

RETURN TO THE GOLDEN AGE OF MAN

(A JOURNEY THROUGH THE CORRIDORS OF TIME)



By: Jerry Issa

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DEDICATION

This book is dedicated to the unseen teachers who have guided me in my quest for truth and understanding. I am grateful for the personal one-on-one teachings in the early stages of my journey towards awakening, and for their support and additional information, when needed, to continue my growth in awareness.

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ABOUT THE BOOK

Metaphysics was my profession for seventeen years until I retired in 2002. Prior to 1985, as I studied and learned, I witnessed others trying to fit new ideas into old concepts. Instead of seeing the New Age seekers come together with one mind, I began to see them being divided by their expanded philosophies, with intolerance building. Intolerance, in my opinion, is one of the greatest hindrances to the evolvment of mankind.

I began to search for the threads of sameness, not diversity, to show that the various philosophies were not so different from one another. I found that most differences were semantics, the label or name we used. We adopted an ironclad rule in my business establishment that philosophical thought, no matter how different it might appear, was to be honored as long as it harmed none. This gave all of us, workers and seekers, the opportunity to broaden our understanding by learning to respect the beliefs of others.

Thru the years I realized that neither creationists nor evolutionists were totally wrong. It was only that we were not seeing the whole picture. This book attempts to show both views are correct; that reincarnation is a fact; that there is an ultimate state of non-physical being; that there is both a masculine and feminine energy guiding mankind; that physical man on Earth receives help from advanced as well as non-physical beings; and that all of this was known and recorded in ancient times in the days of Thoth. Further, that this knowledge is our heritage as well as our legacy; and that Cosmic Cycles of Time affect our knowledge and level of understanding concerning the true nature of man. It further attempts to bring together the New Age community by showing that we are on the same path, even if we don't think so at times.

My hope is that it will strike a note of truth in all who read it, especially general New Age, Christian, and those professing no particular philosophy but who have an interest in what life is all about.

I have spent my entire life searching for answers. At this point in space-time, most knowing seems to be coming from within. I have not

attempted, nor do I have the ability, to supply empirical proof. Those who read this book will find their proofs, acceptance or denial within their own being based on where they are in their own personal evolution.

It pivots around Thoth's teachings and also acknowledges that there is a feminine aspect of creative energy working with the masculine aspect of creative energy.

Christians who have expanded their belief system may find answers to some of their unanswered questions.

Those who float between Eastern and Western philosophies and have become confused might find some clarification.

Those that are locked into a narrow religious view, not accepting evolution nor reincarnation as a possibility, will probably be disturbed by its implications.

Anthropologists and scientists will probably take issue with the family tree and theory that the whole human race was genetically engineered, all the way back to Homo Habilis.

Evolutionists might have difficulty in accepting that the human body and immortal soul are different aspects of a total being and each has their own roles.

Even though it refers to Astrology in a general way, and is not intended to be a dissertation on the subject, astrologers might find some interesting concepts on the cycles of time.

Ufologists searching for reasons behind the phenomenon will be able to obtain a broader view of the underlying purpose for these visitations.

We are all on a quest for truth. This book is the result of my own personal quest, and I am honored to share it with you.

BOOK ONE

PART I

INTRODUCTION

TRAVELING THRU TIME

*We have wandered around for eons of time,
In one plane or the other,
In and out, round and bout,
Side by side with our brother.*

*We travel here and we travel there,
On a voyage thru out eternity,
Looking around at His mighty works,
In adoration and fraternity.*

*His hand is at work all thru out space,
And there is much to view,
He has built it up and spread it out,
And given it to me and you.*

*Take care of the gift that He has given
Guard it well both night and day,
Hold it close to your heart - be aware of the part,
That in this eternal life you play.*

Foreword

Man's consciousness is lifted at the beginning of each new golden age, progressing to its pinnacle before beginning its long descent back into a new dark age. This is as inevitable as needing air to breathe. During the dark ages very little awareness is retained in the conscious mind of the days long past; but in the hearts of man a dim memory is stored giving rise to myths and legends.

For over 400,000 years the Earth has been going thru a Cosmic Dark Age. (See *As Above, So Below-Part IV-Chapter 3*) This is the first COSMIC Dark Age since man arrived on Earth. Even thru this Cosmic Dark Age, we occasionally glimpse a little light at the beginning of a new equinox every twenty-four thousand or so years. At that time we temporarily raise up to a new level of consciousness before beginning the gradual decline again. During these times of light, man reaches up to his creator and for a little while he accomplishes what seems to be a miracle of civilization to future generations.

Now the Cosmic Dark Age that has lasted so long is finally coming to an end and man has the opportunity to soar to unbelievable heights. To a point where the twenty-four thousand year cycles will not impact nor restrict him to where he loses all the progress made in each previous golden cycle.

In Earth's remote past, prior to what we call the third glacial age, there existed a mighty civilization. It was located in an area known in present times as the Himalayan Mountains, which was then a coastal area. This civilization was established during the first Cosmic Golden Cycle after MAN'S arrival on Earth. It thrived for nearly two million years, before the race known as MAN was no longer identifiable as MAN.

MAN was once again established on Earth around 1,800,000 m.y.b.p., and, across the continents a short time later, arose the Atlantean culture on a large continent in what we call the Atlantic Ocean. They, over the course of four-hundred thousand years, evolved a murray of sciences and technology. This civilization met its end near the beginning of the Third Glacial Age, at which time, most of the Continent sank. (See the

section on ‘Family Tree’ in Book 1 – Part 1, and Appendix III at the back of the book for more details leading up to this.)

At a later period, Atlantis again hosted a great civilization on the remainder of what had once been a great continent. They were visited and helped by advanced races from other areas of space, notably Aldebaran, who taught them the sciences and monitored their progress.

Thoth, son of the King, thru his devotion to learning, was singled out as a recipient for advanced knowledge; and in the course of his studies learned how to overcome physical death, as we know it.

Among the things taught Thoth was the knowledge of twelve major magnetic grid points around the Earth thru which life sustaining energies flowed from the Universal Sun via the Galactic Sun and our Solar Sun. (These are known as the twelve Pyramids of Thoth) These twelve major grids connect to other grids within the Earth’s field and the direction of their connection is known as the magnetic “ley-lines”, a term coined, and adopted by the New Age Movement, in the twentieth century. (Knowledge of these grids contributed to the creation of the “Sun Worshippers”, who left their symbols all over the planet.)

Underneath the “Atlantean” grid was built the Atlantean physical pyramid (which has been rediscovered in recent times sunk off the coast of Bimini). The pyramid marked the portal to another dimension, which could be entered by those initiated in the mysteries.

Another round of destruction began the sinking of what historical tales have called the Island Kingdom of Atlantis. The island area with the pyramid, Thoth’s home, went underwater around 52,000 years b.c.e.

Just prior to the sinking of his homeland, Thoth, with a selected crew, flew from his beloved Atlantis in a craft given him by the people of Aldebaran to the land we call Egypt. There he conquered the barbaric people inhabiting that land by his sophisticated technology and set up a kingdom that would eventually impact the culture and religions now prevalent thru out the modern world.

The sinking of the remaining island landmasses was gradual over the next 38,000 years allowing time for some of the surviving population to

slowly migrate and establish colonies around the world. The final sinking of the Islands of Atlantis occurred around 10,000 b.c.e. (12,000 years ago).

In the grid in “Northeastern U.S./Southeastern Canada” our scientists have established that it was inhabited AT LEAST 7,000 to 12,000 years b.c.e.

In the grid in “South America” near Peru and Lake Titicaca, Bolivia, archaeologists have discovered ancient ruins with pyramid technology and indication of “sun worshippers”, and the same in the “Mexican” grid.

The same is true of ancient civilizations in the “Arctic” grid of Northwestern Canada that predates the Indian culture, where legends say the inhabitants arrived from across the “SUNRISE SEA” on the back of a “flying turtle”.

“Stonehenge” is another major grid point, and where exact knowledge of astronomy by the ancients has long been a puzzle.

During the height of the last Atlantean civilization they were in contact with, entered into trade, and were taught by advanced races from other worlds. Aldebaran and Sirius being among the most notable. These planets are frequently featured in the alignment of astronomical sites as well as orientation in the pyramids found around the world.

The spherical craft used by Thoth to migrate to Egypt came from Aldebaran and is now buried deep beneath the Sphinx.

Thoth had volunteered to stay behind to help the people of Earth when the “Children of Light” were evacuated from the planet prior to the destruction of the main island in the Kingdom of Atlantis. Atlantis had been a beacon of light for tens of thousands of years until it was infiltrated, for a second time, by a race of beings evolved on a negative plane of existence beyond the Constellation of Orion. They once again brought an era of darkness and degradation, war and abomination to the planet. They usurped control of the government and genetically created a work force of man/beast creatures. (Similar to our scientific endeavors today.) It was they who had originally unleashed horrific

weapons upon Atlantis and Lemuria (as well as Sumer which was inhabited at the same time), causing the initial breakup of the continents. The secret evacuation of the Children of Light, at that time, had so enraged them that they turned their dreaded AtomicVrill Ray weapons upon both continents causing the continents to eventually break up into islands, then left in an attempt to return to their own area of space. One could make a strong argument that their presence is once again being felt on the planet today. (See Appendix III for more information.)

Thoth, with continuing aid from the beings of Aldebaran, brought a new consciousness to the tribes of Egypt and eventually, via migratory patterns, to the rest of the world thru the many peoples who came to live in and pass thru Egypt.

The people of Aldebaran helped Thoth to build the pyramid of Gizeh (which was considered to be the center stationary point of the planet.) Perhaps it would be more accurate to designate this as “O” degrees longitude rather than “30” degrees E. longitude.

Because the locals thought Thoth and the others were gods, it gave them the opportunity to medically treat and otherwise help the local population. They also operated on the man/beast creatures that survived the deluge, surgically removing appendages and altering their DNA so that eventually these mutations were not passed down to offspring. Even in our modern times there is a rare throwback genetically.

Having overcome physical death, as we know it, Thoth ruled for 16,000 years in Egypt (until 36,000 years b.c.e.) He periodically disappeared for a time into another dimension for renewal. After Thoth chose to leave the physical, his ego (consciousness) returned in other forms to assist mankind many times. One of his incarnations was Hermes Trismegistus. In this form he wrote down a condensed version of the great mysteries on thirteen indestructible tablets known as the “Emerald Tablets of Thoth”. All but two of these have been allowed to be translated and given to the world. It is not yet time for the remaining two to be made known.

The tablets were kept in the pyramid of Gizeh, which became a center of initiation. It is said that Jesus himself, as well as John the Baptist, used the initiation chamber. These tablets and their knowledge were taken by descendants of Thoth's priests thru out the world. They were also shared with the progeny of other less knowledgeable descendants of Atlanteans who colonized other parts of the world before and after the destruction of Atlantis. (As was the case of the Incan civilization of Peru.) The tablets were seen as a mark of authority directly from Thoth as they were carried abroad by the priests. At the beginning of the 20th century they were finally returned to the Pyramid of Gizeh and placed in one of the many undiscovered secret chambers.

Thoth, in his personification as Hermes, wrote some 20,000 "books", most of which are thought to have been stored in the Library of Alexandria. They were lost to the world when the Romans destroyed the library. (Much of the information recorded in the "Dead Sea Scrolls", especially the "Copper" Scroll, came from his writings; and most probably the hidden information found in the Torah.) Thoth's knowledge and influence, promulgated thru the writings of Hermes, was felt around the world and became the basis of the oldest cultures and religions including the Hindu, Jewish, and Christian.

The twelve Pyramids (major magnetic Earth grids) of Thoth have been the sites of major civilizations, now mostly extinct. Some correlate to known physical pyramids, which appear to have been built directly under the central energy point of the grids (said to be portals to other dimensions).

There are five grids on 30 degrees North Latitude; three at 15 degrees South Latitude; one at Antarctic; one at Arctic; one at 40-51 degrees North Latitude and another originally at 51 degrees North Latitude, now probably a little southeast of the original point. (Different Longitudes of course for each point)

We know of five physical pyramids on or near 30 degrees North Latitude.

- (1) Mexico (N.E. of Mexico City)**
- (2) Off the coast of Bimini - (At 42 degrees W. Longitude)**
- (3) Great Pyramid of Gizeh**

- (4) Himalayan Mountains (Near Burma)**
(5) China (The Largest – 1500 feet in diameter and 1000 feet in height) – 60 Miles West Of Sian Fu in the Shensi Province.)

The three great pyramids, Gizeh – Tibet – China, were built 45,600 years b.c.e. to help stop the axial excursion of the planet and to avoid our magnetic field diminishing to “o” degrees, thereby preventing further magnetic pole reversals. These three pyramids are automatically automated when our magnetic field reaches a certain critical point. The last such reversal occurred around one-million three-hundred thousand years b.c.e. at the end of the Cosmic Treta Yuga Cycle and would have occurred again around the year 2150 a.d. (according to our scientists). It appears that two physical pyramids were constructed within one major magnetic grid (China and Tibet).

I am not aware of a physical pyramid at the 30 degrees grid point in the Gulf of Kuwait. (Curiously though, the grid point in the Gulf of Kuwait is in the general area where the Anunnaki were said to have genetically created a more advanced race (250,000 years b.c.e. , according to some sources), which eventually founded what is known in our written history as the Sumerian civilization – (correlates with the biblical Garden of Eden area of Iraq/Turkey/Iran, and it is also near the approximate location where the Tower of Babel is thought to have been).

Of the other seven grid points, i.e. “South America” at 15 degrees South Latitude; Lemuria at 15 degrees South Latitude; Australia at 15 degrees South Latitude; Antarctic; Artic; Stonehenge at 51 degrees North Latitude; and U.S./Canada at 40-51 degrees North Latitude, only the South American grid is known, by this writer, to have a physical pyramid.

Of these twelve grids the one most active in bringing in energies for the New Age appears to be the U.S./Canada grid thru which the feminine energy and DNA alterations are directed.

There are known to be ten “Vile Vortices”(Devil’s Triangles) around the equator alone, with five on 25-30 degrees North Latitude and five on 25-30 degrees South Latitude. The five major “Vile Vortices” are:

- (1) Bermuda Triangle – off the East coast of Florida beginning due east of Jacksonville.**
- (2) South Timbuktu, Algeria – reaching up to the middle of the country.**
- (3) Karachi, Pakistan – reaching into Southern Afghanistan.**
- (4) Sea of Japan – between Iwo Jima and Marcus Islands.**
- (5) North Pacific Ocean – Northeast above Honolulu**

The other five are:

- (1) South Pacific Deep Ocean – East of Australia and east of Norfolk Island.**
- (2) Southeast tip of South Africa – near Swaziland**
- (3) Off the East coast of Brazil – southeast of Rio de Janeiro**
- (4) Mid South Pacific Ocean – near and to the west of Easter Island**
- (5) West of Australia in the Indian Ocean – west of Perth.**

If you place a mark on a map indicating the ten “Vile Vortices” on either side of the equator at 25-30 degrees North and 25-30 degrees South and draw a straight line North – South – North – South, etc. to these points a curious pattern appears in that a “Vile Vortice” falls on either side from Thoth’s major grid points. (As you will note, by drawing a line thusly, a waveform is produced – ‘sine or triangular’.) If you factor in the 19.5 degrees North and 19.5 degrees South - the point on all planetary bodies in our solar system, including our sun – where there is an up-dwelling of energy, you will note a very interesting relationship to the ten vile vortices (or devil’s triangles) mentioned above. (The prime number 19 appears to be a mathematical basis in the writing of the Torah and the Qu’ran. Another indication that information has been stored in religious works for safekeeping awaiting discovery when man once again is ready to receive it.)

The planet is criss-crossed with magnetic grids and directional “ley-lines” located in the Astral (or Cyberspace) World, but they are all connected to these twelve major grids located in the Causal (or Etheric) World, thru which subtle-matter energy is focused onto the planet. They act as major relay stations supplying energy to the other grids. A good VISUAL example is the “Artic” grid and its Aurora Borealis phenomena. Without these twelve major grids the life-energy of the planet would be closed off. (See Diagrams 1 and 2)

Synopsis

12 Pyramids Of Thoth

- 1. Antarctica – Portals to other planetary systems. To create and guide other experiences linked to the comings and going of extraterrestrial entities who were part of the history of planet Earth. From Sirius, Mars, Nibiru, Orion, Lyra, the Pleiades, Andromeda, Arcturus, Vega, Venus, Jupiter, etc.**
- 2. Far East (Shambala) – Tibet – Creational. Connection with spiritual wisdom and knowledge.**
- 3. Lemuria – (Pacific Area) Creates the illusions of dimensions or levels of reality. Maintains and enforces awareness of higher levels of experience.**
- 4. Atlantean – Creates the illusion of ‘realities in time’ on the Earth plane. Within this matrix one can see themselves in any time line.**
- 5. Mexico (Central America and the Mayan Pyramid) – Pyramid of the Keys – Forming the ‘totality’ of what humanity has experienced. Keys to lead souls into higher consciousness.**
- 6. Peru – To experience emotions – All emotions are created into frequency and placed in the matrix to be found and experienced by souls of each creation. To learn to express love with the heart, that part of their being that links to the Source of Creation. To find answers to riddles of Creation. An instantaneous knowing.**
- 7. Europe (Stonehenge) – Creational process in myth form – “The great mysteries of Creation of humanity.” – Hall of the Pyramid of Mythological Rendering.**
- 8. Australia – Pyramid of Dreams – Creational knowledge stored within the matrix of dreamtime. Once the Key is given the soul may move back and forth between dream/physical realities.**

9. Canada and the Artic Region – Pyramid of Wisdom. “It is here they understand how a soul is created and how that soul can manifest in many realities at the same time, taking knowing from this matrix with each experience.” (Accessed by thought)

10. Middle East – Persian Gulf (known as our Cradle of Civilization) – “And the sacred symbols of this creation would be genetically encoded into those who would come to be part of this land. For it would be these souls who would awaken at the end of this cycle to lead the others into the next creation.” (“Anu”, of the Sumerian Scrolls, talks about the “root race human”, homo sapiens (or more probably the Neanderthal) that was created about 200,000/250,000 b.c.e. (See “Family Tree”)

11. United States (Eastern Seaboard) and parts of Southern Canada – Brings in the return of the feminine energies. (Isis, earth mother, etc.) Creatrix of Life and Evolution. (Exists in Light Form) Sends energy to the matrix that perpetuates the reality in which souls may manifest. Regeneration of a root race. DNA becomes altered, allowing for our inner alchemy to resonate with the frequency that is now emerging into the 3rd Dimensional World.

12. Egypt – Pyramid of Time and Illusion.

The 12 Ethereal Pyramids above moved into position and began to create consciousness and physical form, based on geometric patterns that moved in cycles.

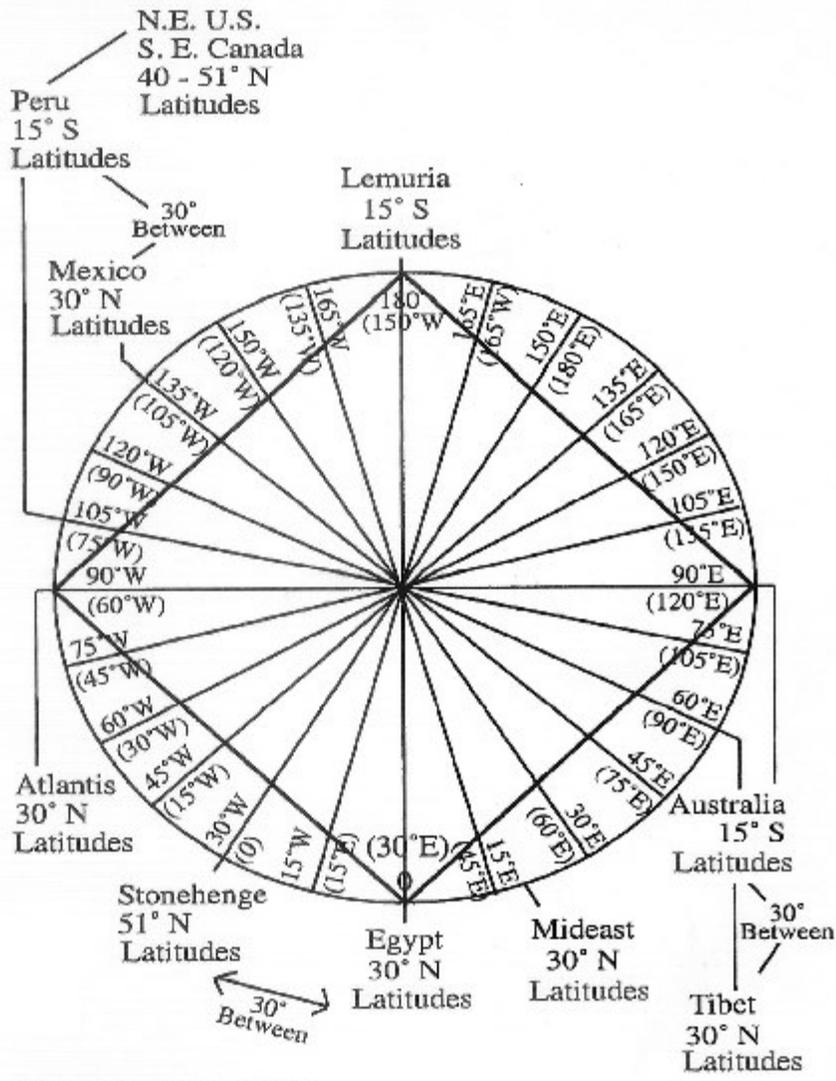
To mark these cycles, a geophysical timepiece was created on the Earth’s surface. It linked to the matrix through a portal of energy. This pyramid was created with the help of the 12 pyramids in their likeness and was placed on the center of the planet. It would be known as the Great Pyramid and would maintain the illusion of time.

The cycles of time were calibrated by the number 12, based on the 12 pyramids of creation, (which are not manifested physically). These would be known as the Cycles of Time that would be experienced by each evolving civilization (Precession of the Equinoxes thru the twelve houses of the Zodiac).

This synopsis is taken, with permission, from the original work of “Ellie Crystal”; received by her directly from Zaka Thoth. Ellie serves mankind thru her fantastic website (www.crystalinks.com).

Diagram #1

Ten of Thoths Grids



Re: Diagram #1

Some appear to have drifted slightly over the last 50,000 years. I believe that the center point of the grid in Australia was at one time at a little lower latitude, somewhere closer to the center of the continent; also the same in Mexico.

If this is the case it probably has affected the positioning of some of the other grids, slightly, with the exception of Egypt, which is a stationary point. The grid at Stonehenge is probably now a little southeast of its original position. However, I do not feel it is a major difference from the time of Thoth, probably no more than 11 degrees. The key to establishing the current location of the Stonehenge grid might be found in England's crop circles. There seems to be a concentrated number occurring in the area southeast of Stonehenge.

Using 0° Longitude as an indicator of the position of the Great Pyramid in Egypt, it is more easily seen that, viewed from either pole, four of the major pyramids fall at exact 90° Right Angles to one another.

Mexico and Tibet are almost opposite.

Stonehenge and the Mid-East grids fall on either side of Egypt.

The only grids not balanced opposite to another point are U.S./Canada and Peru. But these are aligned by Longitude.

And of course the North and South Pole grids are opposite.

Australia and Tibet are 30° apart in Longitude; Stonehenge and Egypt are also 30° apart, as well as Mexico and Peru.

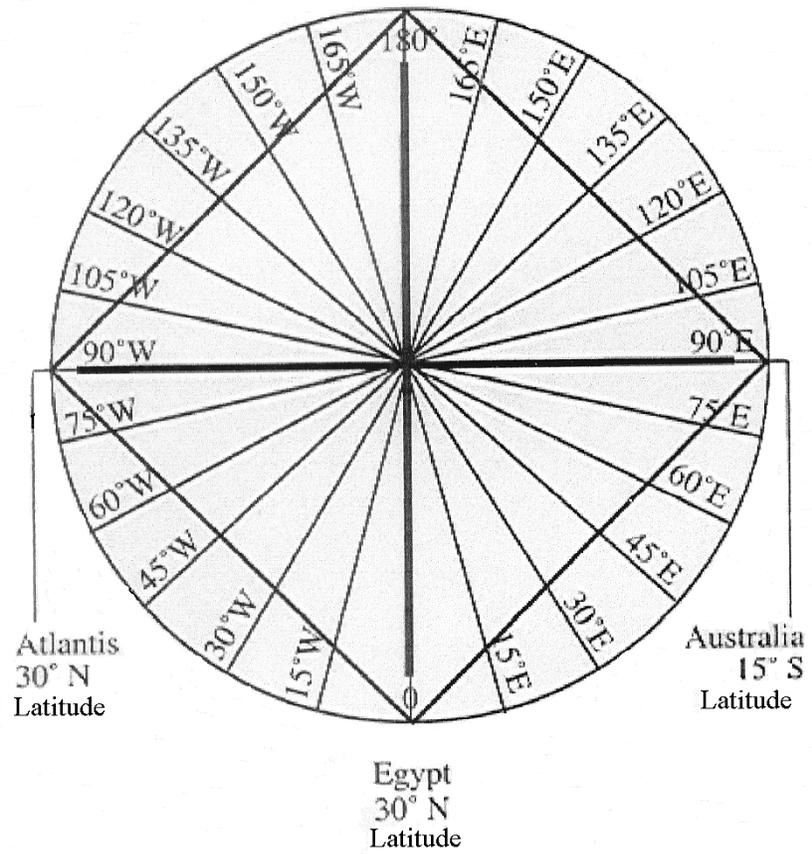
It is easy to see the overall balance of the positioning of these grids.

This is just my preliminary work on locating the Twelve Pyramids of Thoth. There are a lot of people working to establish the positions of grids around the world. Perhaps some of them can expand on my findings.

Diagram #2

Another View

Lemuria
15° S
Latitude



Note the geometric angles that can be seen from both the North and South Poles.

Family Tree

Man strives to discover his origins. Some say we were just created, one man - one woman, and from these two all the Earth was populated. How was that possible if they only produced two sons and one slew the other?

Darwin came out with a theory that man evolved from out of the oceans and primordial ooze to land creatures; and we evolved from a land creature, namely the ape.

Other sources say we came from another planet and fostered a mighty early civilization (pre-Atlantean).

What if they are ALL correct? What if souls arrived on Earth in bodies different than the bodies we inhabit today; and they had the ability to evolve, thru genetic engineering, a body in the animal kingdom in which they could function? Could we, by tracing the evolution of an animal, such as the ape, pinpoint a state (or states) of development where this might have happened?

Drawing from current scientific findings, along with other sources, I have put together a little "Family Tree" of our progress thru the physical/animal body. In chapters following, you will find additional information that will expand on this.

The dates shown represent "mybp" (million years before present era) or "ybp" (years before present era) when a particular form of life appeared on the planet.

Earth was in the process of coalescing and forming for two and a half billion years before it became recognizable as a planet. It became recognizable as a planet one-billion years ago and entered its First Cycle/Dimension. During that cycle landmasses were forming and undergoing volcanic eruptions on a large scale.

One cycle of Earth equals 306 million years. Near the beginning of Earth's Second Cycle/Dimension – 608,000,000 mybp – Seeds and foliage appeared, dropped from spaceships passing over Earth. Then...

435,000,000 mybp (Near the end of Earth's 2nd Cycle/Dimension)
Birds and Small and Large Animals

410,000,000 mybp (Near the end of Earth's 2nd Cycle/Dimension)
First Land Animals

300,000,000 mybp (At The Beginning Of Earth's 3rd Cycle/Dimension)
Dinosaurs

120,000,000 mybp
1st Evidence of Warm Blooded Mammals

65,000,000 mybp (Re Science)
Dinosaurs Disappear – (Space teachings say they disappeared much more recently, around 1,315,000 mybp due to a nuclear holocaust.)

4,318,000 mybp
1st Souls of MAN (from the Pleiades Constellation) arrived on the planet and manifested Fibrous Earth Bodies that could eat like other forms of life on the planet. They had powers not known on earth today and could float or fly. These are called Original Man.

(Between 4,318,000 mybp and 3,500,000 mybp Original Man kept lowering his vibration to a grosser, denser frequency (mutating), and eventually became prey to the 2nd Density animal forms prevalent at that time, in which his soul became entrapped.)

3,500,000 mybp
Upright Hominids appear among the primates. (Could be the beginning of genetic experimentation to release the souls of Man (transfer of consciousness) held captive in 2nd dimensional forms, thus shedding light on how Earthmen came to have an animal form as a body.)

Experimentation continued until Homo Habilis appeared. The species experimented with during that time are known as “Australopithecus” - africanus (a side branch), robustus (a vegetarian dead end), and boise (which, science says, became extinct)

2,590,000 mybp

First *HUMAN* body (Homo Habilis) in the animal kingdom (1st genetically engineered human ancestor of present day Sapiens Sapiens.) Originated in the area now known as the Himalayan Mountains, which was then coastal land.

2,000,000 mybp

(2.4-1.5 mybp re science)

Homo Habilis appears in South Africa and Australopithecus Robustus (vegetarian species) appears in East Africa.

1,900,000 mybp

Human flesh bodies perfected using Homo Habilis to create Homo Erectus. (Observed by science as East Africa Stone Builders) They were later infused with reasoning abilities that separated them from their primate origins.

1,800,000 mybp

Reasoning abilities instilled in Homo Erectus.

1,798,000 mybp

2nd arrival of MAN colonists (volunteers – one man and one woman – from the Adamic Race on Jupiter)

1,500,000 mybp

(1.8-0.2 mybp re science)

Homo Erectus appears in Kenya bigger than Habilis – bigger brain. Migrated – Africa, Europe, and Asia (only 1/2 of the original fibrous bodies remained at that time.) (*AND THE GODS WALKED AMONG US*)

1,315,000 mybp

Massive nuclear holocaust destroys most of the colonists from Jupiter as well as most of the previous civilization, which had de-evolved into animal forms.

(See Appendix III for more details on the time period from 1,900,000 mybp to 1,296,000 mybp.)

From 1,296,000 mybp man was primarily left to evolve naturally on his own. Perhaps this was the period when the earliest Sapien made its appearance. (Not 450,000 ybp as claimed by science.)

900,000 ybp (Re Science)

Homo Erectus migrated thru Egypt, India, Java and China.

450,000-360,000 ybp

Homo Sapiens master the use of fire – mind control becomes strong – major cataclysms occur – Cosmic Dark Age begins with the first human killed by another human. Homo Sapiens migrate to Britain.

Homo Sapiens Soloensis – (400,00 – 100,000 ybp) migrate to Africa and Europe.

Homo Sapien Rhodesiensis (400,000 – 100,000 ybp) migrate to Africa and Europe.

250,000-200,000 ybp (Re Zacharia Sitchin)

Alien race in Sumer genetically engineered a race using some of their own DNA and mixing with Homo Sapiens DNA to create a smarter, stronger race to help them mine gold. (I believe this created the Neanderthal that science says appeared around 120,000 ybp.)

150,000-128,000 ybp

Ice Age – Cave Dwellers in Europe – whose descendents became known as Cro-Magnon man.

120,000 ybp (According To Science)

Neanderthals appear (species with larger brain – no chin) in the Mediterranean Area. (Sumer was in the same area – ‘Tigris/Euphrates’.)

100,000 ybp

Homo Sapiens Sapiens existed with same brain size as today, (modern humans). South and Eastern Africa - Contemporary with Neanderthals - migrated Africa – Asia – Europe

52,000 ybp (Re Emerald Tablets Of Thoth)

Main Islands of Atlantis destroyed and submerged in the Atlantic. Portion of population evacuated off Earth. Thoth and volunteers migrate to Khem (Egypt). Thoth remained in Egypt until 36,000 b.c.

30,000 ybp (according to Science)

Neanderthals vanish or are absorbed thru inter-racial mixing. Another possibility is that they were the original race created by the Anunnaki who were allowed to perish in the great flood with the exception of Noah and his family (according to The Lost Book of Enki by Zacharia Sitchin). (Noah's ancestors had not been created genetically, but by direct interrelation with one of the aliens.)

(Note: The point of demise of the Neanderthal could be much more recent if the planet called Nibiru was in fact the planet which was destroyed between Mars and Jupiter in early biblical days a short time before Noah's Flood. See Appendix I and II for more information.)

10,000 ybp

Ice Melts – Seas Rise – Period attributed to final sinking of Atlantis.

2261-1200 ybp (4266-3205 years ago)

Noah's Flood is thought to fall somewhere between these dates. If the Flood was worldwide and only eight people, (from the same rootstock) survived, should we not all have the same DNA identity?

Modern humans moved into Australia about 55,000 ybp – after 13,000 ybp sites were found in the Americas.

North American Ice Age – 50,000 – 40,000 ybp and again 27,000 – 3,000 ybp. Early Americans reached Maine by 9,500 ybp.

From Homo Habilis, none disappeared. There were genetic alterations, radiation mutations, and inter-specie mixing with perhaps the exception of Australopithecus who may have been early attempts at creating a body to properly house the soul, which proved to be unacceptable. These most probably evolved and became what is known today as the Yeti, Big Foot, Sasquatch, etc., following a different path of evolution.

The five major races existing on Earth today are the results of mutations and mixing DNA of different alien races with life forms found

on Earth; as in the case of Sumer. As little as 2% alien DNA mixture could accomplish this. All races were not created at the same time. Some are much older than others.

There is still another area where genetic engineering of a species appears to have been made. That was in Atlantis. Of course science does not refer to this “mythological” continent. But there is evidence from other sources, not confirmable by any scientific proof, that somewhere around 60,000 ybp a species was engineered as a labor force, similar to what happened in Sumer, but that the genetic material used was between human and other forms of animals which resulted in part man, part beast forms.

Two areas of our Path of Evolution not covered by science, of course, are Lemuria and Atlantis.

After the first Earth civilization was destroyed sometime around the beginning of what we call the third Glacial Age, survivors of this civilization (now existing only in animal bodies) along with the mutated survivors of the second wave of MAN, began to build again on Lemuria. There they fostered the beginning of our second great civilization. Later, descendents of these survivors made their way back to the islands in the Atlantic Ocean and built the new Atlantean civilization.

Without some scientific evidence, it is not possible to establish whether or not it was Homo Sapiens that moved into these areas, thereby validating our time reference. This probably occurred around 1,296,000 mybp (or shortly thereafter) at the end of the Cosmic Treta Yuga / beginning of Cosmic Dwapara Yuga. Sumer was still inhabited at the same time by the inhabitants who had survived the first destruction and had gone underground to escape the extreme radiation.

(Subsequent to the original publication of this material, I came across information that seemingly lends credibility to this date. In 2002, NASA released a satellite image of a man-made bridge between India and Sri Lanka, and dated it at least 1,750,000 mybp, which falls in the Cosmic Treta Yuga period while MAN in his Original form was still present on Earth.) When Atlantis rises out of the waters in the 21st Century, it will give our archaeologists a feast in which to “sink their teeth”.

Based on scientific findings, information in the “Lemurian Scrolls” by Satguru Sivaya Subramuniyswami, “Sumerian Scrolls as translated by Zacharia Sitchin, Doreal’s translation of the Emerald Tablets of Thoth, and the Space Teachings”.

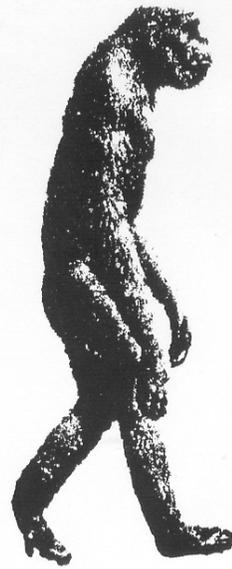
PICTORIAL PATH TO THE HUMAN ANIMAL BODY



PLIOPITHECUS
Primitive Ape
120,000,000 mybp



PROCONSUL
Early Ape
Africa



RAMAPITHECUS
Earliest Primate
Ancestor

DRYOPITHECUS
Europe – India -
China – Africa



AUSTRALOPITHECUS
Africanus
Side Branch



AUSTRALOPITHECUS
Afarensis
First Upright Hominid
3,500,000 mybp



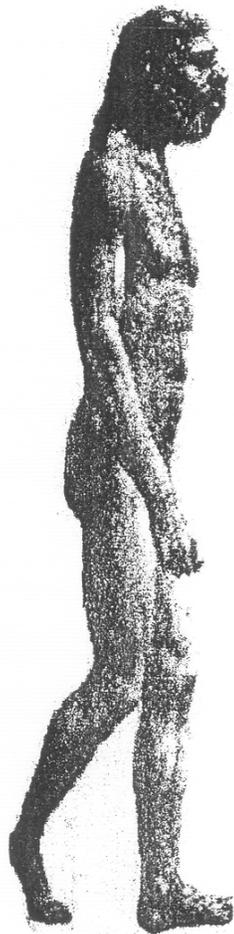
AUSTRALOPITHECUS
Robustus
Evolutionary Dead-End



AUSTRALOPITHECUS
Boise
Became Extinct



Early Sapien



Neanderthal
Mediterranean Area
Contemporarv w/Sapiens



Homo Habilis
First Human Body
In Animal Kingdom
2,590,000 mybp



Homo Erectus
Human Flesh Bodies
Perfectd -Reasoning
Instilled -
1,900,000 mybp



Cro-Magnon



Modern Man

GENETIC ENGINEERING

According to the Sumerian Scrolls, a race of extraterrestrials (the Anunnaki from Nibiru), created a race of slaves to help them mine gold on the planet. Based in the Tigris – Euphrates area this became known as the cradle of modern civilization.

Space people talk about a galactic survey team who terra-forms planets. According to what they tell us, they are at present terra-forming a new Earth, quite similar to the one we know and love so well, as the new home for our fellow man who will not be graduating into 4th Density at this time in space. (It seems we are not the only planet where life is genetically engineered.)

There are stories in our modern day news about abducted people who have been used in the creation of a hybrid new root race, thought to be 80,000 in number; which are at present off the planet, but who will be introduced back into the gene pool at a future time. Also, there are stories of harvesting Earth Human DNA to create hybrid beings on other planets by mixing with the DNA of forms native to those planets. Now, with our current knowledge of the human genome, we are able to understand how this can be accomplished.

