic teams from the Anunnaki and their Reptilian and Dinosaurian allies was able to prevent the escalation of the incidents into an attack upon Earth. They helped to devise a means whereby negotiations between Earth's major governments and the Zeta Reticuli star-nation became possible. Cooler heads prevailed and, finally, in the early 1950s, an 'arrangement' was worked out.

For nearly five decades, this 'understanding' brought about a massive increase in 'alien abductions,' as well as other vile acts.

The Galactic Federation of Light took a different approach. It attempted to contact Earth's major surface governments (including the US, Canada, the UK, France and Italy), to establish a formal and open exchange between them and the Galactic Federation's diplomatic and technological liaison teams. Because of the cover-up strategy adopted by



Earth's major nation-states, their policy of direct governmental contact initially failed.

Accordingly, beginning in the early 1950s, the Galactic Federation of Light introduced a program designed to contact various private groups and individuals on Earth. It has continued to this day.

The Spiritual Hierarchy's 'Star-seed' solution

Under the auspices of your local Spiritual Hierarchy, the Galactic Federation of Light has generously aided a project to incarnate vast numbers of 'star-seeds' or Souls that emanate from other worlds to yours. Their primary function is to bring more Light into the Earth plane and, eventually, to become teachers of a newly restored humanity. These 'star-seeds' are a crucial aspect of the local Spiritual Hierarchy's program to transform humanity into full consciousness. From a slow beginning in the late 1930s, the infusion of star-seeds into the Earth plane has rapidly accelerated over the course of the last fifty years.

Conclusion

Clearly, the 'Roswell incident' marks a turning point in Earth's history. It is the decisive moment at which the Light and the dark forces of this galaxy again made direct contact with our world. It ended the deep quarantine that has long kept most star-nations in this galaxy from contacting the people of Mother Earth. Because of it, we are now very close to a massive first contact with the forces of the Galactic

Federation of Light.

At that time, we will see the beginning of our global society's next great adventure - the open meeting and acknowledgment of its many spiritual and space families.

For more information on how to add Sheldon Nidle's new book, "Your First Contact," to your collection, go to: <http://www.paoweb.com>

Developing A Reflective Life in the Midst of Turmoil

by Asoka Selvarajah, Ph.D

One of the most important things you can do in life is to simply find time for yourself. By this, we don't mean opting out of society or "spacing out". Value yourself enough to give yourself time to simply be, without any expectation of goal or result. Paradoxically, by doing this, we can often achieve far more in our externally focused lives than we otherwise might.

When our lives are primarily externally focused, it becomes easy to lose sight of the game plan. What are we doing all this for? What is the point of it all? Like too many stressed out corporate "high-fliers", we may reach the very top of the ladder, only to find that it is leaning against the wrong wall. The joy of simply living all too easily evaporates as we postpone our pleasure for some unspecified future date. We don't allow ourselves to be happy NOW, but instead promise ourselves that when we have got that promotion, or fallen in love with that ideal partner, or had that baby, bought that new home, or become a millionaire, THEN we can be happy. Meanwhile the present time, which in truth is all we ever really have, quietly slips away.

The biggest trap is to work for money. Many people do this assuming that once a certain amount of money has been amassed in the bank, or once they can see the sheer immensity of their assets laid out before them, THEN they will be truly happy. Again, it is an utter illusion. The truth is that you have to prepare your mindset for wealth first or else (a) you will never truly achieve it because your inner mind will forever act to keep you within your comfort zone or, (b) if you do achieve it, you will not

have developed the habits of mind to be content with it anyway.

Tony Robbins tells about how much he wanted to become a millionaire but once he actually achieved it, the thrill lasted for about ten minutes. After that, everything felt just the same as before. Yes, there are many millionaires who are happy. However, there are many who are as equally miserable. In fact, many of the latter would agree that their prime cause of sorrow is the money itself; fear of losing it, dissatisfaction at not being as rich as so-and-so who is worth ten times more, etc. The key point is that money itself is not the determiner of happiness and purpose. A correct state of mind IS.

Capturing our purpose is THE most important thing we can possibly do. It is not the work of a moment, an hour or even of a few days. It is an ongoing project that brings more riches each and every day. By doing this, we discover who we really are and why exactly we are here. The truth is that you are here for a purpose. You manifested into this life for a reason. So how do we go about discovering this purpose?

The first thing is simply to make time for yourself. Treat yourself as precious and important and find times to be alone in quiet reflection upon your life. Many people meditate to gain deeper insights about themselves. This is certainly immensely valuable. However, if you feel uncomfortable with meditation at this stage, then simply creating moments in the day when you can ponder and wonder can be deeply beneficial.

At several points in the day, try simply closing your eyes and taking a deep breath. Turn your attention

inward and remember whatever it is you need to, and as you let your breath out exhale all your tension and concerns. David Kundtz, in his excellent book "Stopping," calls these brief moments in the day "Stillpoints". They are easier to do than meditation because they only take a few seconds. However, if you do about fifteen or so of these a day, it can make a tremendous difference to your inner calm and perspective on life.

You can also do what Kundtz calls "Stopovers." These are slightly longer breaks from several minutes to several hours where you take time to specifically do NOTHING. This is important. There is no agenda. You simply give yourself time to BE. You listen to your body and what it says. You listen to your inner intuition and gradually develop the ability to hear its valuable insights. You develop Openness and learn to by-pass the critical part inside you that undermines your efforts to follow your heart's desire with so-called "realistic" thinking. By giving yourself more time to simply be and experience your own "beingness" without preconditions, you gradually awaken to what your soul's purpose is, one step at a time.

Copyright 2000, Asoka Selvarajah. All Rights Reserved. Dr. Asoka Selvarajah is an active writer and researcher on personal development and esoteric spirituality. Asoka's work helps people achieve their full potential, deepen their understanding of mystical truth, and find joy through discovering their soul's purpose.

You can subscribe to his FREE ezine, *Aspire To Wisdom*, at: www.aksworld.com/AspireToWisdom.htm

Visit his Mystic Visions website at: www.aksworld.com?LLJO

Unveiling of the Etheric Records of Humanity

(Continued from page 5)

tetrahedron occasionally spins in a clockwise direction, instead of counterclockwise, creating distortions on your Earth plane and in space.

As we mentioned, this multidimensional portal of opportunity will remain open until June 21, 2001, when, through the sacred geometry of 12 (06/21/2001 = 12), we will Unveil the Etheric Records of Humanity, the etheric Earth records of your Highest Potential, that were sealed prior to the Fall of Atlantis in the One Unity Consciousness Portal in Egypt called the Solar Cross, just prior to the Age of Leo, when you were again to enter the Photon Band.

To begin this incredible unprecedented event, you will firstly work with the synthetic Merkaba in the Bermuda Triangle at 12:12. At 12:40, you will link with Angola, for the Solar Eclipse over Port Amboim, South of Luanda, for a period of 4:30 minutes. This Solar Eclipse then crosses Zambia, and in particular the path of Chisamba, North of Lusaka at 13:10 for a duration of 3:40 minutes. The next path this Solar Eclipse crosses is Zimbabwe, and in particular Mt. Darwin and Nyamapanda, North East of Harare at 13:15 for the duration of 3:25 minutes. It further weaves and dances its way through Mozambique and Madagascar. It crosses Mozambique at about 13:20, when through the sacred geometry of 10 (1+3+2=6 and 3+1+0=4. 6+4=10), which represents One Unity Consciousness and new beginnings, the Unveiling of the Etheric Records of Humanity will occur. This Solar Eclipse lastly crosses Madagascar at sunset, which is very low in the West, for about 2 minutes, and particularly the island from Morombe to Vangaindrano. At this incredible moment in time, you may truly actualize your full multidimensional

memories of being Melchizedek Ambassadors of Light, with a full twelve strand DNA, and the signature of all twelve rays, which will allow you the probability of fulfilling your Highest Potential.

Furthermore, after Unveiling the Etheric Records of Humanity, the mass consciousness of Humanity will collectively undergo the fourth initiation and you will become your Higher Selves of the Light, as you exist on Sirius. Overlighted by Paul the Venetian, Archangel Gabriel and Hope, and Elohim Purity and Astrea, you will travel to the Ascension Seat in the Great Pyramid of Giza in the Kings Chamber to complete this initiation ceremony.

In this final unprecedented moment of Gods Divine Grace, the entire Earth plane, and every atom and molecule will truly begin to feel, see and believe Heaven on Earth, and the coming of the New Golden Age. For the prism of Light beholden from the heart center of the Holy Mother, the Holy Father and the Holy Child, will penetrate through the veils of illusion on this Earth plane, and you will truly become again Sons and Daughters of God, walking hand in hand with the entire Company of Heaven; in the trinity of the three-fold flame of Love, Power and Wisdom.

The entire Spiritual Hierarchy, including the Christed

Extraterrestrials, the Pleiadians, the Sirians, the Andromedans and the Arcturians, all of the Light, as well as the Archangels and Angels, the Trinity Lords of Light, the Chohans of the Rays, the Mighty Elohim, the Brotherhood of the Light, the Planetary, Solar and Galactic Logoi, and the Galactic Federation of the Light, Overlighted by Mother/Father God, the Great Central Sun, the source of All That Is, and the

Mahatma, this wonderful Avatar of Synthesis, have requested that you join with them on the June 21, 2001, for this incredible unfolding of Service in Love.

Gill will be facilitating a three-day Light conference in Egypt for this incredible Light event, and invites you to assist in this Service work through linking with us globally at the appropriate GMT time or your local time, should this be more convenient for you.

The visualization with regard to this Planetary Light work will be hosted on our website from June 2001, as well as initiations one through to four. For further details on this tour, please visit our website at <http://www.pleiadianlight.net>

– Gill Patterson.

I would like to honor the influences of the following Light Beings in the co-creation of this article.

Dr. Joshua David Stone in The Complete Ascension Manual – How to Achieve Ascension in this Life Time. Website: <http://www.drjoshuadavidstone.com>

Patricia Diana Cota-Robles in What on Earth is Going On? Website: <http://www.1spirit.com/eraofpeace>

Drunvalo Melchizedek in The Ancient Secret of the Flower of Life – Volume 1. Website: <http://drunvalo.net>

Editor's Note: The Light and Life Journal will be working with Pleiadian Light in hosting and experiencing the forthcoming event in Egypt. More information on FREE TICKETS will be posted soon at: www.lightandlife.com

Light and Life

JOURNAL

AN EXPLORATION OF THE SPIRITUAL UNIVERSE

FROM THE EDITOR: Here are a variety of opportunities for spiritual exploration and networking.

We are the International Learning and Training Center for The Option Process, offering personal growth programs to help people maximize their success and happiness as well as overcome adversity leading to improved health, career, relationships and quality of life. Send for our FREE video and brochure!
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Our site features, a wealth of information, including pages specifically regarding Happiness, in addition we offer a newsletter, streaming audio and downloadable video, a message board, free downloadable books, and inspirational letters and quotes.

Registration for Namaste's 2001 Gathering – "Contacting our Souls Through Understanding Our Authentic Selves"

When: August 30- September 3, 2001
Where: Living Enrichment Center in Wilsonville, Oregon. Lodging for 60 participants will be reserved on a first come, first serve basis.

Contact Shelagh Schopen at shelaghschopen@hotmail.com (425) 501-3087, or Betsy Bower at bbower@wolfenet.com (425) 814-8097. If possible, please contact us by e-mail to ensure you will get an immediate response.

Greetings dear ones, there is a new interface for healing power:

<http://pure-research.net/healing/healing.html>. New sections and additions to the foundation. Access through the words on the main page: <http://pure-research.net/healing/passage.html> or <http://pure-research.net/healing/mp3.html>.

Navigate lens flares and link words Access hidden sections through pictures. Lots of new content to support our accelerating BEing and tweak our focus during this time of transformation.