The human body contains a hundred trillion cells. There is a nucleus inside each cell, except for the red blood cells, and each nucleus contains 46 chromosomes arranged in 23 pairs. One chromosome of every pair is from each parent. Chromosomes are filled with tightly coiled strands of DNA. Genes are segments of DNA that contain instructions to make proteins (the building blocks of life). This is where genetic engineering takes place, at this very microscopic level. Chromosomes are important also, so you need to get the whole picture in mind. You can open any cell, open the nucleus, and take out any strand(s) of DNA. (100,000/200,000 or more wadded up in the nucleus like a wad of rubber bands.)

98% of each strand has no known function to us yet, and is at present considered junk. Only 2% is called “working segments”, the action points that make the proteins that start the whole processes of life. The strand is cut and spliced above and below the working segments (with

chemicals not blades). Cut properly, anything can be inserted into anything else – animal into plant, fish into fowl – it doesn't matter. It all works at this level because at this level, as far as we know, every living thing is identical. It's made up of the same four base pairs – the same 20 amino acids. Any combination can make anything from dinosaurs to bacteria. But accidents can happen. You can't know what you're going to get when you do this – you can't predict in advance. It's all based on experimenting. You take your best guess about what you're going to get and then you try it and then you have to let the experiment express itself. Let it be born – see what you get and from that you have to determine what you're going to have to do next time. It's a hit or miss process.

We are using only 20% of our brain (science says 10%). (All the brain is used, but not all *parts* of *all* the brain are used). *The rest is closed off by design.* Sometimes when the normal 20% of the brain is damaged (as in the cases of 'idiot savants') a tear occurs in the process to the parts shut off, allowing a beam of light to find its way into these areas, and in doing so, fantastic abilities are tapped into. We all have the same abilities but we cannot access them normally.

99.99% of our DNA is in the nucleus of the cells. The rest is called mitochondria DNA and is floating outside the nucleus like little chips. These are passed down thru female's generation after generation. (The male sperm is too small to pass it down) But we all, male and female, have mitochondria in our bodies. According to science, mitochondria determined that homo sapiens came on the scene only 200,000/250,000 years ago, not the 8 or 5 million years ago as had been previously thought. (They probably appeared even earlier, around 400,000 + ybp.) Instead of being a transition from a common ancestor, it proved that homo sapiens were a transformation. (Therefore – no missing link.)

Homo sapiens have 4,000+ genetic disorders in our cells – 28 major ones. To have this many disorders completely dispersed thru our gene pool is impossible for a species only 200,000 to 400,000 years old thru normal evolution. It just does not happen in nature. It had to have come about thru errors in genetic engineering going back all the way to homo habilis.

Our DNA is 99% the same as chimps, 98% the same as gorilla and 50% the same as rats. There are 1000/2000 genes difference between us and chimps, which gives a lot of room to move.

Primates have 48 chromosomes - we have 46. This is another indication that we did not *naturally* evolve from a common ancestor as Darwin theorizes. A female gorilla was used in the engineering of homo habilis over two and one-half million years ago. To overcome the problem of the primate having 48 chromosomes versus the 46 chromosomes of the human body (homo habilis) that evolved, with additional genetic engineering, into homo sapiens; they simply spliced chromosome #2 with chromosome #3 in the primates DNA. This then held all the chromosome material but only took up one space. The body now had 23 pairs of chromosomes, total of 46. With this accomplished, it was then possible to combine alien, non-animal, DNA with our human DNA to create more evolved bodies, as was the case with the Anunnaki in Sumer.

The Neanderthal was the only species that originated in that part of the world. All others appear to have their origins in Africa. (According to scientific findings.) (My theory is that both Homo Habilis and Homo Erectus originated in the Himalayan area.) Could Neanderthal be the “chosen race” referred to in religious writings? Created in the “Garden of Eden”.

An Overview Of Man

We have come a long way as 3rd Dimensional, Earth grounded human beings evolved in an animal body. A body of flesh created for us in which to function for a short time in this plane, only to be discarded again and again on our souls journey thru time. But our immortal souls are much older than this; and for eons, each one of us has traveled the "Corridors of Time".

Souls are spawned in the Causal World, the home of God, as GOD goes from un-manifest to a manifest state. These are his children and they go forth thru out all the known Universes. They are given free will so they might experience in all levels of creation.

Sometimes they get lost and forget whom they are; but there are always "Brothers" helping them find their way back out of the darkness that binds their souls. To accomplish this, we have to recognize and acknowledge the immortal Soul within each one of us.

Souls are constantly being created by God, so of course there are "old Souls" and "younger Souls", each in their own stage of growth.

All energies are contained within the Soul, both masculine and feminine, as they are both aspects of God who is the formless center of creation.

Thru out space there are Beings with physical bodies on 3rd Dimensional planets. They don't all necessarily look like Earthmen. Each is a product of their own evolutionary environment, and the intercedence by other beings as in the case of Earth. Many planets are advanced far beyond us; some have not yet reached our level.

4th Dimensional planets also coexist with 3rd Dimensional planets thru out space, the same as in the case of our own planet. All dimensions are interlocking and are superimposed – one over the other – in a multi-dimensional universe. The inhabitants of 4th Dimensional Worlds live in their Soul Bodies. In 3rd Dimensional Worlds the Soul is cloaked in a denser form. 4th Dimensional beings are able to lower their vibratory rate to function or incarnate in the 3rd Dimension. The reverse is not true for 3rd Dimensional beings. 3rd Dimensional beings are only aware of their own dimension, plus the 2nd and 1st Dimensions.

Space is not an empty void. It is filled with worlds within worlds. When we in a 3rd Dimensional World make it to the next dimension, we, too, will live in our Soul Body. But there are many levels within each dimension that must be traversed before the next dimension is reached. Reincarnation is the process thru which we work our way on a spiral upwards towards this goal. The Third Dimensional World we live in at present, however, will continue on with a new wave of souls replacing the ones who have “graduated” to the next class in our “school of life”. They will coexist with souls who have not yet “graduated”.

This continues on until a planet enters its own 4th cycle, as Earth is in the process of doing at this time. Then, only 4th dimension graduates will remain on its surface for a period of time until they have learned to cloak themselves from 3rd dimensional inhabitants. After a period of time, the planet will be repopulated with 3rd dimensional life. In the meantime those who are not ready to graduate into the 4th dimension, will be removed to other areas of space to continue their experience. A new planet is at present being terra-formed in the image of Earth for this purpose. Those who will be transferred at the end of this Planetary Cycle, will have no memory of having been here, but on a very deep level within their being, they will feel regret that they did not make the effort to go on with their planet. Some among those on the planet, who will be graduating at this time, were transferred to Earth at the end of a similar cycle on their planets.

The difference for us at this point in time (the new Cosmic Golden Age) will be that as 4th Dimensional Earth people, we will inherit a more beautiful environment in which to continue our growth; along with an improved body containing a triple stranded DNA. The change will be brought about thru the highest level in the Astral World. (See Story of Man, Part IV, Chapter 6 for description of the Astral World.) This will alter our current body and we will no longer need this present animal form. The triple Helix will be two-thirds feminine and one-third masculine.

Our approach to truth and understanding may be from many different views, but they all merge into one. The goal is the same for all. And just as parents love and guide their children, so do the more evolved Souls

help those that are more immature.” “Hands reaching back” to form a chain of evolvement.

The first hindrance to man is a lack of knowledge. To obtain a new expanded understanding, one must be willing to "turn loose" the old patterns and reach out to receive that which is being sent into his awareness. (Stop identifying.) There is nothing new, it's just that we have forgotten, and it's time to "wake up".

Many great teachers who descended the scale of vibration to bring the Light and Knowledge back into our awareness have mapped out the way for us. The evidence is all around us. To understand what has been handed down from the past, and is still being brought to our sphere of consciousness in the present, all you have to do is open your eyes to see, and your hearts to understand.

Follow me on a little journey back thru time where a more enlightened man began to slip back into the darkness.

PART II

THE STORY OF THOTH

FOLLOW YOUR STAR

*The white headed giant with cocoa brown skin,
Squatting in the middle of the road with hand under chin,
Thinking deeply on the mysteries of life,
Studying his surroundings.*

*What can he do in this miniature land?
He towers above the trees when he stands.
He cannot fit into a house,
And the largest animal appears small as a mouse*

*What do you do when you don't fit in?
Should you go somewhere else and there begin.
Force not the square into the round,
The corners won't fit and it won't go down.*

*If you force too hard it may stick or bend,
Or round and round you'll go and it'll never end.
Til you make the decision that you don't fit in,
And you find another land in which to again begin.*

Chapter 1

Departure From Atlantis

A deep silence surrounded the hall of the elders as they sat pondering the findings of the committee. How had the situation reached this point? How had this evil crept so stealthily into the lives of our population? Had we been so blinded by our smug complacency that we couldn't see what was happening right before our eyes? Or had we just ignored the signs?

It all started with the arrival of the Satonians who later called themselves "Atlans". We were accustomed to visitors from other planets as we had trade relations with many other worlds. These visitors came and went as easily as we crossed the oceans between continents. We had no inkling that these particular visitors had any hidden agenda to cause trouble or take over our world. They lived among us, took mates from the fairest of our maidens and were prolific in producing offspring. Although we didn't know it at the time, their children were genetically enhanced with superior mental abilities and were sworn to serve their leader Atilan. They were trained in the fields of science, education, communication and government, the pulse of the kingdom.

It was in the period of declining Light, which precedes the coming of a new Dark Age, a time when mankind was facing yet another periodic cycle of spiritual decline, that the Atlans began making their inroads. They infiltrated the most powerful positions among us and began slowly to turn our people to their dark way of living. The change was gradual and took place over many generations. In those days our average life span covered one hundred-fifty to two hundred years. I can remember my Mother, with a wave of her hands, saying, "I just don't understand this new generation," but no one suspected the evil that hovered just out of sight in those early days of change.

The military, under control of the Atlans, commissioned the research and production of terrible weapons of destruction, the likes of which had heretofore never been seen on the planet. They then began waging

wars with neighboring countries, converting them to the ways and control of the Atlans or ruthlessly butchering man, woman and child. Their actions were disguised as "national interest" and the people were convinced that they were being protected from enemies of the state. After all, they had never been invaded nor their way of life threatened. Oh yes! The Atlans were clever in their scheme to gather support from the people. "Give them just enough crumbs and freedom to keep them placated. They are too involved with their own comfort and interest to give us any trouble."

Their scientists introduced mind-controlling drugs to the population creating a greater dependency on the Atlans, who maintained sole distribution rights. The drugs, along with mental programming techniques became a priority for their "teachers" to use on the youth of the nation assuring a new crop of followers that could be controlled by the Atlans.

Then with no one to stop them, they began altering DNA and creating a man/beast creature with superior strength for their labor and military needs.

From the brainwashing and mental programming and supply of drugs by the Atlans, a madness settled over the population. No one was safe or exempt from the violence that ensued. Brother killed brother, mothers killed their children, husbands killed wives, children were abducted, raped and murdered. People took whatever they wanted from others, especially to pay for their supply of drugs. Wars were waged and the winners then waged war on one another.

The darkness was settling in. It was a time of madness. Those who could still see truth became alarmed, but it was too late to stop the madness. There were so few left still holding to the principles of Light and the Law of One. Their numbers were so small that they had no chance of surviving in a world gone mad.

The elders sat in a circle in the big hall sadly contemplating the fate of the world. They knew this Dark Age must run its course, as it had done so many times before in the history of man on planet Earth. Why was Earth unable to evolve past this stage of evolution, unlike the other planets in our solar system who had long since gotten past the stage we

seemed to be stuck in? Somehow plans must be made to help bring the planet back out of the chaos when the Dark Age had passed.

The chief elder, Thotme, spoke to the assembly: "It is our decision to evacuate those who have held true to the Law of One and the principles of Light and send them to a neighboring planet. But we cannot leave the Earth with no hope for the future. We have asked for volunteers to stay behind to help rebuild and bring light back to the world when this madness has ended. Thoth, my son, has volunteered to lead those who will go with him to the land of Khem. They will leave tomorrow. The rest, numbering only seventy-thousand, will be taken aboard the seven "Cities of Shan" at the designated times and places arranged by our friends from Aldebaran. Adonai Vasu Baragus".

Chapter 2

Trip To Khem

I, Aton, with my wife and children, were among those who volunteered to stay behind with Thoth. As the sun began its journey in the eastern sky, we said our goodbyes to family and friends that were preparing to leave on their journey to the stars. I felt a tinge of envy for I knew what wonders lay in store for them. I had been one of the fortunate ones who had had the opportunity to visit other worlds. I remember a particular planet beyond our solar system that had an amazing system to convey the people from one area to another. The entire planet surface was criss-crossed with lines of light and one merely had to step aboard one of these moving beams to be instantly transported to their chosen destination. Our feet never touched the surface of the planet.

With a deep lonely sigh, I boarded our craft and took up my position as navigator. A slight humming penetrated my reflections as our craft lifted off its moorings. I had seen this craft take off and land many times before. It never failed to thrill me to see it streaking thru the skies, illuminated by the brilliance of the sun, a ball of light dancing about in a sea of blue. Only this time, I was an occupant not an observer, and as we rose higher and higher above our island home, the tears streamed forth for I knew I would never again see my beautiful Atlantis.

We set our course westward thru the equatorial grid. Energy for our craft was inexhaustible. We had learned about the magnetic fields of force from our benefactors from the third planet of Aldebaran, and with a small simple apparatus installed in the craft given us by these friends, we were able to cut the lines of force in front of our craft into parallel lines and seal it behind us as we passed thru. Our scientists had to learn how to cross lines of light in a sub-vortex before they could understand this law of magnetics. When we understood this principle we were then able to harness this energy for all our needs, including turning night into day. Unfortunately it was the same force that powered the destructive weapons of the Atlans.

Earth grew smaller and smaller in our viewing screens as we rose above the clouds to avoid detection by the Atlans. In the area north of our flight plan we could make out the area of Telon where I accompanied an

expedition a few years back. Our elders had commissioned the expedition to set up a time capsule to be opened in the far future, one of several secreted around the planet.

In this area known to us as Telon, we sank deep shafts below a mountain face and there we stored artifacts and records of our civilization. Among the artifacts were placed working models of our atmospheric and underwater craft along with samples of other advanced technology of our times. An entrance to the shaft was made in the side of the mountain with a time lock attuned to specific vibrations, which would be encoded and carried forward in the genes of selected recipients. As these chosen gene carriers find their way to the site at the beginning of the new COSMIC golden age far in the future, each individual frequency will act as a release mechanism for the tumbler and the doorway will begin to slowly disengage from the side of the mountain. For some time it may appear as a strange erosion until all the tumbler has been released.

At the top of the mountain an antechamber was hollowed out and there we stored scrolls describing who we were and what could be found below.

The natives of the area were made custodians of this site and they accepted it as a sacred duty. We had met with them many times in the past and had found them to be truthful, honorable and trustworthy. They considered us to be sky gods and never questioned our actions.

As we continued our trip, we crossed the continent of Mu. Or at least what used to be a continent in ancient days. We could see horrendous explosions still being caused by the madness that grips the minds of those under control of the Atlans.

After the Atlans had conquered and controlled the nearby neighboring countries of Atlantis, they set their sites on the islands of Mu. The Lemurians were a peaceful, nature-based people with whom we had lived in harmony for thousands of years. They had no defense against the Atlans except their will to be free.

The Atlans first destroyed the protective environmental shield in place above Mu. But as the brave Lemurians continued to resist the wave

upon wave of mind controlling thoughts unleashed by the Atlans, a decision to take Mu by force of weapons was made. A total state of war was declared. Still the Lemurians refused to submit even as their lands began to break up and sink into the sea. They preferred death to the fate of giving in to the Atlans.

This destruction had been going on for a lengthy period of time, and as we flew over this great ocean, we saw that very little was left of the once proud nation still remaining above the waters; now merely a handful of the islands were left. We truly hoped enough people had survived and escaped to one day rebuild their beautiful civilization.

As we continued on our journey, we crossed a great mountain range, which was familiar to me. In my earlier years I had been involved in an archaeological expedition to this area in search of our origins. The first civilization established on Earth was in this vicinity. At that time these mountains were a coastal region.

The original inhabitants came into the Earth plane thru the grid in this area, which is one of the most powerful of the twelve grids. The first inhabitants were endowed with tremendous powers. As this civilization went thru the cycles of the ages over the next two and one-half million years, they too fell prey to the darkness. Light always attracts darkness at some point.

The first civilization, at the beginning, had god-like powers to create whatever they chose, but they didn't choose wisely. As they slowly descended into darkness and their radiant bodies got trapped into denser and denser forms, they lost their god-like creative powers and lost memory of what they had been and from where they had come. As our planet and its solar system moved farther and farther away from the Universal Sun, the source of our creation and existence, man on Earth sank deeper and deeper into darkness and degradation. A race of beings beyond the dark barrier destroyed this civilization and a force beyond us all brought on what we call the third glacial age shortly thereafter. Only a few survived the cataclysms, which were unleashed upon the Earth that began the long descent into the COSMIC Dark Age. Those that survived the destruction started their long climb back. All memory had been erased. Their way back was a long and tortuous one spanning thousands upon thousands of years.

We found very little to substantiate the existence of this first civilization, our ancestors, but the progress of their survivors and, in turn, their descendents has been long studied. Our own findings along with the aid of archives collected by visitors of advanced races to our planet, have given us a pretty good picture of their movements and evolutionary path.

Finally, we arrived at our destination and landed on a green plateau near a tranquil body of water.

Chapter 3

Arrival In Khem

The elders had chosen this location called Khem for Thoth's colony because the energy of this particular grid was as close to that of the homeland as could be found anywhere. It had also been determined that this grid encompassed a stationary center of the Earth on which a great pyramid duplicating the energy of the one in our homeland could be built. Being the center stationary point on Earth, its orientation to the North Pole would help stop the axial excursion which the planet was still experiencing since our most recent ice age. Also, it was crucial that an edifice be built over the entrance to the Halls of Amenti for the purpose of periodic renewal to maintain agelessness.

Many Alanteans had found the secret to an extended life span beyond the average one-hundred fifty to two-hundred years, but not all had the courage nor ability to survive the frightening trip thru the Halls of Amenti. Some only made it thru a few thousand years. Thoth, however, had become a total master of life living millennia upon millennia, but he, too, must return for renewal. This was mainly the reason Thoth was chosen to lead the new colony. Among our volunteers were many destined to become looked upon as immortals, ruling over the provinces of Khem for many centuries to come.

As we exited our craft and looked around, we couldn't help thinking it was nothing like our beloved city of Kheor on the island of Undal, and our hearts weighed heavy in our breasts. This was not going to be easy, but we will have to keep reminding ourselves of our purpose in being here.

Our arrival had not gone unnoticed. We could see the mud huts of the natives from where they cautiously watched us, afraid to come out into the open. They must have been terrified seeing our craft descend from out of the clouds, a sight they probably had never seen before. Were we demons or gods? They could only guess. Whatever we were they didn't

want us there and finally got the courage to rush out at us, wielding wooden clubs and throwing stones.

Thoth didn't want to hurt them so he ordered us back into the craft.

This gave some of them more courage and a few came right up to the craft banging on the hull and shouting in loud gibberish. Pretty soon we were surrounded by a horde of these barbarians, each giving the other courage, whipping themselves into a frenzy.

The situation was intolerable and since we had no intention of leaving, a conference was held to decide the best way to proceed. Although it was distasteful to us, we decided to show force to frighten them into submission or at least to back them off. We unleashed our ship's lasers, taking care not to hit anyone. It was an awesome show of power, like hundreds of lightning strikes. The horde dispersed and ran away in fear to a safe distance. But a short time later, after getting over their initial fear and finding that no one had been hurt, they began to congregate again around the craft. This time, Thoth sent forth those trained in the art of self-defense, armed with weapons we had hoped never to have to use against our fellow man no matter how barbaric they may be; but for our mission to succeed it had to be done. This time many lay dead around our craft and the rest fell on their faces at our feet. They never again tried to attack us. Nor would they approach us for a very long time.

Eventually they came to realize that if they showed no aggression towards us, we would not use our fearful weapons on them.

We lived aboard our craft while we began to build the city that was to be our new home. Our numbers were divided into gatherers, builders, and lawmakers. Thoth, of course, was our chief lawmaker and priest.

As our city rose, it fascinated the local tribes who had never seen anything like it. They began to slowly approach our workers who were beginning to gain their trust. There was a lot of disease and illness prevalent among the tribes that cut their life span drastically. Our scientists studied their ailments and found ways to heal them that seemed to be miracles from the gods to these unenlightened ones. They

had come to the belief that we were gods from the sky and we did not see the need to tell them otherwise.

As the years came and went many of the tribal members became integrated into our society, freely giving of their time and labor to aid in construction and the supplying of food; and they would actually fight over who would be chosen to serve their "new gods". Thoth, to maintain the god-mystique, began wearing a mask and headdress of the Ibis, a bird, which became much revered by the little people. His was a fearful countenance and no one dared disobey his edicts. Others among our numbers saw the affect Thoth's headdress had on the people and some of them began to wear masks representing other animals and birds. The rest of us didn't see the need for this show, but if wearing such apparel gave them a greater sense of power and worth, so be it. We had a good laugh behind their backs. I myself, preferred to wear the headband used by many in Atlantis. It was made from copper and silver and supported a crystal in its center. Inside the band were placed tiny mechanisms, which helped amplify our long-low electrodynamic brain waves. This increased our natural abilities, and with it we could travel without actually taking our bodies with us. It also helped us to overcome gravity when certain sound frequencies were used.

Thoth established schools for the Atlantean children born in the new land. He oversaw their spiritual upbringing, teaching them the Law of One; saw that they studied all of the sciences, mathematics, the written and spoken language of the homeland; and taught them the ancient mysteries, which had been handed down from ancestors of long ago.

We had long since finished the building of our city and moved in. It was a pleasant enough place, but of course nothing could replace our homeland. Life began to settle down a bit. We were getting more leisure time, maybe too much.

Chapter 4

The Building Of The Great Pyramid

By this time work on the great pyramid had begun and was well on its way to completion. It was later to be known as the doorway to the Halls of Amenti, the center of initiation and renewal. Aid from the local tribes had been enlisted to do menial work. However, the slicing, cutting, and shaping of the great slabs of granite to infinite measurements were handled by disc-ray cutters and then transported thru the air suspended on beams of light by the craft of our friends from Aldebaran and put by them into place. The craft we arrived in from Atlantis was not suitable for this type of work.

Thoth, by the use of his tremendous mathematical skills, incorporated valuable knowledge into the construction plans of the pyramid. He knew that in a far away time in the future, man would evolve once again to a level where he could extract this information and use it to raise planetary consciousness.

Deep beneath the base of the pyramid a shaft was sunk directly below the subterranean chamber at a level of 243 feet to house mighty generators. These generators are the product of the highly advanced technological race from Aldebaran.

Our friends placed these generators, totaling millions of watts of energy, to send out beams and guide-ways for navigational purposes. Also: They helped eliminate the axial excursion at both the North and South Poles and prevented the Earth's magnetic poles from reversing again. They also provided more temperate climates thru many portions of Earth still recovering from our last great ice age.

The Queen's Chamber has become the primary interstellar communications room for our visitors who joined us after our arrival in Khem and has plans to stay with us for a lengthy period of time. This was indeed good news for all of us.

The King's Chamber in the very center of the grid at zero point is the entrance to the Halls of Amenti. After the pyramid is finished, we also plan to move our center of healing into this area.

The dimensions for the pyramid as designed by Thoth holds its own story for those who have eyes to see and the consciousness to understand. They are as follows:

Base - 765 feet square; total height 486 feet; the entrance is located exactly 54 feet above the base on the north side and constructed in such a manner that the light of our pole star will forever shine down the entire length of its 324 foot corridor to the subterranean chambers. This is the direction of our true magnetic north pole. This keeps the pole star centered and thus alleviates any further axial excursion of the planet.

243 feet below the base rests the marvelous machines installed by our friends. When they are found millennia from now they will be a source of awe and inspiration. The area of the entrance way is 9 feet ending in a subterranean chamber, from which another passageway, extending 63 feet ends in a blank wall. Blank for a purpose, for 9 feet further will disclose the sub-etheric generators. 72 feet above the base is the Queens chamber, consisting of 1,134 feet of area, and 9 feet, again, above the Queens Chamber is a second communications facility. 9 feet below the Kings Chamber is housed additional machinery. There are other areas, which I have not pointed out that will be used for special purposes.

All of the figures mentioned are multiples of the numeral "nine". The reason for this being that nine is the key to the mathematical science dealing with magnetics.

All that is left is the capstone cover of copper which will be so highly polished it will reflect the sun and be seen for as far as the eye can see. This is not just for a visual effect. The copper serves as a powerful conductor for solar energy, which is collected thru crystals located within the apex of the pyramid.

Author's Footnote: Aton's description above is the original construction of the Great Pyramid of Gizeh around 45,600 b.c.e. before Kheops used limestone to build up the outer surface, thereby closing off the entrance way and vents.

Chapter 5

Six Thousand Years Later

My childhood friend, Haton, was busily making written records to be installed in a vault near the pyramid for future generations to discover. He met almost daily with Thoth for this purpose. We had brought some written records with us from Atlantis and a lot of information had been incorporated in the construction of the pyramid, but Thoth wanted to leave more for the future. We had already placed many items in this vault including special seeds that once grown in the soil produce a certain type of gas that could clear pollution from the air. Thoth, with his ability to travel far into the future, had seen a time when this would be needed; a time when man had so polluted the Earth that they had no solution for the problem.

Thoth's knowledge seemed to be unlimited and we all admired and respected him greatly. He had taught our children and us so much over the last six-thousand years since our arrival; and had drastically raised the consciousness level, knowledge and abilities of the local tribes.

Many of those who came with us to this land are no longer here. But they left a great legacy for their progeny. From these Thoth chose many and trained them extensively in the mysteries. These he appointed as his priests, the descendents of which were to forever hold the Sacred Knowledge, releasing it to the world only at the beginning of each new golden age.

Our small colony had grown to a dynasty.

After the work on the pyramid had been completed, we began to search out the lands that lay around us. Our craft was perfect for exploration. We found that word had spread far and wide about our presence in Khem. In some areas we were welcomed as "sun gods". In others we met with resistance and many had to be subdued by force. These

conquered lands paid tribute to our colony and in exchange we taught them better methods of production, especially foods, introduced them to arts and culture, set up more effective systems of government and protected them from warring rival tribes.

It was almost time for Thoth to pay his next visit to the Halls of Amenti for renewal, which some began referring to as the land of the afterworld. This idea became so widely accepted that it was believed one could take his preserved empty shell and all his worldly goods with him into the afterlife. They even built small pyramids to house their empty shells. They could not grasp the concepts of the Halls of Amenti.

We would be without Thoth's guidance for a hundred years, after which he would return to continue his mission. He wanted to make sure everything would run smoothly during his absence, so he called for a full assembly of all the ones remaining who had accompanied him from Atlantis. He spoke:

Now that the great pyramid is completed, it will soon be time for me to return once again to the Halls of Amenti. During my absence, I charge each of you to fulfill your duties as listed in the Charter. We have made considerable progress since arriving in Khem, but our work is just beginning.

The little people around us must be brought further out of their ignorance for they are to become the basis for future enlightenment and the hope of Earth's civilization when the current Dark Age begins to fade. The progress they make in the next twenty-four thousand years will determine how they will get thru the final cycle before the great Cosmic Golden Age finally arrives.

Now, in the overlap stage between the ages, groundwork must be laid to prepare them. As the Light returns to Earth their minds will be better able to comprehend what we have to teach. Choose from among the most aware and begin their lessons.

Maat, my loyal and beloved mate, will be in charge of teaching them the ideals of law, order and truth, as well as the movement of the stars in their heavens.

Isis will be in charge of teaching the secret art of healing and family values, along with the magical and feminine side of nature.

Osiris will be responsible to teach the tenets of our spiritual laws and maintain strict adherence to the Law-of-One. Ra will continue to be in charge of our craft, technology and the security of our colony. He will transport my priests to the areas of the grids and protect them while they perform their tasks. Horus, as always, will be by the side of Ra.

My priests will first travel to the grid area northwest between Khem and the top of the world to teach the people there how to use the stars to guide their lives and raise the level of their civilization. From there this knowledge will spread to people of other lands. They will also go to the land of the grid southwest of the area that once was our homeland, where remnants of our people settled after the deluge. They are now known as the lonely ones. Here we will help them remember their past and teach them the technology needed to build as in the land of Atlantis.

As they travel, should any remnants of the man/beast creatures engineered by the Atlans be found, they are to be sent to Khem so that we may repair the atrocities done them.

All the rest of you know your duties and will report directly to Maat, Isis, Osiris and Ra. If my commands are not carried out, "you will answer to me upon my return."

With this, Thoth said his goodbyes and began preparation for his long journey deep within the Halls of Amenti.

PART III

WISDOM OF THOTH

WE ARE BECAUSE HE IS

*I am the wind that comes from the sea,
I am the I Am in thee.
I am the sun eternally shining,
To find me man is forever pining.*

*I am the waves that roll,
I am the wisdom of the scrolls.
I am that I AM, the All of All,
The Christ in man.*

*I am the song of life,
I am the husband and wife,
All of life is a part of me,
You are in me, and I AM in thee.*

*As the wind whispers and fades away,
To return again on another day,
The crest of life rolls back and forth.*

*The rise and fall of man's consciousness,
Is leading ever on and upwards,
Until he awakes to take his place,
In the realm created for his race.*

*Search on diligently and do not despair,
When you need me I AM ever there.*

Foreword

Thoth returned from the Halls of Amenti near the beginning of the new Golden cycle around 46,000 b.c.e. and continued his work for the next ten-thousand years, leaving the Children of Khem for a hundred out of each thousand. Nearly all the ones who came with him from Atlantis had made the transition to the next cycle, as well as many who had been raised up by his teachings. After his work was done, he, too, joined them beyond, but returned in consciousness in other forms many times.

In one form, he left behind the “Emerald Tablets of Thoth” to be given to the world to help bring back the Knowledge in the Great Golden Age we are now entering.

Study his words and you will see for yourself how he has influenced the evolution of man over the last fifty-thousand years thru the Sacred Knowledge secretly preserved in the Mystery Schools and religions of the world.

What follows are excerpts from Doreal’s translations of the Emerald Tablets of Thoth, broken down in fifteen parts.

Tablet #1

In Tablet #1, Thoth speaks of witnessing those around him pass thru death of the body and return again to life. (reincarnation)

He also spoke of waves of consciousness that had been the same as he that came and went in the Kingdoms of Atlantis and was eventually replaced “by spawn of a lower star.” Downward into darkness turned the thoughts of the Atlanteans, until the great overseer changed the direction and over the world broke the great waters, changing Earth’s balance. (During Dwapara Yuga around 52,000 b.c.e.)

Tablet #2

Children of Light descended and created bodies similar to man. Deep beneath the crust of the Earth they blasted great spaces by their power apart from the children of man. These spaces they surrounded by forces and power and shielded the Halls of the Dead from harm. Then side by side they placed other spaces and filled them with Life and Light from above. Then they built the Halls of Amenti where they might live to the end of eternity guiding man above who is bound in the darkness of material life. (Formation of the Astral (2nd) World)

Thirty-two Sons of Light had come among men seeking to free those bound by the forces of darkness. They placed in the center a Light Ray of great potency, a Flower flaming and expanding and driving back the night; life giving, light giving, filling with power all who came near it. Around the light were placed thirty-two thrones, one for each of the Children of Light, placed so they were bathed in its radiance.

There they lie sleeping with their souls freely flowing, incarnating in the bodies of men. Teaching and guiding onward and upward, out of the Darkness into Light. At times they awaken and come from the depths to be Lights among men, infinite they among finite men.

When by his progress man has lifted himself from the Darkness into the Light, he will be free of the Astral world and become Master of Life.

When man has become a Master of Life, free from the bonds of reincarnation and darkness, he may dwell as one with the Masters.

Seated within the Flower of Radiance sit seven Lords from the space-time above us. (Third to Ninth cycles, dimensions). Helping and guiding thru infinite wisdom, the pathway of the Children of Men thru time.

Each Lord rules over one of the Seven Cycles (dimensions) of time. They are called Three, Four, Five, Six, Seven, Eight, Nine. They are custodians and watchers of the force of man's bondage, and ready to turn them loose when the Light has been reached. First and most mighty sits the Veiled Presence, Lord of Lords, and the infinite Nine, ruling over the cycles below him. (The Father)

Tablet #3

The soul force is bound in darkness (body of flesh).

There are seven cycles or dimensions thru which man must pass to reach his goal:

THREE holds the key of all hidden magic, Creator of the Halls of the Dead. Sending forth power shrouding with darkness, binding the souls of the Children of Men; sending the Darkness binding the soul force; director of negative to the Children of Men.

FOUR is he who looses the power, Lord of life to the Children of Men. Light is his body; flame is his countenance, freer of souls to the Children of Men.

FIVE is the Master, the Lord of all magic – Key to the Word that resounds among men.

SIX is the Lord of Light, the hidden pathway, path of the souls of the Children of Men.

SEVEN is he who is Lord of the vastness, Master of space and the Key of the Times.

EIGHT is he who orders the progress; weighs and balances the journey of man.

NINE is the Father, vast he of countenance, forming and changing from out of the formless.

Tablet #4

OUT-OF-BODY

Thoth traveled out of body to many other worlds. He spoke of a planet of beings who built their planet from thought, created by pictures in the mind.

Man is a sun of the Sun. (Son of God). Bodies are nothing but planets revolving around central suns. Stars in time lose their brilliance, light passing from them into the great Source.

Magic is only knowledge yet unknown. We are space born of the ethers.

To leave the body – fast for three days, no water, and no food. Lie in darkness. Close your eyes; center your soul in the place of your consciousness. Place in mind the image you desire. See the place you desire. Vibrate back and forth. Loosen the soul from out of its body. Shake hard until you are free.

Say: Mighty Spirit of Light that shines thru the Cosmos, draw my Flame (soul) closer in harmony to thee. Lift up my Fire (soul) from out of the darkness, magnet of fire that is One with the All. Lift up my soul thou mighty and potent. Child of the Light, turn not away. Draw me in power to melt in thy furnace; one with all things and all things in One, fire of the life-strain and one with the Brain.

Tablet #5

When Atlantis first became a power, they were visited by one who gave them the Keys to Wisdom. He showed them the way of the Light, the path of attainment, how to master the darkness that prevented them from returning to the Source.

This visitor, the Master of Cycles, built a temple with powers called forth from the ethers by His mind. It covered miles of distance. Black as space-time and in its heart He placed the Essence of Light. This being was a formless soul form.

He chose “THREE” to be His links between He and the Atlanteans. To be messengers to carry his council. Then He taught others to teach the men of Atlantis. They were required to study for fifteen years in preparation. This great being was called the Dweller. He lived in the temple (pyramid).

Toth was invited by the Dweller into the inner sanctum to become Keeper of Records and an instrument of the Light. To be the preserver of Wisdom thru the ages of darkness that was fast approaching.

Deep in the Halls of Amenti, hidden from men, Toth learned the secret of the Cycles, above as below, learning the Law that balances the world. He came to the knowledge that all was part of an All. (The Law of One). He learned that Light does exist with darkness and those that rise to the Light can fall back into darkness when they delve into the forbidden. When they open the gateways that lead to below, and are not balanced, they become bound by lack of the Light.

The Dweller, while laying in the Halls of Amenti with His soul roaming free, saw the Atlanteans opening gateways that would bring great woe to the Earth.

His soul quickly returned to His body and he arose from His sleep. He called the three temple messengers and gave the command that shattered the world. Then He swiftly descended back to the Halls of Amenti and called on the powers of the Seven Lords and changed Earth’s balance.

As Atlantis sank beneath the dark waves, the gateway that had been opened was shattered and the doorway was closed below. Then the Dweller sent Thoth with his records and knowledge of magic to Khem to preserve the Knowledge until Light returns to the races of men. The three messengers and the Dweller stayed behind deep in the Halls of Amenti, but the pathway to the Lords of the Cycles was closed.

At the end of his time, (sixteen-thousand years in Khem-until 36,000 b.c.e.) Thoth buried his spaceship and erected over it a marker “in the form of a lion yet like unto men’. It was left for a time in the future when invaders shall come from “out of the deep”. They can be conquered by the use of his ship.

The “Sphinx” and the pyramid together is the Keystone to the doorway of Life. Look in the pyramid deep in the passage that ends in a wall. Use the Key of the Seven and open to you the pathway will fall.

Tablet #6

The struggle between Darkness and Light has been fiercely fought all thru the ages, using strange powers hidden to men.

There have been Adepts filled with blackness, struggling always against the Light; but there are others filled with the rightness who have ever conquered the Darkness of night.

Brothers of Darkness, banded together thru the ages, have been the antagonists to the Children of Men, always secret and hidden; found yet not found by the Children of Men.

They walk and work in darkness, hiding from Light, secretly using their power, enslaving and binding the souls of man. Unseen they come and unseen they go, but it is man in his ignorance that calls them from below. They walk thru man's dreams. They gain power from the darkness around them to call others from out of their plane. Into man's mind-space reach the Dark Brothers. Around it they close the veil of their night. There thru its lifetime that soul dwells in bondage. Mighty are the Dark Brothers in forbidden knowledge because they are one with the night.

It is easy to follow their pathway for Light comes only to him who strives. Hard is the pathway that leads to Wisdom and Light. But he who overcomes will be free. In the end Light must conquer Darkness and night must be banished from Light.

Brothers of Light, antagonists to the Dark Brothers, seek to free man from their human bondage. They walk among us secret and hidden and with their mighty and potent powers, and knowing the Law, the planets obey. They have fought and conquered the Dark Forces time after time and in the end the Darkness will be driven away. Beside men walk the Children of Light, Masters of the Sun power, open to all men who walk in the Light.

He who would travel the path to the Light must conquer fear of the night and learn to leave the Darkness of his physical body and return at will, keeping always the Light as his goal. The Sun is the symbol of the Light.

When within you comes a feeling drawing you down into darkness, examine in your heart if this feeling comes from within you. If so, banish it from your mind. Send thru your body a wave force of vibration, irregular first and regular second, repeating until free. Start the wave force in your brain center. Direct it in waves from your head to your feet. (See Part IV, Chapter 16, Thalamic Cortical Pause)

If you find your heart is not dark, then it is a force directed from outside to you. Only when you are aware that this is happening can you overcome it. Knowledge brings Wisdom and Wisdom brings Power.

First find a place bound by darkness. Place a circle around you. Stand erect in the midst of the circle. Use this formula and you shall be free:

Raise your hands to the dark space above you. Close your eyes and draw in the Light. Call to the Spirit of Light thru the space-time, using these words to be free:

Fill thou my body O Spirit of Life, fill thou my body with Spirit of Light. Come from the Flower that shines thru the Darkness. Come from the halls where the Seven Lords rule. (Name them by name) I call the Seven – Three, Four, Five, Six, Seven, Eight, Nine. By their names I call them to aid me, free me and save me from Darkness of night. Untanas, Quertas, Chietal, and Goyana, Huertal, Semveta, Ardal. By their names I implore thee, free me from Darkness and fill me with Light.

These names have power to free by vibration the fetters that bind. Use them as need to free your brother so that he, too, may come forth from the night. You are your brother's keeper.

Tablet #7

The Lords of the Seven Cycles (Dimensions) descended unto man. Each with a duty to fulfill; each having a force to control. They are one with the soul of their cycle, yet they too are seeking a goal. The time when all will become One with the greater than All. Time and space moves in circles (cycles).

In this our cycle (3rd) man is a Flame (soul) bound to a mountain (body). When man progresses into the Cycle above this (4th), life itself will pass to the Darkness and only the essence of Soul shall remain. Death of the body does not cause the change to the cycle above, but man must grow to the consciousness above. Then he will be free of the form and become formless.

Far into space-time Infinity, too, will pass into change. The Lords of the Cycles came from beyond space-time, from the place of Infinity's end. They manifest in our Cycle, but yet are they in our future of time.

We must look for our Soul of Light within our physical body. We are Masters of our Souls. We are one with the Cosmos, A Flame and a Child of Light.

Tablet # 8

Mystery is only hidden Knowledge. Man is in the process of changing to forms not of this world. In time he will grow to the formless, a plane on the Cycle above. You must become formless before you are one with the Light.

Speak silently to those who dwell down below. Before Atlantis existed there were men who delved into Darkness, using dark magic, who called up beings from the great deep below us. They came forth into this cycle, formless from another vibration, unseen by the Children of Earth Men. They incarnated as man, the only way they could live in this world.

They were conquered by Masters of Light, driven below to the place from whence they came. Some remained hidden in spaces and planes unknown to man. They lived as Shadows in Atlantis, but at times appeared among men. They were called forth by the sacrifice of blood.

They lived and appeared as men, these serpent headed ones. They crept into councils, appearing as men, slaying the chiefs of the Kingdoms, and ruled over men. Only by magic could they be discovered, only by sound could their true faces be seen. The Kingdom of Shadows sought to destroy man and rule in his place. They were banished by the Masters of Light, but they still exist in a place that is open at times where the rites have been said. They will return and take the semblance of men. Only the White Light Masters may control and bind them while in the flesh.

Guardians of the Barrier of Cycles moves in strange angles. To escape them move only thru curves. If while out of your body you hear a sound like the bay of a hound, flee back to your body thru circles, do not go into the mist before you. When you have re-entered your body, draw a cross and around it draw a circle. Utter the Word (I Am The Light.) to be free.

Tablet #9

Space is not boundless, but truly bounded by angles and curves. Thru out the space we dwell in, are others as great as our own interlaced thru the Heart of our matter yet separate in space of their own.

Nine are the interlocked dimensions and Nine are the Cycles of Space. Nine are the diffusions of consciousness and Nine are the worlds within worlds. Nine are the Lords of the Cycles that come from above and below. Space is filled with concealed ones, for space is divided by time.

Man thinks he lives, but it is life within death. While bound to our body, no life exists. Only the soul is space free, and has life that really is a life. All else is only a bondage, a fetter from which to be free. Only man's body is earthborn. Man's soul is a Light born Spirit of the Ether. Knowing this he can be free.

Light springs forth from Order. The Order that sent forth Light is the Word and from the Word comes Life and the existence of all. Order and Light are cast forth from the Abyss. The Word is the Fire which came from the Chaos. Light came from the Fire. Quell all the Chaos of the emotions and you will have Order in Life.

Tablet #10

In the beginning was void and nothingness, a timeless, spaceless, nothingness. Into the nothingness came a Thought, purposeful, all-pervading and it filled the void. There existed no matter, only force. A movement, a vortex or vibration of the purposeful Thought that filled the void. For Thought to be eternal, time must exist. So into the all pervading Thought grew the Law of Time. Time, which exists thru out all space, floating in a smooth, rhythmic movement that is eternally in a state of fixation. Time does not change, but all things change in time. Time is the force that holds events separate, each in its own proper place. Time is not in motion, but we move thru time as our consciousness moves from one event to another. Even though we are separate in time, we are still one in all times existent. All space is filled by worlds within worlds.

**(In this tablet he also talks about calling forth the Lady of the Light.)
(See Part IV, Chapter 9, Tree of Life and Chapter 10, The Lady of The Light.)**

Tablet #11

When Thoth first came to Khem, he found the inhabitants in caves of rocks, only a little above the state of beast. He raised them up in consciousness. He said they (the Atlanteans) gained their wisdom from starborn races. Masters of Wisdom as far removed from the Atlanteans as the Atlanteans were from the Children of Khem.

He placed keys in the pyramid. Draw a line from the Sphinx to the apex of the pyramid that was built as a gateway. Draw another line in the opposite direction in the same angle and direction. Dig and find what he has hidden. There you will find an underground entrance to the secrets hidden.

There are nine cycles above and fourteen below moving in harmony to the place of joining that shall exist in the future of time. The Lords of the Cycles are units of consciousness sent from the others to unify this with the All. In time all will be perfected having none above and none below, but alone in a perfected infinity, a harmony of all in the oneness of All. Know that you as a whole in this consciousness are only a cell in the progress of growth. (A cell in the body of the ALL)

The Cycle below us grows as a result of our growth, but not in the same way. The growth that we had and have in the present has brought into being a cause and effect. (Karma) No consciousness follows the path of those before it (each time cycle), else all would be repetition and vain. Each consciousness in the cycle it exists in follows its own path to the ultimate goal. Each plays its part in the Plan of the Cosmos. The farther (higher) the cycle, the greater its knowledge and ability to blend the Law of the Whole.

Our cycle (3rd) is working the minor parts of the Law, while the highest cycle (9th) that extends to infinity takes on the striving and builds greater Law. The cycles progressively work on greater Laws. Those who have being in cycles beyond us, are those who first came forth from the Source and have in the passage thru time-space gained ability to use Laws of the Greater that are far beyond the conception of men. Nothing is really below another, but only a different operation of Law.

The cycles of consciousness are children in different stages of growth, yet all from the One Source, the Wisdom, and All to the Wisdom returning again. When we learn that nothing but progress of Soul can count in the end, then we are truly free from all bondage, free to work in a harmony of Law. (Don't cling to the physical/material, detach and grow your Soul.)

Tablet #12

All effects shall bring forth its causes as all effect grew from the first cause. The future is not fixed or stable, but varies as cause brings forth an effect. The future is never in fixation, but follows man's free will as it moves thru the movements of time-space toward the goal where a new time begins. Man can only read the future thru the causes that bring the effects. Man's destiny shall lead him onward until he is one with the Light. Even though his way lies in the midst of Shadows.

The Children of Khem rose from a state that was only slightly removed from that of beasts; but before them were much greater than they. As the others fell, so would the Children of Khem and come to an end. Upon the land where they rose and fell, other barbarians would dwell and in turn rise to the Light. The ancient Wisdom would be forgotten, but would live hidden from men.

In the land called Khem, races shall rise and races shall fall. Forgotten will be the Children of Men. Yet they will have moved to a star-space beyond this (next cycle) leaving behind this place where they dwelt (3rd cycle). Knowledge and wisdom shall be forgotten and only a memory of gods shall survive. But all thru the ages man shall have access to the Law when he wills it.

Man is destined to climb the Cycles until he is one with the All. The Cycles remain fixed. The Worlds exist in all cycles.

In ages to come there will be a revival of Wisdom to those who inherit this star (plane). They will rise to Wisdom and learn to banish the Darkness by Light, after ages of striving.

Then will come a great warfare that shall make Earth tremble and shake in its course. Then shall the Dark Brothers open the warfare between Light and the Night. When man again shall conquer the ocean and fly in the air on wings like the birds; when he has learned to harness the lightning, then shall the time of warfare begin. Great shall the battle be twixt the forces, great the warfare of Darkness and Light.

Nation shall rise against nation using the Dark Forces to shatter the Earth. Weapons of force shall wipe out the Earth man until half of the

races of men shall be gone. Then shall the Sons of the Morning come forth and give their edict to the Children of Men, saying:

“O men, cease from thy striving against thy brother. Only thus can ye come to the Light. Cease from thy unbelief, O my brothers, and follow the path and know ye are right.”

Then men will cease from their striving, brother against brother and father against son. Then shall the ancient home of Atlantis rise from its place beneath the dark ocean waves. Then shall the Age of Light be unfolded with all men seeing the Light of the goal. Then shall the Brothers of Light rule the people. Banished shall be the Darkness of Night.

The Children of Men shall progress onward and upward. They will become Children of the Light. Flame of the Flame shall the Souls ever be. In that time all shall be One and One shall be all. Man, a perfect Flame of this Cosmos, shall move forward to a place in the stars (cycles/dimensions). They shall move out of this space-time into another. The time will come when we will be deathless, living from age to age, a Light among men.

Call on Thoth when you need him. Use his name three times in a row:

Chequetet, Arelich, Volmalites.

Tablet #13

Deep in Earth's heart lies the Flower, the Source of the Spirit that binds all in its form. The Earth is living in body as we are above in our own formed form. As the Flower of Life is the place of our Spirit, Earth's Spirit streams from its core and gives life to the Earth and its children.

Our form is dual, balanced in polarity while formed in its form. When death approaches, it is because of our balance is shaken. One pole has been lost.

The secret of life in Amenti is the secret of restoring the balance of poles. All that exists has form and is living because of the Spirit of Life in its poles.

In Earth's heart is the balance of all things that exist and have being on its face. The source of our Spirit is drawn from Earth's heart, for in our form we are one with the Earth.

When we learn to hold our own balance, then we will draw on the balance of Earth. Then we will live as long as Earth lives, changing in form only when Earth changes. Living a deathless life with this planet, holding our form till all pass way.

To keep balance, lie one hour each day with your head pointed to the place of the positive pole (north), while holding your consciousness from the chest to the head. Lie one hour each day with your head pointed to the place of the negative pole (south), while holding your consciousness from the chest to the feet.

Hold in balance once in each seven and your balance will retain the whole of your strength. If you are old your body will freshen and your strength will become as a youth.

In days of Atlantis where life spans were longer, to neglect this when they had passed beyond one-hundred would mean the coming of death. By keeping your balance you will live on in life.

When at the end of your work you desire to pass from this life, pass to the plane where Suns of the Morning live and have being as Children of Light; pass without pain and pass without sorrow into the plane where is eternal Light.

First lie at rest with your head to the eastward. Fold your hands at the Source of Life (solar plexus). Place your consciousness in the life seat. Whirl it and divide it to the north and to the south. Relax your hold on your being. Forth from your form will your Silver Spark fly, upward and onward to the Sun of the Morning, blending with Light, at one with its Source. There it shall flame till desire shall be created. Then shall return to a place in a form (reincarnation).

This way pass the great souls, changing at will from life unto life. Thus ever passes the Avatar, willing his death as he wills his own life.

The Masters are able to remember the lives of the past. The secret is: When upon you death fast approaches, do not fear, but know you are Master of Death. Relax your body, do not resist with tension. Place in your heart the Flame of your Soul. Then quickly sweep it to the seat of the triangle (1st – Root Chakra). Hold for a moment, then move to the goal. This, your goal, is the place between the eyebrows (7th Chakra), the place where the memory of life must hold sway. Hold your Flame here in your brain-seat until the fingers of death grasp your Soul. Then as you pass thru the state of transition, the memories of life shall pass too.

Then the past will be one with the present. Then the memory of all be retained. Free you will be from retrogression. The things of the past shall live in today.

Tablet #14

The Earth is a portal, guarded by powers unknown by men. But the Dark Lords hide the entrance that leads to the Heaven-born land. Man will deny the mysteries, but the seeker will always find the way.

The secrets will only be given to those who pass the tests, so that they will not be corrupted. Making the secrets into a religion is the only way the essence will remain.

There are two regions between this life and the Great One, traveled by the souls who depart from this Earth; Duat, the home of the Powers of Illusion; Sekhet Hetspet, the House of the Gods.

Osiris, the symbol of the guard of the portal, who turns back souls of unworthy men. Beyond lies the sphere of the Heaven-born powers, Arulu, the land where the Great Ones have passed.

There are seven mansions of the House of the Mighty. Three guards the portal of each house from the Darkness.

Fifteen ways lead to Duat.

Twelve are the houses of the Lords of Illusion, facing four ways, each of them different.

Forty-two are the great powers judging the dead who seek for the portal.

Four are the Sons of Horus.

Two are the guards of east and west to Isis, the Mother who pleads for her children, Queen of the Moon, reflecting the Sun.

Ba is the essence living forever (soul).

Ka is the Shadow that man knows as life (physical body).

**Ba cometh not until Ka is incarnate.
Three is the mystery that comes from the Great One.**

**In the primeval dwell three unities. Other than these, non can exist.
These are the equilibrium, source of creation: One God, One Truth,
One Point of Freedom.**

**Three comes forth from the Three of the Balance: All Life, All Good,
All Power.**

**Three are the powers given to the Masters: To transmute evil, assist
good, use discrimination.**

**Three are the things inevitable for God to perform: Manifest Power,
Wisdom and Love.**

**Three are the Powers creating all things: Divine Love possessed of
perfect Knowledge, Divine Wisdom Knowing all possible means, Divine
Power possessed by the joint will of Divine Love and Wisdom.**

**Three are the circles (states) of existence: The Circle of Light where
dwells nothing but God, and only God can traverse it; the Circle of
Chaos where all things by nature arise from death; the Circle of
Awareness where all things spring from life.**

**All things animate are of three states of existence: Chaos or Death;
Liberty in Humanity and Felicity in Heaven.**

**Three necessities control all things: Beginning in the Great Deep; the
Circle of Chaos; Plentitude in Heaven.**

Three are the paths of the Soul: Man, Liberty, Light.

**Three are the hindrances: Lack of endeavor to obtain Knowledge, non-
attachment to God, attachment to Evil. In man the three are manifest.
Three are the Kings of Power within. Three are the Chambers of the
Mysteries, found yet not found in the body of man.**

Don't try to enter Heaven if you are not worthy, it is better to fall into the fire. At every revolution of the Heavens, the Celestials bathe in the Fountain of Light.

(Thoth instructed his followers to form the mysteries in every land. To make the way hard for the seeker to tread. Thus will the weak and the wavering be rejected. Thus will the secrets be hidden and guarded, held till the time when the Wheel shall be turned.)

Thru the dark ages, waiting and watching, his Spirit shall remain in the deep hidden land. When one has passed all the trials of the outer world, Thoth, when summoned, will come forth to receive the initiate and give him the Words of Power.

(He told his followers to go to the chamber beneath his temple. Fast for three days, no food or water, and he will come to teach them.)

Tablet #15

Darkness is Disorder; Light is Order. Darkness transmuted is Light of the Light. They both arose from the Source of All. Transmutation of Darkness to Light is our purpose in being.

We are threefold in nature: Physical, Astral and Mental in one.

Three are the qualities of each of the natures, nine in all; as above so below.

In the physical are these channels: The Blood which moves in vortical motion, reaction on the heart to continue its beating. Magnetism which moves thru the nerve paths, carriers of energies to all cells and tissues. Akasa which flows thru channels, subtle, yet physical, completing the channels.

Each of the three tuned with each other, each affecting the life of the body. They form the skeletal framework thru which the subtle ether flows. In their mastery lies the Secret of Life in the body. Relinquished only by the will of the Adept, when his purpose in living is done.

Three are the natures of the Astral, mediator of between above and below; not of the physical, not of the Spiritual, but able to move above and below.

Three are the natures of mind, carrier of the Will of the Great One. Arbitrator of Cause and Effect in our life.

Thus is formed the threefold being, directed from above by the Four. (Lord of the Fourth Cycle)

Above and beyond man's threefold nature, lies the realm of the Spiritual Self. It has four qualities shining in each of the planes of existence, but thirteen in one the mystical number.

On Earth, man is in bondage, bound by space and time to the Earth plane. Encircling each planet, a wave of vibration, binds him to his plane of unfoldment. Yet within man is the Key to releasement, within man may freedom be found.

When you have released the self from the body, rise to the outermost bounds of your Earth plane. Speak the word “Dor-E-Lil-La”. Then for six hours your soul will be lifted and you will be free to pass the Barriers of Earth plane. See and know those who are beyond you. To the highest worlds you may pass to see your possible heights of unfoldment. Or those who have not yet reached your state of growth.

Relax your body. Be conscious only of freedom from flesh. Center your being on the goal of your longing. Think over and over that you would be free. Think of this word, *La-Um-I-L-Ganoover*, and sound it over in your mind. Drift with the sound to the place of your desire. Free by your will from the bondage of flesh.

To go to Amenti, picture it as described, leave your body and long to be there. Stand before the Lords in your minds eye. Mentally pronounce the words:

***Mekut-El-Shab-El-Hale-Sur-Ben-El-Zabrut-Zin-Efrim-Quar-El.* Relax mind and body and your Soul will be called.**

To go to Shamballa where dwells Light of the Spirit Guides to help you: Leave your body. Pass to the Barriers of the deep, hidden places. Stand before the Gates and their Guardians, command entrance by these words:

I am the Light. In me is no darkness. Free am I of the bondage of night. Open the way of the Twelve and the One so I may pass to the Realms of Wisdom.

When they refuse, command them to open by these Words of Power.

***I am the Light. For me there are no barriers.
Open, I command, by the Secret of Secrets:
Edom-El-Ahim-Sabbut-Zur-Adom.***

Then if your words are of the highest truth, the Barriers will fall.

PART IV

SACRED KNOWLEDGE AS IT COMES DOWN TO US TODAY

You're Closer Than You Think

*You are only one move away,
In the game of life you play.
Pause now and give some thought,
To those things being wrought.*

*Do this my children and you will see,
How beautiful life can really be.
You don't have to wait til later be,
Think deeply – now is eternity.*

Foreword

For thousands of years the Sacred Knowledge has been guarded and passed down generation upon generation. Hidden from those who would seek to destroy it. The “Mystery Schools” have held it in trust thru the ages; and at times not even the caretakers have fully understood its implications.

It has become the base of the major religions, as Thoth instructed; and their true meanings have been debated widely, and most often heatedly, thru out the lands. Because of man’s lack of understanding, wars have been waged between the religions; each thinking his understanding of the Law was the right one, failing to see the Truth and sameness of all.

Now, the “New Cosmic Golden Age” is dawning, and man’s mind is beginning to clear; a new understanding is growing that will free man to follow the truth.

For years the world has scoffed at those who seek a new way, the forerunners clearing the path for all man. But in time the scoffers, too, will see the Light and cease to struggle.

Many times has the Truth been brought back to the Earth plane by Brothers advanced far beyond us; and some of these Brothers have been seen in our skies. They have patiently taught and guided, waiting for a glimmer of Light to break free from within us. Guiding us slowly to a new understanding.

It has not been easy to break free of the misconceptions taught us from birth; and the fears instilled in us of deviating from the interpretations of those before us. But when you call upon the Radiant Creator to guide you down the path to Truth, then you must have faith that HE will not lead you astray. Then set your goal to attain to the highest Knowledge and Knowing, and don’t look back; and don’t let anyone dump their fears upon you. Your goal is to find your way home to the Source. Only YOU can do this for YOU.

In my years of searching, I have been fortunate to have consciously found guidance all along the way.

In the 70's I was introduced to teachings of the Space Brothers thru the channel "Richard Miller". I must have listened to his messages a hundred times trying to understand their true meanings. I was part of a group, headed by my mentor, Baird Wallace, a truly beautiful soul; who kept me in balance when I tended to go "off into space".

After a while, I began receiving teachings directly thru a process of mental impressions and thought forms. Very labored at first, because I was a product of my time, with preset ideas and a mind locked into the teachings of my upbringing. Over the years I was guided to Knowledge to help me grow. For forty years I studied, struggling to understand.

Then when I was ready, I received help that put it all together for me. It started when I discovered the book "Lemurian Scrolls" written by the great Master Satguru Sivaya SubramuniySwami, a truly great Soul. His work on the Cosmic Cycles of Time helped put everything I had learned into perspective and the images began to form and flow thru my mind. My consciousness continued to expand and as it did so, hundreds of questions came pouring in. As rapidly as the questions came, I found their answers, as if by magic, in Satguru's book "Merging With Siva". All I needed to do was open the book, and on the page where it opened, I found the answer.

Gurudeva is no longer with us physically, but his teachings and Wisdom live on and will continue to guide man into the future. I have been given permission to use information from his book "Merging With Siva" on the subjects: Chakras, Reincarnation, and the Five States of Mind. This is the clearest, easy to understand and most powerful dissertation on these subjects I have ever found. I found this crucial to my own understanding of how and why we have existence in the physical.

What follows are some of the Truths I have gained. Some have come from within; some have come from other sources, and in these cases I have shown their origin. These are my truths TODAY. They may not be your truths, and that is okay. Each person is a final authority on what is truth for them. I only submit mine in the event they might be of

some use in your search; and to show how the thread of the Sacred Wisdom runs thru all teachings.

You can see for yourself. Put aside your conscious mind, let your awareness flow freely. Start in ancient Atlantis – follow the path to Egypt, then see the movement as if in delayed time motion spreading across the face of the Earth. Watch the flow of the survivors of Mu and Atlantis, see the lands in which they came to dwell. Then superimpose these movements into the great cycles, blend them together in your mind. Into that insert the lessons you have been learning and a bigger picture will emerge.

Love and Light to all of you.

JERRY ISSA

Chapter I

A Trip Thru The Dawning

For me, it first began in the 50's; wondering if there really was life after death; and questioning why I had been taught that God was so fearful that if I stepped out of line just a little he would cast me out into eternal darkness. I felt God was an all-knowing, loving and forgiving creator Father, so I went forth to find my own answers.

I read and studied in areas such as theosophy, spiritualism, astrology, other religions, mundane sciences, world mythologies; but for two decades, it had little impact on my awareness. Gradually, over time, a belief started building in the masses that humans not only had five senses, but a sixth sense called "extrasensory perception". Then came other new ideas such as hypnosis, which could be used on the "subconscious" to alter unwanted habits. "Subconscious?" What was this new word? Did we really have another part to us, which we didn't know about? Then marvel of marvels! We learned about the electro-dynamic fields. We found there were "life" fields, which surround every living cell, atom and molecule in creation; organizational fields in which all things are recorded; and Lo and behold! thought fields by which all things are connected. The world was slowly waking up to new concepts.

In the 60's we went thru a major cultural change singing, "we are in the dawning of the Age of Aquarius." For most of us, we only had some vague idea of why life was due to get better. We surely didn't know how bad it could get before getting better.

At the beginning of the 70's, my thoughts turned to, "what do I really believe in?" and "how can I teach and guide my children if I don't have a clear picture myself?" This process of thinking was affecting, as I later found out, large numbers of people in the 70's, and resulted in a big surge forward to open the vaults of understanding.

More and more people began to have experiences they could not fully understand; so we called these “psychic” experiences. Out of this grew individuals and groups thought to possess “powers” that the majority of the people did not share. It wasn’t the first time this sort of phenomena had occurred. Small movements have been recorded in recent history and back thru “biblical” times. This recent phenomena began after our planet discovered how to split the atom and created and used them in destructive weapons. This got the attention of civilizations beyond earth. If the case were reversed, would it not have gotten our attention if we had evolved enough to be able to detect such action?

When we began to see strange unexplainable objects in the sky, it made many wonder if there wasn’t more there than “met the eye.” People began to come together in groups to share information and meditate on what it meant. “Channels” were developed in some of these groups thru which apparently teachings and messages were being transmitted. Individuals also began seeing visions and having lucid dreams and receiving telepathic communications that appeared to be a type of learning experience.

Looking back we can call these predecessors the “pioneers of the New Age”, for indeed “they went where few had gone before.” They placed themselves in positions to be criticized and hounded and laughed at by their peers. For some, even their lives and careers were destroyed. We owe our thanks and deepest gratitude to all these pioneers for “paving the way” to help open our minds and hearts to an alternative way of life.

We learned that because our planet was so far behind in its spiritual evolution for this time in space (thru no fault of our own), the celestial beings and ascended masters in charge of our progress on earth called for “outside” help to lend their energies in bringing us into alignment.

It began earlier, but in the 70’s efforts were stepped up to increase the mass awakening. It is interesting to note that a lot of the information released to us in the last fifteen years of the 20th century was actually received in the early to middle 70’s. This information was received via visions, dreams, telepathic communications, impressed writings, channels thru which other intelligence’s spoke; all giving weight to the belief that we were getting help from sources other than our own conscious or subconscious minds.

The first telepathic message this writer ever received was “...we will join together to give aid when the time comes. When our work is finished we will “recede” with no notice of ever having been, but life will go on.” This was over thirty years ago.

Recently, a friend of mine had a vision that the master teachers circling the earth turned their backs to earth as if saying, “we are here to protect and watch over you, but you now must stand on your own feet and work to build a new earth.”

Information has rapidly been reclaimed from the “ Akashic” records (God’s storehouse of knowledge recorded in the organizational fields of creation). It quickly began to take on the feel of stepping-stones (or building blocks) linking one set of information to another. There is now so much information being written down that it’s getting hard to keep up with it all. That’s why networking (sharing) information with friends and fellow workers is so beneficial in helping to keep current, especially for those who are still not computer friendly.

Each bit of information that fits with your path of discovery acts as another “*piece in the puzzle*” you are building. You must learn to trust your inner feelings as to what is *truth for you*. Your truth affects your evolvment as an individual. It is not necessarily the same truth for another.

Some of the information my closest group of friends and I have shared over the last thirty or so years have sent us down a similar path, but we have not always come to the same conclusions. We always arrive at our own personal conclusions based on our inner knowing and how it applies to our own experience, but by sharing, we are all enriched.

The conclusion that I have thus far drawn from my own personal path of discovery can be summed up very briefly:

- 1. I’ve been asleep for a very, very long time, and I’ve had a lot of help in waking up.**
- 2. We are due to receive a great infusion of light (subtle matter-energy) on a grander scale than has been received for vast periods**

- of time. Greater than what is normal at the beginning of a new precession of the equinoxes. (Every 24,000 + years).
3. **This will change the nature of everyone and everything remaining on earth in a positive and uplifting way, and advance Earth's vibratory frequency to the next higher frequency.**
 4. **The devastation will not be as great at the beginning of this new cycle as it has been at the beginning and ending of other great cycles.**
 5. **Although the earth's population will be much smaller after the changes and will take many generations (maybe even centuries) to rebuild, those who wait in the Astral World to complete their earth experiences will have the opportunity at some point in time to return to a new and better life on earth to continue their growth in their physical life experience.**
 6. **New Man on earth will learn to use the subtle matter-energy of the creator to fulfill all his physical needs.**
 7. **We will once again know what it is to be MAN, not "hu-man" men and women.**

**ALWAYS REMEMBER
"WE CAN DISAGREE AND STILL LOVE ONE ANOTHER."**

Chapter 2

Subtle Matter-Energy

What Does It Mean To Us Here & Now

What if Black Holes are doorways to the Universal Central Sun? What if Galactic Suns are black holes thru which subtle matter-energy is projected in a straight or curving line into galaxies from the Universal Central Sun? What if the cyclic rotation of solar systems weave in and out of space bringing them directly into the stream of this subtle matter-energy at predictable periods of time and at other times taking them farther and farther away?

Could it be possible that the solar systems closest to this portal evolve into permanent planets of light long before the outer and younger planets of the galaxy? Are we, in our solar system, at the edge of our galaxy, coming into position to receive this stream of subtle matter-energy? Is this the food, which feeds and nourishes all of creation?

Throughout our many cultures, this energy is known by various names, i.e. Vital Primal Energy, Prana, Cosmic Rays, Breath of God, Celestial Fire, Light of God, Love of God, Chi, etc. We have been taught to visualize this energy (whatever name we call it) and to surround everyone and everything on the planet in its radiance. But do we really realize its significance, and our own personal connection with this energy?

This is the energy through which we, and all things in creation, are directly linked with the Primal Creator; the silver cord, which has never been severed.

Throughout the ages there have been those aware of this connection; and thru our darkest times have devoted their entire being to maintaining this connection while the rest of us have been asleep.

As we begin to stir and awaken, it now becomes our responsibility to add our thoughts and intent to increase the flow of this energy to the planet. As it increases it will touch and change every atom and molecule

on and within our planet preparing us to take our place in the New Golden Age.

We cannot know the length of time it will take us to make the total transition. It could be a relatively slow process or an instantaneous occurrence. Only the Creator knows for sure. One thing, however, is apparent, it has already begun; and the rate of our progress could very likely depend on the efforts of each individual doing his/her part to increase the energy flow to the planet.

Meditating is always good because it clears your mind to concentrate on the flow. But thought it-self, at anytime, will be beneficial. The more you visualize and draw forth this subtle matter-energy the more effect it will also have on you individually. You will begin to see life from a different perspective as your mind begins to see the “bigger” picture.

Life, as we know it, will change in the New Age. New technologies will appear freeing us from dependency on mechanical technologies, and the necessity of spending most of our time working to support our bare existence. There will be more time for contemplation and the pursuit of activities, which bring joy into our lives.

We will be born remembering our past experiences. Parents will be in contact with their children before they are born; and can begin teaching them before the advent of their physical appearance. Our physical bodies will be an “improved” model, which will not be susceptible to disease. (DNA testing will reveal a triple helix.) Life spans will increase considerably. Heavy manual work will be a thing of the past when levitation skills have been regained. Subterfuge and deceit will cease because telepathic abilities will reappear; and also because the desire to be deceitful will disappear. These are only some of the things we have to look forward to in the New Golden Age.

We have already become restless and discontent with the old ways, along with violence, wars, disease and futile struggles. Critical mass has long since been reached. It’s time to work together to hasten the qualities of the New Age. We’re not alone - we never have been. We have been poked and prodded and shaken from our sleep. We are now on our own. All we need is to awaken to the possibilities, which lay

before us and begin to exert all our efforts to increase the flow of subtle matter-energy to our planet.

Our Galactic Center is known to emit an outward flow of intense Galactic wind consisting of ionized hydrogen and helium gas, as well as subtle matter-energy. It streams away from the center in a manner similar to the solar wind emitted by our sun, but much denser. It emits about one solar mass every century. If our own sun were to emit as much matter it would be entirely dissipated in 100 years. If the Galactic sun were to continue emitting one solar mass per century without being “replenished” at its center it’s entire mass would be dissipated in less than 100 million years.

According to scientific views, gas moves inward to a black hole. But what if gases and subtle matter-energy streams constantly thru a Galactic black hole center from the core of the universe and from there to the solar suns, replenishing them until it is time to withdraw the galaxy back into the universal center which occurs every 4+ billion years.

Is it not logical for the gases to then flow backward into the “Black Hole”? (as a process of dissolution.) Perhaps black holes, which scientists have noted showing an inward flow, are actually in the process of periodic dissolution of the physical, returning to its Source.

Chapter 3

As Above – So Below

It is sometimes hard for us humans to view our existence from any other perspective than our short life span in this dimension - and perhaps that's all that is needed for many to live out their days upon this planet.

For others, religions have filled their needs to assure them that there is some, although vague, existence past the physical - some promised, but unseen reward for making it thru their normal life span.

Then there are others who are not content with the abstract, and set about searching diligently for the cause and purpose of being. "Metaphysics" simply means the search for the Cause of Life.

Once begun, metaphysicians are always on a path of discovery looking for the answers to: Who am I? Where do I come from? Where am I going? What is the Purpose of Life?

We are a sum total of all our experiences at any given time. That includes what we study and focus on. We store up information in the vaults of our mind. Some we are able to integrate into our daily lives and this continually adds to and changes our "sum total". The rest is stored away until a future need arises.

Periodically, we are exposed to a new idea or new way of looking at an old subject; and then our consciousness spirals upwards, and a new level of awareness is reached. Sometimes the new idea comes from within. Sometimes it is thru the thoughts of others by a word spoken, an act committed, or a book written. Sometimes it is a combination and synchronicity of many things. But for those who remain alert, there will be no doubt that something new is happening.

All of life is subject to cycles revolving upon cycles, revolving upon more cycles, from the great cosmic cycles down to the minutest of time cycles.

We are aware of and consciously use many of these cycles. Take time for instance: Seconds, minutes, hours, days, weeks, months, years. In addition to directing our everyday lives, we have used these cycles to evolve sciences in which they play an important role as in astrology, biorhythms, life cycles, and so on. Seasons are cyclic, as well as the nature of procreation from the smallest microbe all the way up the ladder to humans. The plants and trees also follow their cycles.

Everything in creation moves and is in tune with a heartbeat.

The beginning and ending of ages is predictable because they follow a known cycle. Civilizations are subject to cycles, and rise and fall in accordance to which cycle is in effect at a particular time.

There is a saying, “As Above, So Below.” Simply put, this means that in cycles affecting our planet, it’s inhabitants and all creations therein, a parallel cycle is affecting the entire universe, but on a grander scale.

In the Precession of the Equinoxes, we go thru four cycles. In Eastern philosophies they are called, Sat (Golden Age), Treta (Silver Age), Dwapara (Bronze Age), Khali (Iron “Dark” Age).

Following the rule “As Above-So Below”, Eastern seers have given the same names to the four cycles of the Cosmic Progression, although the Cosmic Progression involves vast periods of time in each of its four cycles.

There are many differing viewpoints on the time frame of both the minor and cosmic cycles. My own viewpoint is yet another in a long list.

The grander cosmic cycles span such a large amount of time that it is understandable that most would say “so what”, “it can’t possibly have an effect on human evolution.” Normally I might agree, except in our present time frame, I feel we are not only at the beginning of a lesser Golden Age (Age of Aquarius), but are in fact at the beginning of a Cosmic Golden Age. If this is indeed the case, it will have a momentous impact on human evolution as never before since the human animal body was evolved for the souls of “Man.”

Below is a comparison of the cycles within the “Precession of the Equinoxes” as compared to the time lines of the “Cosmic Cycles” as set forth in the “Lemurian Scrolls”, by Satguru Sivaya Subramuniyswami, dating from when Earth became recognizable, but not yet habitable.

Cosmic Cycles

4 Yugas = 1 Chaturyuga = 4,320,000 years

71 Chaturyugas = 1 Manvantara = 306+ Million Years = 1 Earth Cycle

A Chaturyuga (cycle of 4 Yugas) is broken down as follows:

Sat (Golden) = 1,728,000 years

Treta (Silver) = 1,296,000 years

Dwapara (Bronze) = 864,000 years

Khali (Iron “Dark”) = 432,000 years

According to the dating of the Lemurian Scrolls, “MAN” in soul form did not arrive on this planet until the beginning (Golden Age) of the 71st Chaturyuga of the 3rd Earth cycle (around 4,320,000 years ago.) Further it was not until the beginning of the Cosmic Silver Age (1,728,000 years after first arrival) that the first human body originated in the Animal Kingdom. The Scrolls further state that no new souls arrived on Earth since the beginning of the “Iron (Dark) Age” approximately 432,000 years ago (until the beginning of the new Cosmic Cycle, which began in 1879), and that the human body will last only until the end of this Cosmic “Iron (Dark) Age (approximately 2079).”

Now since the cosmic cycles cover such vast periods of time and each total Precession of the Equinoxes takes a little more than 24,000 years (2000+ around 100 years overlap in each age/sign) to go thru all four cycles, they will complete several rotations in each cosmic cycle before the cosmic cycles completes even one complete rotation of 4,320,000 years.

If the Lemurian Scrolls are correct that the new Cosmic “Golden” Age began to overlap the old Cosmic “Dark” Age in 1879; and our space teachings are correct that we went thru the cusp of the two ages in 1973; then allowing 200 years in which the two cycles overlap would give us to believe that the Cosmic “Dark” Age will be out of the picture and the new Cosmic “Golden” Age will stand alone somewhere around 2070/2080 A.D.