*balancing the pairs of opposites
we find the middle way
lighted and true
we stand in spiritual being
in the midst of the flux
in the midst of the chaos
in the midst of love redeeming life in density
we are here
we are one
we are eternal
blessings and grace,
amenadivine*

Rob Davis, a friend from New Jersey, recommends an examination of the work of **Alister Hardy**, once professor of Zoology at Oxford, who undertook a study of religious experience under the auspices of the Religious Experience Research Unit at Manchester College. He published his results as *The Spiritual Nature of Man* in 1979 and it can be partially referenced on the web at: <http://www.uia.org/humdev/38sigsp.htm>

The free E-Book "Inner Light

Outer Wealth" at <http://www.netSPACE.net.au/~sooznaid/> contains a wealth of spiritual/esoteric concepts AND traditional personal development material. The e-book's style is accessible and easy to understand. Plus, it's FREE. Like our main website, it combines these ideas in a unique and valid manner. You will learn:

The ONE great secret ALL the Spiritual Masters had in common and how YOU can use it to manifest what you want in your life; 10 things you can do to make a quantum leap in your life fast; How to develop a life of contemplation and peace in the midst of outer turmoil; How to use the events and people in your life as a perfect self-teaching system; How to awaken from the thought systems you have inherited, that aren't even your own, but which totally control your life; The key to balancing wealth and spirituality. Most people have no idea whatsoever The 10 steps to contacting your Higher Self and more.

You can download your copy of the "Inner Light Outer Wealth" E-book as an uncompressed Adobe Acrobat PDF file. Alternatively, if you have Winzip, you can download it as a compressed PDF file, thereby making the download somewhat quicker. The book requires the Adobe Acrobat Reader 4.0 to be installed on your computer. If you do not have this, please first click here to visit the Adobe site and download the Acrobat Reader 4.0. It's free and very quick to download.

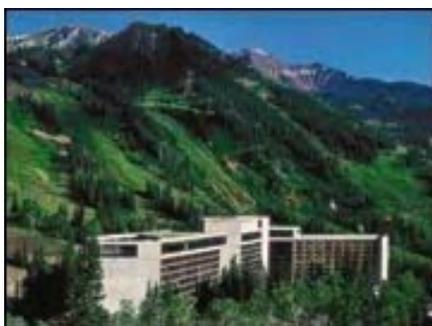
Hello fellow mortals, Just like to announce that the newly updated **Interfaith Unity website** is now up. It's at: www.urantiabook/fef/frc Comments and suggestions are welcome. Please e-mail me directly.

Eternally, Richard S. Omura

Just a notice also about a new book of mine called *Katsugen - The Gentle Art of Well-Being*. It's not directly related to The Urantia Book but it does have spiritual and philosophical material that I have gleaned from the book. The subject matter is a Japanese self-healing technique involving free movement that I learned after I had brain surgery as a kid living in Japan. You can get the book at www.amazon.com or at www.iUniverse.com. You can even read the book for free online at iUniverse. (type in title in the search blank)

My other books: *The Seven Circles* and the *The Tao of God* may be checked out at: www.RichardOmura.com

Peace, Richard S. Omura



Announcing the ... 2001 International Teaching Mission Conference July 5-8 in Snowbird, Utah.

Theme: Down to Earth Spiritual Reality: "Embrace Spiritual Reality with Practical Arms"

To register, call Deborah Pecorelli at 801-566-3733 or e-mail dord@sprintmail.com Register before April 1 for \$35/\$45 after. Snowbird Resort (pictured above) rooms: 800-453-3000, group rates.

The Universe is a Big Place

by VALERIE DONNER (cont.)

To give you an example of my channelings I am now turning this article over to the Ascended Master Djwal Khul:

Greetings beloveds. I am Djwal Khul. So you are interested in inter species communications. I can tell you quite a bit about this topic. It is one of my favorites.

We in the Light Realms communicate this way and only this way. We do not need vocal chords to express ourselves. In truth, all is open and known although there is courtesy and etiquette that must be followed. We are most pleased that some of you are awakening to this remembrance, like this channel. In the future you will all be telepathic. Depending on your purpose, destiny and contracts, you will do this to varying degrees. Some of you are "divine communicators" and that is why you are already communicating with us telepathically.

Once you open telepathically you can communicate with all forms of life, seen and unseen, living in the third dimension or not. You can talk with plants, animals, trees, rocks, bushes, minerals, for everything has consciousness. Once you tune into the energy and consciousness of the being you can communicate. This should be exciting to you because you are tiring of your television sets, radios, phones, computers, and other electronic devices. Some of you are already getting bored. You want more and it is more that you shall receive.

Become open to receiving. Sit down. Tune in. Be quiet. Meditate. Don't think you are imagining what you are hearing, seeing or feeling. We are much more real than the hair on your head or the clothes you wear as you walk down the street. Begin to take notes on what is coming to you. Trust.

It is simple and easy. It is fun and surprising. It is time for you to begin practicing using your abilities. Practice makes perfect. We know you have heard this before.

What you do not know is how easily each and every one of you can do this communication. Babies do it. They remember. Some babies being born now even remember how to speak, read and write but they are cautioned from their guides to wait until they fit into the appropriate stage of development on planet Earth. Follow your heart and it will lead you. Look at a picture of some one with whom you would like to communicate. Meditate on it. Feel the energy.

I recommend you talk to God. I know some of you have issues with Prime Creator, but when you let down your guard and open your heart to His presence you will be grateful to become one with Him again in your heart.

There are many different realms, realities, dimensions, tools, universes, and beings in creation. It is unlimited and so are you. Begin to shed your limited thinking, stretch your minds, and open your hearts to be and receive all that God has to offer. You will find yourself opening up the pearly gates that you have longed for, the opening to going Home. You may call upon any of us for assistance at any time. We are here to serve only we need you to ask us. Ask and you shall receive. I am Djwal Khul here in loving service.

Valerie Donner, M.B.A., is the founder of The Ground Crew website: www.thegroundcrew.com She is a writer, speaker, teacher, spiritual counselor, intuitive reader/healer, and channel. You may reach her at: The Ground Crew, P.O. Box 889, Mount Shasta, CA 96067. Phone: 530-918-9128 or e-mail: valeriedonner@prodigy.net

Transforming Anger

by JAMES H. YOUNG

It was a blow-up for the silliest reason, wasn't it? You're mortified, but you're calm now. What in the world triggered that outburst and how can it be avoided?

"Awareness is the by-product of education. Understanding is the result of personal investigation and dedication to the truth." (Ron Lawson)

Welcome to the club - we've all skinned our knees. We've all done it and we're all fighting the same battle, the struggle with self.

Perhaps it might surprise you to know that anger is no more evil than any other emotion. Joy certainly is not evil, even some less desirable emotions like sadness or grief at the loss of a loved one are not inherently evil - it's how we use them, what we do with them. These are our emotions, it's up to us to control them. Sad is okay when it's time to be sad, but then we need to put it aside when we're done with it. It's like putting all our toys back in the toybox before leaving the nursery for lunch or to go outside and play.

You may not like being referred to as children in a playroom or nursery, but what would you say if I took the analogy just a step farther and say to you that we are all children of God. Simplistic? Perhaps. True? Definitely!

The goal of anger management is to transform it into a more manageable and useful entity. We are the lion tamers of our soul, if you'd like it put poetically. You see, as normal as anger is, you simply cannot let it control the rest of you or the rest of your emotions. There must be a delicate balance of power, as it were. Do you see any of your other emotions lordling it over the others? Anger will gladly do that - it is very good at rising to the occasion. It can become an absolute tyrant, enslav-

ing you relentlessly to its every whim. Who loses then? You do. Your friends and family do, too. Anger will also gladly wreck your health and your nerves if you let it. Don't let it!

I will do this much for you right now: I will give you a key to help you transform anger. It will give you something to think about as you continue reading about my experiences with it. Here it is. Remember these five words: anger management lies in service. Service? Yes, service.

Let me say at this point that the western world has very little understanding of service. Service is an eastern concept. The best example I can give you is to tell you about a pivotal experience I had on a trip which included Tokyo, Japan. I was with a church group wandering some of the streets in the Shinjuko section of the city near our hotel. We were looking for a post office to buy some Japanese stamps for our wish-you-were-here postcards to send back home. Ah! American tourists! Several of us blundered into what we thought looked like a post office and started to move towards the nearest counter. Do you know the difference between a Japanese post office and a bank? We didn't, but we soon found out. One gentleman was conducting business at the counter with a teller as we moved towards him. He turned to face us, immediately stopped what he was doing, pushed his paperwork aside and devoted his entire attention to helping us. He wasn't the teller. No, he was just a citizen reacting to the eastern concept of service. Not one of us knew Japanese and he spoke no English. By a process of gestures and vocal inflections he finally took us outside the bank and found a mail deposit box. He then honored us with a courteous bow and returned to the business he was transacting in the bank. We still hadn't gotten our stamps, but really, after this cultural interaction we didn't mind. We were to

find out later that we could have gotten them from the front desk at the hotel we were staying in. What an adventure in culture that was for us, though! That one nameless gentleman that day did more for my appreciation of his culture than any ambassador or governmental representative could have; it came from the heart, nothing else. You see, that's what really made the big difference. He also helped me understand service as I had never been able to understand it before.

I mentioned earlier that we are God's children. Even some liturgical formats include glimpses of service. The Book Of Common Prayer has a prayer that goes, "Oh, God...Whose service is perfect freedom..."[A Collect For Peace from Morning Prayer] Here we come across another concept that bumps headlong into service - the notion of free will. Without debating theologically, the concept is that God gave us free will, to either serve Him (here's that word "serve" again) or not. There is a choice. Service as freedom is not really as much of a paradox as you might imagine. It simply means we can choose to make our service perfected by using the will we have to try to align our will to God's will. But, oh, how powerful and self reliant our own wills can be! I do know that from experience. Anger management lies in service.

I found perhaps one of the most powerful works on service because I am a bookaholic. I really enjoy browsing in used book stores. One day I came across a small thin book with a green cover lettered in stamped gold. The copyright date was the late 1890s and the author was Phillips Brooks, at that time Episcopal bishop of Boston. The book contains one sermon, which was a common way then to pass around popular sermons. I guard my copy; it has long been out of print, but it was well worth the quarter I plunked down for it. If you're

(Continued on page 47)

Maybe We're Not Alone

A college teacher's book details contact with Extraterrestrials, Jesus

by **Thomas Ropp, Staff writer**
The Arizona Republic

On June 19, 1994, Jesus told Courtney Brown that humans help extraterrestrials because they, like us, are going through a difficult time.

Yeah, I know. But before you totally dismiss this, please read on:

Brown is an assistant professor of political science at Emory University in Atlanta, specializing in non-linear mathematical modeling of social phenomena.

He's also a "remote viewer" - he says he has the ability to shift his awareness, allowing him to accurately perceive information at great distances across space and time.

Initial interest in the phenomenon originated within the Central Intelligence Agency in the 1970s, but the bulk of research was conducted by U.S. Army Intelligence. The Army recently admitted using remote viewing in the '80s and '90s in an espionage operation called Stargate.

But something unexpected came out of the Stargate era. Some military remote viewers became bored with Earthly targets and began turning their psychic probing to bigger enigmas.

In his book *Cosmic Voyage* (Dutton), Brown writes about how he and other remote viewers have made telepathic contact with two races of extraterrestrials, plus "subspace" helpers called the Midwayers, and important spiritual teachers — like Jesus and the Buddha — who at one time lived as humans on Earth.

He even reached God. Sort of.

"If anyone had asked me four years ago if I'd ever write a book like this, I would have said you got to be nuts,"

Brown said. "And I suppose I'm in a situation where I'm probably going to catch hell for a couple of years. You know what happened to Dr. John Mack."

Mack is the Pulitzer Prize-winning Harvard professor and psychiatrist who studies people who say they've been abducted by extraterrestrials. In 1994, Mack wrote the controversial book, *Abduction*, which supported many of the abductees' claims. Harvard wanted him fired.

The reaction at Emory University has not been as severe for Brown. But apparently no one there is bubbling over with ebullency, either.

Jan Gleason, of Emory's news and information bureau, said the official position is "no one is judging it" and that "Emory president Bill Chase is committed to academic freedom."

The unofficial proclamation is that no one is reading it. Gleason said she had not read *Cosmic Voyage* and knows of only one person who has.

Ed Stackler, Brown's editor at Dutton, said he doesn't necessarily agree with Brown's findings.

"It's difficult to prove these things," Stackler said. "But I wanted to acquire his book because I found it fascinating, and I knew the author had strong credentials in remote viewing."

Stackler said sales of *Cosmic Voyage* are exceeding expectations.

THE ET FACTOR

Much of Brown's cosmic wanderings has focused on the UFO phenomenon. He said he and other remote viewers have corroborated important information about extraterrestrials and their interest in humans.

He believes the dominant

extraterrestrial is the one abductees have been describing for years as short, gray, with praying-mantis-shape heads and enormous black eyes. In UFO parlance, they have become known as "the Greys."