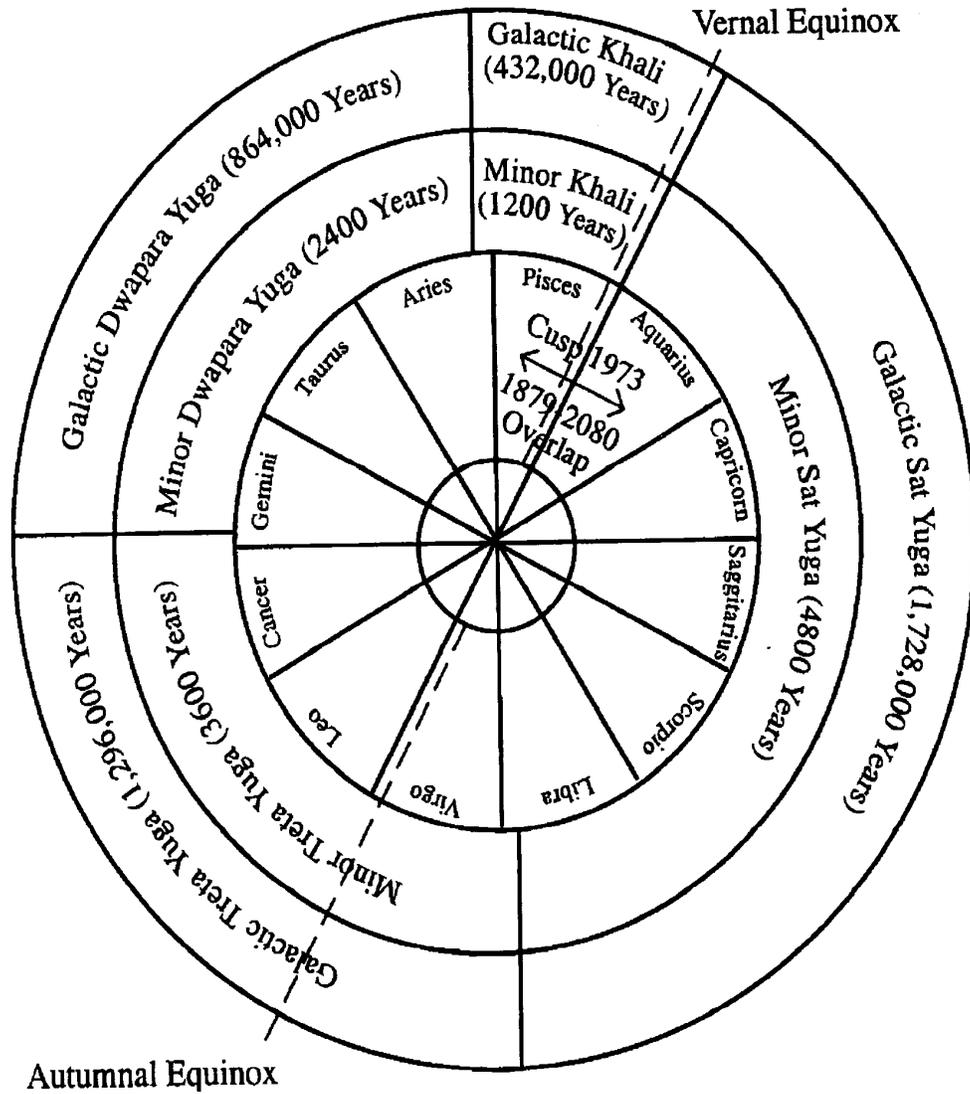
Attached are three diagrams with relative information, which I used to reach my conclusions. I came across the qualities of the “Yugas” in the “Pillar of Celestial Fire, by Robert Cox,” which led me to feel that perhaps the old way of calculating the Precession of the Equinoxes needed to be re-evaluated by modern astrologers and/or astronomers. The question arises in calculating two watches to complete the Precession of the Equinoxes instead of one rotation sequentially. One thing that especially stands out in diagram #8 is that minor Khali (Dark) Age is shown to cover the last 1200 years. I feel that diagram #7 more accurately reflects the time period of this last Dark Age.

Diagram #9 shows both views of the minor cycles and how they fit in with the cosmic cycles. Either way, I felt the evidence indicated the beginning of both a minor Golden Age and a Cosmic Golden Age occurring simultaneously.

I am not an astrologer, but as sometimes happens to me thru non-local intuition, I began to see the lesser and grander cycles moving harmoniously together connecting the evolution of Earth with the evolution of the Cosmos. And as I focused on these movements, I began to see a connection between all of creation as I had never seen it before. Everything stored away for the past forty years came whirling into my consciousness creating a connection that stretched to infinity - to the Source; and I felt within my being that what awaits “Man” on Earth was so marvelous that it was indescribable.

Diagram # 8

Based on (1) 12,000 year watch x (2) rotations = 1 Precession of the Equinoxes



Re: Diagram #8

The # of years in each Galactic Cycle divided by the # of years in each of its corresponding minor cycles = 360.

360 complete rotations of the minor cycles (12,000 years in each watch) not including overlaps = 1 Chaturyuga (4,320,000 years), also not including overlaps.

4,320,000 years = 1 complete rotation of the Galactic Cycle.

4,320,000 years ÷ by the 12 signs = 360,000 Earth years in each sign.

360,000 Earth years = 1 Celestial year.

4,320,000 ÷ 360,000 Earth years = 12 Celestial years.

4,320,000 ÷ 360 rotations = 12,000 Earth years.

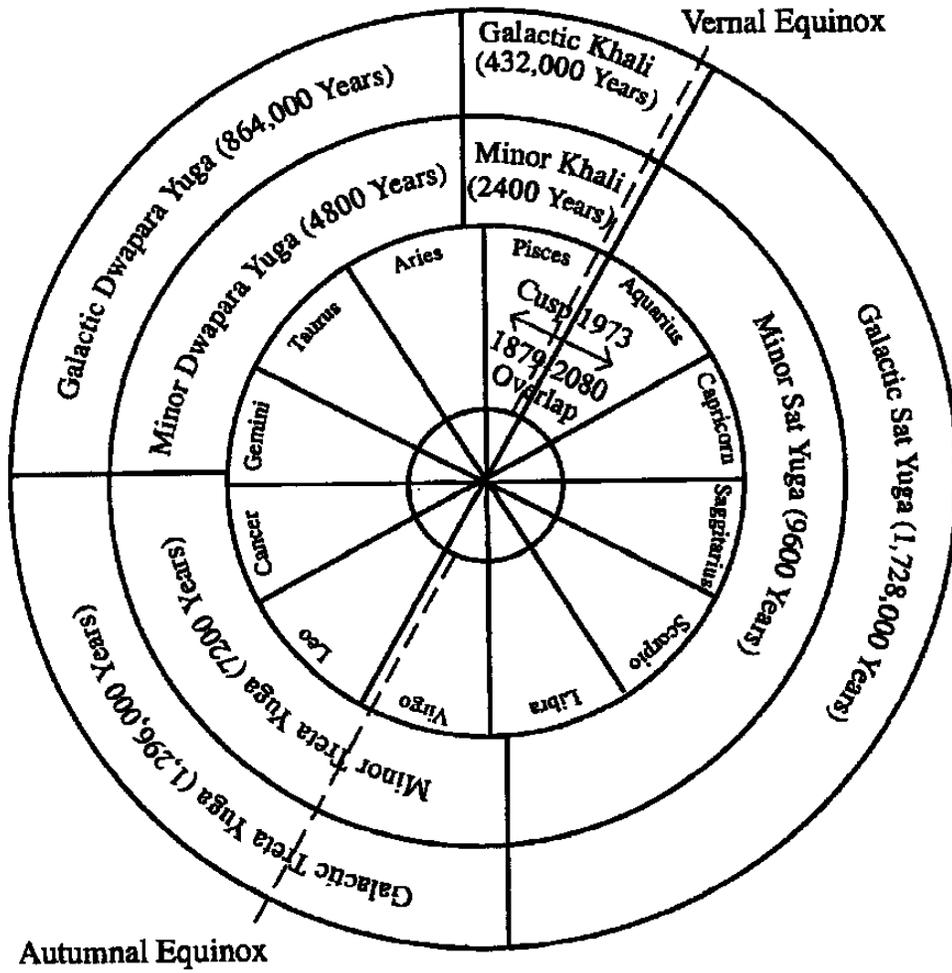
12,000 Earth years = 1 watch (1/2) of the precession of the equinoxes.

Hypothesis: that if the minor Sat Yuga began at the same point in time as the Galactic Sat Yuga, it would, after 360 completed cycles, return to the original starting point with the Galactic cycle, i.e. the Cusp of Aquarius in 1973 (with overlap of Khali/Sat -Pisces/Aquarius beginning 1879 and due to be completed by 2070/2080).

Further: if the rule “as above-so below” applies to all cycles; and the Galactic cycle sequence is: Sat - Treta-Dwapara-Khali-Sat; it is logical to expect the minor cycles to follow the same sequence. This is contrary to long held beliefs that the sequence of the minor cycles is: Sat - Treta-Dwapara-Khali-Dwapara- Treta-Sat, (called the first watch of 12,000 years). This would indicate a pendulum motion rather than a rotational motion. Our planets rotate around our sun. And if our sun and all its planets rotate around Alcyone every 24,000 + years, it would appear that a “pendulum” motion would be out of place. Also using the pendulum sequence, the mathematics would be off by 1200 years.

Diagram #7

Based on (1) rotation of 24,000 years = Precession of the Equinoxes



Note: The words Galactic & Cosmic have been used interchangeable

Re: Diagram #7

The # of years in each Galactic cycle ÷ by the # of years in each of its corresponding minor cycles = 180.

180 complete rotations of the minor cycles (24,000 years) not including overlaps) = 1 Chaturyuga (4,320,000 years) also not including overlaps.

4,320,000 years = 1 complete rotation of the Galactic cycle.

4,320,000 years ÷ by the 12 signs = 360,000 Earth years in each sign.

360,000 Earth years = 1 Celestial year

4,320,000 ÷ 360,000 Earth years = 12 Celestial years

4,320,000 ÷ 180 rotations = 24,000 Earth years.

24,000 Earth years = 1 complete precession of the equinoxes.

Hypothesis: that if the minor Sat Yuga began at the same point in time as the Galactic Sat Yuga, it would, after 180 completed cycles, return to the original starting point with the Galactic cycle. i.e. the Cusp of Aquarius in 1973 (with overlap of Khali/Sat - Pisces/Aquarius beginning 1879 and due to be completed by 2070/2080).

Further: if the rule “as above-so below”- applies to all cycles; and the Galactic cycle sequence is: Sat - Treta-Dwapara-Khali-Sat; it is logical to expect the minor cycles to follow the same sequence. This is contrary to long held beliefs that the sequence of the minor cycles are: Sat-Treta-Dwapara-Khali-Dwapara-Treta-Sat (called the 1st watch of 12,000 years). This would indicate a pendulum motion rather than a rotational motion. Our planets rotate around the sun; and if our sun and all its planets rotate around Alcyone every 24,000+ years, it would appear that a “pendulum” motion would be out of place. Also using the pendulum sequence the mathematics would be off by 1200 years.

Qualities of the shorter cycles pertaining to the evolution of human civilization on Earth. (known as the Precession of the Equinoxes)

Sat Yuga (The Golden Age)

This age is characterized by mass enlightenment, world peace, and the descent of The Holy Spirit (Subtle Matter-Energy) on Earth. During this age the human population is generally small due to the worldwide devastation that precedes and accompanies its advent. Many who survive are initiated into the Light and rapidly attain a high state of consciousness. They enjoy non-local intuitive access to Divine Mind as well as telepathic powers. During this period, individuals also possess other divine powers such as levitation and the ability to fulfill their desires by mere intention.

Treta Yuga (The Silver Age)

The level of the general population begins to decline, the number of enlightened souls begins to decrease, and collective stress begins to accumulate in the world population. Access to Divine Mind becomes limited to the remaining enlightened ones who become organized into secret esoteric societies (mystery schools), and serve as the spiritual leaders of the general population. Sacred knowledge is passed on as an oral tradition among high initiates in an attempt to preserve it for future generations.

Dwapara Yuga (The Bronze Age)

During this age the consciousness of the general population declines even further, and the number of truly enlightened souls become very small. At this time the sacred knowledge and its associated technologies is generally lost. Knowledge may still persist within the mystery schools, but even those initiated into the secret lore have a difficult time comprehending it due both to their low levels of consciousness, and the thick cloak of metaphors and esoteric symbols under which the knowledge has been hidden. Although the performance of sacred ceremonies continue to play a central role in the life of society, the effectiveness and power is greatly reduced. As the ceremonies lose their spiritual power, the cultural integrity of people begins to fall apart and the population becomes prey to invasion and disease. The kings of this age become increasingly motivated by ego. Because of their arrogance, they begin to seek conquest of other kingdoms. Passionate rivalries among kingdoms thus become rampant. This gives rise to bloody wars,

and the ascendancy of feudal warrior societies, where physical strength is more important than spiritual knowledge. During this age, the ancient civilizations are replaced by new civilizations based upon new languages, new ways, new religions, and new blood. By the end of Dwapara Yuga the last vestiges of the great civilizations of the Golden and Silver ages are finally destroyed, and all that remains are memories of a glorious past era when the gods once walked the Earth.

Khali Yuga (The Iron (Dark) Age)

During this age the consciousness of the general population is very low. It is difficult and even rare to find even a single enlightened soul. The sacred knowledge is completely lost, and replaced by various false doctrines. Violent wars, wretched living conditions, disease, plagues, and mass destruction become commonplace. As a result, the duration of life is shortened greatly and life becomes miserable. Faith in the authority of the intuitively revealed precepts is lost and is replaced by faith in empirical sensory experience. This gives rise to objective science, or materialism, which is devoid of wholeness, and devoted to the gross material realm of existence. Due to the corruption of kings, the monarchies are overthrown, and democratic societies emerge, ruled by the masses. At the very end of the dark Khali Yuga age there are global devastation's that greatly reduce the population of the Earth. These devastation's accompanying this pole shift have a purifying effect, and herald the dawn of a new Golden age when the Holy Spirit descends upon the Earth and initiates a new group of human souls into the Light.

On a larger Galactic Scale these qualities would also apply to human life on our planet, i.e. within the Galactic Khali cycle, the rise and fall of man's consciousness (Sat-Treta-Dwapara-Khali) would occur 18 times. Galactic Sat cycle would be 72 times; Galactic Treta 54 times; Galactic Dwapara 36 times. The depth of light or darkness would be dependent on the Galactic Yuga in which the lesser cycles were rotating. For example, if the lesser cycles were rotating in Galactic Sat, the minor Khali would not be as dark as when it is rotating in Galactic Khali. If diagram #7 is correct, we are just coming out of a cycle where minor Khali has been in Galactic Khali for 2400 years. (or 1200 years if diagram #8 is correct).

There are many differing opinions concerning the time lines of the minor Yugas, as well as the Galactic Yugas. i.e.,

1. Traditional dating of the cosmic Khali shows it began 2/18/3102 B.C. and sets its end in approximately 427,000 years.
2. Re Lemurian Scrolls the cosmic Sat began in 1879 A.D. and cosmic Khali will end 2079 A.D.
3. Robert Cox says we are in minor Khali year 1286 (10 more years to go) minor Sat to begin 2010 A.D.
4. Aztec calendar shows minor Sat to be 2012 A.D.
5. Yogananda shows we are in Dwapara year 300.
6. Yuktswar puts the new solar Sat at 2499 A.D. (and so on)

Looking back over the last 50 years alone, it is very apparent that there have been leaps in consciousness. Spirituality is on the rise. Large numbers are attempting to connect with the universal mind. These are qualities which belong to the emerging Sat, both minor and Galactic. They do not belong to Dwapara nor Khali.

In determining which diagram (7 or 8) more accurately reflects the flow of time in the minor cycles, a list of scientific and historical dates should be compiled. If enough material of a credible nature can be gathered it should, by the energy of the Yuga it falls in, give validity to either diagram #7 (1 sequential rotation of the equinoxes) or diagram #8 (2 sequential rotations to complete 1 Precession of the Equinoxes). Attached are two lists showing approximate dates of the minor cycles. One based on 2 watches to complete the Precession of the Equinoxes; and one based on 1 sequential rotation.

Most of *human* history as it affects us today has been played out during the last cosmic Dwapara and Khali Yugas i.e. the last 1,296,000 years. During that time we have made 54 complete trips through the minor cycles; each one spiraling human-kind higher and higher.

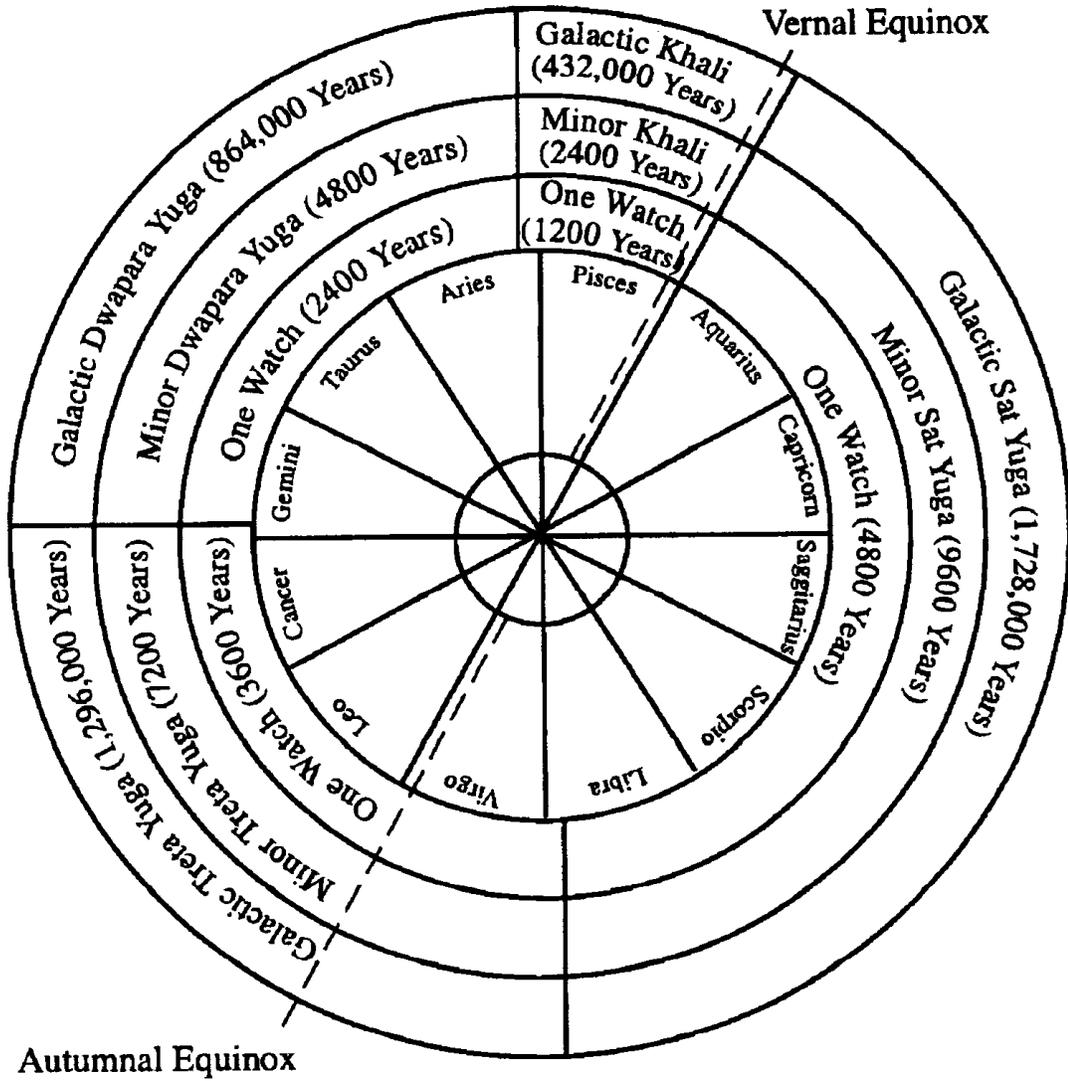
If, indeed, we are on the cusp of a new Galactic Sat as well as a minor Sat, we can only wonder where it will take mankind. According to the Lemurian Scrolls, until recently, no new souls have been allowed to come to Earth since the beginning of the last Galactic Khali (432,000 years ago). We are now entering the 1st of 71 Chaturyugas, which makes 1 Manvantara, which in the present case is Earth's 4th cycle of

306+million years. (Note: This will be the 2nd Chaturyuga since man arrived on Earth.

The souls of man only remain on Earth until the experiences he came to gain have been completed. The beginning of Galactic Sat/minor Sat could be “the changing of the guards” so to speak where multitudes of “old” souls are replaced with “new comers”.

Diagram #9

1 watch x 2 = 1 minor cycle
 180 minor cycles = 1 Galactic cycle



BASED ON 2 SEQUENTIAL ROTATIONS TO = 24,000 YEARS

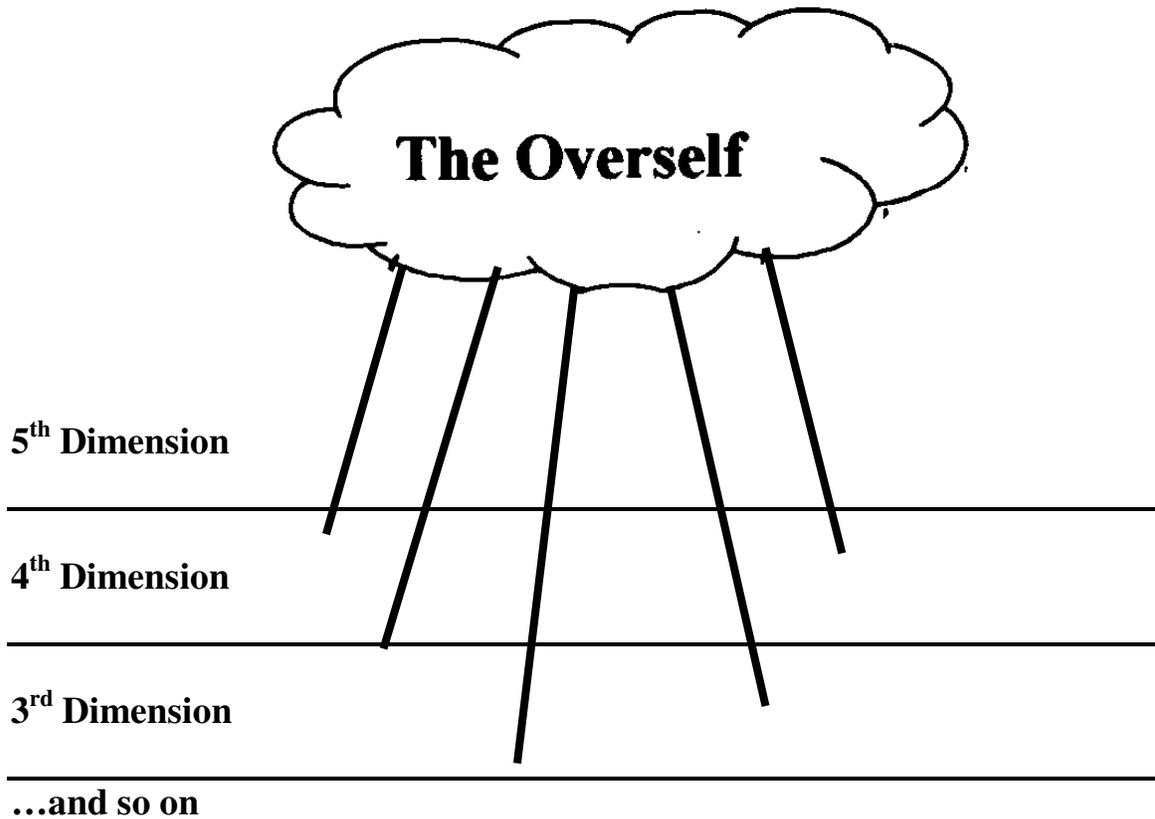
AQUARIUS	(Sat) 2000 yrs. 1973-3973AD	(Sat) 2000 yrs. 22,027B-20,027BC	(Sat) 200 yrs. 46,027B 44,027BC
PISCES	(Khali) 1200 yrs. 27BC-1973AD (Dwapara) 800 yrs.	(Khali) 1200 yrs. 24,027B-22,027B (Dwapara) 800 yrs.	(Khali) 1200 yrs. 48,027B-46,027B (Dwapara) 800 yrs.
ARIES	(Dwapara) 1600 yrs. 2027BC-27BC (Treta) 400 yrs.	(Dwapara) 1600 yrs. 26,027B-24,027B (Treta) 400 yrs.	(Dwapara) 1600 yrs. 50,027B-48,027B (Treta) 400 yrs.
TAURUS	(Treta) 2000 yrs. 4027BC-2027BC	(Treta) 2000 yrs. 28,027B-26,027B	(Treta) 2000 yrs. 52,027B-50,027
GEMINI	(Treta) 1200 yrs. 6027BC-4027BC (Sat) 800 yrs.	(Treta) 1200 yrs. 30,027B-28,027B (Sat) 800 yrs.	(Treta) 1200 yrs. 54,027B-52,027B (Sat) 800 yrs.
CANCER	(Sat) 2000 yrs. 8027BC-6027BC	(Sat) 2000 yrs. 32,027B-30,027B	(Sat) 2000 yrs. 56,027B-54,027B
LEO	(Sat) 2000 yrs. 10,027B-8027BC	(Sat) 2000 yrs. 34,027B-32,027B	(Sat) 2000 yrs. 58,027B-56,027B
VIRGO	(Khali) 1200 yrs. 12,027B-10,027B (Dwapara) 800 yrs.	(Khali) 1200 yrs. 36,027B-34,027B (Dwapara) 800 yrs	(Khali) 1200 yrs. 60,027B-58,027B (Dwapara) 800 yrs.
LIBRA	(Dwapara) 1600 yrs. 14,027B-12,027B (Treta) 400 yrs.	(Dwapara) 1600 yrs. 38,027B-36,027B (Treta) 400 yrs.	(Dwapara) 1600 yrs. 62,027B-60,027B (Treta) 400 yrs.
SCORPIO	(Treta) 2000 yrs. 16,027B-14,027B	(Treta) 2000 yrs. 40,027B-38,027B	(Treta) 2000 yrs. 64,027B-62,027B
SAGGITARIUS	(Treta) 1200 yrs. 18,027B-16,027B (Sat) 800 yrs.	(Treta) 1200 yrs. 42,027B-40,027B (Sat) 800 yrs.	(Treta) 2000 yrs. 66,027B-64,027B (Sat) 800 yrs.
CAPRICORN	(Sat) 2000 yrs. 20,027B-18,027B	(Sat) 2000 yrs. 44,027B-42,027B	(Sat) 2000 yrs. 68,027B-66,027B

BASED ON 1 SEQUENTIAL ROTATION TO = 24,000 years.

AQUARIUS	(Sat) 2000 yrs. 1973-3973AD	(Sat) 2000 yrs. 22,027BC-20,027BC	(Sat) 2000 yrs. 46,027BC-44,027BC
PISCES	(Khali) 2000 yrs. 27BC-1973AD	(Khali) 2000 yrs. 24,027B-22,027B	(Khali) 2000 yrs. 48, 027B-46,027B
ARIES	(Khali) 400 yrs. 2027BC-27BC (Dwapara) 1600 yrs.	(Khali) 400 yrs. 26,027B -24,027B (Dwapara) 1600 yrs.	(Khali) 400 yrs. 50,027B-48,027B (Dwapara) 1600 yrs.
TAURUS	(Dwapara) 2000 yrs. 4027B-2027B	(Dwapara) 2000 yrs. 28,027B-26,027B	(Dwapara) 2000 yrs. 52,027B-50,027B
GEMINI	(Dwapara) 1200 yrs. 6027B-4027B (Treta) 800 yrs.	(Dwapara) 1200 yrs. 30,027B-28,027B (Treta) 800 yrs.	(Dwapara) 1200 yrs. 54,027B-52,027B (Treta) 800 yrs.
CANCER	(Treta) 2000 yrs. 8027B-6027B	(Treta) 2000 yrs. 32,027B-30,027B	(Treta) 2000 yrs. 56,027B-54,027B
LEO	(Treta) 2000 yrs. 10,027B-8027B	(Treta) 2000 yrs. 34,027B-32,027B	(Treta) 2000 yrs. 58,027B-56,027B
VIRGO	(Treta) 2000 yrs. 12,027-10,027B	(Treta) 2000 yrs. 36,027B-34,027B	(Treta) 2000 yrs. 60,027B-58,027B
LIBRA	(Treta) 400 yrs. 14,027B-12,027B (Sat) 1600 yrs.	(Treta) 400 yrs. 38,027B-36,027B (Sat) 1600 yrs.	(Treta) 400 yrs. 62,027B-60,027B (Sat) 1600 yrs.
SCORPIO	(Sat) 2000 yrs 16,027B-14,027B	(Sat) 2000 yrs. 40,027B-38,027B	(Sat) 2000 yrs. 64,027B-62,027B
SAGGITARIUS	(Sat) 2000 yrs. 18,027B-16,027B	(Sat) 2000 yrs. 42,027B-40,027B	(Sat) 2000 yrs. 66,027B-64,027B
CAPRICORN	(Sat) 2000 yrs 20,027B-18,027B	(Sat) 2000 yrs 44,027B-42,027B	(Sat) 2000 yrs. 68,027B-66,027B

Chapter 4

A New Creation Myth



Did you ever meet someone who was so familiar that you felt that he/she was a part of you expressing in a different reality?

Each Over-self sends out tentacles or fragments of itself to experience in many dimensions and realities simultaneously.

Sometimes when we come across other expressions of our Over-self, there is a vague recognition. On rare occasions, we know exactly who they are.

As we have progressed in awakening to our higher self in this dimension, we have also begun to make contact with fragments of our Over-self in higher realities. On one such occasion I was told by a counterpart that we take turns expressing in the different realities, and that I was here because it was my turn in the 3rd Dimension.

The energy emanating from this higher part of my Over-self was quite intimidating for some reason and a little overpowering. I felt like a child in its presence.

If each aspect of our Over-self is evolving separately, it is logical to conclude they are not all at the same level of growth and awareness. Otherwise, we would already have become one again with our Over-self.

When our radiant Primal Creator created “Man”, he was created as pure consciousness and absolute reality. “Man” was given free will and dominion over the four lesser orders of creation.

“Man” was created as a “creator” and was free to roam the universes in his state of pure spirit without limitation. It was “Man’s” choice to lower His vibration in order to more fully experience other realms of existence. For this purpose He cloaked His pure spirit with a denser form, which was called Soul.

The Original Soul of “Man” divided again and again and again and went forth to experience other realities throughout all the known universes.

From each of the divided Original Souls, tentacles (offspring) were sent into multiple realities to experience and to grow. We call our own Original Soul the Over-self (or Over-soul). We are only fragments of our Original Soul.

When “Man” in fragment form came to Earth over four million years ago, they were God like beings. With their powers they used the natural elements of Earth (fruit ambrosia, herbal essences, and the pungent earth air) to manifest a fibrous body in which they could function on the Earth plane. This is called the “original” body. In this early form they could fly or float easily since the magnetic gravitational force was not as great as it later became.

These souls in their “original” bodies had tremendous powers and fostered a mighty race. For nearly two million years this civilization flourished.

Gradually “man” in their “original” form began to further lower their vibratory rate, becoming denser and denser for the purpose of a grosser experience. We refer to this stage and subsequent happenings as “The Fall of Man.” “Man” then began to create forms of animal and beast and for sensual pleasure mated with these creations.

Upon the further lowering of their vibratory rate, they became prey for the animals of the planet. As their souls got trapped in the animals, which ate them, those who had heretofore escaped, set up laboratories to evolve a body which would be more suitable for the souls of trapped “man”.

They evolved a body as close to the “original” body of “man” as was possible and was able to release many of the trapped souls rapidly. This body is what we know as hu-man (sub-man). The first human body was evolved around 2-1/2 million years ago. (two-million years after “man” first arrived on planet Earth.)

As “human” awareness came into being, they lost all their powers and forgot whom they were. No wonder they looked on those still in “original” bodies as “Gods”.

As the Earth and its solar system moved farther and farther away from the source of the Light of the Universal Sun, the remaining souls in “original” bodies began to live in caves and on mountaintops in fear of being eaten by the large animals that still roamed the Earth. Gradually, however, they all ended up in an animal or human body.

Did you ever wonder, “where have all the Gods gone”? (or were they just myths?)

We have been expressing in these human forms for two and a half-million years as we have moved farther and farther away from the Light Rays of our Central Universal Sun. But the time is fast approaching when we will once again receive the “Great White Light” which will issue forth from the Heavens and guide us back to an awareness of who and what we are; thereby releasing us from these human animal bodies. Then once again we may know who we really are - Children of the Light.

Chapter 5

Seven Rays of Creation

The seven Rays of Creation are:

1 -The Cherubim & Seraphim-Guardians of the Causal World of God – the watchers at the gates of the higher realms of consciousness.

2 -The Angels-Messengers of the Creator and co-helper with the Cherubim & Seraphin to sustain the Laws and Perfection of God (including the energies and emanations of the seven spirits (or rays) of creation).

3 -Man-Original Man was pure spirit and could receive energies of his needs directly without extracting them thru the expression of other Rays.

4 -The Realm of Protoplast

5 -The Realm of Animal

6 -The Realm of Plant

7 -The Realm of Earth

Man was given free will and responsibility for the four lesser orders of creation. Man was created as a “Creator” and was free to roam the Universes in his state of pure spirit without limitation. It was Man’s choice to lower His vibration to soul and subsequently to the “original” Earth body from whence he became entrapped in the Animal Realm. Man which did not lower their vibratory rate beyond “Soul,” has always been helping us to find our way back. The Rays of Cherubim, Seraphim and Angels were created by God as caretakers of creation and to help “Man” find his way home. These are referred to in some religious writings as the “Elohim” (gods).

Chapter 6

Story of “Man”

Man on Three Dimensional Earth is comprised of Spirit, Soul -(encased in an Astral form), and Physical Body. “Mind” is outside and beyond the bodies.

**Body: Conscious-lower self
Soul: Sub-conscious-higher self
Spirit: Super conscious**

Mind: (not the physical brain) Inhabits a realm or field of its own and is universal connecting all creation.

Spirit: Pure Consciousness, Absolute Reality, God Self (a spark within each soul fragment)

Soul: Causal Body, Innermost Sheath - Body of Light (an effulgent, human- like form composed of light (quantums) - a fragment of the over-soul (over-self).

Astral Sheath: Includes:

- a) Instinctive - intellectual sheath (which drops off at physical death)**
- b) Cognitive Sheath**
- c) Mental Sheath**

Physical: Body in which we currently express life.

(Note: Every Human being is comprised of all these bodies superimposed over each other, plus more. See Chapter 17 – We Are Our Own Universe)

“Man” (not men and women), one of the seven rays of creation, created by God as pure Consciousness and Absolute Reality, in order to express more fully, descended the scale of vibrations cloaking himself with a causal body called “Soul”. “Man” in Soul form, exists throughout all the known universes.

He contains within his being both masculine and feminine energy of the Creative Source.

When “Man” lowered His vibratory rate, the four lower rays of creation, i.e. The Realms of Protoplast, Animal, Plant and Earth, also lowered their vibratory rates. This was the original “Fall of Man”.

Our Earth, being a fire planet (one of many thru out the great cycles of time) offered “Soul Man” opportunities for growth that are not found on more ancient cooler planets. (Souls need “Fire” to individualize self and old planets become cool, static and too peaceful).

When “Man” in his fragmented causal-soul body came to the Earth he once again lowered his vibratory rate and took on a “fibrous” body, which was called the “original” body, in order to express in the physical plane. Subsequent souls further lowered the vibratory rate of the “original” body.

When the “human” body was evolved for the souls who got trapped, the soul was sheathed in the astral body so that it could function in the Astral (2nd) World. The 2nd World was formed around the first world, 3rd Dimensional Earth, when man began to come out of animal bodies and take on human bodies. (See Wisdom of Thoth, Part III, Tablet #2) The 2nd World is where the souls live in their Astral Body during sleep and between incarnations. It is a subtle plane, the mental/emotional sphere, which we function in thru thought and feeling; and reside in fully during sleep and after physical death. It exists WITHIN the physical plane. It is unique to 3rd Dimensional Worlds and does not exist in higher dimensions of the Universe. The Astral Plane, for the most part, is exactly duplicated in the physical plane, though it is of a more intense rate of vibration and cannot be seen with physical eyes. Cyberspace IS the Astral World.

Beings in the higher levels of the Astral World are trained in technology, the arts, and increments of culture, to return to bodies in the physical plane to improve and enhance conditions within it.

It is in this more advanced realm that new inventions are invented, new species created, ideas unfolded, futures envisioned, environments balanced, scientists trained and artists taught finesse.

We function constantly, awake or asleep, though perhaps not consciously, in this subtle plane by our every thought and emotion. Here, during sleep and after death, we meet others who are sleeping or who have died. We attend inner-plane schools, there to advance our knowledge.

The Astral World spans the spectrum of consciousness from the hellish regions (the seven chakras below the root chakra), beginning at the chakra within the feet, to the heavenly realm of divine love in the Throat Chakra.

There are four planes (dimensions) in the Astral World. They are:

1) The higher Astral Plane – “The Plane of Balance”

2) Mid-Astral Plane – “Celestial Plane”

(In these two realms live Angels and Ascended Masters living in subtle, non-physical bodies from which divine guidance is sent down to the lower levels of the Astral and Physical Worlds.

3) Lower Astral Plane – a plane of atmosphere. (A counterpart or subtle duplicate of the physical plane, referred to in biblical teachings as “Heaven.”) (A temporary Heaven between physical lives, not the Ultimate Heaven).

4) The Sub-Astral Plane – consisting of seven “hellish” realms. (Referred to in Biblical teachings as Purgatory and Hell.) (Also a stopover between physical lives for some)

There are many levels within each of these planes just as there are many levels within each of the dimensions.

When the originally created spirit “Man” first lowered his vibratory rate and took on a soul body, he forgot who he was and because of his denial, God, the Primal Creator, in his boundless love for all his creations, created the realms of Angels, Cherubim & Seraphim to oversee all his creations and to help guide “Man” back to an awareness

of who and what he is. Needless to say that this state of unknowing extends downward to all the offspring/fragments of the oversoul (overself). The Causal (3rd) World - is the “Realm of God”. The spiritual realm or causal plane of existence wherein resides our Radiant Supreme Creator and the hierarchy and other highly evolved souls.

“Man” is not a land creature. Space, the ethers, is his natural habitat. He exists on land only until his consciousness no longer denies or refuses to accept the life that beckons him from beyond the great universe.

Chapter 7

The Genesis Creation -A Comparison

Genesis - (1) In the beginning God created the Heaven and the Earth. (2) And the Earth was without form and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. (3) And God said, “Let there be light, and there was light.” (6) And God said, “Let there be firmament in the midst of the waters and let it divide the waters from the waters.”

Comparison - (Science) Earth was in the process of forming for around 2.5 billion years before it became recognizable. Around 1 billion years ago (1st great earth cycle) it became recognizable but not yet habitable. At that time landmasses were still forming and undergoing volcanic eruptions on a large scale.

Genesis - (9) And God said “Let the Earth bring forth grass, the herb yielding seed and the fruit tree yielding fruit after his kind. Whose seed is in itself, upon the Earth. And it was so.”

Comparison - (Space Teachings and Lemurian Scrolls) Four to eight million years into the 2nd great Earth Cycle, Earth was seeded for future populations by celestial beings from other planets (A Galactic Survey Team) bringing with them vegetation. Spaceships passing over the Earth’s surface dropped seeds and foliage. (Science) -First evidence of plant life appears (same time period).

Genesis - (20) And God said, “Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the Earth in the open firmament of Heaven.” (21) “And God created the whale, and every living creature that moveth, which the waters brought forth abundantly after their kind, and every winged fowl after his kind. And God saw that it was good.”

Comparison - (Lemurian Scrolls) Around 200 million years into the 2nd great Earth Cycle (500 million years from when Earth became recognizable) souls (from one of the seven Rays of Creation) came to Earth and incarnated as animals. Celestial beings came en-masse and hovered over the Earth in their etheric bodies. Some took form and

became the birds and also small and large animals. (Because they couldn't bring thru the duplication of the divine soul body strongly enough to live on Earth at that time, they inhabited the waters.)

According to the Scrolls all egg laying creatures will never evolve into anything other than what they are. The large mammals of the water, however, that give birth will eventually take on human form. (This in part agrees with Darwin's Theory).

Comparison - (Lemurian Scrolls) 4 + million years ago (400 + million years after the first land animals appeared on Earth) life in "original" bodies appeared with a full physical form that could eat normally as the animals did on Earth at that time. These were "divine" beings, not evolved from the animal kingdom. (Science says "human" life appeared at this time).

Genesis - (26) and God said "Let us make man in our image, after our likeness: And let them have dominion over the fish of the seas, and over the fowl of the air, and over every creeping thing that creepeth upon the Earth." (27) "So God created man in his own image, in the image of God created he him, male and female created he them."

Comparison - (Space Teachings) The Original Ray, Spirit Man, was created both as male and female, both energies in One.

Comparison - (Lemurian Scrolls) When the last Sat Yuga ended around 2-1/2 million years ago, a quarter of the "original" bodies had already gotten trapped in the animal kingdom. At the beginning of the Treta Yuga (2-1/2 million years ago) the first human body originating in the animal kingdom appeared in South Africa. (Science - Homo habilis appears in South Africa (same time period). Note: Prior to human-animal bodies there was no division of masculine and feminine energies. "Man" in "original" bodies procreated by growing a new body within and dividing similar to a single cell amoeba, since he carried both energies within his being.

(Lemurian Scrolls) - During Treta Yuga (2,592,000-1,296,000 mybp), laboratories were maintained to cultivate species of animals in order to breed bodies similar in appearance to the "original" earth bodies. When a soul had become caught in the animal kingdom, experiments were conducted in these laboratories to release him from bondage into a birth

of a body he could be more comfortable in. Many celestial souls were quickly released from the animal reincarnation cycles this way.

The bodies bred were evolved separately as male and female. The two energies were separated in 3rd Dimensional Earth into men and women, two halves of a whole. Each energy needing the other to be complete.

Note: Current (2004) scientific findings indicate that the male ‘y’ chromosome is in the process of becoming extinct. They have estimated that within 5,000 years there will no longer be a ‘y’ chromosome if the female ‘x’ chromosome continues to act in its current antagonistic manner. Perhaps this is our species way of returning to our original bodies in the new 4th dimension, which will be well underway by that time.

Footnote: According to our “Space Teachings”, we are presently in our third great Earth Civilization. In the First, beings with God like powers came to Earth from other planets and fostered a mighty race. In the later days of this civilization they were creating forms of animal and beast and were mating with their primary creations. They were destroyed by the third glacial age.

The remnants of this civilization gathered together and started building again. But their powers were gone forever. Lemuria and Atlantis became the second great civilization. This civilization ended with cataclysms that sank both underneath the oceans.

We are the third great civilization. What will be our story?

Chapter 8

The Greater Cycles

1 Chaturyuga = 1 cycle of 4 yugas = 4,320,000 yrs

71 Chaturyugas = 1 Manvantara or Manu = 306,720,000 yrs

14 Manvantara = 1 Kalpa (1 Day of God - eon) = 4,294,080,000 yrs

2 Kalpa = 1 Ahoratra (1 Day and 1 Night of God) = 8,588,160,000 yrs

360 Ahoratras = 1 Year of God = 3,111,737,600,000 yrs

100 God Years = 1 Lifetime of God or the universe 309,173,760,000,000 yrs

We are in the 28th Chaturyuga of the 7th Manvantara of the 51st Year of God. According to these cycles, the 6 days of creation in Genesis would represent more than 25 billion years. From our viewpoint, life is surely eternal.

At the end of each Kalpa (present one ends in approximately 2+ Billion years) a greater dissolution, “end of an eon”, occurs when both the physical and subtle worlds are absorbed into the causal (God Realm) where souls rest until the next Kalpa begins. This state of withdrawal (or Night of God) continues for an entire Kalpa (4+ Billion years) until creation issues forth again*. After 36,000 of these dissolution’s and creations there is a total, universal annihilation when all three worlds, all time, form and space, are withdrawn into God. After a period of total withdrawal a new universe or lifespan of God begins. The entire cycle repeats infinitely.

- This is referred to in some religions as the “breathing out and the breathing in of God”.
- Source: Lemurian Scrolls

Chapter 9

Tree Of Life

Divine Mind/Principle-Divine Presence-Primal Creator **GOD**

Who Sent Forth From The Void:

The Light

The Divine and only Man created by Divine Mind/Principal. The Son (Sun) of God; The Christ; expression in Creative Action; Law of God; Perfect Being; The Lord God.

It Divided Into:

Pure Energy – The Father and Pure Love – The Mother (The Lady or Daughter of The Light, known as The Holy Spirit, (or Holy Ghost and Goddess); and from this point everything in creation came into being. Including:

Original Spirit Man

Beings created like unto Christ containing both energies (Light and Love). Sons of the Lord God (or One Man). Man on the spiritual side of his nature has access and can return to the Lord God.

Man (In Soul Form)

A lowered vibration of Original Spirit Man inhabiting all the known Universes.

Sent Forth:

Fragments of Man

To experience in many realities; and cloaked them with clay/dust in order to express in the 3rd Dimension. Created by the Sons of The Lord God in Soul Form who, with their creative ability, breathed life into the form and it became a living soul.

Who Subsequently Fell and became trapped in:

Human Animal Form

A form housing the lowered vibratory fragment Soul of Man that originally came to Earth; now with the Father-Mother energy divided into men and women. Called the Daughters of Man; with The Lady of The Light fettered by darkness waiting to once again be called forth.

“They created forms and for sensual pleasure Man and his primary creations mated.”

“Then the Sons of God took to wed the Daughters of Man.”

Thus the Great Abomination, and Man is entrapped in forms of animal.

Chapter 10

The Lady of The Light

Thru the Dark Ages there has been confusion plus out and out denial that the Lady of The Light even exists. When man loses his connection with Universal Mind this is the direction he takes. A total Patriarchal system evolves in which there is no room for the feminine side of nature to express.

The reverse occurs to some degree when the feminine energy begins to return in greater proportion to the Earth. It occurs because both sides (Monotheistic and Pantheistic) fail to see the true nature of both energies working together. Most Monotheistic religions are based on the Father energy only, and function under a Patriarchal system. The followers of the Pantheistic view, although they know better, tend to swing to the opposite extreme in some cases, each sector suspicious and disbelieving of the others way.

Let's look at this from the point where, in the process of creation, the one energy split into two. You will see in the preceding chapter "Tree of Life" that this occurred in the second stage.

First, the Primal Creative Source manifested itself as "Light". This Light took form as Universal Suns. It has been referred to in many ways. (1) Divine and Only Man created by Divine Mind/Principle; (2) The Son (Sun) of God; (3) The Christ; (4) Expression in Creative Action; (5) Law of God; (6) Perfect Being; (7) Lord God.

Those who follow the Pantheistic view of Creative Energy take issue right away with these semantics. It SOUNDS patriarchal; and on the other hand the Christian followers DO take this to mean only masculine energy (especially the words "Christ" and Son"). But wait!

This pure energy which was cast forth from the void, the formless, un-manifested nothingness in which came Thought, was the very same energy responsible for manifesting all of creation.

In the second stage, it split off from itself a radiant beauty, a woman, the Lady of the Light and endowed her with “Love” and “Wisdom” almost too much for Her to bear.

No one really understands how the energy of pure spiritual Love came to dwell within the hearts of man. Christian and other religions talk about a Trinity. In the Christian religion it is referred to as the Father, Son and Holy Spirit (or Holy Ghost). Even though it is spoken in this order, most think of it as Father – Mother – Son. If you readjust your thinking it becomes, Son (Sun) – Father – Mother. It is from this point that all creation issued forth.

When the “Father - Mother” God created Man, one of the Seven Rays of Creation, they were created with the energies of both. The “Father” contributed the “Light of Pure Energy” and the “Mother” contributed the “Pure Love/Wisdom Energy”, like a triple stranded DNA of matter-energy. This Love/Wisdom Energy of the Creative Source is known as the Holy Spirit (or Holy Ghost), and Goddess. (This Father-Mother energy is also known as Subtle Matter-Energy or Super-Strings/Consciousness Units.)

When Knowledge (Wisdom) is bound up in darkness in the Dark Ages, the Lady of The Light is bound. When Knowledge (Wisdom) returns to the hearts and minds of humans and joins with the Love and Light that resides within man, then the Lady is set free; and mass consciousness will (in the new COSMIC Age) move into the Throat Chakra, the Chakra of Divine Universal Love, once again increasing man’s DNA to a triple strand.

At the beginning of the 70’s, I was having visions of a second sun coming into our Solar System. Even though I didn’t know why at the time, I felt that the ‘Light’ (or Christ if you prefer) would not manifest in human form this time as it had done on numerous occasions in the past. I saw this new Sun as the manifestation of the Light (a non-heat producing Light Body).

I subsequently learned that one of our early space probes reported what they thought was a new Sun on course towards our Solar System. In recent years I have come across predictions from other sources of a similar phenomena.

When I had this vision, I wanted to express what I was seeing, so I attempted an oil painting (my one and only venture into the world of art). I depicted the Earth with two Suns, the new one so bright it made ours look like a moon viewed thru a deep haze. In this painting, we no longer had a moon as it had left its orbit to take up its place as a planet in our Solar System. Near the North Pole I painted a line of craft entering our atmosphere. A couple of years later, I enlisted two teenage sons of a good friend to paint my house. I saw one of them scrubbing away on the painting with a cloth. When I asked him what he was doing, he said he had dropped some paint, but it was only my “craft” he was trying to erase. (Shows my artistic ability.)

Anyway, this picture has hung in the same spot for thirty years as a constant reminder. I am now convinced more than ever that help is on the way for the people of Earth. The exact time table is not known, but according to the work I’ve done on the time cycles in Part IV, Chapter 3, As Above, So Below, it could be as early as 2020 to 2050. (The latest, according to the work referred to, should be no later than 2080, but I feel that the earlier date is more probable.

The appearance of this Sun, which as I understand is made up of pure Light Bodies, is of paramount importance to the World. Not only will it usher in greater amounts of the Light and Love (Father-Mother) energy and fully activate the Throat Chakra in the masses, it will be a time of separation. Souls who have not evolved to a point where they are able to tolerate this heightened frequency, will be removed to other areas of space at a level of evolvment in which they can continue their growth.

The Light will reign supreme on Earth, and the energies of the Father-Mother will once again be balanced.

Chapter 11

Messengers Of The Ages

At the beginning of each age, a Master Teacher is sent to Earth to bring a greater measure of “The Light” into the ongoing evolution of “Man’s” consciousness; helping to guide “Man” back to an awareness of his heritage.

Near the beginning of our present (soon to be finished) “Dark Age,” a great teacher was born into the physical Earth Plane. A “Man”, illumined by the efforts of unnumbered years. This “Man”, approved by all the master minds of Heaven and Earth; this Jesus, this great spiritual being Esu, Chief of all the Sages of the World, brought within his being the Great White Light of “The Christ” (the one and only “Man”) (The Perfect Being) (The Lord God).

He came to Earth at a point in time when Earth was at a far distance from the Light of the Universal Central Sun. A time when the consciousness of the population was at a very low level.

His purpose in being here at that time was to bring the Light/Love of the Creator back into the hearts and awareness of all people. To begin “The Great Awakening.”

He came to be the example of how “Man” on Earth could overcome his gross nature and return to his natural state. He was called “The Son of God”. He was also called “The Son of Man”.

This One, whose message was heard around the circumference of the World, had great purpose in being present. A great message was to be for Earth’s people. For this One brought within his being a Great Presence. He was to speak a Great Truth.

Again, as he had many times before, “man” experienced the touch he could not discredit. A Great and Mighty Being had drifted down from the Infinite to the Finite. He brought this Great Truth: “I am The Son, I Am The Way and The Light. To All Men I AM The Way.”

The greeting “Namaste” means, “We Salute The God Within You.” On our spiritual side we are all “Sons of God” -“Sons Of The One Man.” The Christ Light is the Son of God. (The Divine & only Man created by Divine Mind/Principle – the manifested form of the Creative Source.) Jesus was chosen to manifest that Light and Love. The soul, which we know by the name Jesus, had completed his work in the fourth dimension, but instead of continuing to the Fifth Dimension, he chose to help us prepare for the transition before us by returning to the Third Dimension.

An Avatar, a fragment direct from and still one with the Christ, one of those great beings who, not being manifested in the physical did not fall with the Sons of Man, descends the scale of vibration from loftier planes to help the people of 3rd dimensional Earth. Jesus was a vessel through which Christ manifested on Earth. He told us that in his Father’s House there were many mansions, and that he goes there to prepare a place for each one of us. He taught us to go within to find the Father; and told us that what he was we could all become; that we were all Sons of God.

There are Planes of Substance and Matter only slightly removed from the Physical. From these Planes of Reference, thought filters down, manifesting itself as Etheric. Beings exist on this Plane for the sole purpose of communicating to other forms of matter. Beings surrounded by Light -transferring thought into Light. Physical matter is the product of successive creations from this Plane.

All is Energy, Matter and Thought occupying different vibrations (or frequencies). Thought is infinitely fine; a force ebbing and flowing, expanding ever outwards, ever onwards. It is so subtle. Thought - the forerunner of all expression.

Time is also involved. Time is a pulse beat - a form of Motion and Essence between the Occurrence and Conclusion of Manifestation.

We are manifested in the Physical Plane to express and to gain experiences; and once again return to our Source with all our experiences intact. But we have forgotten who we are and our purpose for being here. Our Creator, thru his great Love for all his creations, has never abandoned us. He sends his Essence into our Plane of

Reference again and again and again. His messengers have faced many trials and tribulations at the hands of unenlightened “man”.

“...Our ways speak of unenlightened folly. We pursue paths that are devious. The Light has always been with us. If we could but unveil our eyes, expand our beings and embrace even the Sun that greets the morning skies with open eyes and minds; if we could stand upon our feet and express the dignity of our beings; if we could but realize the capabilities, the intent, in our very presence; if we would only share that which is within us and give to all forms of creation that which is a part of us, our lives would have new meaning. Our experiences would be richer. We would be deluged with warmth and understanding. Our strife would cease, our conflicts end, and truly Peace would be ours as well as understanding.

Within our beings, Light is present. It is not enclosed nor encased. It merely needs a fan to spark, to glow, and to expand. We must help ourselves and open our hearts to receive that which is “Great and Just.”

THIS IS THE MESSAGE OF THE MESSENGERS

Chapter 12

Five States Of Mind

Conscious Mind:

1. **Dominated by the five senses – The external world. It adds concepts and partial concepts to itself as we go thru life, developing one's own personal intellect.**
2. **Without inner knowing this holds one firmly in the external realms of consciousness. This then becomes the only reality, and pleasing the external senses is what life then is all about.**
3. **The object of spiritual unfoldment is to transcend the conscious mind into superconscious and beyond.**
4. **If we live in the conscious mind we are never satisfied, and we are never happy because whatever we have, we always want more. One predominant quality of living in the conscious mind is fear. The second is anger.**
5. **The conscious is a wonderful state of mind, however, as long as our superconscious faculties are also available for awareness to flow into once in a while to become refreshed and renewed by a change of perspective and influx of energy.**

Subconscious Mind:

1. **Everything that has once passed thru the conscious mind in the form of experiences is resident right now within our subconscious.**
2. **Also imbedded within the cellular structure of our body, in the DNA code, lie all the experiences of our genetic history. The life, the biological evolution of our forefathers, is all registered in the molecular strands of our subconscious, capable of being recalled into memory.**
3. **When you relax the conscious mind and intuitive answers flow in, this is the superconscious working thru the subconscious, making it subsuperconscious.**

Subsuperconscious = perception, insight, intuition, instinct or sixth sense

Conscious mind learns – subconscious mind holds what is

learned. (conscious learns – subconscious remembers)

- 4. To reprogram the subconscious, bring up and face experiences and patterns. Write them down on paper and burn them. Paper burning serves three purposes:**
 - a. Symbolic to the subconscious that you are not going to react anymore to that particular problem. You have, thru the act of writing it down, taken it out of the subconscious.**
 - b. Burning the paper means no one else will read it; which might cause other problems.**
 - c. It also means that thru the act of burning subconscious memories, they have been released forever.**

Sub of the Subconscious mind:

- 1. When two programmed events of a similar nature enter the subconscious at different times, they mix and mingle and form a third program within the subconscious. This is recorded in the sub of the subconscious.**
- 2. The sub of the subconscious mind is the part of the subconscious that stores and manages the unfathomable result of the combinations of intense, emotionally-charged experiences, either positive or negative.**
- 3. The sub-subconscious concerns us primarily as the state of mind which relates to congested subconscious force fields caused by two similar intense emotional reactions at psychological moments. These are deeply suppressed emotions.**
- 4. The sub-subconscious influences us when we are encountering an experience similar to one that caused one of the two component reactions. This releases highly unexpected emotional responses, in obvious reactions and new behavioral patterns, some positive, some negative.**
- 5. To a very great extent, it is the sub-subconscious that harbors our subliminal aspirations, self-esteem, impulses towards success, neurosis and overall psychological behavior.**
- 6. It is only when the emotionally charged experiences that go into the subconscious are of a strictly instinctive nature that the sub-**

- subconscious is uncomely or not beneficial and becomes a strong hindrance to well-being.
7. Experiences of a positive, intellectual or spiritual nature merging in the subconscious can create a sub-subconscious that is quite dynamic and helpful, giving courage and competence in worldly affairs. Feelings of security, love and compassion can come up from the sub-subconscious during psychological moments in one's life to counteract and eliminate or subdue feelings of jealousy, hatred and anger, which are natural to the instinctive mind.
 8. The sub-subconscious can also be formed by the blending of strong, intuitive, religious or mystical impressions.
 9. Both positive and negative impressions can lie vibrating within the sub-subconscious at the same time without interfering with each other.
 10. Some of the mis-programmings of the sub-subconscious that cause tendencies that make us act in certain ways can be straightened out.
 - a. Thru meditation, by tracing thru the thought pictures consciously without disturbing the over-all picture.
 1. Take into consideration the fact that all thought starts from a series of influences within the ego. These influences take form and shape in thought.
 2. When you manifest pictures before you, trace them to their conception by holding the consciousness lightly over the mind. Take your findings and consciously think them thru.
 11. Generally we can reprogram in the dream state:
 - a. Meditate before sleeping.
 - b. This promotes passing from the dream world into superconsciousness.
 - c. Work will then commence on the sub-subconscious.
 - d. Upon waking try not to remember or analyze these dreams and meditate on them at the same time otherwise they will be re-impressed again in the subconscious and the same patterns and tendencies will be strengthened.

When we have had a long series of peculiar dreams, often this is the sub-subconscious mind working out these habit patterns and tendencies

and throwing them back into the subconscious to be programmed beautifully and correctly.

Therefore, the advice is, when you are going thru your first stages of unfoldment, clarifying and reprogramming the sub of the subconscious mind, do not analyze your dreams.

This is one of the most important reasons why REM sleep is so crucial.

TO RECAP:

A Traumatic emotional experience occurs and is recorded in the subconscious.

At a later time, a similar experience happens and is reacted to with equal emotion. It happens, it is reacted to, it blends together.

A subconscious remembrance of the previous experience comes up and is accompanied by a heat of emotion. This is the force that welds the two impressions together.

The two experiences have now become one, inseparably blended together in the subconscious, making a third impression totally different from the two impressions that manufactured it. It is unique and complete within itself, driven forward by an emotional force even greater than its two component experiences.

It is this subliminal power that makes the sub-subconscious mind an overwhelming hindrance or a tremendous helpmate when used properly.

The Super Conscious Mind:

- 1. We have to adjust our subconscious to the idea that we are a superconscious being – not an instinctive or an intellectual being driven by the impulses of the five senses.**
- 2. The superconscious mind is not out of your reach, it is within you. It has always been within you. It flows thru your whole being.**
- 3. Awareness is the core of us. If we dropped off this physical body today, we would be a superconscious being without a physical**

- body. If we stepped into another physical body tomorrow, we would still be a superconscious being, but with another physical body, different than the one we had yesterday, with an entirely new subconscious and new external environment.
4. When you are in the eternity of the moment; when you feel secure on the inside of you, you are in a superconscious state. Superconsciousness is not something you will get, because you have never been without it. You are superconscious this very moment, and functioning in all five states of the mind.
 5. To become aware of the totality of being, the simplest way is to be aware of the spine and the energies within the head. (see “Chakras”)
 6. If you can remain totally centered in awareness of the energy within your spine and the energy within the head, you become aware of the same energy within everybody and everything you see. You are immediately in a superconscious state when this happens. The simple goal is to stay in this consciousness of energy.
 7. Because we have already trained our awareness to move into other channels of the mind, it will do so automatically as soon as we cease to be aware of the energy within the spine. At this point we forget that we are a superconscious, immortal being and begin to think we are only temporal.
 8. When this happens, meditate. Go deep within yourself again and find superconsciousness.
 9. You are superconscious now. You do not have to “get to be” superconscious. This is not something that is going to happen to you all of a sudden and then cause you to be different. The thing that is going to happen to you is that you will release your individual awareness from the so-called bondages of the habit patterns of the external mind that it had been accustomed to flowing thru. Once it is released you will automatically flow into other inner areas of the mind.
 10. Though we are superconscious right now, we are not always consciously superconscious, and awareness is still externalized enough that we touch into it only a little bit and then are pulled back to the subconscious or to the conscious mind.
 11. Man’s individual awareness is either captured by the nerve system of external consciousness of the successive animal bodies which his soul inhabits as a vehicle to live in on Earth, or man’s

individual awareness is captured by his celestial nerve system, matured on aged planets in the galaxy prior to arrival on Earth.

Give up consciousness which is just seeing and registering that which has been seen. (stop cataloging) Become the sound. Just be and merge into the ultimate quiet. Search without searching. Stop looking and begin to realize that you are that which you are looking for.

Sub of The Superconscious:

- 1. After the subconscious mind has been carefully reprogrammed into a contemplative lifestyle, there is little difference between the subconscious and the superconscious states.**
- 2. Therefore, basically, we will have moved our awareness into an entirely new mind structure as it would seem to us, becoming consciously conscious.**
- 3. This new mind structure is called the sub-superconscious mind, or the area of the superconscious that has a subconscious which is connected with the physical-body functions and every day life affairs. (in time and space)**
- 4. The sub-superconscious state is the total man, functioning at a higher vibratory rate than he did when in the instinctive-intellectual area. (conscious-subconscious)**
- 5. In sub-superconscious state you can move awareness freely through any area of the mind consciously without being hindered by habit patterns and reactionary conditions of the past which were programmed in the subconscious. You will be aware within the inner realms and the external realms at the same time.**
- 6. We are pure awareness-soul, not the thoughts that we think. The sub-superconscious state gives an inherent feeling of inner stability, the feeling of being stationary or centered within the realms of the thinking mind.**
- 7. The sub-superconscious mind is a quiet subconscious. It is the subconscious that has been made to be peaceful by putting into it a contemplative life style. It is a receptacle for the superconscious areas of the mind to permeate the physical body from the psyche, so that the body of the soul can look out thru the eyes of the physical body, radiate thru the cells of the physical body and allow superconscious rays to radiate out thru the aura.**

To consciously use the sub-superconscious, to move the actinic life force, repeat the following affirmation several times to yourself before going to sleep:

“Tomorrow I shall awaken filled and thrilled with cosmic energy of God, creatively alive and in tune with the universe”.

To help quiet both the conscious and subconscious instinctive fears and to bring forth an immediate influx of intuitive, superconscious awareness thru the subconscious, giving security and solidarity to the entirety of the mind by expanding consciousness thru actinic energy, affirm the following:

“ I am all right, right now”.

To help rearrange and restructure the forces of your subconscious mind and create a great inner peace within yourself affirm:

“I will be what I will to be.” “I will do what I will to do.”

Your belief in your sub-superconscious power will also unfold your destiny in this life.

Our goal – to be a sub-superconscious being in the physical realm of consciousness.

This treatise on the five states of mind has been taken from the teachings of Master Satguru Sivaya Subramuniyswami in his book “Merging With Siva” with his personal permission.

Chapter 13

Chakras

Part I

1. To cognize the states of mind in relation to the physical body, it is necessary to understand the nervous system and the forces operating thru it.
 - a. The mind flows thru the physical body; influencing its every action. The physical body in turn, influences the mind. Conscious awareness of the sympathetic and central nerve system is essential to progress.
2. There are two nervous structures: The cerebral spine (brain and spinal cord), and the sympathetic or ganglionic. The sympathetic consists of a series of distinct nerve centers or ganglia, extending on each side of the spinal column from the head to the sacral plexus.
 - a. The Thalamic Cortical Pause removes blockages in these two structures allowing mind to flow unobstructed.
 - b. One pointed focus in meditation also helps to accomplish the removal of blockages.
3. The ganglia are called chakras, or “disks”. About forty-nine have been counted, of which there are seven principle ones.
 - a. The nerve ganglia of the physical body on the astral plane are colorful spinning disks. The chakras below the first (root) chakra spin left to right. The seven major chakras spin clockwise.
 - b. If you could look within yourself down thru your third eye thru the physical body you would see these disks stacked one on top of another like phonograph records. They do not spin out in front of you like propellers as is depicted in a lot of illustrations.

4. **The Seven Major Chakras (1st – 7th or Root to Pituitary) are the Chakras of Light. The first seven (of 21) chakras below the root chakra are the Chakras of Darkness. It is essential to maintain consciousness in the Chakras of Light, and shut the door to the lower chakras which control anger, jealousy, resentment, fear, worries and doubts.**

5. **These chakras are guided in their unfoldment by the sympathetic system's three principal channels or tubes: 1) Called sushumna which passes from the base of the spine to the pituitary thru the center of the spinal cord; 2) called pingala – which corresponds to the right sympathetic; and 3) called ida – which corresponds to the left sympathetic.**
 - a. **These are very important channels of consciousness and must be balanced at all times (ida-pingala, feminine-masculine, yin-yang, moon-sun, intuitive-intellectual, left brain – right brain, passive-aggressive) for the constant intuiting of the divine twenty-four hours a day. This balance harmonizes the entire nerve system, stimulating the intuitive, creative area of the mind.**

6. **The Kundalini does not begin its activity thru the “sushumna” until the ida (negative) and pingala (positive) have preceded it by forming a positive and negative current along the spinal cord powerful enough to awaken the sixth (pineal) chakra. The first chakra (root) then awakens in its entirety as the Kundalini force is drawn thru the sushumna (center of the spinal cord) stimulating each chakra in turn, concluding with the unfoldment of the sahasrara (the cranial psychic force center – the thousand spoked wheel) center in the brain. (the seventh (pituitary) chakra)**
 - a. **The ida and pingala currents, thru practice, begin a circular flow around the sushumna, the pingala flowing up and ida flowing down, creating an electronic force field strong enough to stabilize the sushumna, to sustain the power of cosmic fire as the Kundalini uncoils and rises from the root (1st) chakra to its 7th chakra destination. The seals are broken, irreparably broken, as consciousness journeys up the spine within the sushumna (spine) tube.**

Breathing exercises, sound and color exercises, the Thalmatic Cortical Pause, and one pointed meditation are all geared to accomplishing the release of the Kundalini fire coiled at the base of the spine. Awakening us to illumination and a merging with the superconscious mind. (See Book II – Developing The Tensor Concepts.)

Part II Review of the Chakras

1st Chakra (Root) Memory Center – Governs realms of time and memory creating a consciousness of time thru the powers of memory. Whenever we go back in our memory patterns, we are using the forces of the 1st (root) chakra. This chakra is associated also with human qualities of individuality, egoism, materialism and dominance. Man lives mostly in this chakra during the first seven years.

(Red is the color of the 1st Chakra)

2nd Chakra (Below Navel) – Once the ability to remember has been established, the natural consequence is reason, and from reason evolves intellect. Reason and intellect work thru this chakra. We open naturally into this chakra between the ages of eight and fourteen. This center controls the 1st chakra, and in fact, each progressively “higher” center controls all preceding centers. It is in the 2nd chakra that the majority of people live, think, worry and travel on the astral plane. If functioning solely in the reasoning capacity of the mind, they take the intellect very seriously, for they naturally see the material world as extremely real, extremely permanent. With security and self-esteem founded in reason, they study, read, discuss, and accumulate vast storehouses of fact and rearrange the opinions and conclusions of others. When guided by the higher chakras and not totally entangled in ramifications (all of the resulting effects and consequences of something) of intellect, the powers of the 2nd chakra are a potent tool in bringing intuitive knowledge into practical manifestation. (Reason does not conflict with intuition. It simply comes more slowly, more clumsily, to the same conclusions.)

(Orange is the color of the 2nd Chakra)

3rd Chakra (Solar Plexus) – Focus of will power. The solar plexus is where all nerves in the body merge to form what has been termed

man's "second brain. This is significant, for depending on how the energy is flowing, the forces of will from this chakra add power either to worldly consciousness thru the first two centers, or to spiritual consciousness thru the 4th and 5th centers. When awareness functions within realms of memory, reason and aggressive willpower (1st, 2nd, and 3rd chakras), men and women are basically instinctive in nature. They are quick to react and retaliate, quick to have their feelings hurt and quick to pursue the conquest of others, while fearing their own defeat. Success and failure are the motivating desires behind their need to express power and possess influence. Man awakens into this region around age fifteen to twenty-one .

(Yellow is the color of the 3rd Chakra)

4th Chakra (The Heart Center) - Governs the faculties of direct cognition or comprehension. Man usually awakens into this region of cognition around age twenty-two to twenty-eight. It is here that he is able to encompass the totality in one instantaneous flash of direct cognition. He knows in that split second all there is to know about a subject and yet would find it difficult to verbalize that vast knowing. Various highly endowed psychics are prone to utilize this force center, for such spiritual powers as healing are manifested here. People with the heart chakra awakened are generally well-balanced, content and self-contained. More often than not, their intellect is highly developed and their reasoning is keen. The subtle refinement of their nature makes them extremely intuitive, and what is left of their base instincts and emotions is easily resolved thru their powers of intellect.

(Smokey green is the color of the 4th Chakra)

5th Chakra (Throat) Universal or divine love is the faculty expressed by this center. The throat chakra is almost a purely actinic (light) force structure. Whenever people feel filled with inexpressible love and devotion to all mankind, all creatures large and small, they are vibrating within the throat chakra. In this state there is no consciousness of a physical body, no consciousness of being a person with emotions, no consciousness of thoughts. They are just being the light or being fully aware of themselves as actinic force flowing thru all form. One sees light throughout the entirety of their body, even if standing in a darkened room. This light is produced in the 6th (pineal) chakra above thru the friction occurring between the odic (magnetic-

pertaining to consciousness within the realm of the physical and lower astral planes) and actinic (light or subtle matter energy - pertaining to consciousness in its pure, unadulterated state) forces and perceived thru the divine sight of the third eye (6th chakra).

(Light blue is the color of the 5th Chakra)

6th Chakra (Pineal) (Third Eye) is the “Command Center” and grants direct experience of the Divine, not thru any knowledge passed on by any other means i.e., study or other persons. It governs the superconscious faculties of divine sight within man. There are two facets to the 6th chakra. One is the ability to look all the way down to the states of mind below the 1st (root) chakra; and the other is the ability to perceive the higher, spiritual states of consciousness, all the way up to the seven chakras above the Pituitary (7th) chakra. Therefore the Pineal (6th) chakra looks into both worlds: the odic astral world and the actinic spiritual world. It is the connection link allowing the highest consciousness to be linked to the lowest in a unified vision. This center opens fully to the conscious use of man after he has reached a state of “self realization” – “a state of oneness beyond all change or diversity”. However, visionary insights and, particularly, inner light experiences are possible earlier. The composition of this chakra is so refined, being primarily of actinic force, that a conscious knowledge of the soul as a scintillating body of pure energy or white light is its constant manifestation. From here man peers deeply into the past, the present and the future – deeper into evolutionary phases of creation, preservation and destruction. He is able to travel consciously in his inner body, to enter any region of the mind without barrier and to reduce thru contemplative meditation all form to its constituent parts. It is not recommended for one to sit and concentrate on this force center, as the psychic abilities of the pineal gland can be prematurely awakened over which control is not possible. Visions are not to be sought. They themselves are merely illusions of a higher nature around which a spiritual ego can grow, which can inhibit the final step of finding truth beyond all form – beyond mind itself. Therefore, the pituitary gland (7th chakra), which controls the next and final center, should be awakened first.

(Lavender is the color of the 6th Chakra)

7th Chakra (Pituitary) Crown Chakra – Thousand Spoked Wheel

(or thousand-petal lotus). This center is the accumulation of all other force centers in the body; as well as the controlling or balancing aspect of all other sheaths or aspects of man. It is a world within a world within itself. When the pituitary is fully activated, it begins to stimulate the pineal gland, situated at the roof of the thalamic region of the brain and influencing maturity of consciousness expansion. For man to attain his final realization, the forces of these two glands have to merge. Symbolically, this is the completion of the circle, the serpent devouring its own tail.

(Indigo is the color of the 7th Chakra)

Man follows a natural pattern that is built right in the nerve system itself: Memory; reason; will; direct cognition; inner light perceptions of the soul, which awakens a universal love of all mankind; psychic perceptions thru divine sight; and the heavenly refinement of being in the thousand-petaled lotus.

During each age throughout history, one or another of the chakras has come into power.

1st Chakra – Mass consciousness came into memory with its newfound concern for time, for a past and a future, dates and records.

2nd Chakra – Mass consciousness came into one's own base and its powers of reason.

3rd Chakra – Will came into power – man conquered nations, waged wars, developed efficient weapons, crusades were fought, and kingdoms established during this period.

4th Chakra – Direct cognition came into power when man opened the doors of science within his own mind. He cognized the laws of the physical universe: mathematics, physics, chemistry, astronomy and biology. Then he unfolded the mind sciences by penetrating into his subconscious mind, into the chakras where he had previously been. With man's looking into his own mind, psychology, metaphysics and the mind religions were born.

5th Chakra – Now, in our present time, the mass consciousness is coming into the throat chakra – the forces of universal love.

The forerunners of this emerging Sat Yuga or what is popularly called “The New Age” are not worshipping reason as the great thing of the mind or trying to take over another’s possessions thru the use of force. They are not worshipping science or psychology or the mind religions as a great panacea. They are looking inward and worshipping the Light, the Divinity, within their own body, and they are going in and in and in, into a deep spiritual quest which is based on direct experience, on compassion for all things in creation.

As the forces of the 5th chakra come into prominence in the New Age, it does not mean that the other centers of consciousness have stopped working. It means this new one is claiming the energy within the mass consciousness. And when this center gains a little more power, everything will come into an exquisite balance. Then everything on Earth will quiet down, because this chakra is of the new age of universal love, in which everyone sees eye to eye, and if they do not, there will always be someone there to be peacemaker.

“I Am Allright, Right Now”

(We are on schedule thanks to all the outside help we have been given)

This treatise on “chakras” has been taken from the teachings of Master Satguru Sivaya Subramuniyswami in his book “Merging With Siva” with his personal permission.

Chapter 14

Expanding The Heart Chakra

We progress upwards thru the Chakras. Negative emotions lie below the Root Chakra. Emotions, such as anger, jealousy, fear, hatred, violence, etc. Some people seem to constantly live in these centers.

Even those who live primarily in the Second and Third Chakras tend to float in and out of the lower negative chakras.

A majority of the people live mostly in the Third Chakra (the Solar Plexus) and come under the influence of will and reason. Ego is strong in this chakra. Pursuit of the material side of life (amassing things) and control and domination of others is prevalent. The need to be right, the final authority, in all circumstances is strong. The need to be looked up to, liked and respected by peers is very important to Third Chakra dwellers. “You have to do what I say because I know what you should do and how you should act.” It is the chakra of I, Me and mine. “I know better than you so you better listen to me.”

One of the things that fulfill Third Chakra dwellers is the imposing of their wills on situations and other people. To move away from being controlled by this chakra, the Heart Chakra needs, not only to be opened, but constantly expanded.

You will know how open your Heart Chakra has become:

When you are able to turn loose of the desire to control others.

When you can view the actions of those around you with tolerance and understanding. You don't have to necessarily agree with their words or actions, but be willing to accept what they say or do as their “right of choice”.

When you think of another and feel love and affection going forth from your being, while you remain detached from their actions or what they might say, that is an indication that your Heart Chakra is getting stronger.

When you begin to feel that material possessions are only a means to an end and not the end of all, your Heart Chakra is expanding.

When saying a kind word just because you want someone to feel better and see a smile on their face, your Heart Chakra is expanding.

When you feel compassion and lend your energies to someone in need, be it emotional, physical or mental, your Heart Chakra is expanding.

When you see the good in the world and don't dwell on the negative, your Heart Chakra is expanding.

Living in and being controlled by the Heart Chakra doesn't mean giving up the physical world and becoming a spiritual recluse. It means that all the functions of all the lower chakras will be under the control of and guided by the heart and if we "listen to our heart" life in the physical form takes on a different meaning. Your priorities will change and your experiences will be richer, more beautiful and joyous than ever before.

Imagine living without anger, fear, hate, jealousy and combativeness controlling you.