Brown remote-viewed the Greys in their ships and on the moon and has even gone back in time and witnessed the destruction of their home world. He believes the Greys are so advanced that they're aware of his "astral" presence when he's remote-viewing them. He's learned this about them:

Greys communicate telepathically in a collective consciousness or group mind. They have been abducting humans (Brown says he's witnessed this) in an ongoing genetic engineering program to benefit both humans and their own species.

Brown believes the Greys are attempting to speed human evolution and enhance our spirituality by creating humans with some Grey genes. Brown believes the idea behind this is that if humans can evolve faster, we may still be able to divert a forthcoming total ecological collapse on Earth. But the Greys also need us, Brown said. He thinks they have reached an evolutionary dead end. In order to survive, they need emotions and they need to be more individualistic. They need human genes.

Despite the fear abductees have experienced, the Greys are benevolent, Brown said. They are gathering and preserving our disappearing plant and animal species for re-establishing on Earth at a time when humans have evolved into better caretakers.

The Greys are building a new Earth-like planet where some humans will

Not Alone Dr. Courtney Brown and Remote Viewing

be relocated as our environmental trouble rapidly accelerates in about another 50 years.

The second group of ETs on Earth, who look more like us, are descendants of Mars refugees. At one time, Mars had an atmosphere similar to Earth's, but it was destroyed by a comet or asteroid. The Greys helped survivors relocate underground in several Earth locations, including in caverns underneath Santa Fe Baldy, just north of Santa Fe.

Brown believes our first United Nations' sanctioned contact with extraterrestrials will be soon and will be with the Martians of Santa Fe and not the Greys.

"The Martians have been set up with a level of technology that is about 150 years ahead of our own," Brown said. "It would be beneficial for both our races to make contact."

Santa Fe Mayor Debbie Jaramillo had no comment.

THE MIDWAYERS

To understand the Midwayers, we must understand the essence of ourselves.

Brown believes at least two forms of life exist - physical and non-physical (subspace). Humans are composite beings. Our physical forms are inhabited by our subspace forms. Physical life forms are temporary - they eventually die. The subspace aspects persist, apparently forever.

"Our human souls are simply our subspace selves that existed before we became physical and will continue to live after our physical bodies decay and slough off," Brown said.

He says advanced sentient races like the Greys understand this, and they actively communicate across the physical-subspace divide, often using technology to bridge the physical and

subspace gap. Most humans, on the other hand, are not advanced spiritually enough to perceive both realms simultaneously. Life for us is what most of us experience through our five physical senses.

Brown believes that humans who have become UFO abductees might actually have volunteered their services while in their subspace aspects - an agreement they can't remember while living in physical human form.

Midwayers, according to Brown, are subspace beings just outside our physical viewing range. However, occasionally they appear to humans as ghosts or angels.

Brown said the military originally discovered them while remote-viewing non-physical targets from The Urantia Book, a book of spiritually oriented revelations that mentions the Midwayers.

"The military was shocked to discover these Midwayers actually existed," Brown said.

As far as Brown can determine, the Midwayers are something like guardian angels, assigned to Earth to work with the subspace aspects of humans to promote human evolutionary potential.

Many of Brown's experiences in remote viewing sound amazingly similar to episodes from the television series Star Trek: The Next Generation. He said there's even a galactic federation in subspace. Humans, of course, are not members, but the Greys are full members in good standing. The Star Trek connection is not by accident, Brown insists. In an attempt to get humans used to a bigger world where we are not at the center, Brown said the Midwayers and ETs have influenced the writers, producers and power brokers of Star Trek and other popular

TV shows and movies. He even has witnessed ETs implanting an idea into a Hollywood mogul's mind as he dreamed.

"He woke up the next morning with this great idea for a story, never realizing that the idea wasn't really his," Brown said.

MORE JESUS

One of the great surprises to Brown and his monitor (remote viewers usually work in pairs) was the ability to target people who had died. Naturally, Brown focused on the most influential, including Buddha; Guru Dev, a great teacher of meditation; and Jesus.

Brown said he's not trying to change or denigrate anyone's religious beliefs, but is only reporting what he and other remote viewers have come across.

His contact with Jesus was especially moving.

"He was wearing a gown, and he was somewhat translucent," Brown said. "His hair seemed to be made of light. I soon got the impression that Jesus wasn't this austere fellow I grew up believing he was. He seemed quite friendly, and I detected a sense of humor."

Brown said he also had the feeling Jesus was expecting him.

Jesus' message wasn't all that different from that of 2,000 years ago: All things are a manifestation of God's love, and no life form is more important than another. The only difference between bees and bears, humans and extraterrestrials is their degree of evolution. Humans, Jesus told Brown, must help others in their evolutionary path. This includes extraterrestrials.

"Jesus didn't just say we should work with them," Brown said. "He conveyed the clearest concept of a command that I have ever received

from any being while remote viewing.”

Jesus also said that humans have free will.

The only time Jesus appeared upset, Brown said, was when Brown asked if non-Christians had to call on him to evolve fully.

“Quite forcefully, he stated that a name is nothing,” Brown said. “Everything depends on personality development. Understanding and loving God is the important thing. That is what carries us through evolution.”

“GOD CONSCIOUSNESS”

Brown said he and his monitor had tried to steer *Cosmic Voyage* away

from religious topics. But that became impossible when the idea of evolution toward some central point reappeared wherever they looked. Moreover, religious themes kept overlapping with what they thought were simple extraterrestrial concepts.

In one session, he and his monitor couldn’t resist trying to target God. He received no definite answers this time, but was left with a series of impressions:

“In my view, God has many aspects,” Brown said. “But we can only understand parts at a time.”

Brown believes our ability to understand each aspect of God depends on our own level of evolution toward what some call “God consciousness.”

“It seems that God is sentient and literally exists in fragmented form in evolving life and everything else,” Brown said. “It is as if God experiences joy in creating matter and life from his own substance and then living life through the experiences of species everywhere.”

In his next book, Brown plans on writing about the darker forces in the universe, including Satan and Lucifer, whom he claims are real personalities that are currently in subspace jail.

*Published on Sunday, March 3, 1996
Section: Life Page: F12*

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Cosmic Voyage is available at local bookstores. More at: <http://www.farsight.org/resources.html>

COSMIC VOYAGE

A BOOK REVIEW

by Angus Bowen

Sometimes the best way to explain something to someone is not to try to tell them what you think about it. Instead, Dr. Courtney Brown tells you what he experienced and then offers his interpretation of it, based on his accumulative experience in the arena of Remote Viewing.

You are then free to agree or not. He describes things that could shatter your current perceptions. While some of us find this an exhilarating experience, some might also find it disturbing, uncomfortable to ingest.

It’s not a new book, it was published in 1996, but for those who are just discovering it, you will indeed find it a “Cosmic Voyage” via remote viewing. It defines incidents, such as Roswell, abductions, ET and sub-space encounters. It explores the galaxy, the universe, and the intent of God. It engages in conversations with Jesus, Buddha, and Guru Dev. It will unveil the evolution of two other civilizations in our immediate

galactic community that have a presence on our world and discusses how much we can learn from them and how much their survival depends on us.

“Cosmic Voyage” is as comfortably scientific as it is alluring and charming. It allows you to understand what actually happens in SRV - Scientific Remote Viewing and why this ability -- that any one of us can learn, -- may be the key in establishing an inter-species alliance with

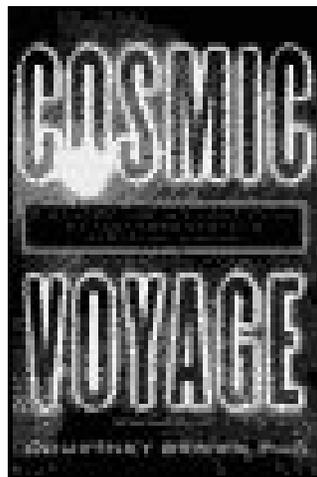
our unseen neighbors -- personalities that are as real as you are ... some closer to you than your next breath.

From: Dr. Courtney Brown:

“At The Farsight Institute, most of us do research. We research the phenomenon of remote viewing. We are primarily interested in the process of remote viewing itself, such as how it works and how it can be made more reliable under a wider range of circumstances. There are some clearly defined theoretical and practical problem areas in this field that need serious investigation.

“We are a non-degree and non-certificate granting nonprofit research and educational institute. Our primary focus is to conduct research using remote viewers who are trained in the use of an evolving although largely standardized viewing methodology, Scientific Remote Viewing®. Our research activities are totally funded by external donations and grants. We are an interdisciplinary organization. Those who work with us come from a variety of fields. Remote viewing is the common thread that ties all of our research together.”

<http://www.farsight.org/resources.html>



Cosmic Voyage

by Thomas Ropp, Arizona Republic

You don't have to be psychic to be a "remote viewer." "It's not channeling or out-of-body," said Cosmic Voyage author Courtney Brown. "It's a shifting of perception through a mechanical method."

Brown said remote viewing is like being blindfolded and then dropped into Rome. Once you've arrived, the blindfold is removed and you can smell the smells and observe people walking around talking a different language.

Advanced remote viewers sometimes work alone, but they usually use a monitor. Brown said his monitor also is his instructor, a former high-ranking person in the U.S. military who wishes to remain anonymous (as do most people connected to remote viewing).

While in a non-ordinary state of reality, the remote viewer stays in contact with the monitor through verbal communication.

"The monitor guides you through your target," Brown said. "The monitor can tell you to do more things and gather information that you wouldn't think of on your own while in this particular state of awareness."

The mechanical method of remote viewing consists of seven stages in which the unconscious mind feeds information to the conscious mind in a way that is understandable. In stage three, for example, the remote viewer draws an initial sketch of the target. In stage five the remote viewer is instructed by the monitor to obtain details regarding specific structures, such as the furniture in a room.

Remote viewing is not new, Brown says. He thinks ancient seers were probably using remote viewing.

"But what they were seeing was explained in the context of their own culture, so they might not have really understood what they saw," Brown said.

Take Adam and Eve, for example. Brown said he saw Adam and Eve in a remote-viewing session, but they were not naked primitives in a lush garden. Brown believes Adam and Eve were extraterrestrial genetic engineers who were responsible for seeding the planet with a new species that evolved into humans.

One of the biggest discoveries Brown has made through remote viewing is that in subspace (a non-physical realm), linear time no longer applies.

"When you remote-view a past or future event, there's no experiential difference," Brown said. "You're just there. If you send somebody else back to that same event, they can



actually find you remote-viewing them. So you become part of the past."

Brown said time doesn't exist unless you're stuck in it. He believes it's possible that some of the UFOs flying around may actually be piloted by future humans who are keeping tabs on what's going on in their past — what we perceive as current time.

"It sounds weird, but I suppose you could be watching a ship fly by and you, as a future human, could be in it," Brown said.

Only 19 remote viewers, mostly descendants from U.S. military programs, are trained. Many more viewers are needed because of the number of targets to be explored.

Our government, Brown said, has known the real story about UFOs and extraterrestrials for some time, courtesy of their remote viewers. Since he has the same information now, he understands why the government wasn't and still isn't sharing.

Brown said he's not particularly concerned about military retribution for publishing a book on a topic that was once considered top secret. In fact, he has actually become more sensitive to our government's handling of the UFO phenomenon.

More on Dr. Courtney Brown's books:

Dr. Brown has written five books, two of which are on the subject of remote viewing. In addition to his commitment to advancing basic science research in the remote viewing phenomenon, he also has a personal and separate interest in applying remote viewing to investigate the subject of extraterrestrial life.

His book, *Cosmic Voyage: A Scientific Discovery of Extraterrestrials Visiting Earth*, describes his first investigation using remote viewing as a data gathering technique. It is now available in various languages. His second book on the subject of remote viewing, *Cosmic Explorers: Scientific Remote Viewing, Extraterrestrials, and a Message for Mankind (Dutton)*, continues much of the substantive content of *Cosmic Voyage*, but it also contains an entire text explaining the mechanics of Scientific Remote Viewing®. It is also available in paperback (Signet).

THE URANTIA PAPERS: **The Universal Father**

Studying the Fifth Epochal Revelation, with Marty Greenhut

[EDITOR'S NOTE] **The Urantia Papers are published in *The Urantia Book*. There are 196 papers in the Urantia Book which is divided into four parts; Part One, The Central and Superuniverses; Part II, The Local Universe, Part III, The History of Urantia and Part IV, the Life and Teachings of Jesus. The Authors of the papers are all celestial beings whose order, place of origin as well as their authority as revelators are noted at the end of each paper.. Book Four, The Life and Teachings of Jesus was "...sponsored by a commission of twelve Urantia midwayers acting under the supervision of a Melchizedek revelatory director. The basis of this narrative was supplied by a secondary midwayer who was one time assigned to the superhuman watchcare of the Apostle Andrew."**

Since this issue of the Light and Life Journal features the "Inter-species Alliance"... the liaison and cooperative activities of mortals and our unseen planetary helpers, we are especially happy to present this excerpt from the Urantia Papers. This revelation occupied a long term (fifty years) liaison between the celestial revelatory commissioners and the mortal contact commission in Chicago from the early 20s until publication of the book in 1955. A report of the story of this "interspecies" liaison can be found in the book "History of the Urantia Movement," prepared by Dr. William Sadler, chief of the Contact Commission. This booklet is available from the Jesusonian Foundation, (item #123 in their catalogue) for \$3.95 plus \$3 postage and handling. Call (800) 767-5683 or write to Jesusonian, P.O. Box18764, Boulder,

CO 80308. The Urantia Book can also be purchased from the Jesusonian Foundation in various editions ranging in price from The Spanish translation soft cover for \$15.95 or the English soft cover for \$19.95 to the collector's leather bound with gold-edged pages for \$59.95.]

The Urantia Book Paper 1.

[The following excerpts from the Urantia Book, Paper 1, were taken from the UB on line at <www.ubfellowship.org>.]

P21, Par.1 **The Universal Father is the God of all creation, the First Source and Center of all things and beings.** First think of God as a creator, then as a controller, and lastly as an infinite upholder. The truth about the Universal Father had begun to dawn upon mankind when the prophet said "You, God, are alone; there is none beside you. You have created the heaven and the heaven of heavens, with all their hosts; you preserve and control them. By the Sons of God were the universes made. The Creator covers himself with light as with a garment and stretches out the heavens as a curtain." Only the concept of the Universal Father — one God in the place of many gods — enabled mortal man to comprehend the Father as divine creator and infinite controller.

P21, par.3 **The enlightened worlds all recognize and worship the Universal Father, the eternal maker and infinite upholder of all creation.** The will creatures of universe upon universe have embarked upon the long, long Paradise journey, the fascinating struggle of the eternal adventure of attaining God the Father. The transcendent goal of the children of time is to find the eternal God,

to comprehend the divine nature, to recognize the Universal Father. God-knowing creatures have only one supreme ambition, just one consuming desire, and that is to become, as they are in their spheres, like him as he is in his Paradise perfection of personality and in his universal sphere of righteous supremacy. From the Universal Father who inhabits eternity there has gone forth the supreme mandate, "Be you perfect, even as I am perfect." In love and mercy the messengers of Paradise have carried this divine exhortation down through the ages and out through the universes, even to such lowly animal-origin creatures as the human races of Urantia.

P22, sec.1. par.2 **The Universal Father never imposes any form of arbitrary recognition, formal worship, or slavish service upon the intelligent will creatures of the universes.** The evolutionary inhabitants of the worlds of time and space must of themselves — in their own hearts — recognize, love, and voluntarily worship him. The Creator refuses to coerce or compel the submission of the spiritual free wills of his material creatures. The affectionate dedication of the human will to the doing of the Father's will is man's choicest gift to God; in fact, such a consecration of creature will constitutes man's only possible gift of true value to the Paradise Father. In God, man lives, moves, and has his being; there is nothing which man can give to God except this choosing to abide by the Father's will, and such decisions, effected by the intelligent will creatures of the universes, constitute the reality of that true worship which is so satisfying to the love-dominated nature of the Creator Father.

P26, sec.4.par.1 The infinity of the perfection of God is such that it

THE URANTIA PAPERS

eternally constitutes him mystery. And the greatest of all of the unfathomable mysteries of God is the phenomenon of the divine indwelling of mortal minds. The manner in which the Universal Father sojourns with the creatures of time is the most profound of all universe mysteries; the divine presence in the mind of man is the mystery of mysteries.

P26, sec.4. par.2 The physical bodies of mortals are “the temples of God.” Notwithstanding that the Sovereign Creator Sons come near the creatures of their inhabited worlds and “draw all men to themselves,” though they “stand at the door” of consciousness “and knock” and delight to come in to all who will “open the doors of their hearts;” although there does exist this intimate personal communion between the Creator Sons and their mortal creatures, nevertheless, mortal men have something from God himself which actually dwells within them; their bodies are the temples thereof.

P26, sec.4 par.3 When you are through down here, when your course has been run in temporary form on earth, when your trial trip in the flesh is finished, when the dust that composes the mortal tabernacle “returns to the earth whence it came,” then, it is revealed, the indwelling Spirit shall return to God who gave it.

There sojourns within each moral being of this planet a fragment of God, a part and parcel of divinity. It is not yet yours by right of possession, but it is designedly intended to be one with you if you survive the mortal existence.

From September Rain, 11/15/00 A commentary of Paper 1, The Universal Father for our UBRON <<http://ubron.org/ub.cfm>> Slow Train e-study.

1. God can be recognized only in the realms of human experience.
2. Those who know God have experienced the fact of his presence.
3. The Creator God maintains contact with his creature children and his created universes.
4. God is a universal spirit.
5. Mind is joined to matter and cannot survive mortal death. However, a God-conscious intellect gradually becomes spirit taught, and eventually, spirit led.
6. There sojourns within each mortal being of this planet a fragment of God, a part and parcel of divinity.
7. God is discerned through the things

he creates, as well as through the revelation and ministration of his sons and their numerous subordinates.

8. Without God there is no personality in the universe, for God is personality.

9. The idea of a personal Deity becomes the measure of religious maturity.

10. God directly participates in the personality struggle of each imperfect soul who seeks to ascend to the spiritually perfect worlds. In all your afflictions he is afflicted, in all your triumphs he triumphs. In him we live and have our being.

11. Ultimate universe reality cannot be grasped by mathematics, logic or philosophy, only by personal experience in progressive conformity to the divine will of God. Neither science, philosophy, nor theology can validate the personality of God. Only the faith sons of the heavenly Father can effect the actual spiritual realization of the personality of God.

12. The higher concepts of universal personality imply identity, self-consciousness, self-will, and possibility for self-revelation.

Imagineering

**Most of our barriers are imaginary.
We are too busy building them up
to tear them down.**

**Most of our fears are imaginary.
Of things that will never happen
unless we make them so.**

**Most of our worries are imaginary
Once we begin to use our minds as
instruments of growth instead.**

**Most of our enemies are imaginary,
Brothers and sisters lost to the
Light that we may give.**

**Most of our days may be imaginary,
Until we flow in the spirit glow that
God wishes for us in each moment.**

**Most of our Utopian dreams are
imaginary too.**

**But they are the nectar of Godliness
that will turn us ever upward to
serve**

**Where imaginations become joyous
creations in the Light of All Loves**

Imagine that.

**No fear and no worries, then no
barriers
Live love in the moment; God will
carry us.
And the numbness of days lived in
rote
Will vibrate in spirit lives, afloat,
seamlessly wondrously serene
when waters of love wash us clean**

The Za Ma Ta Pak: More Celestial Help is Here

by **Sheldan Nidle**

for the Spiritual Hierarchy
and the Galactic Federation

Greetings! We come, blessed Lights, bearing some interesting information. In our last message, we referred briefly to a classification of physical Angels who opted for a more etheric body. Heaven allowed some of these special Beings to assume a crucial role in physicality. Here, under the authority of Lord Surea and Lady Assyria, they have graciously acted as the main liaisons between their more physical brethren and a whole host of heavenly Orders. For this reason, they have long been called, in Sirian, 'Za MaTa Pak' or literally 'the powerful divine messengers of Heaven'. For many eons, these Beings have considered your world a very important part of physicality. Their energies have been strongly focused upon your success. These sacred intentions have permitted Heaven to authorize the divine intervention that is, currently, underway. This intervention is truly special. It has been firmly decreed by Lord Surea and provided for in the commands of the Creator's divine plan. The Council of Nine, and the Blue Lodge of the Blue Flame of the sacred Light of Creation oversee it.

This special intervention is occurring in three ways. First, there is the spiritual approach that alters your genetics, while turning you toward Spirit. Second, the physical, which integrates your physical body with your various spiritual bodies by raising your base frequencies and by forging new energy centers (chakras) in your body. Finally, there is the mental component, which produces various new technologies while setting the stage for many other genuinely amazing physical resources. Some of these resources have already been launched, while others are in the process of occurring. Dear Children, it is important that you understand that your reality truly has changed. Heaven is fully committed to rapidly altering your last barrier - your core perceptions. These crucial changes are happening, quickly and on many levels, to your society and to you. We have just described the three major ones. In truth, you are surrounded by a myriad of such groupings. Each minor level has been arranged to assure the swift success of the three major ones.

This process is accomplished by assigning certain Orders of Heaven to specific tasks, which the special Beings mentioned at the beginning of this message coordinate. Such Beings exist in the higher realms of physicality. They possess the capability to surround physicality with their divine intentions. Heaven first manifests through the use of pure, well-balanced thought. To sustain this process in physicality, it is necessary to translate this thought into a unique electromagnetic energy.

Then, this intention can be manifested when desired by the divine plan. The primary facilitators of this process, the 'Za MaTa Pak', translate this energy and send it throughout all of physical Creation. They give its essence to the many Councils of Galactic Presences (Ascended Masters), who can adjust this sacred energy to each reality and use it when necessary. Finally, specific feedback energies from each reality return to Heaven in much the same way as they were sent. Clearly, the Creator has established a marvelous way to unfold Creation's many wonders.

You need to see this process as simply a series of joint actions that are carried out collectively and individually. They can exist as the smallest aspect of any reality, or as the whole of physicality. Each action, however, has a purpose and results in an 'event', which produces an energy employed in the next action. Bear in mind that these events occur in a sequence that includes past, present and future. For this reason, many occurrences in your life may seem like *deja vu*. Other times, they may seem to happen for no apparent reason at all. In any case, they are simply signs that these events occur in your reality. Think of them as a way to teach you how this process operates. You could use this to validate this explanation. At any rate, know that you are a vital part of these actions. Every moment you anchor these energies in to this reality and play a major part in their usage.

Each segment of physicality is created as a vortex. At its heart exists a massive singularity. These are entwined around each other like a tightly woven cloth. Using these intersecting points or nodes, you can, in effect, move from one reality to another. Regulation of this process, one of Heaven's main tasks, is carried out through the good offices of the Za MaTa Pak. In this instance, they act as Heaven's Overlords of physical Creation. Every event in physical Creation must be balanced by an action that occurs through these interspatial nodes. Many Orders from the Angelic Realms are in charge, assisted by information given them by these physical Overlords. Hence, the thoughts of the Za MaTa Pak sustain every physical atom and its countless parts. In this, your input allows them to learn what perceptions, presently, are sustaining your mental and spiritual reality constructs.

Physicality is in a continuous state of change. Remember that physical Creation is, in fact, an illusion, a dream-like state that appears quite real. You have come into this land to take part in an agreed-upon series of experiences. You use these experiences, collectively and singly, to garner knowledge. The wisdom you acquire is passed on to Heaven. As we have noted, this process occurs through an array of intersecting nodes. At these points, energy is transferred in

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ANGER AMONG ANGELS *Shedding Light on the Shadow of the Human Soul*

Excerpts from the book
by William G. DeFoore, Ph.D.

It is the angel inside that warms our heart when fear and hatred would make us cold and hard. It is the healthy anger of the angel that brings a welling of love, power and the strength to take courageous action that would otherwise be unthinkable.

In the power and strength of courageous action, we see the best of the potent emotional energy of anger. In the Spanish language, there is a word, *coraje*, which carries in its meaning both courage and anger. When we mix courage, love and wisdom with our anger and channel these energies into constructive or heroic action, we invite angels to align with anger for the cause of justice, truth and goodness. Here we find the idea of the spiritual warrior emerging once again.

Angelic presence gives us depth of vision, a warm heart, courage, strength and power. It spurs heroic action, comforts us in times of fear and makes our anger useful and in service to the good. Angels among us open our eyes and hearts to the beauty and innocence of other human souls, allowing and encouraging us to touch each other at a deeper level. At any given moment, we can invite the angels in.

Each of us can provide a container that draws angels into our being and into our world. We sense that they are there . . . here . . . waiting for an opening. They want to be with us, and yet must wait for an invitation. Their nature is that they cannot—will not—force themselves or their way on us at any time, ever. They work in subtle and yet powerful ways. They are largely invisible and seek no credit for their service. Noticing them, speaking with them, acknowledging and

thanking them are some of the ways we invite their participation in our lives.