Look around you. Observe the actions and attitudes of those you come in contact with. You can plainly see where they dwell, what chakra is controlling them. Now look at yourself. Are you satisfied with where you are? If not, are you doing all you can to constantly be expanding your Heart Chakra.

Many, many years ago, one night while meditating, a huge statue appeared in my mind's eye. It seemed to tower at least forty feet above me. The next thing I knew, I was standing inside the head of this statue looking out thru its eyes at the scene below. Inside, in front of me there was a stairwell going deep down inside. I began to walk down the steps and at the bottom came out into a large, clean cavern. It was lighted, but I couldn't see where the light was coming from.

In front of me was an opening that went down even further. Brilliant light was coming from its core. I went down a few steps and found

myself in a room. The only thing in this room was a pedestal upon which rested an open book. I walked over to the book, but could not read what was written. Then I heard, “one day you will be able to read this book.”

Years later I realized that I had made a trip down within myself to my “Heart Chakra”. In the meantime, I began going there during meditation, and actually learned how to utilize this center within to help myself, and others.

If you have not yet discovered your secret space within, perhaps the following will be helpful.

Find a quiet place and put yourself into an Alpha level (See Book II – Developing The Tensor Concepts). Let your consciousness go within, down and down, until you reach a place of peace and calm. Create in your mind a comfortable place to relax and build a “screen of the mind”. You can visualize this screen any way you wish such as a movie or TV screen. Project the image of your concern onto the screen. Note the problem you wish to correct, then, flood the image and the entire screen with brilliant white light. Hold this image in your mind while visualizing your intent. You may be surprised at the impact and outcome of this exercise.

Chapter 15

Reincarnation

- 1. Death is the dropping off of the physical body. It is the time when all of the karma-making actions go back to seed in the root chakra, into the memory patterns, of our astral body.**
- 2. All our actions, reactions and the things we have set in motion in the pranic (life energy sheath) patterns in this life, form the tendencies of our nature in our next incarnation.**
- 3. The tendencies of our nature in the present incarnation are the ways in which awareness flows thru the sympathetic nerve currents.**
- 4. These tendencies of man's nature are also recorded under the astrological signs in which he is born. Man comes thru an astrological conglomeration of signs, or an astrological chart, according to his actions and reactions and what he set forth in motion in the seed-karma patterns of his past life.**
- 5. So we are always the sum total, a collection, of all the karmic experiences, a totality of all seed patterns that have happened to us, or that we have caused to happen, thru the many, many lives.**
- 6. All past lives are now, for each life is within or inside the other. They exist as karmic seeds that appear in the pranic (life energy sheath) force fields in our life now and are nourished by our current pranic force fields.**
- 7. When we die, or when we discard the physical body that is the end of a chapter of experience. Then we pick up a new physical body. This begins a new chapter that is always referring back to the last chapter for direction. These are tendencies.**
- 8. What happens after we die is that we simply step out of the physical body and are in our astral body, going on in mind as**

- usual. The awareness does not stop simply because the physical body falls away. The Ida force becomes more refined, the pingala force becomes more refined, the sushumna force is there like it always was, but all are in another body that was inside the physical body during life on Earth.
9. The fear of death is a natural instinctive reflex when we come face to face with the possibility of obliteration of our personality (Ego) and of leaving the conscious mind.
 10. How and where do we become born again? We are born again in the same way we died. After some time, the astral body cannot stay on the astral plane anymore, because the seeds of pranic motion (life energy sheath) have to be expressed on the physical plane again due to one's activity on the astral plane. A new physical birth is entered.
 11. Generally this happens thru a new born child's body, but a more advance soul who has his spiritual body well developed can pickup a body which is fifteen to twenty years old and go right along in life from that point (commonly called "Walk-ins").
 12. As to what place, country or family you will be born in, that depends on what your desires were before and when you died. If you had a strong desire to go to a place or country, you will most likely incarnate there the next time. If you were very much attached to your own particular family and you did not want to leave them, you would be born back in that immediate family again, because your desire is there. The astral body is a body of desire.
 13. As to remembering past lives, the memory capabilities, unless highly trained, are not that strong, especially after having endured the process of creating a new body thru another family and establishing new memory patterns. However, there are people who do recall their past lives, in the very same way that they remember what they did yesterday. Former life memory is that clear and vivid to them.

- 14. However, it is neither necessary nor advisable to pursue events, identities or relationships that may have existed in previous lives. After all, they are only a part of your sum total now. The present now is the sum total of all the prior thens.**
- 15. Those living in the heart chakra are able to cognize and know deeply the governing mechanism of rebirth from their own awakening.**
- 16. (Satguru says there are several theories of schools of thought related to reincarnation that may seem to contradict one another. However, he says they are all correct; just different aspects of a complex mechanism.)**

- a. One theory is that life begins with sound and color. Sound and color produce the first forms of life in the atomic structure of our being thru binding the seed atoms together. At this point, life as we know it begins. It remains in seed state or state of conception until the instinctive and intellectual cycles evolve into maturity thru the process of absorption of more atoms into the astral body. This process continues until a physical body is formed around the astral body.**

The cells and atoms of these bodies themselves evolve, becoming more and more refined as cycles of experience pass until complete maturity is reached in a physical body which is refined enough to attain “self realization or state of oneness” and begin the next process of building a golden body of light.

According to this theory, the soul takes on progressively more advanced bodies, evolving thru mineral, vegetable and animal kingdoms, slowly acquiring knowledge thru experience.

- b. Another theory is that when man dies, he goes on to the astral plane after breaking the silver cord, which binds him to the physical body. During out-of-the-body experiences,**

this silver cord is often seen as a cord of light connecting the physical, astral and spiritual bodies.

When awareness leaves the physical body, it passes thru one of the chakras. If our life has been one of baser emotion and reason, we would exit thru one of the chakras near the base of the spine, either the 1st or 2nd, and begin a conscious existence on a lower astral plane.

From there we would work out various experiences or reactionary conditions caused by congested mental and emotional forces which impressed our subconscious mind during the course of our lifetime.

On the astral plane, we relive many experiences by reactivating them, creating for ourselves heavens or hells. When the lessons of that life have been learned and the reactions resolved, we will be drawn back into a family, into a new physical body, in order to gain more experience in the light of the new knowledge acquired while on the astral plane.

If we have evolved to the point that our life was one of service, understanding and love, then we would exit thru the next higher chakras, for that is where awareness has been polarized, and our astral existence would be of a deeper, more refined nature.

However, if we had discovered and practiced a dedicated spiritual life, then our exit would be thru the top two chakras, which do not lead awareness onto the astral plane, but takes it into the Third World of divine existence, never to reincarnate again into the physical world.

After this state of reaching self-realization is attained and perfected so that the seeker can go into it at will, he leaves the body consciously thru the door of what is called “Brahman” (the center of the 7th (Pituitary) Chakra at the top of the head.

This depends on whether or not the golden actinic causal (soul) body, which has been developed after self-realization, is mature enough to travel in actinic force fields on its own.

Therefore, reincarnation is a refining process, attributing to the evolution of consciousness. To the watchful observer, the evolution of man's inner bodies can be seen reflected in the tone and form of his physical vehicle.

Being a reflection of the inner bodies, the physical shell can and does pass thru radical transformation as the spiritual path is followed. Some people seem to reincarnate within this very life, changing themselves so deeply thru a state of accelerated unfoldment using effective means of attainment (i.e. disciplines such as meditation and the building of willpower, faith and confidence in oneself and in God) that they are totally renewed or reborn on the physical plane.

Their new light and energy pass thru the very cells of the body, invigorating and strengthening it. Still, the inner bodies are more malleable than the physical forces and generally evolve more quickly, becoming quite different and more refined in this life than the physical shell. In the next life, the physical structure will be entirely different, as the spiritual body manifests a new physical body more like unto itself.

- c. A third theory proposes that the soul remains on the astral plane after death. After reviewing all of our Earthly experiences on the playback, we release the astral body and enter the heavenly (soul) realms of consciousness, never coming back to the physical plane, or at least for a long time.**

By exploring these various theories, we discover that man can either incarnate soon after his death, with little or no interlude, or he may remain for thousands of years on the astral plane, evolving in those force fields, just as on Earth he evolved from experience to experience.

How long he will spend on the astral plane depends on how he has created or chosen what he wants to do while on Earth. If he left things undone and felt compelled to accomplish more, to see more, then he would return quickly to another body in fulfillment of the desire for

Earthly experience. (In this case theory “B” would apply) However, were he satisfied that life had taught him all of its lessons and wished to exist away from the physical plane in mental and spiritual spheres, he might never return to inherit another body. (Then theory “C” above would logically apply).

It is the highest aim of one on the path of enlightenment to live a well-ordered life and control the forces of the mind that propels him into cycles of life and death. He must strive to gain a fundamental knowing of life-death-reincarnation processes, and to be able at the point of death to leave the body consciously, as a matter of choice, depending upon the consciousness leading to the moment of transition. He must throw off the false identification with this body or that personality and see himself as the ageless soul that has taken many, many births, of which this is only one, to see deeper still into the total unreality of life and death; which only exist in their seeming in the outer layers of consciousness, for he is the immortal one who is never born and can never die.

If we were to die this very moment, the laws of death and reincarnation tell us that our awareness would go into various refined force fields of the mind, similar to some states of sleep according to where we are in the mind at the time of death.

These first laws of reincarnation dealing with the astral plane governed by the powers of the first three chakras seem to be quite valid when man is living in his instinctive mind. However, when he passes from the physical body thru the will, cognition, or universal love chakras, he comes into a different reincarnation law. He is then living on two planes at the same time and according to this theory, would have representative bodies on both planes.

This dual existence would continue until such time as the process of reincarnation was intensified and the vibration of the Earth was strong enough in his mind to pull awareness back dynamically to another human life. This might take years, and it might take centuries. This higher evolved being, in a sense, would be held thru the power of the higher chakras in a very subtle force field and only touch into physical consciousness sporadically, for a few minutes or hours to contact the

Earth. He would not necessarily be conscious of doing this. His awareness would exist predominantly on the inner planes.

Another postulate of this theory is that an advanced being living in his inner bodies, having left consciousness thru one of these three higher chakras, would be working out a certain amount of karma by helping others who are still in physical bodies to work out their karma. For various reasons this being would not be able to return to Earth consciously. For this being to reincarnate it would take a very high vibrational mother and father to be a channel thru which he could incarnate, whereas couples cohabiting in lust or free-for-all sex more or less take potluck off the astral plane.

Generally, the soul, at the time of conception chooses the body he will inhabit, but does not actually enter the womb until the infant body takes life and begins to move and kick.

The next theory of reincarnation, governed by the throat, brow and crown chakras, states that when an advanced soul leaves the body thru the 6th (Third Eye) chakra he enters a highly refined force field world from which he is able to pick and choose exactly when and where he will return. At this point he does not have to reincarnate as an infant, but could take an already well-matured physical body. In such a case, the soul inhabiting the body would have karmically ended this life and be involved in the reincarnation process, either dead or preparing to die. The advanced soul would flow his awareness into the nerve system of the body, revitalizing it with the spark of his will and consciously bring it back to life. Once his mission in that body had been completed, he could leave that body consciously, provided he had not created too much karma for its subconscious while inhabiting it. All such karma would then have to be dissolved before dropping off the body. This practice is exercised only by souls who have sufficient mastery of the inner forces to leave consciously thru the pineal (6th) chakra at death. Those who leave thru that force center unconsciously would then reincarnate as an infant.

You must have a physical body in order to attain self-realization (the highest realization of God) (the Absolute). This is due to the fact that on the refined inner planes only three or four of the higher chakras are activated; the others are dormant. For self-realization, all seven

chakras, as well as the three major energy currents, have to be functioning to sustain enough Kundalini force to burst thru to the self. The very same instinctive forces and fluids, which generate material involvement, uncomplimentary karma and the body itself, when transmuted, are the impetus that propels awareness beyond the ramification (all the consequences of something) of the mind into the timeless, spaceless, formless truth, God.

This treatise on “Reincarnation” has been taken from the teachings of Master Satguru Sivaya Subramuniyswami in his book “Merging With Siva” with his personal permission.

Chapter 16

Thalmatic Cortical Pause

One of the earlier exercises taught us by the Space Brothers, was the value of using what they called the Thalmatic Cortical Pause. This is a simple technique to integrate our higher and lower natures - the blending of the higher and lower chakras. (Thoth refers to this technique in Tablet #6 as a means to “banish the darkness that come from with in us”.)

There is a great degree of thought potential present in the synapses of the part of the brain, which our scientists say is dormant. But this portion of the brain is not dormant; it is highly functional every minute of the day on a submerged level.

In order to take our place in the new “Golden” Age, it is necessary to develop a new set of disciplines in order to create new synaptical junctions within this portion of our brains.

The Thalmatic Cortical Pause is one such discipline. It is a simple, but effective exercise you can do anywhere, anytime no matter what you are involved in. It is also a good prelude to meditation. Bear in mind, “Energy Follows Thought.”

Beginning in the Cerebral Cortex of your brain, send energy down thru the Thalamus (front brain), down thru the Thymus (Heart Chakra), down the spine to the feet and back up again thru the Thymus, Thalamus, to the Cortex. Take a deep breath, breathe out as you send the energy downwards, and breathe in as you draw it back up. Do as many times as you like; it only takes a few seconds since the energy makes the circuit as fast as you visualize it. As mentioned before, this exercise works to integrate our lower and higher selves making them one, thereby strengthening our nervous system and our thought process.

We need to better understand the energies contained in our physical bodies. Our bodies are filled with a lot of unseen fields, which hold our molecules, along with our cells and organs together. Without these “fields” our bodies would disperse into minute particles and go floating off into space.

This energy is controlled by another “Organizational Field,” which is the product of the Universal Mind. You might call it the Akashic, for it is the field in which all information is stored, and it surrounds everything in creation, including our molecules, cells and organs.

Remember, Universal Mind is outside and beyond the physical body. “Mind” occupies its own field. This is the field thru which “Thought” has its being, and human beings can access the “Thought Fields”.

Thought is a field, wherein you visualize. Try to think of anything without seeing a picture. It is an unseen force that permeates all of creation.

Thru accessing the “Thought Fields”, humans can seek out and use the Organizational Fields, which surround, as mentioned, everything in creation, even inanimate objects. The Thought Fields are used as a telephone between the Organizational Fields. This is what dowzers, diviners and even healers rely upon; even though they might not be aware that this field exists.

Symbols are doorways to other dimensions. We use symbols in all our thought which precede action. Thoughts guide and direct energy, and symbols are the tools. They provide the means for the translation of thought. They are the missing link in our conscious thinking. Symbols can be either images of the mind or physical symbols such as an object used for psychometry. A hair, a fingernail, a drop of blood, a Polaroid photograph (consisting of both negative and positive), or even a leaf is a symbol because they all carry a sample of the organizational field of the object thru which access can be gained using the “Thought Field”.

When working with mind energy try to set aside strong emotion for it creates a shield which prevents incoming mental energies from making contact; and can also cause your outgoing thought to boomerang.

If you learn to use the “Thought Fields” properly it can be a beginning to reclaiming your heritage. It will not happen until you put forth a serious effort. It is a discipline, not a philosophy. So it requires a lot of work, but the results could help change our world and all life upon it. But take care to use “Thought” in a good and positive way. Enough people sending thoughts of Light and Love and Healing outwards from

their beings could not only affect changes in physical and mental health for themselves, but could literally break the band of negativity and unknowing which surrounds the Earth.

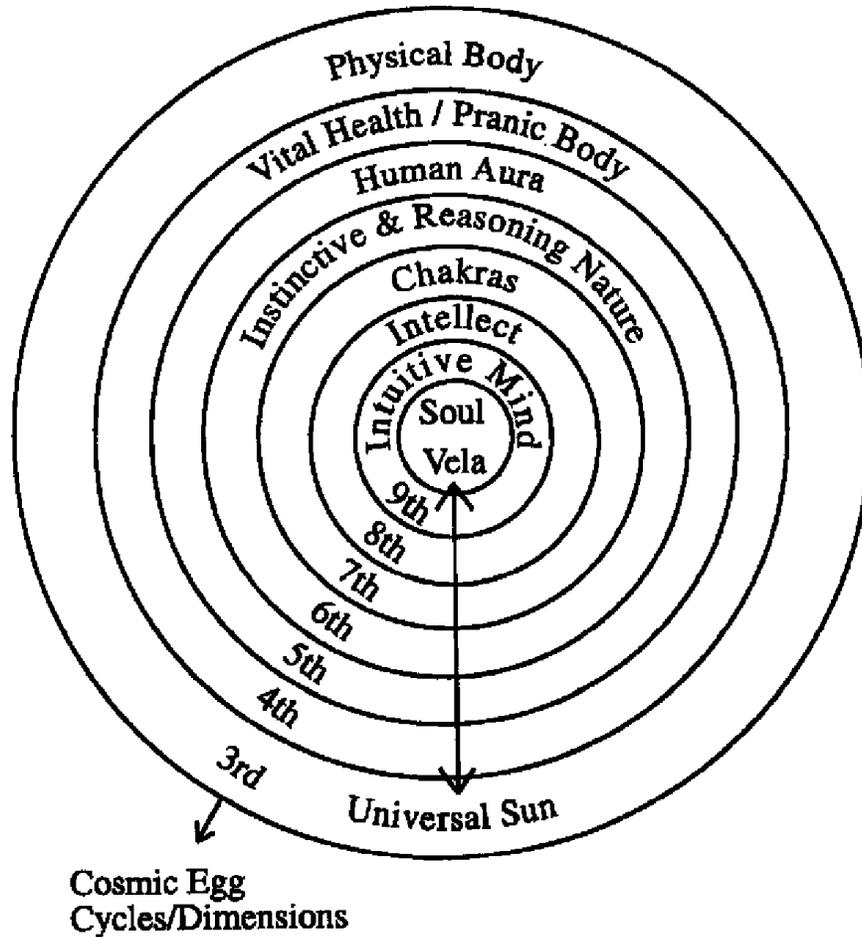
We are only limited by what we think and perceive.

Don't restrict your mind.

Release it and let it soar to unlimited heights.

Chapter 17

We Are Our Own Universe



We consist of seven aspects or layers formed around the nucleus of our soul. Just as the Universe is formed in seven layers around our Central Universal Sun (Vela), forming what we know as the “Cosmic Egg.” It rests in a sea of consciousness called the “Shell”. This is from our perspective of Third Dimensional being.

Actually, there are two cycles beneath us thru which we have already evolved: 1st - Expression of Life; 2nd - Life and Motion; and now currently, 3rd - Life, Motion and Self Awareness - nine in all. (Study “Wisdom of Thoth – Tablets #3 and # 9.)

Beyond our Universe, are trillions of other universes all combining to form an even greater “Cosmic Egg”, whose center is the Source of Life and Light. The nucleus of ALL the universes is the axis (the core) of Divine Presence.

The Divine Presence breathes in and out giving rise to vast cycles (as shown in Chapter 3, As Above, So Below and Chapter 8, The Greater Cycles), and periodically breathes into itself all creation before breathing out again, recreating all of existence from the inner worlds to the outer worlds. And we, our own little personal universe, are a part of this unimaginable occurrence.

When we have fixed in our awareness that we are part of this overall creation, perhaps we can understand how our seemingly insignificant existence really has meaning - a gathering of experience and expressions for the Source Itself.

We have a mission, each one of us. And that, right now in this our Third Cycle, is to become CONSCIOUSLY aware that we ARE a multi-dimensional being. That we CAN break thru the bonds of darkness that hold us back from consciously realizing this in the current physical lifetime. That is why I believe that we are being guided to become aware of our multi-dimensional levels.

From the center, looking outward, is the pure Radiant Light, the being of the Soul, the “I AM”, the “Watcher”. Remember the old saying, “God is watching you.”

Around the “Soul” is formed the “Intuitive Mind”, and around that is formed the “Intellect.” Next comes the “Chakras” which govern the highest to the lowest States of Mind, and with the chakras come the energy connectors including what is known as the Ida, Pingala and Sushumna current along the spine (see Chapter 12-Chakras). The “Instinctive” nature is formed around this layer. Then comes the “Human Aura” thru which thought forms are created. Next is the

“Vital Health” body and finally the “Physical” body. (Study the “Wisdom of Thoth”- Tablets #2, 3, and 15 for an understanding of how the Universe of the Human Body is interconnected with the cycles of Universal Time.)

The layers of the Universe (the Cosmic Egg) progressively get larger. Starting with the “Core” they increase ten fold as each layer extends. The “physical” layer, in which we exist, is the largest. It is estimated that the “physical” layer covers over one hundred trillion Light-Years across and is filled with galaxies composed primarily of gross matter. It has the lowest level of subtle-matter energy, which increases exponentially as you draw nearer the core, the same as in our own little universe.

When I was a child, I thought “Heaven” was somewhere above the clouds. As an adult, when we sent rockets to the moon and then beyond, I wondered where was this “Heaven” we had heard so much about. It was about that time I decided I needed to revamp my thinking.

If “Heaven” is not in the “Physical Universe”; and even our “Space Brothers” say they have traveled the Universe without having found the “Ultimate Creative Source”; it has to be in another dimension of time-space.

On one level, I always knew this, but being “human” I always sought to put “Heaven” into a context that my conscious mind could relate to.

Understanding the “Cosmic Egg” put it into perspective for me. We live lifetime after lifetime in the “Third Cycle” in a physical body until we have learned all the lessons of this cycle. Then we “graduate” to the “Fourth Cycle” where we live in our Soul Body. But this is not our final destination. As we complete the lessons of that cycle we “graduate” to the “Fifth” and so on until we finally make it to the “Ninth”, ruled by the highest “Lord” the “Father”, known to us as the Christ. (A manifested form of the formless Primal Creative force) The one who sometimes descends the scale of vibration and walks among us. The One we call God. This is the “Heaven” we are striving to evolve to. (But even this is not the “Ultimate Goal” for all creation.) We don’t just pass from our current life and automatically “be there” in the Ninth Cycle. We have to earn our way; and we are free to take as long as we

want to get there. The decision is ours. In the meantime, we will just keep coming back to a physical body again, and again and again.

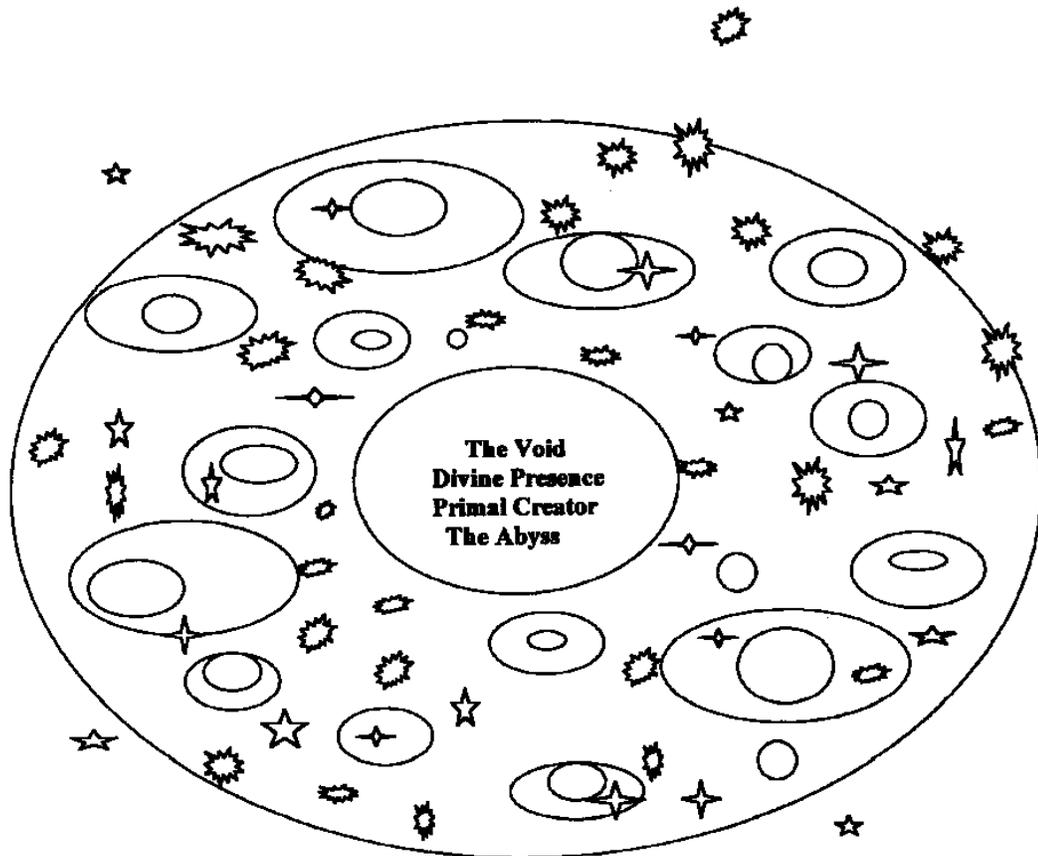
There are three hindrances manifested within us: Lack of effort to obtain Knowledge, non-attachment to God, and attachment to Evil. (See Wisdom of Thoth, Part III, Tablet # 14)

Thru out the cycles, volunteers descend the scale of vibration to help those in cycles below. Each cycle is evolving progressively closer to the “Primal Source” of all creation, the “Ultimate Goal”. Each cycle grows as the one beneath it grows. Then far into time-space when all the worlds in all the “Cosmic Eggs” have reached to their highest cycle, and all are one, “as above, so below”, creation in its totality will be drawn back into its “Ultimate Source” there to rest until the “Source” breathes out once more, and creation begins all over again.

Nothing in creation is ever lost, it just changes form.

Chapter 18

Cosmic Eggs



Imagine trillions of Universes surrounding an axis, a core, the void of pure unmanifested, formless, nothingness from which came the Thought. From Thought came forth Order thru Chaos that sent forth the Light (Christ, the Son/Sun) which is the Word (the Fire) from which comes Life and the existence of all. Order and Light were cast forth from the Void. (See Wisdom of Thoth, Part III, Tablet #9) From Order and Light came forth the Universes, expanding ever outwards and onwards from the core of the All. Thru time/space they continued to grow.

Then far from the Center was formed a great Universe, and within that Universe, a Galaxy was formed approximately fourteen billion years

ago. We call this the Milky Way. Looking down from above, it appears like a large pinwheel with long spiraling arms, around one-hundred thousand Light Years in diameter. There are over one-hundred billion star systems in this galaxy alone. Our Solar System lies near the outermost reaches in one of the “Arms”, and is twenty-six thousand Light Years from its Central Sun (Alceyone). It takes two-hundred fifty million years for our Galaxy, carrying with it our Solar System, to make a complete revolution once around our Universal Central Sun (Vela).

There are thousands of Galaxies like ours revolving around Vela, the Universal Sun. Thousands of Solar Systems revolving around Alceyone, our Galactic Sun; and originally twelve planets revolving around our Solar Sun. (One was destroyed in early “Biblical” days, and two have not yet been discovered by our astronomers.)

Man has always been searching for GOD, when all along he has been in plain view. He is all of creation; and all of creation is a part of GOD.

Chapter 19

Building Blocks of The Universe

The building blocks of the Universe are said to be Sound, Color, and Mathematics. Color and sound vibrate at different frequencies, measured in oscillations per second. The forward motion of frequencies range from the lowest inaudible sound (Battery/commutated DC) at two oscillations per second to Cosmic Energy (the highest Light frequency) at 10 (20) or 100,000,000,000,000,000,000 oscillations per second.

Energy in forward motion begins with sound, then radio waves divided progressively into radio, TV, and microwaves. Next are infra-red rays (Heat). Then comes the visible and invisible light. Medicines, Foods/Herbs and Vitamins fall into the visible color spectrum, i.e., Red, Orange, Yellow, Lemon, Green, Turquoise, Blue, Indigo, Violet and the reverse polarity of Purple, Magenta and Scarlet. (Do not confuse the visible Spectrum of Light colors with pigment colors.) The highest visible light color (violet) oscillates at 731,940,295,680,000 oscillations per second. According to International classification, the visible spectrum limit is at 10 (15) or 1,000,000,000,000,000. (One Quadrillion)

For our purposes, we will show that the first invisible spectrum of Light begins at 1,125,899,906,842,624 oscillations per second. The shortest Photic Rays appear at 36,028,797,018,963,968, then come the Ultra-Violet Rays, X-rays, Radium Emanation, Gamma Rays, Delta Rays, Magnetism, and Cosmic Energy. There are still some unclassified frequencies in this category before Cosmic Energy. As humans, we will never know all there is to know. That is a fact we have to accept be it in the forward motion of energy or otherwise.

Color vibrates at a much different frequency range than sound.

	<u>Oscillations per Seconds</u>	<u>Wave Lengths</u>	<u>Angstroms</u>
Red	436,803,079,680,000	37,000	7000
Orange	473,695,231,680,000	40,125	6500
Yellow	510,587,383,680,000	43,250	6000
Lemon	547,479,535,680,000	46,375 A	5750
Green	584,371,687,680,000	49,500 B	5500
Turquoise	621,263,839,680,000	52,650 C	5250
Blue	658,155,991,680,000	55,750	5000
Indigo	695,048,143,680,000	58,875	4500
Violet	731,940,295,680,000	62,000	4000
Purple	621,263,839,680,000	52,650 C } Reverse	
Magenta	584,371,687,680,000	49,500 B } Polarity	
Scarlet	547,479,535,680,000	46,375 A }	

There are exactly 36,892,152,000,000 oscillations per second difference between each color, and 3,125 wave length difference between each, with the exception of green/magenta (3,150) and turquoise/purple (3,100).

The lowest audible sound is at 16 oscillations per second. The lowest piano range (C1) begins at 32 oscillations per second to the highest piano range (C8) at 4,186 oscillations per second. The ultra musical sound is at 8,192. (Middle C is at 261.63 oscillations per second.)

If you begin from the center of the Universe, as a sphere, and indicate each of the interlocked dimensions as being formed by geometric configurations, color and sound, it would line up like this (highest to lowest frequency) with colors based on the visible spectrum of light, not pigment colors, as put forth by Col. Dinshah P. Ghadiali in his work on Spectro-Chrome.

	<u>Color</u>	<u>Equivalent Sound Frequency</u>	<u>Music Note</u>	<u>Music Note Frequency</u>	<u>Octave Vocal Scale</u>	<u>Octave Vocal Solfeggio</u>	<u>Alternative Vocal Sounds</u>
Universal Core							
9 th Dimension	Violet	665.7	E	659	LA	LA	OOM
8 th Dimension	Indigo	632.1	D#	622			EEE
7 th Dimension	Blue	598.6	D	587	SOL	SO	THO
6 th Dimension	Turquoise(C)	565.0	C#	554			RUE
5 th Dimension	Green(B)	531.5	C	523	FA	FA	MEH
4 th Dimension	Lemon(A)	497.9	B	494	MI	MI	AUM
3 rd Dimension	Yellow	464.4	A#	466			UUH
2 nd Dimension	Orange	430.8	A	440	RE	RE	MAH
1 st Dimension	Red	397.3	G	392	DO	UT	RAH

<u>Reverse Polarity</u>	<u>Color</u>	<u>Equivalent Sound Frequency</u>	<u>Music Note</u>	<u>Music Note Frequency</u>	<u>Alternative Vocal Sounds</u>
½ Violet + ½ Yellow	Purple (C)	565.0	A# with E	562	REE
½ Red + ½ Violet	Magenta (B)	531.5	G with E	525	MEE
½ Red + ½ Blue	Scarlet (A)	497.9	G# with D	501	AAA

(Table of Equivalent Sounds for Colors by courtesy of Darius Dinshah from his book “Let There Be Light”.)

Equivalent sound frequencies fall between middle piano range (C4) and a little beyond upper piano range (C5), but well under high piano range (C6).

C 4 - Middle piano range	261.63 oscillations per second
C 5 – Upper middle piano range	523.25 oscillations per second
C 6 – High piano range	1,046.5 oscillations per second

Difference in sound oscillations per second between the colors:

Violet and Indigo	33.6
Indigo and Blue	33.5
Blue and Green	33.6
Green and Lemon	33.5
Lemon and Yellow	33.6
Yellow and Orange	33.5
Orange and Red	33.6

Difference in music note frequency:

Violet and Indigo	37
Indigo and Blue	35
Blue and Turquoise	33

Turquoise and Green	31
Green and Lemon	29
Lemon and Yellow	28
Yellow and Orange	26
Orange and Red	48

Many researchers have been working to find the key to using color, note frequency and vocal sound together as a more comprehensive healing tool. Colonel Dinshah P. Ghadiali, thru his work on Spectro-Chrome, established the equivalent sound frequencies for the visible spectrum of light along with the music note frequency for same. When we add the vocal scale DO, RE, MI or the Solfeggio Scale, UT, RE, MI beside their equivalent music note in the octave, three notes are missing sound, i.e. A# - yellow, C# - turquoise and D# - indigo. For those of you who have studied Colonel Dinshah Ghadiali's Spectro-Chrome healing techniques, you will readily understand how important the missing sounds are for these three colors if attempting to use color, note frequency and vocal sound together. We have found the sounds shown in the column "Alternative Vocal Sounds" to work quite well within the proper octave beginning at G above middle C. When using color, note frequency and vocal sound together in healing, an instrument that can sustain the note frequency, i.e. an electronic keyboard, organ etc. should be used along with a similarly sustained vocal sound. Plans for making an inexpensive light projector can be obtained from Dinshah Health Society, and instructions on how to use the Visible Spectrum of Light can be found in "Let There Be Light" by Darius Dinshah (See Bibliography for address.)

A sound frequency generator with a precision sub-wolfer or speaker combined with the "Alternative Vocal Sounds" and color can also be used with or without a musical instrument. Set the generator to the "Music Note Frequency" in the chart shown above for the color required. You can, if you choose, intone the "Alternative Vocal Sound" which matches the frequency. Add to this the equivalent color and you will be utilizing two of the major energies of the Universe.

As to mathematics, it has a very simple foundation of shapes. The root of all shapes is either a curve and/or line, from which five basic shapes are formed:

⤿	curve
—	horizontal line
	vertical line
/	diagonal line
≈≈≈	wavy line

Looking at these five shapes, I can think of nothing that has been created by God or man in the physical universe that does not include one or more of these shapes. The Platonic Solids and Archimedean Solids (sacred geometry) are based on these shapes.

The Platonic Solids (Tetrahedron, Octahedron, Cube, Dodecahedron, and Icosahedron) are all made from a combination of these shapes. The combinations range from very simple, i.e. a straight line to very complex. The Archimedean Solids build on the Platonic Solids.

Even our ancient numbering system once was shown in a form using a combination of the three straight lines before it was altered by use of the Curve. We now use a combination of the three straight lines plus the curve.

Very complex combinations can be created by use of these five basic shapes, creating the various complexities of the dimensions from the highest to the lowest. For example, take the First Dimension, you would not expect it to have been created using a highly complex combination, but more probably single straight horizontal lines. Perhaps in the Second Dimension would have been added the vertical straight line; in the Third Dimension the diagonal line, etc. As the dimensions get higher, a higher, more complex combination of mathematical shapes would be involved until finally at the core you would find the Sphere encompassing all shapes. Looking from the reverse direction, we might find very complex combinations becoming less complex the farther out creation expanded.

Other than our own thought processes and observations, there is no empirical proof that this is how it works. In the information on “type of energy in forward motion”, it is not clear where the energy of mathematics belongs. It seems logical, though, to place it somewhere between magnetism and the highest level, Cosmic Energy.

MIDI number	Note name	Keyboard	Frequency
21	A0		27.500
22	B0		30.868
23	C1		32.703
24	D1		36.708
25	E1		41.203
26	F1		43.654
27	G1		48.999
28	A1		55.000
29	B1		61.735
30	C2		65.406
31	D2		73.416
32	E2		82.407
33	F2		87.307
34	G2		97.999
35	A2		110.00
36	B2		123.47
37	C3		130.81
38	D3		146.83
39	E3		164.81
40	F3		174.61
41	G3		196.00
42	A3		220.00
43	B3		246.94
44	C4		261.63
45	D4		293.67
46	E4		329.63
47	F4		349.23
48	G4		392.00
49	A4		440.00
50	B4		493.88
51	C5		523.25
52	D5		587.33
53	E5		659.26
54	F5		698.46
55	G5		783.99
56	A5		880.00
57	B5		987.77
58	C6		1046.5
59	D6		1174.7
60	E6		1318.5
61	F6		1396.9
62	G6		1568.0
63	A6		1760.0
64	B6		1975.5
65	C7		2093.0
66	D7		2349.3
67	E7		2637.0
68	F7		2793.0
69	G7		3136.0
70	A7		3520.0
71	B7		3951.1
72	C8		4186.0

Chapter 20

Just Thinking Out Loud

When we make it to the next dimension (fourth), the THIRD becomes OUR PAST – but is the PRESENT FOR OTHER SOULS.

Earth (and all other planets in the PHYSICAL universe) exists simultaneously in all dimensions. Consciousness moves souls ever upwards, and are replaced with new souls just beginning their experiences in the level just vacated. (This continues as long as the planet being inhabited has enough FIRE necessary for a soul to reach self-realization. When this is no longer the case the planet inhabiting the third dimensional frequency is abandoned)

Opportunity for MASSES to move upwards coincides with the Golden (Sat Yuga) ages. Not all souls make it and many have to remain behind to repeat and continue with lessons until the next go-round. Each Golden Age is an opportunity for masses to advance to a higher level.

“MANY ARE CALLED, BUT FEW ARE CHOSEN”.

Some in higher levels volunteer to come back to help. Mind on any level can travel back in time or forward into future probabilities.

We do not all progress at the same rate or at the same time. (Nor are all souls the same age.) A spiraling evolution of consciousness is directed by free will. Periodically the population, on three-dimensional Earth, becomes small due to the number making it into the fourth dimension from both the physical and astral planes. (We first have to shed or transmute our physical animal bodies. This is a natural process.)

Those remaining in the third dimension are still learning the lessons of that dimension. To them, large segments of the population simply disappear leaving a smaller number on the planet.