Our peace and pleasure, when aligned with beauty, truth and purpose, invites angelic presence. When we are relaxed and comfortable in body and mind, the doorway to the divine is opened. In his book *Timeless Healing*, Herbert Benson, M.D., cites research which indicates that those individuals who regularly practice relaxation, simple physical techniques for lowering tension levels in the body, tend to increase their faith and spiritual focus over time. Spirituality is a force that expands within a peaceful presence.

Read more from *Anger Among Angels*: Available in your book stores or ordered at: amazon.com, or by calling: 800-322-4773.

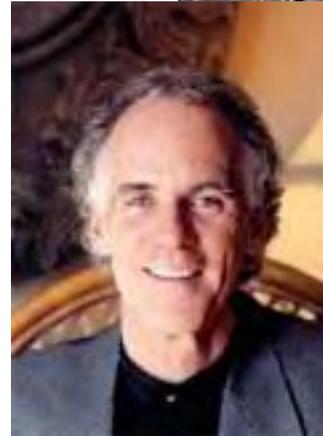
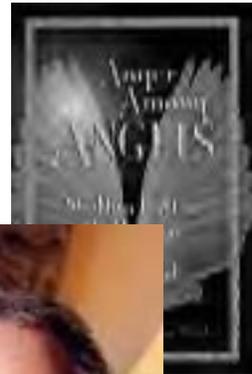
Also from Bill DeFoore:

The Sacred Animal

Our physical bodies are a place of diverse paradox. Referred to in scriptures as a temple, they are also the aspect of our existence that reminds us that we are animals.

It is the latter perspective that has us moving away from our bodies in our spiritual pursuits. We see this reflected in such statements as “I am not my body,” and in our attempts to deny “the ways of the flesh.”

There is not much in popular spirituality that guides us in loving and honoring our physical existence as mammals. The body as temple implies that there is something sacred residing in the essence of our animal nature. In our efforts to move away from this to become more pure and spiritual, we all too easily move away from the animal kingdom as a whole and the planet itself.



Our dependency on Mother Earth for our very existence is a strident reminder of our connection with the many diverse species with whom we share our planetary home. It could be that one of the reasons we are here is to discover and embrace the totality of our experience as spiritual beings in physical bodies.

In Carlos Castaneda's books it is suggested that the body itself is an aspect of the spirit. When we examine this possibility from the perspective offered in physics research, we find that indeed the human body is simply energy that has assumed a particularly unique and powerful form. Your body/mind universe is a vast and largely uncharted realm, beckoning you into its mystery and magic.

Accept the invitation. Develop practices for listening and responding to the messages of your own soul.

Hear Bill DeFoore's Commentaries

BILL DEFOORE, PH.D., is a psychotherapist, executive coach and president of the Institute for Personal & Professional Development in Irving, Texas.

Cosmic Connections The Seth Circuit

by ANGUS BOWEN

In discussing our “planetary helpers” and our “interspecies alliance,” we’d be remiss in not mentioning Seth. Seth was introduced to the world back in 1970 through the auspices of Jane Roberts and her husband Rob. It started out with, *The Seth Material* and was followed by *Seth Speaks* and then well over a dozen more books were produced with Seth poking and prodding at the very edges of our mental envelopes.

Jane Roberts’ first book was in 1966, “How to Develop Your ESP Power.” Truly, in retrospect, we can see the relationship between Jane’s interest in ESP and her eventual contact with Seth. Not only did the Seth Project introduce the ‘channeling’ phenomenon in a new fashion; it fully demonstrated the use of extra-sensory perception. Through Jane Roberts’

extra-sensory perception abilities.... she made contact with a rather profound “spirit entity” who provided concepts and insights into Universe mysteries that were undeniably more expansive than Jane Roberts’ natural perceptions would have afforded.

Perhaps Seth is the quintessential ‘planetary helper,’ in that he provided us with arguable alternatives to the then accepted norm. His relationship with Jane Roberts and Robert F. Butts clearly demonstrated an ‘interspecies alliance.’ This ‘entity’ with his profound view of universal processes, demonstrated an unmistakable personality; an undeniable affinity for humans; and a remarkable ability to effectively communicate his personal observations and perspective in terms to which humans could relate. It was a mind-expanding experience, the ramifications of which we may never fully comprehend.

The Seth material lives on today, as profoundly as they did originally in the ‘70s and ‘80’s, proving that the truth from an expanded reality is a constant lure for advancement to a diminished reality. Having a ‘belief’ or a conjecture that allows for the existence of Spirit Reality is further enhanced and assured by the actual inter-association of spirit and mortal beings. This is the “alliance.” It is made “real” because of the inter-workings of sentient beings from different dimensions as they exercise a common language and admix their distinguishing personalities. It is very much like human-to-human cooperation: A coordinated effort is undertaken; a “friendship” develops; a job is done. The alliance becomes a reality.

Our acknowledgment and appreciation to Seth, Jane and Rob for their evergreen contribution in expanding our awareness.

The Za Ma Ta Pak

(Continued from page 33)

all directions. In regulating this process, only those energies deemed essential are allowed to return to Heaven. Here, they are processed and used by Heaven to carry out its primary mission - to unfold the divine plan. As a result, physicality, in fact, resembles a vast specially formed sequencing of heavenly Light. In sustaining and gleaming this Light, we come closer to our mutual objectives.

When you see how illusory, and yet important, physicality is, you glimpse its true nature. Sitting at the upper edges of this form are the Za MaTa Pak. They know how special you are. Of all the aspects of physical Angels, you are their closest kin. It is for this reason that they have looked after you so carefully. These great Beings of physical Light have assigned many profoundly

powerful societies to painstakingly watch over you. Many of you represent Soul groups that have long resided in these mostly spiritual societies. These societies serve as a main link between organizations such as the Galactic Federation of Light and the Za MaTa Pak. Rarely do they venture into a close association with a society as primitive as yours. Yet, they understand completely how well you have disguised yourselves and where you are now so swiftly heading.

Many of these Beings have come to your world and interacted as celestial ‘way-showers’ for many prophets and seers. In this form, they have interceded, as directed by the Za MaTa Pak and the many heavenly realms. This project is still ongoing. Their tasks include providing, to your scientists and many important innovators, the

concepts behind important technologies; transforming your global society; and assisting Heaven in your preparations for full consciousness. Bear in mind that your Ascension is a complex mission that involves a vast number of Beings. Each of them understands their particular role and performs it willingly. Your disadvantage is in denying your role and in ignoring inner or spiritual messages sent frequently to explain it to you. In spite of this, you have worked miracles and sit, currently, on the very brink of your divine destiny.

We have allowed you only a brief glance at the Za MaTa Pak. Know that these Beings and their allies have helped our efforts immeasurably. Show them your gratitude by thanking them for all that they have done and continue to do on your behalf.

Sonship and the Urantia Papers: Sharing the Mind of God

by **ROBERT CRICKETT**

Reviewed by **Marty Greenhut**

This is simply an autobiography. It is an autobiography of 'a son of God' whose career has been totally focused on the search for God, and his consequent acceptance of sonship with his divine Father.

In the development of this relationship of divine sonship, Rob transcends his mortality and consciously begins his eternal life and candidacy for Adjuster fusion.

Robert Crickett was born with gifts of prophecy and clairvoyance. It looks to this reader as though he was born to write this book after having lived these remarkable experiences. It is for me, perhaps the most important book written by a mortal that I have ever read.

I would not be surprised to find it to be one of the first books of the new Holy Scriptures of Urantia's Fifth Epoch. Every page is uplifting and inspiring.

This is not to say that it is a perfect book and that every word in it is absolutely to be taken as the word of God. That is precisely the point of the Holy Scriptures of the Fifth Epoch: We are no longer to take words so seriously.

That is perhaps one of Rob's main messages. He clearly draws the lines that separate intellectual mastery and spiritual attainment. This is the voyage that Rob took and he has made charts to show us his way.

Robert Crickett was given a vision of his Thought Adjuster's arrival while in a play yard in his fifth year. He was raised as a Christian but walked

away from the church in search of the spirit when he came of age.

He searched for alternative paths to God and after years of wandering ended up becoming a Buddhist monk having retreated in monasteries from Singapore to the mountains near Tibet.

He experienced the path of Buddhism deeply and it was during his time in Buddhist study and meditation that he was given a copy of the Urantia Papers which brought him to the understandings that he needed to finalize his mortal religious studies and enter the realities of mota in sonship.

In Rob's clairvoyant visions, he travels by Seraphic Transport, shares mindedness with people on the other side of the earth, sees the spread of Nebadon while in the company of our Christ Michael, is given prophetic images of accidents, and is pressed into service in a healing ministry and in some emergency rescues.

They are reminiscent of Daniel and Isaiah, of the book of Acts, John's revelations, Kabbalists and Chasidim who visited with God in Heaven as well, as they are updated for this day and age when mortals of this epoch have access to the Fifth Epochal Revelation.

This is a very important book for any seeker of truth in this day and age. Robert Crickett is a gifted person who sparkles like a gem in Father's light. He is a healer, a prophet, a teacher and an evangelist.

To find out more and to order this book go to: www.geocities.com/sonship606.

Working with our Helpers

(Continued from page 19)

monitor and provide the human understanding to the guides. As a result, I am privy to seeing the unfolding of their life's cycle through the eyes of their guides. For each person who comes to me, there is a unique reason for their searching me out. Each session yields a new perspective on resolving and aligning life issues.

As a result, I have learned that when I see something, I am seeing only a small portion of it. When I invite guides in, I am seeing their portion of it. If I use different guides, I get a different perspective.

Just as I open myself to channel spiritual energies, each of us has the ability to connect with spirit. The only question is, to what do you connect yourself?

My own experience is that all guides are merely reflections of the I AM within each of us. Those who work through me, particularly Atamira, cradle those of us on the planet with tender mercy. There is never a sense of judgement, no matter what we might choose.

The only reason I continue to open to them is that feeling of peace, of steadiness, of silence full of an inner symphony of music that I experience more fully while they are with me. And yet I know, absolutely, that it is merely my own self turning to see myself. They are my inner source, being acknowledged. My blessings to all who read this. – **Norma Gentile (with a little help from Atamira and Amano).**

Norma is a singer, teacher and clairvoyant healer specializing in sound healing through the Heart of Light. Her recordings ("Unfurling Love's Creation" and "Meditation Chants") use music as a carrier wave for healing energies. For more information: www.healingchants.com or (734) 330-3997.

A “CRASH” COURSE IN MIRACLES

or ... The Parable of “the mother-in-law from Hell”

by JOYCE BRENTON

To say that I sometimes feel like a little missionary for A COURSE IN MIRACLES is the understatement of the age. When asked to write an article on one of my favorite subjects, I had no difficulty in accepting the assignment

First allow me to tell you what the Course is not. It’s not easy! You won’t find “ACIM for Dummies” at your local bookstore.

But suppose I told you that it was the Path to wellness, both physically and mentally. And it’s the Path to abundant living, the Path to a fuller, richer life that is, in all probability beyond your wildest expectations. That’s intriguing, isn’t it? And I might add an additional feature to my selling agenda: ACIM can help you lose weight. Ah, that has really caught your interest, hasn’t it? But I know you are already hooked because you want to know about the Parable of . . . “the mother-in-law from hell.”

Now let me quickly, in keeping with the idea of a “crash” course, tell you what ACIM is. It’s a Path to Peace. Is it the only Path? Of that I am not totally sure. I know that twenty five years in the study of scripture did not give me the elusive “peace that passes understanding.” Scripture promises that, doesn’t it? And where was “abundant living” hiding? That also is one of scripture’s illusive promises, isn’t it?

Nor did scripture reveal to me “the pearl of great price.” And after forty or some odd years of church attendance, still the Path to peace lay undeveloped.

The Course brought me to peace and home to God. It taught me without a shadow of a doubt Whose child I am, and Whose child, you are, too. And I didn’t have to die to go to heaven. The Course planted me firmly in His heavenly Kingdom now, and like so many other Course students, it gave me the desire to bring my Brothers and Sisters to the very elusive but ever present heavenly Kingdom of God within.

I did not accidentally discover The Course. In God’s economy, there is little room for coincidence. He created within me the desire to evolve and placed in my path, some leaders in the field of personal evolution. I have been interested in self help and improvement

motivated materials for most of my adult life. You will often find me moving briskly about my daily chores or walking the treadmill at the gym attached to a little audio cassette player enlightening my way, with the newest guru’s rendition for the emergence of a “new and mighty, more powerful me.”

Wayne Dyer, Marianne Williamson and innumerable others brought my attention to A Course in Miracles. I am forever indebted to them. But I hold special feelings of gratitude to Jerry Jampolsky, who soundly warns the novice that ACIM is not an “easy” read.

Jerry warns, you must not give up, if you hit places that make little sense in the rational thinking category. The Course is very abstract thinking. He exhorts the student to disregard any stumbling blocks along the path and just keep going. And while from day one, I believed it was far above my intellect, I followed Jerry’s direction. Whenever I hit the proverbial “wall,” I simply moved along to the next lesson.

I could make little sense of the text in the beginning and as I began the daily lessons, it was pretty much the same. But I persisted, and by about the 10th lesson, it began to make a little more sense. And I just kept going, one day at a time, one lesson at a time.

And then one day I accomplished the task. But was I finished? No! And so I decided to repeat the entire series of lessons again. There were too many loose ends, too many unanswered questions. But I made a very amazing discovery. The Teacher of the Course became my Friend. And we decided together that review is very beneficial!

Now let me give you a little background on my life before “The Course.”

I married in my teens to the most wonderful man in the world. Isn’t that how we all feel when we promise to love one another till death parts us? Can you remember the romance, the thrill just to touch one another and be in each others presence? We set off to conquer every vista, assured that nothing would ever separate us. Ah, but this wonderful man had a mother. You are racing ahead of me now. Yes, the mother-in law that every mother-in law joke was ever written about, the mother-in law from hell.

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The Evolution Angel

by *Dr. Michael Abrams*
from *“The Evolution Angel”*

Something very strange happened to me in 1979. I was driving home late at night when I fell fast asleep at the wheel. My seat belt lay on the seat as I careened down the highway at 80 miles per hour. This was not good.

The next thing I knew a pair of hands grabbed each side of my face and pulled my head up. A voice, kind but forceful, exploded in my head: “Wake up, Michael.. Now!”

As I opened my eyes I saw a massive bridge abutment about 50 feet in front of me. I pulled the wheel sharply to the left and watched the concrete piling flash past my passenger’s window.

Something changed in me that night. Although I was nearly 30 and had never finished college, within a month I was back in school studying to be a physician. By a series of “coincidences” and “lucky breaks” I succeeded and became an emergency and trauma physician. I practiced medicine for 14 years and until recently was the medical director of an emergency room and level three trauma center in Colorado.

During my career I have attended the deaths of approximately 500 patients. Over time this had a powerful effect on me. In 1986 I began writing down what I considered to be imaginary conversations with angels who seemed to be invariably present at these critical rites of passage.

These were eventually compiled into a book entitled *The Evolution Angel* which was released in March of 2000. To my amazement the book ended up

on the best seller list here in Boulder for a total of 24 weeks. It is now in its 4th printing, has been reviewed 11 times, and is being translated into both Hebrew and German.. My favorite success, however, is a picture of Ram Dass reading the book with Dr. Joan McNeill. Humbling, to say the least.

Here’s an excerpt I think you will like. It concerns the self creation of reality. *The Evolution Angel* has a very eclectic, metaphysical approach as seen in this passage which explains a common biblical parable in contemporary terms. The standard paragraphs are my words. The italics represent the angel’s words.

One of the things that has always troubled me about the idea that we create our own reality is that I see things happening to me and around me that I never thought about. In fact, most of the things that have manifested in my life I never thought about. Don’t some things just happen randomly? How does all this garbage end up in my life?

It’s all there in the Bible. I use that book as an example because you have a Judeo-Christian upbringing and are familiar with common biblical stories and parables. It has all been explained in great detail. You just can’t see it.

Where?

Well, to begin with you have the story of Adam and Eve and the Garden of Eden.

So you’re confirming that isn’t a literal account of something that really happened.

Oh, come on, you know better than that. It’s much deeper. It’s a metaphor,

and everything in the story symbolizes something else. What do you think the garden represents in the story?

The world? Reality?

It’s much bigger. The garden is God. Reality is God. Everything happens within God. Everything is living and growing in God, which is just another name for this whole thing, this whole universe, this infinite flowing field of possibility and potential that stretches everywhere around us - all of us. Think about it: What is a garden exactly?

It’s a place where you grow things.

And how do you grow things?

You plant seeds, water them, cultivate them, and then they more or less grow automatically.

Precisely. And what are the seeds and plants in the Garden of Eden?

(Pause) Thoughts?

Right. You have had many gardens in real life. Remember what happens when you plant seeds? What is it really like to raise plants from seeds?

You put seeds in the ground. Then, after a delay like the one you just told me about, they sprout and grow. What are you getting at?

But what comes up with the seeds? When you were younger and had your garden in that nice black topsoil, what came up with your seeds?

Weeds, I guess. What’s your point?

That’s where your garbage comes

An emergency physician's lessons in Death and the Divine

from. Remember the Parable of the Tares that Jesus talked about?

Wasn't that the one where a farmer planted his crops in a field? Then, while he slept, an enemy came and sowed tares, which are basically weeds?

That's the one. And what happened when the crops came up?

They were all tangled up with weeds.

Who do you think the "enemy" is in this story?

The devil, I suppose.

Nonsense, there is no devil. You know that.

Then I don't know. You tell me.

The enemy is the ego, the self. Look at the wording of that parable very closely. What do you think that means "the enemy came while he slept?" What happens when you sleep? Technically now. You're a doctor. You know about these things. What really happens during sleep?

The conscious mind relaxes to the point where it stops functioning, and you go into a deep state of relaxation.

Is that it? Is that all?

No. Usually the subconscious takes over and begins to dream.

Keep going. What are dreams?

Chaotic sequences of thoughts and images that float up out of the subconscious.

It's right there in front of you. Think about it.

Pause. You mean, the subconscious mind is the enemy that sows the weed seeds?

Think it through.

That makes sense in a lot of ways. The subconscious mind is vast and very powerful. If you try to sow a few beneficial thoughts at the conscious level, your subconscious mind will still be working away thinking who knows what.

Right. Things like, "Oh no. I'm just not sure. Dad always told me I wasn't that smart. I just know I'm going to fail. I wonder what will ever happen to me" - all kinds of chaotic, negative, and at best vague thought-forms. Is it any wonder you see chaotic, negative, and vague circumstances manifest in your life? Remember the Parable of the Sower?

Yes. A sower goes out and sows a bunch of seeds. Some fall on the rocks, some in shallow soil, and some on fertile soil. The ones that fall on fertile soil grow but the others die. What has that got to do with it? Jesus was talking about spreading the word of God. Some of the word falls on bad people, some on good people. The word that falls on the good people takes root and grows within them.

Not necessarily. That was the great thing about Jesus. He was really smart. Way, way smarter than people give him credit for. People don't realize it, but he was a genius. Some of his parables had three or four levels of meaning. If you look at that parable hard and translate it very carefully, you will see that it doesn't say a sower went out and sowed "his" seed, it really says a sower went out and sowed "the seed of himself." The word for "self" is the Greek "autos." Check the original Greek if you don't believe

me. Now, what are the seeds of someone's self?

I know what you're going to say. They're a person's thoughts and dreams and aspirations?

Actually, Jesus explains exactly what the seeds are. When he is asked to explain this parable a few verses later, he says that the seeds are the "word of the kingdom." Pay careful attention to the exact words that are used. Keep probing: What is the kingdom?

Heaven?

Where is heaven?

He said it was inside us.

And what does that say about heaven?

Pause. That it is a state of consciousness?

And what is a state of consciousness?

A collection of thoughts, I guess.

So what is the "word of the kingdom"?

Thoughts about heaven?

Keep going. What would those be like?

They would be good thoughts, really good thoughts.

Right. Now, keep looking at the parable, but think of the seeds the sower is sowing as thoughts about heaven - very elevated, positive, creative, loving, beneficial thoughts. What happens when these thoughts fall on poor soil?

They die. I guess that's what happens when they stay at the

level of the self, the ego.

Good. What happens when they fall on fertile soil, in the garden of pure potential as it were - in the part of the greater self that is one with God, one with the garden?

They take root and bear fruit according to the parable - some one hundred fold.

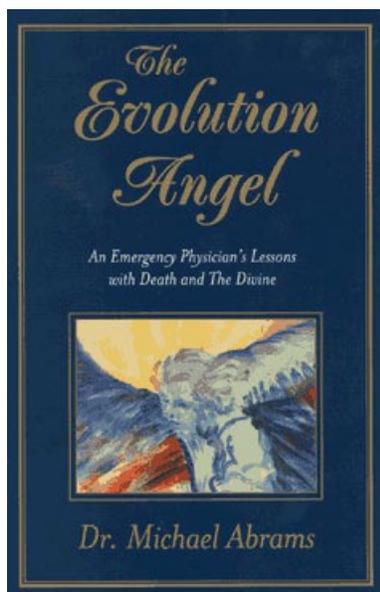
Right. Just like in a real garden. You plant one seed and the mature plant brings forth a hundred more. What Jesus said is that the seed that dies is the man who hears the word but "hath not root in himself." Someone who doesn't have a root in himself is someone who has no awareness of his real nature, someone who has no conscious contact with the wellspring of infinite power and intelligence deep inside.

Silence. Alright. I understand about the weeds now, but I have one more question. Even when I take away the subconscious thoughts I've sown in this lifetime, I'm still left with some issues I can't explain. Like why I was born into a good family, why I was short for my age in grade school, things like that. Neither my conscious thoughts nor my subconscious thoughts can explain some things.

I already told you. Some of the things that sprout up from the garden around you are the result of seeds you sowed in the past. In your garden this year - did anything come up that you didn't plant this year.

Yes. Several plants, a large onion and two tomatoes, sprouted from seeds that were left in the soil last fall.

There is nothing to say you can't sow seeds before you are born into your current life. You don't remember sowing them, but make no mistake, you sowed them all right. You created all of your life.



It's kind of frightening when you think about it.

It is very challenging, very scary in a

lot of ways. In fact, this is why so many people have trouble accepting the whole concept of self-created reality, why they get so angry and indignant about it. It's not so much that it disagrees with their personal metaphysics. A lot of it is that they find it extremely frightening. They can't face it.

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Here's what you do: E-mail us a letter explaining *first*, assurance that you can actually get there (flights and accommodation are not provided); *second*, tell us why you would like to experience this event; and *third*, can you serve as "reporters" for the Light and Life Journal while attending the event?

We are looking for someone who would truly appreciate being in the wonderfully compelling environment of the Egyptian Pyramids and who would also enjoy writing about the experience for the following issue of the Light and Life Journal. These tickets are provided solely for the three-day Light Conference on June 20 - 22. Participants' are also invited to fly in on June 16 until June 24, to partake in four days of optional sacred site tours to Giza and Saqqara; horse riding under the desert moon, guided meditations and Sufi dancing. These optional sacred site tours will be at your own cost.

Deadline for entry is April 15th, winner(s) to be picked the following week. Please keep your entries to less than 750 words. Read about this event elsewhere in this issue. Send your e-mail to:
jcleland@erinet.colm

Who Am I? The Ministry of the Infinite Spirit

I am so near you, and care so feelingly for you, I am led to tears by your willful intolerance and stubbornness.

I guard you, but do not directly influence you.

I am the personal agency of the ministry of the Infinite Spirit.

Very often, I provide spirit promptings which give you the urge to pray.

One of the most important things I do for you is to effect a personal co-ordination of the numerous impersonal spirit influences which indwell, surround, and impinge upon your mind and soul.

I spring from the same source that gives origin to mortal mind, the Creative Spirit.

I am a mind stimulator; I continually seek to promote circle-making decisions in your mind.

I do not invade your mind nor manipulate your will, but I try to influence you in every manner consistent with the dignity of your personality. After you make your choices, I will act to make the best possible use of your choices. I unify and co-ordinate your divine endowments of your Adjuster, which is the Father

presence within you, and the Spirit of Truth, which is the presence of the Sons within you. In this ministry, I combine the love of the Father and the mercy of the Son.

I do not operate from within and through your soul as your Adjuster does, but rather from the outside inward, through your social, ethical and moral environment.

I am constantly manipulating your environment for the purpose of helping you acquire enhanced realization of the presence of your indwelling Adjuster.

I work in harmony with your Adjuster, but do not communicate with it.

I am most active when your Adjuster is least active.

Although I do not ordinarily intervene in your routine affairs, if my superiors require that an unusual exploit be performed, I will find some means of doing it.

You are usually unaware of me in this life but I teach you by guiding your footsteps into paths of new and progressive experiences.