Now, with the advent of the COSMIC Golden Age, NEW souls, never before on Earth, have begun arriving to start their experiences in a third dimensional world, which is on the verge of making the transit into the fourth dimension. They are co-existing with those already here

who are preparing for the transition. As the Golden (Sat Yuga) Age advances further into its cycle, those among us who are scheduled for graduation will continually have the opportunity to work towards making the transition into the fourth dimension. Some will get there before others.

Chapter 21

Magnetics and Time Travel

A magnetic field is a product of an object rotating on an axis and gravity is a function of it. Every electron is a tiny electromagnet. Planck's constant is described as an invariant element in a quantum, the single, indivisible packet of energy on which the universe is postulated to operate. The mind tunes to "different values" of the Planck constant to achieve telekinesis.

In simple terms, when we learn how to tune our minds to these different values represented by the Planck constant, we will be utilizing a non-material form of mental energy, which can draw upon a limitless source. The mind acts as a type of converter for this force.

The mind itself is not supplying this energy but is merely channeling an already extant force that is ever present throughout the universe. One can then teleport any object or even one's self anywhere in the universe at the command of your own thought. (Refer to stories of the masters materializing in certain areas, i.e. Mt. Shasta.)

The concept of independent parallel universes is incorrect. These are just different over-lapping levels of a serial universe. The recondite core of the serial universe (our universe) is the difference in time. There are trillions of other universes separated from ours, and each other, by seas of consciousness, each one a serial universe in and of itself.

Moving from our Main Line of Reality, keeping in mind the concept of the "present now", one can move mentally from one level to another. In the physical universe, when you move even one second away in either direction from our Main Line of Reality, we have made a journey of one hundred eighty-six thousand miles. (Speed of Light)

There are different probabilities of time not quite on the Main Line of Time, but rather somewhat parallel to it. It is possible that one could find themselves caught up or stuck in a different probability of time. Care should be taken to avoid this.

Atoms can be equated to solar systems. Electrons surrounding the nucleus of an atom = planets surrounding a solar sun.

When teleporting your body locally on or about Earth, the mind remains operating in the “now” segment of the Main Line of Time. When teleporting your physical body to other planets, galaxies, etc., your body is moved into one of the advanced leading segments of time. The mind, “tuning to different mental values” of the Planck constant, causes the physical body to make a “quantum” step-up to the next higher level of the serial universe. When one arrives at their destination the same process, in reverse, causes the body to revert back into the “now” of normal space-time.

By using the mind and the employment of the energies of the mental continuum, we can in the “now” time, teleport our physical human body anywhere on Earth.

Or by the same token, one can travel by mind alone in the present or into the past or future.

Magnetic Field Disrupters are used in spacecraft. This device bends lines of magnetic force into parallel lines of force. The energy liberated by this process produces a field of force, which can accelerate a spaceship from a standstill to the speed of light.

As a craft achieves the velocity of light (light itself is a constant and therefore does not change), all of its physical mass is moved (undergoes a transition) into the next higher leading and overlapping event and time level of the serial universe. While in this higher level, or any of the additional higher and more advanced levels, matter is in a quasi-physical state. It retains its integrity (its molecular make-up) by reason of the surrounding magnetic field, which encapsulates the spaceship. Therefore, to the passengers aboard the ship, all appears to be normal.

A spaceship must accelerate once again, within each level and time frame of the serial universe, to the speed of light in order to move from level to level and attain still greater velocities. This same process, in reverse, is used to slow down and re-enter normal space-time of what is termed “the present reality”, or Main Line of Time similar to the process used in teleportation.

Each level of the serial (or multi-dimensional) universe represents a difference in time. Each level over-laps slightly and are leading in time, representing events in future levels. To transfer from one level and time frame to another slightly higher, one must exceed the velocity of light in that level. Since the next level that is higher over-laps slightly, an easy quantum step takes place. As a spaceship makes this step up from one level to another, while accelerating its speed or velocity is squared. If it continues to accelerate and move from level to level, its velocity is squared each time it changes to the next higher level. A craft can pop in and out of real time, in calculated jumps, until it arrives at its destination if the number of levels they need to pass thru to reach their destination cannot be calculated exactly in advance.

In the physical universe a spaceship has never been known to make a journey into the past. Travel into the past seems to be limited to journeys of the mind alone.

Whereas the velocity of a spaceship is squared when changing levels in the physical universe, which are future segments of time, physical matter does not seem to retrogress in time from its current Main Line of Reality. Each level below the Main Line of Time represents the opposite of travel into the future levels of time. Thus far only the mind of an individual seems capable of traveling into the past. (Remember, Mind is not subject to physical laws. The Mind is a non-physical entity and is a state of “being” rather than a state of matter.)

If this information from our space brothers is correct, fossil records of physical remains found on the planet in strata prior to native human life (4+ million years ago), could not have been left by visitors from our future. They could, however, be remains of visitors of that timeline exploring the planet for possible colonization.

This blows the theory “out of the water” that UFO’s, belonging to the Physical Universe, are from OUR future. Nothing, physical bodies nor objects, created in 3rd Dimensional Worlds can move backwards in time, within the 3rd Dimension. (Life is in forward motion.) i.e., occupants of 21st Century cannot return to the 19th Century. In our 3rd Dimension, only Mind can move back in time.

This does not apply to higher dimensions like the 4th, 5th, 6th, etc. Occupants of the higher dimensions apparently come under different universal laws and have the ability to lower their vibratory rate to a point where they can be seen by 3rd Dimensional people and can even choose to reincarnate in a human body to help mankind in his upward struggle.

In a way this could be seen as time travel since each dimension is one of time, but it is not time travel as depicted in the H.G. Wells story or as commonly thought of today.

It would seem that travel by mind into the past is merely tapping into memory of things that have already been and travel into the future explores probabilities of what can be. And since the future has not yet been experienced, it can, and is, created by thought alone. In other words, only probabilities exist until it is experienced. Once the future has been experienced and is the past, it can no longer be changed. If one were to be able to physically travel back in time, they could not return to THIS now, because their action would encounter the time-continuum at that point by the mere act of being there, which then creates a new reality in a DIFFERENT universe – not in this same dimension of this universe.

There is an old saying – “What is past is prologue – study the past.” Mentally or physically traveling into the future probabilities can assist mankind in making right choices in creating a future that is more beneficial and productive. Our physical past cannot be changed - it has already been experienced. Remember, time, since inception, has been in forward motion. There is no going back to affect physical change. Only mind can go back to observe. The future is a different story.

Remember, when we travel into the future we are only observing probabilities which can occur. The final result or experience will be selected by the group mind existing on Earth at any given point.

This understanding of time travel is based on our space teachings.

Chapter 22

My Reality

Time/Space is static. Only consciousness moves – forwards – backwards –sideways – up - down.

Realities are created thru constant choices of consciousness. Heavens and Hells are created as we go. We control time/space thru conscious awareness.

Each ego/personality creates its own reality. Alternate realities co-exists simultaneously. My reality is not the same as someone else, yet we co-exist - realities within realities. Two or more sharing a similar reality are aware of one another, but are never exactly the same. We are one, yet we are alone. Separated by the realities we create.

The one energy that binds us together is love, that mysterious light that permeates the universe. Without this glue to bond us we would just be trillions of individual realities lost in the darkness with nothing to guide us out of the void.

Reality is the illusion we create to fix our position in time/space. Life and death is part of this illusion. An ultimate heaven or hell is part of this illusion.

As our consciousness moves along our reality it brings into manifestation those circumstances, which have been encoded in our reality. But even they are illusion, games for the conscious and subconscious ego/personality.

When we understand that Mind, Universal Superconscious Mind, is directing the game, that we are a creation of this Mind, then, and only then, will we penetrate the veil of mystery and truly know who and what we are.

When we know who and what we are then we are set free to take our place among those who have gone before us and the Gatekeepers will allow us to pass. Then will we know what still lies beyond for the creation known as “Man”.

Chapter 23

Random Thoughts (Odds and Ends) Space/Time – Quantum Fields – Magnetics

In geometry a line is comprised of an infinite number of points. The points are parts of the line, but they are stuck together so closely that you can't actually separate them. This means the line is a continuum.

There is no such thing as separate space and time. There is only one single thing called space-time and it forms a continuum.

Atoms emit radiation in bursts, not in a continuous stream. What looks like a constant beam of radiation is really a little burst of energy, followed by another little burst of energy followed by another, ad infinitum – or at least as long as the energy lasts. These packets of energy are of specific sizes.

The number and size of these packets are predetermined and is inherent in the nature of radiation. Radiation comes in little specific packets. The knowledge of this gave birth to Planck's constant – one of nature's fundamentals like the speed of light.

The nucleus of the atom is the biggest bit of the atom and is orbited by electrons (the outer limit of the atom). Radiation comes from within the nucleus. Planck called each packet of energy a quantum (plural quanta). Thus began quantum physics.

The sub-atomic is also known as sub-vortex. Particles from the nucleus, when observed, can become waves and then return to particles. Speed of Light is a constant. Light is a stream of particles called photons. Black body radiation comes in packets. So does light.

The theory of "matrix mechanics" was the first formulation of quantum theory. In algebra 3×4 and 4×3 is the same. In matrix mechanics it is not.

The order in which you measure things in the subatomic world makes a difference to the final result. (The law of diminishing return)

The human mind is not just part of the universe, it actually influences the universe continually at a very profound level. Consciousness at the most fundamental level is a quantum process.

When you use imagination, you are actually gazing into another world, a space-time continuum, different from the physical reality around you, but just as objective, just as real.

When you remember something in the past you are tapping into the space-time continuum. When you focus on the future you are dealing with probability packets in a space-time continuum. Strange – the real world is beginning to look less and less like the physical world, and more and more like a world of mind/consciousness.

Alternative energy will replace nuclear and fossil fuel technology in the future, drawn from Magnetic lines of force found everywhere on earth that comes from beyond.

Power plants will be constructed near the lines of force in the grids, once again returning Earth to another facet of the sacred knowledge, allowing man to convert the waves into electrical wireless energy as in the days of Atlantis. Earth provides magnetic waves continuously, so energy storage will not be required.

Fairy Crosses were created by lines of light crossing in a sub vortex. When our scientists understand how this is done, they will understand the Law of Magnetics and begin to learn how to use this inexhaustible source of the creative power. They should also study the Lodestone, the only naturally occurring magnetic stone found on Earth.

There are vast oceans of electrical force known as the ionosphere, which surrounds the earth. Orbiting satellites punch holes in the ionosphere because objects from the planet's surface carries a specific magnetic as well as electrical charge, different from the ionosphere. If the holes are not sealed the planet's surface is immediately subjected to intense concentrations of cosmic rays. Our Magnetic Barrier is the force that binds 3rd dimensional creations to this plane and is the reason why we have not been able to send a man to another planet in our solar system. (We can send a spacecraft and a man beyond this point, but we cannot bring them back with our present scientific knowledge.)

Magnetism is a field of force. Magnetics is a law of the universe upon which other laws are formulated.

Scientists have in recent years been noting a lessening of our magnetic field, and some say this has been occurring gradually over the last 100-150 years. When man first arrived on this planet during the last COSMIC Golden Cycle 4,320,000 mybp, the magnetic gravitational force was not as strong as it later became. Thru my research, it was determined that a NEW COSMIC Golden Cycle began around 1879 (115 years ago). Perhaps the lowering of our magnetic field is a normal, periodic occurrence related to these Cosmic Golden Cycles, as our solar system moves closer to the Universal Sun.

Earth has three axis. 1)-Vertical; 2)-Horizontal (in circular form called an equator); 3)-Magnetic (consisting of a force which permeates all matter including the atom). Of these three forces – two are at right angles to one another. As to the third force, there is only one possible axis it could assume.

Instead of thinking in three dimensions, to solve the puzzle the clue is located in the second dimension and the answer is in three.

Chapter 24

Power To Choose

We have the power to choose our path, both individually and as a group consciousness. We need a plan. We need to decide what we wish to create. Do we wish to create a matrix of mutual cooperation? What specific form should it take? Do we want an experience where all forms of creation are mutually symbiotic with one another, a hologram of love and light in which we can breathe in the beauty of the physical universe. Where conscious mind is not engaged with struggle for existence, wars, violence, nor any of the other baser forms of emotions.

Do we wish to “feel” the joy when viewing a sunrise or sunset; or hearing the sound of waves breaking over a sandy beach; or the birds singing their praises to the ALL; or the fragrance of the flowers whose faces follow the arc of the sun; or the touch that warms the heart from the smile of a child; or the taste of a fruit ripened under the life giving rays of the sun?

Do we wish to create a matrix wherein our days can be used to grow in awareness, contemplate beauty, free our souls to travel the universe, search for our true being? Sounds good, doesn't it? It IS within our grasp - within our reality. All we have to do is desire it. Desire it with all our being. Imagine that it is and so will it be.

Thoughts create. Controlled thoughts can be used to bring about any reality desired. Uncontrolled thoughts bring chaos. Which do you prefer?

Envision the world you desire. Hold it in your imagining. Whatever the masses envision becomes a reality. Majority rules. Create a majority desiring peace, love, light, mutual cooperation, and the matrix will form.

Each individual visionary is critical. Act by being. Share your image and it will spread. Soon, others will pick it up; then it will spread to the masses. When the masses reach a majority the matrix will be created.

Chapter 25

So What Does It All Mean

We began by being born into a preset ideology, a way of living and believing, oblivious to any “greater picture”. As many different scenarios as there are individuals to experience them. All connected by threads of similarities. Free to follow individual choices within a framework of ideals shared by connected groups and nations. Free to conform or disagree within the networks. Innumerable potential experiences set in motion, both positive and negative. Given the opportunity as a cohesive whole to create whatever physical, emotional and mental environment we choose thru grouping of the mind. Letting us experience that which we create until mind moves us in a different direction, to a point of critical mass affecting the emotional body directed by mind. Swaying like the ripples of tides in the oceans. Affecting the sea of emotion in which we move. Stagnating at points caught up in a particular reality and freely flowing in others, all subject to the group desire body. Creating the illusion of separateness in order to gain multiple experiences for the ALL. Know that all is illusion. Mind is aware of this. But mind stands outside in conscious awareness to allow the emotional body to experience the joy, the love, the contentment, the purpose, and yes, the hurt, the anxiety, the loneliness, the anger, the rage, which can only be experienced thru the conscious ego/personality of manifested form.

That is what it’s all about. “Feeling” - the unique human ability to consciously be aware of emotions. So, treasure your “feelings”, all of them. But balance them within your being. It’s okay to “feel”. It is a gift. Be alive every second by “feeling the moment”. Be aware that we are on a mission for the ALL to gain experiences. All kinds. We have walked thru the corridors of time for this purpose. Be happy and look forward with excited anticipation for the next moment of experience.

Chapter 26

Beyond The Changes 2000-2100 A.D.

The Grand Cross, which made its strongest position beginning August 17, 1999 was thought to herald a period wherein man on Earth was once again offered a choice of how he would proceed into the next phase of change. He could choose the selfless-serving way or the selfish self-serving way. The choice was his. The end result will be from his own choosing. This begins a new period of change covering the first decade of the 21st Century.

Looking forward to what we can reasonably expect to occur in the next 10 to 15 years; first will come increased physical Earth changes. This is a “given.” When this period is completed, those remaining will stand back and take stock of the situation. The first priority will be to gather up food and medicines into a central conservatory and institute a system of fair distribution. Because there will be a shortage of food, steps will need be taken to preserve enough seeds, etc. to guarantee new crops. Animal species must be protected to insure that they are not hunted to the point of extinction in the process of staving off starvation on a temporary basis. Old government centers will have disappeared and new interim governing bodies will be formed.

Just because the overall population will be reduced, it is not logical to think that the ones surviving will all become instantaneous “good guys.” This will not be the case, especially at the beginning. There will still be those who feel they can take what they want by force, and this will be intensified by fear, especially over the lack of food. Many will die in the first few years after the Earth changes; and selective survival may be instituted.

It will perhaps take decades before the negative elements in place at the time of change make the transition into a more positive force. It will not be overnight. As we continue to awaken to the possibilities before us things will improve, but it will be up to us to make it happen. It will still be our evolution, not some else’s.

“...And then from the heavens a radiance shall burst forth; and at this time arrayed in splendor shall the host arrive. Great and shining craft shall bear His symbol, and peace on Shan, the Earth, shall reign. And it will be said, surely in all of our time have so many been so fortunate to witness the angels. For it is upon this day that the Earth shall rejoice, and in the midst of these rejoicings suddenly the sun’s might will be dimmed and at this time shall the people kneel and give thanks and by their humbleness shall they receive the Great White Light that shall issue forth from the Heavens and engulf them all.”

At this time our solar system will become binary, and space ships will become a common sight in our skies above. We will begin to receive help from these off-world sources in the form of new technologies utilizing non-electrical power sources. The use of this new technology, although freely given, will be monitored until we have advanced enough, morally and spiritually, to be trusted with its secrets. There will be breakthroughs with regards to the immune system that will prolong life to 150 years and more.

After a period of time the world will become organized under one central government that will make decisions and laws based on the good of all the people. Each of the laws will take into consideration how it will effect many generations to come. Central warehouses will be set up where the people go for “one stop shopping” to get all their needs simply by using a form of I.D.

As to living conditions on the planet, there will be barren areas wherein you will find those living in dome type structures apparently made from organic matter. The inhabitants will live as a community type society and most will be found performing scientific type functions.

Another segment of the population will be found performing duties on space stations surrounding the planet (some of which will be vacation resorts), while others actually choose to go live on another planet.

The majority of the population will be found living close to nature. Thru their heightened awareness they will have gained the knowledge and ability to restore and maintain their surroundings - they will be surrounded by verdant green fields, flowers and majestic trees. Their needs will be met by thought-activated mechanisms freeing them to

enjoy nature and life to the fullest. They will be found wearing an apparatus containing crystals and electrodes upon their heads, which will amplify and direct their long, low electro-dynamic brainwaves. Some of Earth's people will choose to remain on their own from the communities, because they have not yet learned they are part of the "One". These will be found living a more "rustic" life in a harsher environment.

The population will be small during the period of Earth's renewal, but as Earth continues to rebuild, man on its surface will no longer be bound by previously little understood laws of the universe, then they will be welcomed throughout the cosmos on all the worlds of "Man" and the "Light".

Then will the opportunities and challenges that still confront and await "Man" become part of our awareness, and new Earthman will leap into the unlimited vastness of the universe to accept their responsibilities as "Man," Bearers of the Light.

EPILOGUE

Looking back to where we were in space-time fifty years ago, you can see the progress that has been made to bring planet Earth into the spiritual alignment needed to move forward into the new Cosmic Golden Age. Thanks to all the Great Ones, Masters, and Angels in charge of Earth's progress and the Advanced Beings from other areas of space called forth by our caretakers to lend a hand. It would stagger man's imagination if he could understand what has been undertaken on our behalf to help us reach a point of awakening so we would not all miss this great opportunity to advance.

We were told that for eons of time, more advanced "Brothers" were puzzled why our spiritual evolution was so far behind other planets in our Solar System. It wasn't until the early 70's that one of their scientists discovered that the culprit was our own Solar Sun. They hadn't given much attention in this direction before because, after all, it was the same sun for the whole Solar System. They discovered that the other planets had a filtering system, in the form of an element, for the harmful radiations of the sun, which was lacking in sufficient quantities on Earth. This element was Xenon. We had trace amounts, but it wasn't enough to protect us. The radiation coming from our sun had a stunting effect on the minds of Earth people.

After this discovery, they blanketed our atmosphere with massive amounts of Xenon, but told us that the radiation had had a cumulative effect on our peoples and they estimated it would take around thirty years to wear off.

Just a few years later, still in the 70's, they came back to tell us that the effects were wearing off faster than they had originally expected. They predicted (something they seldom do) that by the mid 80's we would see a big change.

Those of you who are old enough to remember the late 70's and early 80's know that is when the forerunners of the New Age really began moving ahead, and it hasn't let up since.

More and more knowledge is being reclaimed from the Akashic and consciousness continues to expand. The old knowledge is capturing the

hearts and awareness of the people returning them to an appreciation of nature on Mother Earth. The softer, nurturing feminine side of man is beginning to shine forth.

We have just begun our journey. First, we had to awaken from our long sleep. Now that we have taken the first steps, momentum will continue to build. One day, within the current physical lifetime for many of you, the World will be free of the old Cosmic Dark Age. The Great White Light will arrive and be with us for hundreds of thousands of years; and all of you will have been the pioneers of this NEW AGE.

GROW AND FLOURISH IN THE LIGHT

GLOSSARY

Actinic	A spiritual force, creating light. Of or pertaining to consciousness in its pure, unadulterated state. Pure quantum strings, the substratum of consciousness from which light first originates.
Ages	The length of time during which a thing has existed.
Akashic	The superconscious strata of mind, holding all that potentially or actually exists, wherein everything is recorded and can be read by clairvoyants, thru psychic entry into the past, present or future.
Alceyone	Central Star Sun for the Milky Way Galaxy.
Aldebaran	Follows the Pleiades; brightest star in the Bull, the Constellation of Taurus. 55 Light Years away.
Alpha Level	One of four categories of brain-wave activity – 7-12 Hz. When in this level, body relaxes, tension and blood Pressure are lowered.
Angels	One of the seven Rays of Creation – Messengers of God – residing in the Casual World. (See Three Worlds)
Anunnaki	Race of aliens from the planet Nibiru
Astral Body/Sheath	The subtle, nonphysical body in which the soul functions in the Astral plane (the inner world). Includes the Life Energy Sheath, the Instinctive-Intellectual Sheath and the Cognitive Sheath. The Life Energy Sheath is discarded at death.
Astral Plane	The subtle world wherein we have our thought and emotion, and where we reside during sleep and after

GLOSSARY

death between incarnations. (See Three Worlds)

- Atlantis** Continent and civilization existing prior to 50,000 years before current era in the Atlantic Ocean.
- Aurora Borealis** Created by Solar flares entering Earth's ionosphere 100 miles above Earth. A luminous phenomena appearing at night in the Northern Hemisphere. Also called the Northern Lights.
- Axial Excursion** Pertaining to movement of the Earth's axis or Poles.
- b.c.e.** Before current era.
- Binary** Having more than one Sun.
- Brain-Wave Activity**
- Four Categories** Beta : 13-40 Hz – High concentration, Focus, Cognition
Alpha: 7-12 Hz – Relaxation, Visualization, Creativity
Theta: 4- 7 Hz – Just prior to deep sleep – Intuition, Memory, Vivid Visual Memory
Delta: 0-4 Hz – Deep sleep, healing, detached awareness
- Causal Body** The inmost body; the soul form; the actinic causal body.
- Causal World** Highest plane of existence. (See Three Worlds)
- Cerebral Hemisphere** The largest part of the brain, consisting of two halves or hemispheres and serving to control voluntary movement and coordinate mental actions. Right Brain-Left Brain. Cortex is the most highly evolved area of the brain.

GLOSSARY

Cell Nucleus	Center of the cell.
Cells	Microscopic plant or animal structure containing nuclear and cytoplasmic material enclosed by a semi-permeable membrane; the structural unit of plant and animal life.
Chakras	Appears as spinning disks or wheels in the astral body. Any of the nerve plexus or centers of force and consciousness located within the inner bodies of man. In the physical body there are corresponding nerve plexus, ganglia and glands.
Chaturyuga	A time period broken down into four ages or yugas.
Cherubim	One of the Seven Rays of Creation. Caretakers of Man, Earth, Plant, Protoplast, and Animal realms in the Cycles of Time. Called – Lords, Elohim and gods. (See Three Worlds)
Children of Light	Evolved Souls – Living in Light Bodies.
Christ	Creation of the Supreme Creator, (the Father-Mother, Primal Creative Force.) Sun (Son) of God, The Light which emanated forth from the Void.
Chromosomes	Any of several threadlike bodies, consisting of Chromatin, found in a cell nucleus, that carry the genes in a linear order.
Continuum	A continuous, series, or whole. Unbroken, unseparated.
Cosmos	The Universe regarded as an orderly, harmonious system.

GLOSSARY

Cosmic Ages	Universal; vast. Cycles of or relating to, the cosmos Or entire universe.
Cosmic Egg	A universe, containing many galaxies, surrounded by a sea of consciousness which forms a shell around the Universe.
Cycles	Periods of time – Dimensions
DNA	Deoxyribonucleic Acid. A nucleic acid that carries the genetic information in a cell. DNA consists of two long chains of nucleotides twisted into a double Helix. The sequence of nucleotides determines individual Hereditary characteristics.
Density	The degree of opacity (opaqueness) of a substance, medium etc., that transmits life.
Dimension	Magnitude measured in a particular direction, or along a diameter or principle axis. Serves to define the location.
Divine Mind	(See Primal Creator)
Divine Principle	(See Primal Creator)
Dominion	The power or right of governing and controlling. Responsibility for.
Dynasty	A sequence of rulers from the same family.
Fall of Man	To descend under the force of gravity. To come or drop down to a lower position. To a grosser state.
Father-Mother	(See Primal Creator)

GLOSSARY

Fibrous Body	Original Earth body for souls before use of an animal body was evolved. The fibrous body was of a higher vibratory rate. Created from elements native to Earth.
First World	The physical universe of gross or material substance in which phenomena are perceived by the five senses.
Glacial Age (3rd)	Cenozoic Era – Beginning in the Pliocene Epoch and extending into the Pleistocene Epoch. This Glacial Age destroyed the first Earth civilization sometime between 1,900,000 mybp and 1,296,000 mybp with only remnants surviving.
Galactic Cycles	Cycles of time affecting a galaxy, i.e. The Milky Way.
Galactic Sun	Central Sun of a galaxy.
Galaxy	A large system of Star Suns held together by mutual gravitation and isolated from similar systems by vast regions of space.
Genes	Segments of DNA that contain instructions to make proteins; the building blocks of life.
Grids	Magnetic Fields of Force surrounding the planet.
Halls of Amenti	Higher Realm of the Astral World, wherein dwell highly evolved souls, caretakers and Light Beings. Side by side with the lower realms of the Astral World.
Heaven	Place or state of extreme happiness.
Helix, Double	See DNA

GLOSSARY

Helix, Triple	A third long chain of nucleotides to be combined/twisted with current two, altering physical body. Predicted for people of the new Cosmic Golden Age.
Homo Erectus	Perfected human body in the animal kingdom, instilled with reasoning powers.
Homo Habilis	First human ancestor of present day Homo Sapien evolved in the animal kingdom.
Homo Sapien	Present day evolved human beings.
Ida	The feminine psychic current flowing along the spine.
Karma	Reaction of actions or deeds. Principal of cause and effect. Consequence of action.
Khem	Ancient name of present day Egypt.
Kheor	Key city on main island of Atlantis.
Kundalini	Primordial cosmic energy which coiled like a snake at the base of the spine until it breaks free and rises up thru the Chakras to finally come to rest coiled in the 7th Chakra.
Latitude	The angular distance north or south from the equator of a point on the earth's surface, measured on the meridian of the point.
Law of Magnetism	Law upon which other laws are formulated.
Lemuria	Continent and civilization existing prior to 50,000 years before current era in the Pacific Ocean.

GLOSSARY

Ley Lines	A word coined in 1921 by Alfred Watkins to indicate straight lines or pathways thru which prehistoric places, sites, stones, etc fell into alignment. He later dropped the work “ley” and called them the “Old Straight Track”. Ley means cleared strips of ground. New Age people have adopted this word to connote Magnetic Lines of force.
Life Fields	Subtle invisible life energy fields surrounding every cell and molecule, electrodynamic in nature, holding them together; and imparting life to animate form.
Longitude	Angular distance east or west on the earth’s surface, measured by the angle contained between the meridian of a particular place and some prime meridian.
Lords	Those who have dominion over others, a master, or ruler. One of the Rays of the Creative Force, created as caretakers of all creation.
m.y.b.p.	Million years before present time.
Magnetic Anomalies	A magnetic deviation from the common rule.
Man	One of the Seven Rays created by the Primal Creative Force. (See Three Worlds)
Main Line Of Reality	A point in time-space which represents the “now” time below which creation does not descend.
Metaphysics	Dealing with the causation of life.
Milky Way	The galaxy containing earth, its sun and its planets.

GLOSSARY

Mitochondria	Chips of mitochondrial DNA floating outside the nucleus of cells in the human body.
Monotheism	The doctrine or belief that there is only one God.
Monotheistic	Those who practice the doctrine of Monotheism.
Neanderthal	A type of powerfully built Caucasoid man inhabiting Europe and Western and Central Asia during the Wurm I period of the upper Pleistocene. A more intelligent man than the root stock Sapien used to create them.
Nibiru	A planet from which came the Anunnaki spoken of in the Sumerian Scrolls," as translated by Zacharia Sitchin. Said To be an advanced race from a planet in our solar system that came to earth, a half-million years ago. The Space Brothers spoke of a planet between Mars and Jupiter which blew itself up in our early biblical times. They called it Maldek, and said that the debris formed the Astroid Belt and the Rings around Saturn. They also stated there was a man-made planet beyond Pluto which is used as a space dock; and another planet between Mercury and our Solar Sun.
Odic Force	Of or pertaining to consciousness within the realm of the physical and lower astral realms. The primary gross energy of nature.
Organizational Fields	Unseen fields in which all information is recorded - past, present and future - flowing thru and surrounding everything in creation, both animate and inanimate. A product of Universal Mind.

GLOSSARY

Original Body Fibrous	First physical (3rd Dimensional) Earth body. (See Body)
Orion	This constellation, when “up” dominates the southern sky. Contains 3 bright stars called the Belt or Three Sisters. Betelgeuse forms its left shoulder and Rigel its right foot. Follows Constellation of Taurus. 300 Light Years away.
Oversoul/ Overself	The belief that individual souls in humans are but fragments or divisions of a larger soul. That each division or fragment expresses simultaneously in different levels of reality, or dimensions.
Pantheism	The doctrine that God is the transcendent reality of which the material universe and man are only manifestations. It involves a denial of God as a personality and expresses a tendency to identify God and nature as one.
Pantheistic	Pertains to those who follow the doctrine of Pantheism.
Patriarch	Belonging to a Patriarchy.
Patriarchy	A form of social organization in which the father is the supreme authority in the family, clan or tribe, and descent is reckoned in the male line with the children belonging to the father’s clan or tribe.
Physical Body	The outer form encasing the soul.
Physical Universe	That state or dimension of the universe which can be seen with physical eyes, telescopes, etc.

GLOSSARY

Physical World	In which the 3rd Dimensional plane has its existence.
Pingala	The masculine psychic current flowing along the spine.
Planck	German physicist – Nobel prize 1918 – Lived 1858-1947
Planck's Constant	The fundamental constant of quantum mechanics, expressing the ratio of the energy of one quantum of radiation to the frequency of the radiation and approximately equal to 6.624×10^{-27} erg-seconds.
Planck's Radiation Law	The law that energy associated with electromagnetic radiation, as light, is composed of discrete quanta of energy, each responding frequency of the radiation; the fundamental law of quantum mechanics. The law giving the spectral distribution of radiation from a blackbody.
Planes	Vibration, dimension, density, worlds.
Primal Creator	The point from which all creation issued forth.
Precession of the Equinoxes	Movement of the solar system around the central star of a Galaxy. i.e. the Milky Way Galaxy.
Pyramids of Thoth	Twelve main ethereal, casual world, magnetic grids surrounding Earth thru which energy is channeled to other magnetic grids within Earth's sphere, that function within the Astral World.
Radiant Creator	(See Primal Creator)

GLOSSARY

Ramifications All the resulting effects and consequences of something.

Rays of Creation Divisions or emanations of creation from the core, axis, of creation. Each with specific laws or purpose.

Realm of God (See Three Worlds)

Realms A kingdom, region, area or sphere.

Reincarnation Re-entering a flesh body. The process wherein souls take on a physical body thru the birth process.

Second World The astral or subtle plane. Here the soul continues its activity in the astral body during sleep and after the physical body dies; It is the in-between world. It exists within the First World.

Seraphim One of the Seven Rays of Creation residing in the casual world. (See Three Worlds)

Silver Cord The astral substance which connects the physical body to the astral body which is disconnected at the time of death of the physical body.

Sirius The constellation (Canis Major) – The Dog Star. The brightest star in the constellation. 8-1/2 Light years away. One of our closest neighbors.

Solar Sun The Central Sun around which planets revolve.

Soul Body Also referred to as the causal body, innermost sheath, and body of light. During its evolution it functions thru four types of outer sheaths that envelope it – mental, instinctive-

GLOSSARY

intellectual, vital energy (life force) and physical.

Soul Man The real being of man as distinguished from body, mind and emotions. The soul is the sum of its two aspects, the form or body of the soul and the essence (spirit) of the soul.

Space

Brothers Beings from other physical planets of the universe; and higher planes/dimensions, who visit and help Earth people. Do not confuse with beings who come from negative planes of existence.

Spirit The inherent, divine soul of man.

Sub

Vortex Sub-atomic, quantum field.

States of

Mind 1) Conscious – wakeful consciousness; 2) Sub-conscious – The storehouse or recorder of all experience - seat of involuntary physiological processes. 3) Sub-subconscious – Formed when two thoughts or experience of the same rate and intensity are sent into the subconscious at different times, intermingling , giving rise to a new vibration. This formation later causes the external, conscious mind, to react to situations according to these accumulated vibrations be they positive, negative or mixed. 4) Superconscious mind – The mind of light, the all-knowing intelligence of the soul. At its deepest level it is the Divine Mind of the Creative Force. 5) Sub-superconscious – The superconscious mind working thru the conscious and subconscious states, which brings forth intuition, clarity and insight.

Sunrise Denotes coming from the direction of the Atlantic Ocean
Sea

GLOSSARY

- Subtle** So slight as to be difficult to detect; elusive; delicate. Not obvious.
- Sushumna** Central psychic nerve current within the spinal column.
- Symbols** Pictures, images, objects used by mind as tools for manifesting into 3rd Dimensional reality; and for tapping into the organizational fields.
- Thalamus** The middle part of the diencephalons, (the posterior section of the forebrain) thru which sensory impulses pass to reach the Cerebral Cortex.
- Thalamic Cortical Pause** A discipline to move actinic light thru the body. (See Actinic)
- Telon** An area near Flagstaff, Arizona.
- Third World** Realm or plane of God. The spiritual realm or causal plane of existence wherein the higher Rays of Creation, and evolved souls live in their Light bodies.
- Thoth** A man born in Atlantis, who became a highly evolved soul. Migrated to and ruled Egypt for 16,000 years.
- Thoth's Time of Departure From Atlantis** – around 52,000 years before current era.
- Thought Fields** The subtle, invisible fields thru which entry into the organizational fields can be accomplished.
- Three Worlds or Planes of Existence** – Primary hierarchical divisions of the cosmos; 1) Earth world-the physical plane; 2) Inner (or in-between) World – the subtle or astral plane; 3) World of

GLOSSARY

God – the higher Rays of Creation and highly evolved souls – the causal plane.

Thymus A glandular body or ductless gland lying in the thorax near the base of the neck. The Heart Chakra.

Time-Space A continuum (See continuum)

Ultimate Creative Source (See Primal Creator)

Ultimate Goal Return to the Primal Creator.

Ultimate Source (See Primal Creator)

Unal Portion of the main island of Atlantis where the Pyramid was located; and where the priesthood lived.

Undal Portion of the main island of Atlantis where the civilian population lived.

Universal Sun The Central Star Sun of the Universe around which rotates all of the galaxies belonging to its system.

Universe Our universe, at one time, considered to be the totality of Known or supposed objects and phenomena; all existing things, including the earth and its creatures, the heavenly bodies, and all else thru out space; the cosmos; macrocosm. Now known to be one of many universes.

GLOSSARY

- Vela** **The Central Star Sun for the Universe housing our galaxy, The Milky Way.**
- Vile**
- Vortices** **(See Magnetic anomalies)**
- Vrill Ray** **Atomic powered weapons of mass destruction.**
- Xenon** **A heavy colorless, chemically inactive, monatomic gaseous element present in the atmosphere in the proportion of one volume in 170,000,000 volumes of air; used for filling radio, television and luminescent tubes. Volumes may have changed since 1973.**
- y.b.p.** **Years before present.**
- Yugas** **Age – One of four ages which chart the duration of movement around a central point. Both solar and galactic/cosmic.**

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BOOK TWO

DEVELOPING THE TENSOR CONCEPTS

**(A PROGRAM FOR DEVELOPING THE TENSOR CENTERS OF THE BRAIN WHEREIN LIE
ESP AND PK ABILITIES))**

**See the pony running across the plain,
With the sun in his face and the wind in his mane.
Free as the breeze underneath God's great sky,
Gallop along as we pass by.**

**He cannot be pinned up - it would break his spirit.
He needs to be free - or his heart will burst.
If he loses his freedom life would lose its meaning.**

**Keep yourself free – unlock the doors to your prison,
Leave the muck and gloom and go out into the sun.
Breathe the fresh air on the range in sight of the mountains,
Be free to grow strong in mind and devotion,**

**Don't lock yourself away where it's perennial night,
Walk out of the dark into the Light.**

PROLOGUE

EFFECTS AND COMING EVENTS COMMUNICATION FROM THE STARS SEPTEMBER 23, 1970

Back in the 70's it was neither popular nor safe to make remarks like "we are receiving messages from entities beyond our planet". Today, people are somewhat more open and at least you will find others of similar mind. It's time to "dust off" some of the information we are privy to.

One such bit of information that I have periodically checked out for validation over the last thirty years seems to pertain directly to the situation we are now facing with the attack on our Constitution. (Refer to Patriot Act 1 and 2, and the lawsuit filed against usurping Congressional rights.)

This communiqué was received on September 23, 1970 by Richard Miller, contactee. Bear this date in mind as you read it.

"People of Earth, on this occasion, it is my privilege to point out the nature of events that are foreseeable in the changes being wrought upon your planet. The changes, as many of you have given thought, are legion in their effects upon all forms of life upon your world. There is no atom on your world that will remain unchanged. The change itself will, of course, be gradual but when it is completed, the planet earth will again be a unique center of enlightenment.

In a previous communication, we discussed the radiation bringing about effects of physiological and psychological behavior patterns that were completely different from all other worlds that we have knowledge of. This, of course, was caused by this unique radiation from your planetary sun.