To accept my guidance rarely means attaining a life of ease.

I do not intrude in your life, excepting in emergencies, and then usually upon direct orders of my superiors.

I am able to function in a wide range of activities in your behalf, and have the ability to make actual contact with you, although for me to do so would be a very unusual event.

You have the power to make my tasks easier or more difficult; however, I am not directly concerned with your appeals or with your prayers.

I am the teacher of your evolving nature - in this life your mind, and in the next, the morontia soul.

I will eventually become the personal custodian of your mind patterns, memory formulas, and soul realities during that interval between physical death and morontia resurrection.

On the intellectual level, I am an interpreter, correlating mind and morontia; on the physical level, I manipulate your earthly environment through my liaison with other ministering spirits and through the co-operative ministry of the midway creatures.

Compiled from Urantia Paper 113 – Seraphic Guardians of Destiny – by Sharon Faithson

THE TEACHING MISSION: What is Deep Mind?

TOMAS (transmitting in Butler, PA): It is in contradistinction to the normal conscious mind that is interested in its daily affairs, the matters you find in the newspaper, on the grocery list, birth dates and so forth. These are the functions of the conscious mind but not necessarily the deep mind.

The deep mind has been confused with the subconscious mind, which is yet another realm, as is the unconscious mind. Nor is the deep mind particularly super-conscious mind, although it is more related to the depth of perception that comes from the ability to allow your soul to become deepened in spirit consciousness. And it is certainly not that mind which you discover in your dream sleep condition. So now we have a series of understandings of what the deep mind is not.

In your daily life you may have a whiff of a thought to drift past your consciousness, perhaps even touch upon your super-consciousness, but it is a mere whiff and not a full concept. That well may be the stirrings of a concept emerging from your core self, your indwelling God fragment that would make contact with your deep mind.

But first you must enter your realm of spirit reality, which excludes the superfluous, the material and emotional, to get to that deep core reality wherein you may hear, sense and feel that which your deep mind can appreciate.

It has been said that you who sit in the sessions with the teachers are having your deep minds fed, for although these thoughts and concepts, have not particularly penetrated the intellectual realms, you can feel the essence of our messages, our attitudes, and your soul is fed; your essence is caressed by feeling and sensing these concepts and realities.

Only later when you read or discuss the

contents and context of the evening is your conscious and intellectual mind activated and engaged in pros and cons and discourse and even argument as to what it is that you have already absorbed in your deep mind.

Relationships with Celestial Teachers

DANIEL (transmitting in Pocatello, ID): Indeed, my dear, do we cherish and relish the times that we spend with you individually. Your personal teachers consider their assignments to you all as their highest privilege as well as sublime responsibility.

Don't forget that we also are learners in this process as we are seeing events occur and decisions being made in circumstances which we have never beheld either in our mortal lives or in our subsequent morontial lives.

There is much that amazes us from day to day in the harsh yet clear cut choices that your environments require of you. We, of course, knew the treatment that our Master Son received here was unprecedented in its cruelty; and yet as we watch you all struggle with the legacy of the Lucifer Rebellion without the full support of the Material Son and Daughter, we marvel at how well you do.

Thank you for your gratitude to us for our involvement, but please understand that we are also grateful to all of you for the lessons we are being allowed to share, albeit as an observer rather than as the decision maker.

We are all of the opinion that the whole Teaching Mission project has been enormously successful, despite the fact that you are not filling the Hollywood Bowl with eager seekers to hear speakers from celestial origins.

Part of the problem may be the fact that this is a "freely you have received and freely you give" type of operation and there are those convinced materialists who "know" that nothing has value that doesn't cost money. They are, of course, grossly mistaken, but this is a part of the way it is.

Our Uniqueness

KLARIXISKA (in Pocatello): All of us are absolutely unique individuals. There are no duplicates. We all have so much to give to each other. We are all precious in our Father's sight and our experiences are also as unique as our personalities, for despite similar circumstances everyone's experiences are only their own as they are filtered through the personality that chooses their responses.

When your planet achieves a greater degree of maturity people will move past the fear barriers that separate you from one another which keep you in apprehension and worry. You will begin to see that differences of opinion are not attacks, are not things to make judgments about but, in fact, represent another side of the gem of truth, perhaps not flawlessly cut, but still of some merit. Therefore, as you can learn to embrace diversity and differences, so will you gain richness of experience. You will incorporate in your own soul the gems of truth from other free will creatures, your brothers and sisters.

It is this kind of nurturing that we teachers are experiencing from you as we observe your unique reactions to environments that very few of us have ever encountered before. We do our best to share our wisdom which is gleaned from very different histories, and at times our applications may seem somewhat idealistic. This is partly because they come from environments that are far more advanced than planet Urantia is at this time.

Our perspective on our success with you is probably more optimistic than yours. We do see further and a larger picture is in front of our faces, so that what are to you confusing pieces in an enormous 10,000 piece puzzle looks to us much more like pieces in a 100 piece puzzle.

Our best words to you entail our encouragement for you to increase your desire and to purify your sincerity. These are things you can do, because if those two areas strive toward perfection, perfection of desire and perfection of sincerity, you will not make serious errors or stray afar in the choices you make in your lives.

Can't Get Enough of this Guy!

A Jesusonian Studies Tribute to Jesus from the Urantia Book

The unique feature of the Master's personality was not so much its perfection as its symmetry, its exquisite and balanced unification. The most effective presentation of Jesus consists in following the example of the one who said, as he gestured toward the Master standing before his accusers, "Behold the man!"

The unfailing kindness of Jesus touched the hearts of men, but his stalwart strength of character amazed his followers. He was truly sincere; there was nothing of the hypocrite in him. He was free from affectation; he was always so refreshingly genuine. He never stooped to pretense, and he never resorted to shamming. He lived the truth, even as he taught it. He was the truth. He was constrained to proclaim saving truth to his generation, even though such sincerity sometimes caused pain. He was unquestioningly loyal to all truth.

But the Master was so reasonable, so approachable. He was so practical in all his ministry, while all his plans were characterized by such sanctified common sense. He was so free from all freakish, erratic, and eccentric tendencies. He was never capricious, whimsical, or hysterical. In all his teaching and in everything he did there was always an exquisite discrimination associated with an extraordinary sense of propriety.

The Son of Man was always a well-poised personality. Even his enemies maintained a wholesome respect for him; they even feared his presence. Jesus was unafraid. He was surcharged with divine enthusiasm, but he never became fanatical. He was emotionally active but never flighty. He was imaginative but always practical. He frankly faced the realities of life, but he was never dull

or prosaic. He was courageous but never reckless; prudent but never cowardly. He was sympathetic but not sentimental; unique but not eccentric. He was pious but not sanctimonious. And he was so well-poised because he was so perfectly unified.

Jesus' originality was unstifled. He was not bound by tradition or handicapped by enslavement to narrow conventionality. He spoke with undoubted confidence and taught with absolute authority. But his super originality did not cause him to overlook the gems of truth in the teachings of his predecessors and contemporaries. And the most original of his teachings was the emphasis of love and mercy in the place of fear and sacrifice.

Jesus was very broad in his outlook. He exhorted his followers to preach the gospel to all peoples. He was free from all narrow-mindedness. His sympathetic heart embraced all mankind, even a universe. Always his invitation was, "Whosoever will, let him come."

Of Jesus it was truly said, "He trusted God." As a man among men he most sublimely trusted the Father in heaven. He trusted his Father as a little child trusts his earthly parent. His faith was perfect but never presumptuous. No matter how cruel nature might appear to be or how indifferent to man's welfare on earth, Jesus never faltered in his faith. He was immune to disappointment and impervious to persecution. He was untouched by apparent failure.

He loved men as brothers, at the same time recognizing how they differed in innate endowments and acquired qualities. "He went about doing good." Jesus was an unusually cheerful person, but he was not a blind and unreasoning optimist. His

constant word of exhortation was, "Be of good cheer." He could maintain this confident attitude because of his unswerving trust in God and his unshakable confidence in man. He was always touchingly considerate of all men because he loved them and believed in them. Still he was always true to his convictions and magnificently firm in his devotion to the doing of his Father's will.

The Master was always generous. He never grew weary of saying, "It is more blessed to give than to receive." Said he, "Freely you have received, freely give." And yet, with all of his unbounded generosity, he was never wasteful or extravagant. He taught that you must believe to receive salvation. "For every one who seeks shall receive."

He was candid, but always kind. Said he, "If it were not so, I would have told you." He was frank, but always friendly. He was outspoken in his love for the sinner and in his hatred for sin. But throughout all this amazing frankness he was unerringly fair.

Jesus was consistently cheerful, notwithstanding he sometimes drank deeply of the cup of human sorrow. He fearlessly faced the realities of existence yet was he filled with enthusiasm for the gospel of the kingdom. But he controlled his enthusiasm; it never controlled him.

He was unreservedly dedicated to "the Father's business." This divine enthusiasm led his unspiritual brethren to think he was beside himself, but the onlooking universe appraised him as the model of sanity and the pattern of supreme mortal devotion to the high standards of spiritual living. And his controlled enthusiasm was contagious; his

JESUS

(Continued)

associates were constrained to share his divine optimism.

This man of Galilee was not a man of sorrows; he was a soul of gladness. Always was he saying, "Rejoice and be exceedingly glad." But when duty required, he was willing to walk courageously through the "valley of the shadow of death." He was gladsome but at the same time humble.

His courage was equaled only by his patience. When pressed to act prematurely, he would only reply, "My hour has not yet come." He was never in a hurry; his composure was sublime. But he was often indignant at evil, intolerant of sin. He was often mightily moved to resist that which was inimical to the welfare of his children on earth. But his indignation against sin never led to anger at the sinner.

His courage was magnificent, but he was never foolhardy. His watchword was, "Fear not." His bravery was lofty and his courage often heroic. But his courage was linked with discretion and controlled by reason. It was courage born of faith, not the recklessness of blind presumption. He was truly brave but never audacious.

The Master was a pattern of reverence. The prayer of even his youth began, "Our Father who is in heaven, hallowed be your name." He was even respectful of the faulty worship of his fellows. But this did not deter him from making attacks on religious traditions or assaulting errors of human belief. He was reverential of true holiness, and yet he could justly appeal to his fellows, saying, "Who among you convicts me of sin?"

Jesus was great because he was good, and yet he fraternized with the

little children. He was gentle and unassuming in his personal life, and yet he was the perfected man of a universe. His associates called him Master unbidden.

Jesus was the perfectly unified human personality. And today, as in Galilee, he continues to unify mortal experience and to coordinate human endeavors. He unifies life, ennobles

character, and simplifies experience. He enters the human mind to elevate, transform, and transfigure it. It is literally true: "If any man has Christ Jesus within him, he is a new creature; old things are passing away; behold, all things are becoming new."

Thanks for reminding us to:
Terry Kruger, posting on ubron.
<http://ubron.org/ub/>

A Message from Michael

**Transmitted 2000,
Woods Cross, Utah**

"The spiritual destiny ahead is not a secret. The spiritual life is not covered over by a mortal veil. The living truth of all things spiritual is in plain view. You are most definitely now, and have always been, allowed to partake in the universe happenings. I have seen to it. My dear children, I would not leave you alone at any time to trudge through your mortal difficulties so they may teach you divine values, not at all. I rather would have you know that your mortal difficulties are nothing else than your divine tasks and responsibilities — likened to my own, and I am with you every moment along the way.

I would seek to strengthen you and empower you with divine understanding and insight. I would lift you, my children, above the fog of the ego to the clear blue skies of divine purpose. I do not look down upon you and say, "be corrected, my children, for you are in error," not at all. I hold your hand in mine and sit face to face and say, "my child, I am in understanding. I have a clear view of all there is to see. I would choose to take this particular path."

I am your helpmate. There is nothing that can shake me or divert my attention from the purpose at hand. I am not an angry king who rules over men that can be offered bargains or self sacrifices in trade for spiritual leniency. I am your co-worker who seeks to make you more than you are. My children, I live to see you soar. Open your hearts and understand who I really am.

Allow me my work in this kingdom. Allow me my place at your table. Where you are weak and in need—I can even without effort strengthen and fulfill. Allow your burdens to be cast aside. Allow your mind to be free from worry and concern. Open yourself to receive my Spirit. Allow me to wash your incorrect thinking. Allow me to bestow love where you are empty. Allow me to refresh when you are weary.

I require a few of my children to carry on my work for the betterment of the planet, as well as the universe. You should be in top spiritual condition. I know of your thirst for the living water. I am with cup, my children. I know of your mortal hunger. Allow me to feed you with the bread of life. I am so that you would be made more. I love you. Carry on. Farewell."

A “CRASH” COURSE IN MIRACLES

(Continued from page 37)

“She’s taking my Junior away,” she whined at our wedding. “And he’s never coming back.” Whew, I knew I was in deep trouble. But I had no concept of how deep it really was. I remember clearly a telephone conversation I had with her. When it was over, I headed right for the refrigerator. I needed to reward myself for making it through a simple telephone conversation with her.

I said we married young. When we fought and we did fight, we played the mother game. “You’re just like your mother,” he would scream at me. “I hate your mother. She’s ruined my life,” I’d shout back. And thirty years later, a pretty young blond came along and returned him to the starry eyed wonder of love we once had shared and he was gone.

I remarried but this time with some real “spiritual” insight. I married an older man whose mother was dead. And about the same time I “accidentally” discovered the Jesus of scripture. I spent two years just reading the red print. And I also discovered this amazing truth from Him. I was simply building sand castles. If I married a thousand wonderful men, I would be building relationships on very rocky ground. I needed to fix myself, my thinking, to ever be happy. And at that time the student became ready and the Teacher arrived.

Mid way in the marriage, another accident occurred. I discovered ACIM. And that brings us up to a more in depth description of the Course’s powerful contents.

The Course definitely brings you to peace. But the path to peace is forgiveness. The one and only Path to Peace is forgiveness. Peace on earth. . . good will to men. . . is only possible when God’s children learn how to forgive one another and also to forgive themselves.

In the very beginning you learn one very amazing principle. To become an accomplished student, you must accept the fact that you know very little that is truth about anything. And that is an attack on the ego. Would you be able to accept right now the concept that you know nothing? Hardly! And if you heard a little voice from deep within that said, “ACIM is wrong about that,” then you just had a summons from little sir ego. And you, dear Brother or Sister, would also have some beginning difficulties with the concept of forgiveness. The Course leads you to the concept. You must do the work.

However, with all the difficulty I initially had with the abstract thinking, I did make some relative progress. And

right from the beginning my life aligned itself with the daily lessons. How could this be, I often wondered?

Before The Course, I was a Bible student for a considerable amount of years, and I did attend church for most of my adult life. Why then hadn’t I got the simple concept of forgiveness into my being? I certainly seemed to be doing all the right things necessary to the spiritual path.

Some of us go to church every week and we say the Our Father thousands of times. We hear Paul the Apostle teach that we are not supposed to let the sun go down on our anger. We hear Jesus’ command that we are to forgive one another as our Father in Heaven has forgiven us. And also that we are to “love our enemies.” You know these scriptures by heart, the same as I do. And yet, one in two marriages, that started in starry eyed bliss, end in divorce and they all end in failure for one single reason. Unforgiveness!

The Course teaches that unforgiveness is the basis of every single problem known to mankind. Yes, every single problem known to mankind.

Well, The Course methodically taught me to forgive. The Course became a great garbage disposal unit for me. First it worked on the surface levels of unforgiveness. But the office of the Holy Spirit is to release every child to peace. He dug deeper and deeper until finally He reached down to the grotesque gargoyle levels. And with every release, I drew closer and closer to the reality of the “peace that passes understanding.”

What of the second marriage? Did The Course serve as a type of mid stream correction for me?

Well, Wayne Dyer teaches that we attract into our lives the people that will help us learn what we need to learn. That is a difficult precept to digest sometimes. Did I attract angry, verbally abusing mates on purpose? Well, here I was in the middle of another fiasco, and the Course was teaching me that this angry belligerent person was God’s beloved child. God unconditionally loved this man. And that’s what God’s expectations for me were also. And the same principle of unconditional love applied to me. Yes, that angry, screaming shrew my husband married, returning blow for angry blow, was also God’s beloved child.

And now we come full circle to the parable. The mother-in-law from hell was God’s beloved child. The husband who ran away from the hell we created, was God’s beloved

A Course in Miracles

child, too. And every problem we ever had, had its basis in unforgiveness. And every marriage that ends has its basis in unforgiveness. The mother-in-law couldn't forgive me. She couldn't see the beauty or the love that was me, hidden behind the fear. And I couldn't see her as anything but one of the enemies Jesus exhorts us to forgive.

What does the Course do? It methodically changes your perspective. Do you have a mother-in-law from hell, or a husband or wife, or perhaps a boss or a teenager? Have they hurt you over and over again? And you cry out, "I can't forgive them! They've hurt me too much!" Ah, but you can. They are simply God's very much loved but very deluded children. They may never stop "acting" like children from hell. But you can stop the insanity. You can release them from the mental prison you created for them. You can change your mind about who they are and Whose they are.

The Course reveals the "pearls of great price." It teaches that we are sacred in His eyes and the students of The Course are out there treating each other and every one they meet like the sacred pearls they have come to know they are in His marvelous eyes.

Unforgiveness took me to the refrigerator door. I fed my face because my heart was out of kilter with God's program. He wants us to forgive each other, as Jesus taught in the scriptures. The message hasn't changed in 2000 years. And It's been the Spirit's same message since the beginning of human kind in a brain functioning manner. Love one another as God loves you. It a very simple philosophy, from the Author of simplicity.

Unforgiveness will make you sick. Forgiveness will make you well. And it will make you abundantly rich in all that matters. Isn't that how I began our little time together? Now will unforgiveness make you fat? Remember me at the refrigerator door, rewarding my injured subconscious. Do you have a weight problem, unanswered all these many years? The Course may be your Answer.

A portion of Christianity deems ACIM "cult" material, demonically inspired. Yet, It clearly brings God's children to the truth. Peace is the reward for those who forgive. Peace is God's guarantee for obedience to a simple command for Love. And one by one, students go forth to change the world from war to peace, from chaos to order. And if that is cult material, then it is . . . my kind of cult.

The Course is not easy. But do not confuse ease with simplicity. It's overriding precept is simplicity personified. Forgiveness is Love as a verb. Forgiveness is the action of Love. The Course is an amazing curriculum. It's Teacher is Truth. His Name is LOVE!

EXPLORER ENDNOTES

Within these pages on "Planetary Helpers," we have explored questions both simple and profound, basic and bumping disbelief. The new discoveries reflected by some of our writers will be familiar ground to some attuned seekers.. Some of this month's material will be startlingly new to them.

We are each at our own place in spiritual learning and growth. When some new idea or "revelation" appears, the best idea is to practice discernment by developing and utilizing our Spirit of Truth.

What specific knowledge is to be gleaned from this issue's exploration? Well ... these appear to be new discoveries or renewed truths for me.

- The times continue to quicken with new spiritual energies.
- New healing energies may be coming into action via an enlarged chakra system.
- The lid is about to be blown off the UFO cover-up. Crop Circles are real. New books will soon hit the market and it will likely be true confessions time for officialdom.
- Urantia's Midwayers are real and have their own benevolent society on our planet. The conduits are opening to receive their direct assistance and cooperation in spiritualizing our world. This will be the basis for a unique Inter-Species Alliance, now taking shape.
- The Za Ma Ta Pak are yet another group of celestial helpers, newly revealed through Sheldan Nidle's amazing chronicle with the Galactic Federation and Spiritual Hierarchy and verified via other Team transmissions as being part of a vast spiritual mission to our planet that includes many kinds of personalities.
- Angels have indeed always been present in times of human passing. Now, even the physicians are becoming aware.
- Seth has been revealed as a Midwayer and a true pioneer of transmitting on the planet. He helped show the way.
- Remote Viewing offers exciting new possibilities in the spiritual energy field, and we are beginning to make discoveries and even visit with Jesus.
- We can spiritually program our own minds and develop a personal relationship with God in the Stillness. No gurus to intervene. No preachers to talk about it.
- Jesus is the greatest example that we can live by; a new and greater appreciation of his glory is coming.
- Our Universal Father is still our greatest benefactor, giver of the all and everything. His begotten Son to our troubled world triumphed over evil and rebellion and earned the right here, in this very place, to rule over Neadon. Yes, we are a special place!

Hope you enjoyed the issue - Jim

Transforming Anger (Continued from page 26)

lucky enough to come across a copy of “The Beauty Of A Life Of Service,” do snap it up. The opening premise was so powerful for me that I even use it as my email signature file: “The purpose and result of freedom is service.” For me that means that the reason we have freedom, both political and religious, is so that we may serve others. All others, because those all others are God’s children, just the same as you and I are. I was amazed that such an “eastern” concept came from such a “western” source. Service. When you think about it, I think you’ll see that anger can be such a great disservice. Anger management lies in service.

So, what is anger, anyway? We’ve all experienced it. According to Ralph Waldo Emerson, “Anger is that powerful internal force that blows out the light of reason.” Think about your own anger honestly for a while. What sets you off? Everyone is different, but I think you’ll find there’s a very common denominator in all of us that shortens our fuse. One word: self. But then again, the paradox is that you need this self in order to be you. You have needs - you need to eat, sleep, feel safe, loved and fulfilled - you don’t need for me to go into Maslow’s Hierarchy of Needs. Simply put, when the self gets out of balance with the rest of you, when self becomes selfishness, then you’ve got trouble in River City.

You know, if you’ll think about it, you’ll see that any negative emotion hinges on something that the self fears. Does that surprise you? I will also say that I firmly believe that any negative - sadness, jealousy, fault finding - the list is endless - can be transformed through service. Service blocks fear.

Think about this: anger or any negative emotion is rarely sparked by hate. Even hate and intolerance are only intermediate emotions fueled by fear. Would you avoid someone who is different than you? How about being afraid of losing someone you treasure? To control it, you’ve got to change your mindset and be its master. Your frame of reference, your way of rational thought, your understanding, all have quite a bit more to do with your emotions than you might think. Your mind is one of your greatest and most powerful allies. Master your mindset - take control!

How do you change the way you think? Feed your head, the Dormouse said! If you’re a person of faith, harness the power and utilize that faith to believe that Deity can help you transform not only anger, but other destructive tendencies into constructive assets. Mind altering? Yes, it is. A constant endeavor? Of course. Help? Believe you’ve already got that help and you have it. Will you make mistakes and fall flat on your face from time to time? Sure! Will you grow? Yes.

To help you transform anger, I’m going to share a very personal nose-skinning with you. This experience helped me

learn a technique of anger management and control that I invite you to try out for yourself. What you are about to experience is three entries from my spiritual journal. May this be what you have been looking for.

[9-27-00] Your sudden explosions of attitude are caused by both selfishness and the stress of not being fulfilled the way you want. The remedy is greater concentration on the will of God. The warning signs consist of rather sudden and inexplicable mood shifts. When you are aware of those mood swings, try to refocus on God’s will, not yours. This does not mean neglect your human needs, but do neglect your human greeds. One preventive technique that will help you is when asked to do something or doing something for another, thank God for the opportunity.

[10-13-00] Service is service. That others may not appreciate or understand is of no consequence. The service you perform for others is done for, through and in God. The opportunity to serve is one of the Father’s greatest gifts to you. His appreciation and love is enough for you. The appreciation of others is temporary; His is eternal.

[10-14-00] When the Spirit of Truth communicates with you, please notice that it is in a non-judgemental manner. Yesterday you lost patience with your family. No one needed to tell you that you were out of line. Your conscience established your guilt. You also correctly identified the emotion that triggered it as selfishness - doing something for the wrong reason. The judge of self sentenced you to the Father’s mercy, love and correction. Guilt, in its proper context, echoes rehabilitation, restoration, reconciliation and reclamation. These four R’s mean redemption and are the cornerstones of God’s service to you.

You’ve asked for Divine help in avoiding outbursts like this. Continue primarily with the technique you learned previously, that of thanking God continually and in advance for each opportunity found to serve. Center on service as well as on the Center of service. To that stay spiritually minded, focusing on the Father more and more. As you do, follow clues as to your true motives. Practice God’s Presence. Then, on top of these, you have every right to expect improvement. Expect it. Look for it. Relish it. After all, you did ask for God’s help, didn’t you? What kind of a true Father and true Friend would He be if He didn’t?

The good news here is not that anger is as normal as your other emotions, but like other negative emotions it can be managed - controlled - transformed into something useful by refocusing on your new developing attitude, with a fresh, vital and new understanding of your self and service. Because, you see, once again, in transforming anger, anger management lies in service.

Light and Life

JOURNAL

AN EXPLORATION OF THE SPIRITUAL UNIVERSE

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Lighten Life!

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