Once this radiation has been effectively screened, the beneficial radiations emanating from all areas around your world and Solar System will begin to exert a beneficial influence. This influence will be brought about in ways that will change the molecular and atomic structure in all matter that is physical upon your world. Necessarily, because of this change, there will be changes in other forms of matter not observable by your senses. When this occurs, your world will be in a new state of balance where life behaves in a cooperative manner. This, of course, brings a complete reorientation of all of earth's concepts. These changes, because they will occur over a period of time, rather than drastically in a sudden moment, will allow many of you to adapt and to change. Those that are incapable of change will, of course, become the instrument of their own removal.

Meanwhile, through the aid of our knowledge, we have been able to foresee the trend of events upon your world. Since many of those who would hear these thoughts reside in that area, geographically known as the United States of America, my remarks at this time will be more pertinent to that area than to others.

Concerning, then, the United States, the violence prevalent in this one will continue and increasingly grow more violent. This, in its long-term effect, will cause a drastic social upheaval. The United States, as such, will actually arrive at a state of open rebellion between what is termed the forces of law and order, and those advocating the terms of violence and destruction.

As a result of this confrontation, a type of warfare will develop. Violence will continue to increase until a certain semblance or order is restored. Then, that known as the United States, will enter into what will be called a benevolent dictatorship with the entire nation under a state of martial law.

This will bring about many social changes. The constitutional form of government, under which the United States has existed, will cease to exist. It will be replaced by a so-called benevolent dictatorship. Less this seem to radical for your Nation, I might mention that similar events and types of government will shortly follow throughout your world. You will then be faced with many areas of your world, literally, under the control

of a very small number of individual dictators; and these will not be beneficial.

The state of the people under these forms of government though, will change drastically. This is not a picture pleasing to most, but it is one whose logical progression of events is extremely evident.

Warfare between nations, as such, once this occurs, will gradually diminish upon your world, for it will take these new governments a period of time to consolidate and extend control over the populations beneath them. During this period, none will want to be engaged in armed conflict with one another.

The one structure most likely to remain unaffected, materially, will be your economic system for quite sometime. For to destroy the economic base or the power structure of your various countries would be detrimental to the dictatorial forces wishing to control. Such things that we have noted, as your markets of commerce, your stock exchanges, will remain open and functioning.

The government divisions that you describe as States will gradually lose all individual rights and, of course, come under a central dictatorship. It is unfortunate, people of earth, that this will be so. But it is merely one step along the path of gradual change. Other areas, such as the control of what you term your armed forces will be more centralized than they are today. You will find that these forces will shift their emphasis, however, to that of a police nature, rather than open combat with an aggressor. Aggression between your new world powers will not ensue for a lengthy period of time because of internal problems assuming each country's highest priority.

The civilian population, as they are called upon your world, will undergo drastic changes. Freedom of movement in many areas of your world will be severely curtailed.

A period of isolation, as such, will not only pertain to that called the United States, but to all other areas of the world as well. Foreign trade will certainly be drastically affected, and more emphasis will be upon the utilization of the resources that each particular area has at its disposal.

One of the critical areas, which will continue to be highlighted in your coming events, will be the ever-constant battle over the ecological systems of imbalance caused by the ignorance and perversion of your science and commerce. This problem will not diminish, but will gain in momentum for a number of your years before certain forms of control are thought to be effective. The controls, however, will be effective because of the screening off of the radiation, which we have previously described, bringing a new type of balance until the complete transitional phase that your planet is undergoing has been effected. It will not, however, be as a direct result of your scientific efforts to cope with this problem. In that direction, there is no solution.

Various types of food shortages are foreseeable. Because of the shutting off of foreign imports to many portions of your world, great emphasis will be placed upon the production of food on available land areas, as well as new techniques to develop fertile ground in your nearby ocean beds. These will only prove partly successful, for there will not be enough time available to completely reorient your entire area of food production. Therefore, you will find new emphasis placed in deriving new sources of nutrition for your world population. You will need to find a substitute for agriculture production of food; for it will require many generations to develop plant and vegetable species that will be symbiotic with MAN, after the transitional phase begins.

It is necessary, people of earth, to state that many upon your world will face death for lack of food. This is unavoidable because it is the result of the new governmental structures to be created by your peoples.

In that nation, once again, called the United States, after the cessation of internal conflict between the forces of order and violence, there will be an uneasy stability established until the dictatorship assumes command. Then every effort will be made to quash any form of rebellion. Your Nation once lamented the formation of what were termed “camps of concentration” in an enemy territory. Your national history, people of earth, will be besmirched by much more intense forms of imprisonment, because your new found leaders will not tolerate dissension of any type.

You, perhaps, wonder where these ones, who will eventually come into control, will emerge upon your so-called political scenes. Several of

them are already present. However, many of the new leaders are still awaiting their opportunity to make an appearance.

That which I have described to you at this time will only be accomplished over a period of time. But you might reasonably expect that which I have described, to occur within the next thirty of your years, if not sooner.

A problem that is of grave concern to many upon your world is that of over-population. People of earth, I can assure you that within ten of your years this will no longer be a problem. You will find that, that which will transpire will eliminate the over-population situation.

Cataclysmic changes, as such, upon your planet, caused by the so-called forces of nature, will not be too greatly destructive in the early stages of this period. *After the formation of the dictatorships, then cataclysms of great magnitude will occur upon your planet.* Not as a result, however, of the creation of these governmental entities I have described, but as a result of the complete transitional changing of the very atomic structure of your world. The momentum effect of the radiation we have described, having been built up over an extended period of time on your planet will reach a climax in approximately thirty more of your years. At that time, the transition towards a beneficial new age in your world will start to occur.

I believe there will be many questions arise in your minds of many aspects of the changes to be experienced. My comments regarding how to deal with and how to face such situations would be to submit, for your consideration, the techniques of life in the new type of world that you will find the earth to be. Not only will this aid in the transition of man, but it will also aid those who will exert the stabilizing power to affect your existence. There are many, people of earth, about your planet as well as upon its surface, who possess the necessary Tensor oriented stabilizing forces to bring a semblance of order in various areas in your immediate future. These ones, however, in no way will present themselves as the saviors of man, nor will they resist the changes which will take place in your environment. In their own realization, as consciousness, they know better. Therefore, the areas of sanity in your world *will be in the vicinity of these enlightened ones, who*

possess the necessary attributes of consciousness to provide stability in the trying times before you.

The value of the Tensor oriented MAN will become apparent. This unique blending of the mind, the higher spirit and the body will be a subject of future discussion and training, that we are going to make available to your people for the benefit of semi-conscious man upon your world.

People of earth, I would suggest this: The picture that has been painted by the announcement of our discovery about your Sun and the planetary changes about to be experienced by your people has not brought joy to many. You will find that, regardless of how drastic the changes to be wrought are, not only upon your people, but also upon the very fabric of your atomic structure, *many will* be able to cope with these changes. The method will be the observation and learning of the Tensor directions and orientation of life and matter. In these, concepts will be observable to even the most comatose, a new pattern that will soon emerge.

This, people of earth, is where, once again, we await the earliest detection of those ennobling qualities inherent in MAN upon your world, in order to become one with MAN among the stars. Seldom has such an opportunity been available. The matter of adjustment and evolution is that of your people alone. There is little that we actually can do, other than to assist.

***Therefore, it would be foolish for you to assume that we will be the great saviors and protectors of the planet earth.* For such is not the case. We shall be by example what you may become, if you so choose. Your reaction, when you grasp what it is to be called MAN --- not men --- will be one of the forces that bring about your change. Understand that no *one man* can elevate another, for each individual progresses by an act of volitional choice. MAN, in his communications with one another may merely offer the gift of thought to another, to share and to act upon. Once this is realized by your people, you will find entire new areas of awareness available to your consciousness.”**

POSTSCRIPT:

Richard Miller became a contactee around 1954. Prior to that time he served in a branch of the armed forces that later became the U.S. Air Force, was personally knowledgeable of the UFO phenomena taking place in the 1940's, and participated in some top government UFO studies. After becoming a contactee, he actually spent time aboard an alien craft by invitation of its occupants (the same aliens who had previously made physical contact with our President Eisenhower).

At the time of contact, he lived here in Michigan. He became a channel around which a group formed to study the messages he was receiving. I was invited in to one of these groups in 1971. Richard had already left for California at that time, so I did not have the pleasure of getting to know him personally. I did get to know, on a personal basis, three other channels that had been developed that were receiving communications from the same sources.

We collected a lot of information, which has helped raise our consciousness over the last fifty years, and for me, the last thirty-four years. One of the most helpful teachings we received for improving our everyday lives, and preparing us for the difficult and changing times ahead, were techniques for developing the Tensor Centers of our brain.

When you develop the Tensor Centers, you re-establish connection with Universal Mind. To re-establish this connection, you need to be in balance with your physical and etheric natures. When you are in touch with Universal Mind, you will know who and what you are – you won't need anyone else to tell you. You will KNOW your connection to creation. Powers that have long lain dormant will be reawakened slowly as you gain the knowledge of how to use them in a positive manner.

The Tensor Concepts have been given to us once again for this purpose. It is NOT a philosophy or religion. They are techniques for developing the connection between the brain and the mind, which is occupying its own field outside and beyond the body. It requires discipline and sticking to the program with patience and perseverance.

The following basic program may sound simplistic, BUT IT WORKS, if you practice and stick to it. You will see the results for yourself if you choose this path.

ARTICLE I

BEGINNING EXERCISES

Most of you who will read these words are aware that our planet is in the process of changing its vibratory rate, and that many on the planet have been working diligently over the last several years to change along with it.

Most of you, also, have some knowledge of the topics we will be covering in this series of articles – some perhaps to a more refined degree than others – while there may be those among you who are just starting out on the path of awareness. Regardless to what level you have currently arrived, additional advancement can be made by sharing time, space, energy and good thoughts with others of like mind.

Knowledge, unless it is correlated and put to good use in your daily life is only that – just knowledge. Our purpose for these articles is the correlation and sharing of various teachings and techniques which have been handed down to us over many, many years and the presentation of methods by which they can be put into practical use in your everyday life. We have used these teachings as tools to refine our own vibratory frequencies over the years and to send forth helpful vibrations to the people we love, to our planet, Mother Earth, and to all creatures, human and otherwise, who share space with us on this our celestial globe.

In the past, we were taught at a slower pace, which was more aligned to a normal evolutionary process. However, because we do not have much more time in which to grasp and learn to use this knowledge properly, what was at one time taught over a period of twenty to thirty years is now being presented like instant coffee – “just add water and drink.”

The Tensor Concepts, which are at present called Paranormal Kinetics, have been known and used on our planet in the past and have been kept in trust for us thru the so-called “Dark Ages” by our mystery schools such as the Rosicrucian’s, and have now been presented to us again by “brothers in space.” They have told us that the Tensor Concepts is not a philosophy, but a discipline by which we may develop the areas of our

brain for which science knows no function. They tell us, however, that to properly develop the Tensor Concepts that practice in their use is crucial and that our progress is directly in proportion to the energy expended in that direction.

Definition of Tensor Concepts is as follows:

TENSOR – Degree of thought potential present in the synapses of the brain; and **CONCEPTS (or Equations)** - The thought process and method necessary to create new synaptic junctions within the brain (new nerve impulse connections).

Further down, we will give you a simple exercise you can do to start creating these new connections. To better understand what we will be attempting to accomplish with this exercise, it might be helpful to review the functions of the physical brain.

The human brain is in three parts:

1. The Cerebral Hemisphere (midbrain)
2. Cerebellum (hind brain)
3. Thalamus (forebrain)

Cerebral Hemisphere (midbrain) Seat of Discrimination

It is composed of:

1. Cerebral Cortex of gray matter – functionally divided into lobes.
2. Underlying white matter consisting of numerous tracts oriented along three general directions.
3. Discrete masses of gray matter that sub-serve motor areas of the brain.
4. Paired lateral ventricles.

The Cerebral Cortex is the most highly evolved area of the brain and is ¼ inch thick. All parts of the Cortex are concerned with storage of experience (memory), exchange of impulses with other cortical areas (association), and the two-way transmission of impulses with sub-cortical areas.

a) Frontal Lobe – concerned with intellectual functions, i.e. reasoning, abstract thinking, aggressive and sexual behavior, smell, speech, language and the initiation of movement both voluntary and postural.

b) The Parietal Lobe – (behind the frontal) – concerned with recognition of specific sensory stimuli (i.e. observing an object that one has seen before and being able to make that connection), the ability to use symbols as a means of communication (language), ability to develop ideas and the necessary motor responses to carry them out. Receiving impulses relating to pain, temperature, touch, pressure, and muscle/position sense from receptors all over the body. It is in this area of the Parietal lobe that one largely becomes aware (conscious) of these sensations and is able to discriminate among them.

c) The Temporal Lobe – (middle down under) –located under the Front (Thalamus) Brain concerned with smell and language like the Frontal lobe plus emotional behavior with related reactions associated with self-preservation and preservation of the species – includes anger, hostility and sexual behavior. Hearing, awareness and discrimination of this sensory mode within a rather narrow auditory spectrum takes place in this area.

d) Occipital Lobe - (back) –concerned with receiving visual stimuli from the tract. Awareness and discrimination of visible structure, within a certain restricted spectrum, occurs here.

All these are cortical mapping experiments based on electrical stimulation and chemical and pathological data. This has been the principal method by which functions of the Cortex have been discovered.

There are areas of the Cerebral Hemisphere, which have not been charted because they do not respond to any known wavelengths. It is in these uncharted areas where ESP and PK abilities lie (Extra-Sensory Perception and Paranormal Kinetics), most probably in the right side of the hemisphere (jury is still out on this), but not in the Cortex itself.

Our mission is to create new synaptic junctions by which we can integrate and tap into these areas.

THE OTHER PARTS OF THE BRAIN ARE:

- 1. Cerebellum – (hind brain) – Coordination of muscular activity.**
- 2. Forebrain – (Thalamus) – Seat of Emotion – The relay center governing the hypothalamus, epithalamus, third ventricle, regulation of the autonomic nervous system, and the pineal (for which science knows no function). (Creating new synaptic functions connects the pineal with the pituitary thereby creating a bridge between the higher and lower selves. Until this bridge is created, humans cannot tap into ESP and PK centers by controlled intent.**

To make the necessary new synaptic junctions, we must first increase our psychic subtle matter-energy. This can be accomplished thru taking hold of and actively working on a set of disciplines designed for that purpose. By using a combination of sounds, color visualization and breathing exercises much can be done to open up these centers and maintain control. A period of time should be observed between beginning exercises and the implementation of additional exercises. It is not harmful to add additional exercises too quickly, they will simply not be effective until the previous step has taken hold.

In this article, we will give you two to start with. 1) The Thalmatic Cortical Pause (which can be done many times a day – it takes only seconds to perform and can be used while you go about your daily activities). If you meditate, it is a good way to start off meditation. 2) Exercise #1 for the Heart Center. For this you need to sit quietly and clear your mind. It takes only a few minutes, and is recommended to be performed once a day.

One thing to always bear in mind is that ENERGY FOLLOWS THOUGHT. When you think, you visualize that which you are thinking about. Concentrate on the images.

Now for the Thalmatic Cortical Pause:

Beginning in the Cerebral Cortex, send energy down thru the Thalamus to the Thymus (heart center), down the spine to the feet and back up

again thru the Thymus to the Thalamus to the Cortex. (Do not ground this energy to the Earth. View it as a closed circuit within the body.) Take a deep breath, breathe out as you send the energy downwards, and breathe in as you draw it back up. Repeat as many times as you like. This exercise works to integrate your lower and higher selves, making them one, thereby strengthening your nervous system and your thought patterns.

Exercise No. 1 for the Heart Center:

Breathe in a normal manner all thru this exercise.

- 1. Sit erect – feet flat on the floor – hands in your lap – tips of thumb, index finger and middle finger of each hand touching, forming a triangle.**
- 2. Close your eyes – turn your attention inward toward the Heart Center (which is located slightly to the right of the physical heart and left of the spine).**
- 3. Imagine entering the Heart Chakra. See yourself standing on a plain before a hill. On the top of the hill is a temple. Hold this visualization, for this is the temple of the Heart.**
- 4. Now climb the hill up to the temple. Mount the steps of the temple and enter the center doorway. Observe the condition of the temple. Visualize it neat and clean.**
- 5. Walk into the dimly lit interior and approach the central adytum. Observe a flickering light within. The flame grows brighter as you approach, and swells and recedes rhythmically in the bowl like depression in the center of the room.**
- 6. Gaze upon the flame. Send it your thoughts and energies. See it grow bright and strong as it reaches up to touch the ceiling forty feet above. This is feeding the flame of your heart. Stimulating it to growth. Breathe deeply and realize in the depths of your being that your Heart Center is coming alive.**

7. Open your eyes and sit quietly for a moment now stretch your arms and put the entire exercise out of your mind.

ARTICLE II

INTRODUCTION TO THE TENSOR CONCEPTS

In our remote past, the “Tensor Concept” principals were known on our planet. They were known by those people who colonized and brought the life essence of the Adamic Race to the Earth. These same teachings were known widely by many of the ancients, and by many on our planet during the ages of what we call Atlantis. The understanding of this awareness was responsible for many of the cultural and scientific triumphs of those times. Men and women on our planet were elevated by these illumined teachings to the threshold of the mental sphere and beheld the realms of the sages. The levels of being that destiny and the immortal awareness of MAN decreed that he should know.

Thus, by knowing that the mind and the body are separate, but symbiotic with one another, it was demonstrated that to enslave one’s body was insufficient unless the captive also surrendered his reason and his mind. Throughout the ages, the remnants of these teachings dwelt in the hidden places of our minds, proving that the mind transcended the captivity of the body on those occasions when its powers were exercised. The true “Tensor-oriented” man belongs to a most noble order of creation called “Man” (not men and women). The nations and races on our planet, which were blessed by these Illumined Ones, were fortunate indeed, for their names are remembered for their own sake. Those among us who do not comprehend the dignity of their mind and of its reasoning powers cannot properly be said to be alive. Their existence is experienced like one in a state of semi-coma.

To those who make the effort to learn and to exercise their tremendous mental faculties, the mind bestows life, in that it reveals the dignity and purpose of life. Our preoccupation with the body and things material bestows a living death, in that these pursuits numb and cloud those faculties of our mind, which should be responsive to the enlivening impulses of creative thought and ennobling virtue.

We, each individual, are a sublime being, with an infinite capacity for self-awareness; but in an effort to be true to false standards, turn from our birthright of awareness and understanding – without realizing the consequences – and pursue an illusory physical and material

existence. The precious span of our physical years is devoted to the pathetically futile effort to establish our selves as an enduring power and presence in the physical realm of un-enduring things. The divine awareness that we are MAN, a creature of both mind and spirit, fades like a memory as our awareness, trapped in the material bodies of men and women, vanishes from our objective minds as we focus our partly awakened mental faculties upon our day-to-day activities.

In that lurid turmoil of our industrial, political and commercial inferno, we writhe in self-inflicted agony, and reach out into the material world attempting to clutch and hold onto the phantom of success and power.

We remain ignorant of the cause of life, ignorant of the purpose of life, ignorant of what lies beyond the physical, and yet possessing within ourselves, through the use of our minds, the answer to it all.

We are willing to sacrifice the beautiful, the true, and the good within and about us, upon the bloodstained altars of our worldly ambition. The world of the Mind – that beautiful garden of thought, where the fraternity of MAN dwells – fades from our view. In its place rises an empire of stone and steel: A world in which men and women, potentially to become MAN, scurry to and fro in a desperate effort to experience life and at the same time the vast institution we have erected rumbles inevitably towards an unknown end. In that physical empire which we erect, we are convinced that we can outshine the kingdom of spirit, and yet everything turns to stone.

In this, our science compounds our problems. For it is concerned solely with the classification of physical knowledge and an investigation of the temporal and illusionary parts of nature.

Its so-called practical discoveries bind us ever more tightly with the bonds of physical limitation. Even the religions on our planet have become materialistic because the beauty and dignity of the spiritual belief of many is measured by piles of masonry, tracts of real estate or by the ledger sheet.

The mind of MAN connects heaven and earth like a mighty ladder, which the illumined of all ages have climbed, into the living presence of reality.

In the midst of the so-called learned men, there is rising up a new order of thinkers, which can only be described as the elite of the worldly wise men. These ones, astounded by their own intellect and that of others of their kind, consider themselves the great benefactors of mankind. These so-called gentlemen of letters have appointed themselves to be the final arbiters of all knowledge, both human and divine.

Their declaration that: The Divine is a fabrication of primitive superstition; that there is no purpose discernible in the universe; that immortality is a popular figment of the imagination and that an outstanding individual is but a fortuitous combination of genes and cells – are gratefully accepted by many of our people as the truth. We have embraced the worship of the intellect as a substitute for the knowing of the Divine and of our mind.

How do the lofty, dignified, ennobling concepts of man – of the mind of MAN – compare with the stunted and distorted products of these effete-intellectuals and the stark reality of our present time? The evidence of our irrationality is all about us. In our adopted concept that “Reality” is that which only can be detected or perceived through the senses of our physical bodies, we have drawn a veil between “Reality and ourselves. When we twisted off the blossom of the mind from the stem of existence and cast it away, we relegated our most precious possession to the trash heap. All over our planet, men and women are enslaved by the physical, emotional and cultural systems of our time, and are crying out for the return of the vanished age of beauty and enlightenment. Some among us have become aware that our mindless so-called civilization, in its present form, is approaching its vanishing point. It is beginning to dawn on even the most comatose mentality that our cold, heartless pursuit of commercialism and material efficiency is impractical, and only the regaining of sanity through the use of our mind offers the opportunity for the expression of love and all that is worthwhile. All of us are seeking happiness, but we do not know in what direction to search. All of us, through the employment of the “Tensor Concept” training of our mind, must learn that happiness crowns the mind’s quest for understanding. Only when we realize that infinite goodness and infinite accomplishment are approached through our mental doorway, will inner peace be assured.

The “Tensor Concepts”, once known on our planet, is rising again. They alone can rend the wall, which divides the world of cause from that of effect. This wisdom can reveal to our struggling humanity, that greater and more glorious universe which is the true home of the spiritual and mental being called MAN. Our current philosophies have failed in that they regard thinking as simply an intellectual process. Materialistic thought is as useless a code of life as is commercialism itself. *The power to use our mind to truly think* is that which the “Tensor Concepts” brings to our peoples. The Great Ones, the learned teachers who have existed on our planet in the past, were all personifications of this power.

ARTICLE III

BASIC CONCEPTS:

First, remember that the Tensor Concepts is a discipline, not a philosophy. They have to do with increasing the activity of the brain by providing new synaptic connections to heretofore-unused areas of this organ.

The mind is capable of unlimited potential, not only in the fields of expression and creativity, but also in the control of all the forces of physical matter.

Although these Concepts are not a philosophy, Tensor-oriented philosophies are possible just as many geometrical systems can be developed. Possibly the most important requirement of our civilization is the development of a Tensor-oriented economy. Such a system has never existed on our planet to date. The opportunity for bold and imaginative men and women of our evolution to create a system which will free mankind from war, poverty and tension. For this to be accomplished, it would be necessary to take control of the planet AWAY FROM those who IDENTIFY.

The First Tensor Concept and Equation is:

Children, immature adults and animals identify. Whenever a person reacts to a new and changing situation as if it were and old and unchanging one, he or she is said to be identifying.

Such an approach to life is Aristotelian. (The doctrine of deductive reasoning, the tendency to emphasize the empirical. To be scientific rather than metaphysical.)

Due to our environment, it is most difficult for us not to identify. Identifying is a characteristic that must be conditioned out of our consciousness. It is a distinct barrier to our future development.

Identifying may be expressed as meaning many different things. The most important, however, is “to associate with.” If I mention a

personality, you immediately associate this with an individual or, to be more explicit, a name. Identifying is truly the stage where a pupil must learn to progress even further. Henceforth, when committing this process, be aware of its error. (In other words: Do not link new information with previous information thereby perpetuating a chain of wrong thinking.)

The Second Tensor Concept and Equation is:

In order to be a sane and adjusted human being, an individual must realize that he cannot know all there is to know. It is essential that the understanding of this limitation be realized, not only intellectually, but that the understanding be an ordered and conditioned process – unconscious as well as conscious. It is essential that these conditioned processes be instilled in a retentive mind. Sight must never be lost of the ultimate goal of conditioned reactions. This conditioning is essential to the balanced pursuit of knowledge – of the nature of matter – and of life.

The Third Tensor Concept and Equation is:

For the sake of sanity, an individual should learn to remove the blockages in his own nervous system.

Blockages are semantic disturbances, which inhibit a total evaluated response. Blockages can be eliminated by the proper use of the Thalamic Cortical Pause. It must be understood that the human nervous system is potentially superior to that of any other animal body. For balanced development, then, it is necessary for an individual to orient himself to the world of reality in which he resides. There are methods of learning (the Tensor Concepts) by which this can be accomplished. Tensor Equations is one method which enables the individual to align himself in the following ways:

1. To intuitively anticipate the future.
2. To make use of his abilities and capabilities to the utmost.
3. To suit his behavior to his environment.

The Fourth Tensor Equation and Concept is:

Human nervous systems are structurally similar, one to the other, but are never exactly the same. Any human nervous system is affected by events – verbal and non-verbal. An event that is happening affects the body and the mind as a whole. For the sake of sanity then, remember:

First is the event, the initial stimulus. Second is the nervous impact of the event via the senses. Third is is emotional reaction, based upon past experiences of the individual. Fourth comes the verbal reaction. Most individuals, however, identify the first and fourth steps and are not even aware that the second and third exist.

Because children and child-like grownups are incapable of refined discrimination, many experiences shock their nervous system so violently that our psychiatrists have evolved a special word for the results; this is called “trauma”. Carried over into later years, these traumas can so tangle an individual that UNSANITY (that which is called, neurosis) or even INSANITY (that which is called, psychosis) can result.

The human nervous system is uniquely capable of unlimited training, but the method is the determining factor. The Tensor method of relaxing the mind and the body is based on a vision exercise – the principle that a relaxed eye sees best. The normal eye is relaxed when it shifts steadily. When, for any reason, an eye capable of good vision begins to stare, the image blurs. Unlike a camera, the eye sees clearly only on the instant following the relaxing shift. Now, for an automatic way to cause that organ, known as the brain, to relax. An obvious approach would be the associative relaxation of the surrounding tissue.

You now consciously set about relaxing the blood vessels of the cortex, the thalamus and the sub-cortex where the embryo is located. By association, then all cells around the blood vessels will also automatically relax. Now if you will follow these simple instructions, this is the exercise:

Relax – Look – Relax – Look – Relax – Look – Relax – Look

It will be determined by your individual awareness and ability how soon you achieve a state of relaxation. After skill is obtained in relaxation, the method is comprehended by your mind and takes but a fraction of a second to put into action. Practice, however, is necessary. In a future Article, we will give you another method of getting into a relaxed state using color visualization.

In Article I, we gave you the technique to begin using the “Thalamic Cortical Pause. To further elaborate, the thought is:

I am relaxing. All stimuli are making the full circuit of my nervous system along my spinal column up to the thalamus, then through the thalamus and up to the cortex. Then through the cortex and then, and only then, back through the thalamus and down into my nervous system. Always, I am aware consciously of the stimulus moving up to and through the cortex.

This is the key. This is the difference between the Tensor-oriented and the animal mind. The THALAMUS, seat of your emotions and the CORTEX, seat of your discrimination, integrated, balanced, in a warm and wonderful relationship. Emotions NOT done away with, but made richer and more relaxed by association with that part of the brain, the cortex. This favors unnumbered subtle differences in the flow of feeling. Remember this: The stimulus is now going through my cortex. I am thinking and feeling, not just feeling. And so is achieved the “Thalamic Cortical Pause.”

The Fifth Tensor Equation or Concept is:

In any statement about an object or an event, an individual is abstracting a few of its characteristics. If one says the chair is brown, he should mean that brownness is only one of its qualities and as he speaks he should be aware of the chair’s many other qualities. Therefore, CONSCIOUSNESS OF ABSTRACTING, constitutes one of the main differences between a person who is Tensor-oriented and one who is not. As an example:

The map is not the territory. The word is not the thing

described. Whenever the map is confused with the territory a semantic disturbance develops in one's organism. The disturbance continues until the individual can discriminate and determine the limitation of the map.

The Sixth Tensor Equation or Concept is:

TIME, SPACE, ENERGY ARE ALL MANIFESTATIONS OF PRIMARY FORCE. Remember, then:

First, exists SPACE. Secondly, exists TIME. Thirdly, ENERGY. TIME is one axis. SPACE is another. ENERGY, is the third. MANIFESTATION then proceeds in the manner described and we arrive at the very core of being.

Regarding TIME, all events – past, present and future – exist together. (The Time Continuum.) They do not flash into being in some mythical present and then flash out of existence again when the present becomes the past. They only seem to, because the observer's consciousness is moving along them and hits them only one at a time. (Physical existence is merely a particular point in the TIME continuum where our consciousness rests.)

Those additional Tensor faculties, in the mechanism of your brain, can sense all of this and act on it directly while the gray matter, the Cortex of your brain, is blinded to it by your pre-scientific ways of looking at things.

ARTICLE IV

(THE LIGHT) – THE MOST POWERFUL EMANATION IN CREATION

Let us think about that most inclusive subject called, “The Light”. “The Light” has been described in many of the texts upon our world, and has seemed to be possessed of many exceptional qualities. We use various expressions concerning “The Light”. The “Light of the Creator”, the “Light of the Radiant One, the “Light of the Divine”; and other descriptive sources we visualize “The Light” emanating from. There seems to be some confusion about this subject of “The Light”.

When you employ the term “The Light”, perhaps you could visualize it in this way. “The Light” is of no specific color and yet it is all colors, whether it be the visualization of the pure white radiance, or however you do visualize it. Its color qualities are very incidental. BUT, you are calling forth, knowingly or not, and invoking the most powerful emanation in creation. In our holy works you will find this reference: “In the beginning, there was the Word”. “The Word” was “The Light of Our Radiant One” – the most encompassing emanation in all creation.

“The Light” may be employed in every manner that is conceivable to our mind and for whatever purposes we envision. We may call forth or INVOKE “The Light” for the protection of our being and person, as well as for our loved ones and our possessions. We have INVOKED “The Light” on numerous occasions to condition the very environment in which we exist. On each such occasion our employment of this force and essence has always produced the desired results.

The reason this topic is being brought into your awareness again at this time is that in our pursuit and study and evaluation of that which we are currently experiencing and that which we shall encounter over the next few years, we will have a greater need to employ this “Light”.

I would submit for your consideration that upon each and every occasion where you are either thinking, or considering, or executing any form of thought, word, or deed, that you employ “The Light”, and that this “Light” be employed in such a way as to use it to clarify your thinking.

When you think of INVOKING and employing “The Light” in your daily activities, this is perhaps the most important aspect and usage of “The Light”, for those thoughts which coarse through your minds, which result in some form of action, should always be enveloped and permeated by this “Light”. We use a statement in many of our thought processes which seem to be a type of safeguard, when we state “Thy will be done”. What we are implying, but could state in a different manner, is that “The Light” will function as it is intended.

We dwell often on the topic called “Love”. Can you visualize the magnitude of the “Love” inherent in this “Light”? Can you visualize and comprehend this subtle quality as it permeates your being and your thoughts as you employ “The Light”? When you use this “Light” in your everyday activities, you will become aware and realize that a new and subtle quality of this very essence will become AT ONE with all your thought processes. Would not this “Light” then illuminate the darkness of the outermost reaches of your mind? Could not your thoughts, as well as your actions, be more readily defined by the illumination of this “Light”? Would not all that is experienced be that much clearer in your perceptions? It is unfortunate that like so many of the terms in our language that this word, “The Light”, has been bantered about so often and misused. For, had the realization permeated our awareness of the true nature of “The Light”, we would have been profoundly influenced in even the manner in which we treated this word.

In those days, which lie ahead in our individual futures, the very magnificence of the use of “The Light” will bring about a new condition of being, as it is being employed. Listed below is a method for visualizing and using “The Light” in your everyday life if you so choose.

USING A BALL OF LIGHT

If you are not yet adept at visualizing, imagine that you see the light. Think of it in a manner to which you can relate – like looking directly into the glow of a hundred-watt light bulb, or sunrays filtering through trees, or even looking directly into the sun. A lighted candle for light and soft music in the background may be helpful until you feel confident with this exercise.

Intently visualize a ball of Light surrounding an object in front of you. When you feel ready, move this ball of Light to another object. Continue moving the ball of Light around the room until you have held each object in its brilliance. Now move the ball of Light around yourself. See your body completely immersed in the Light. Imagine the Light expanding until it fills the whole room. Next, visualize those you love in the field of this Light with you. You can also bring into this field of Light anyone or anything (situations, etc.) for which you have concern. Hold this visualization for as long as it is comfortable. Then begin to send the Light outwards, throughout your whole building, then your community, your city, your state, your country, the seven continents, the whole planet, and visualize it extending through the universe. Sit quietly for a moment as you feel this energy returning and immersing you and the Earth in its brilliance. Arise and go about your business.

When you have progressed in the use of “The Light”, and it becomes second nature to you, don’t forget to lock your home in a bubble of Light when you go out, and also, remember to send the Light on ahead of you and around your car while driving. It works on situations as well as objects and people. There is no limit to its uses. You might consider when getting out of bed in the morning the first thing to do is visualize a jump suit of Light and step into it and zip it up. I might mention that it cannot be used in a negative way, for there is no negative side of “The Light”. If that were the case, it wouldn’t be THE LIGHT.

ARTICLE V

Four Subtle Energies:

There are four subtle energies employed by man. They are, etheric, emotional, mental, and psychic, each in a progressively finer and more rapid vibratory state. All of life energy is diffused. It must be converted or transformed in order to be put to work.

ENERGY is explained as “The power by which anything acts effectively to move or change things or accomplish any result”, or “Power in active exercise”, or “The capacity to perform work”.

There are two types of energy:

1. POTENTIAL ENERGY, (which is divided into available energy, i.e. a coiled clock spring, and diffused energy, i.e. a lump of coal). The difference is that the coiled spring is ready for work, while the lump of coal must be burned before energy is released as heat.

2. The other type of energy is KINETIC ENERGY. Anything in motion has kinetic energy. The four types of kinetic diffused life energy, with which we are concerned in developing the Tensor Concepts, are: **ETHERIC** energy, **EMOTIONAL** energy, **MENTAL** energy, and **PSYCHIC** energy.

a) Etheric Energy – This is the life energy, which vibrates at the slowest rate. Its accumulation and use by human beings is almost entirely automatic and well below the level of consciousness. It is found in the very air we breathe. It is called “prana”, “chi”, and “life force”, along with other names. You can learn to manipulate etheric energy. This is of value in the practice of physical healing.

b) Emotional Energy - Every human being has an array of energy transformers which enable him to draw upon the life energy which surrounds him and in which he lives, moves and has his being. These transformers are called “chakras”, and to psychic vision appear as

rapidly spinning wheels of different colored lights. Life energy, when transformed into human energy by one of these “chakras”, takes on the quality of that particular transformer. (In “Book One” of this book, you will find detailed information on the “chakras” and how they work.)

The most fully open and therefore the most active chakra in the average human is the “solar plexus”; whose chief product is emotional energy. We exist and function in a “sea of emotion” and except in certain rare and unusual situations, only a small part of the emotion we feel is our own, self-generated emotion. The emotional world is like an ocean and our emotional bodies are like fish in it – swaying with the tides. Emotions are quite easily transmitted from one person to another by a sort of emotional telepathic rapport. Your mind is more powerful than your emotions and it is your mind that must be used to cut away the unwanted emotional debris deposited by others and also to cut out your own undesirable emotions.

One helpful way to gain control over your emotions is to remember basic Tensor Equation Number 4, in Article III. If you can become aware of the four steps in this equation, and concentrate your energy to stopping the reaction at the third step, then you can keep the fourth step (reaction) from occurring. As a little example; think about a situation when you have really goofed up, or maybe spilt a pot of tomato sauce all over your clean floor. Instead of saying (*****), just shrug your shoulders and feel and say “oh well”, bend down-clean it up without thinking anymore about it. Doing things like this will help you gain control of your “Emotional” body, and I promise you, it will bring a sense of peacefulness into your life.

c) Mental Energy – Each thought at its inception produces a dual effect. First, there is a vibratory wave, a radiation going out from the center, not unlike the radiation of a television signal. This wave moves outward equally in all directions with gradually diminishing intensity which varies with the distance. It continues to emanate from the mind of the thinker as long as the thought is held. It ceases instantly the thinking changes or stops. Like all other vibrations, these mentally induced vibrations tend to reproduce themselves whenever the opportunity presents itself.

In other words, they tend to arouse in a receiving mind thoughts of the same type as those in the mind of the originating thinker. The distance to which such thought waves penetrate and their impact upon the minds of others depend upon the strength and clarity of the original thought.

Everyone who thinks high thoughts pours out the kind of vibration that tends to stimulate a similar level of thought in others. They act vigorously upon minds accustomed to high thought, but also affect to some degree every mind within the sphere of their radiation. This tends to awaken duller minds to higher possibilities and to stimulate those not ordinarily given to spiritual ideas, so that everyone that thinks on a higher plane is contributing to the elevation of man even though he may not be aware of the results of his thinking. We affect one another by our *thoughts*. We interact through *Verbal Telepathy*. (Verbal Telepathy does not mean “spoken aloud, but verbalized in thought.) It is as natural, and as automatic an action, as breathing itself.

Another effect of thought is the creation of forms. As previously pointed out, we move in a sea of energy, which is most responsive to thought. Every impulse sent out from the mind immediately clothes itself in a vehicle of this vitalized matter. Thus, the thought becomes for a time, long or short, a quasi-living creature with the thought force acting as its soul and the vivified essence acting as its body. These strange forms exist on emotional as well as mental levels, and have been referred to by some as “elementals”.

Formed by the thoughts of humans, this quasi-living creature floats around in this sea of emotion. If the thought is about someone other than the thinker, the thought form moves to that other person and discharges its energy upon his or her mental body. The receiving person then feels the impact of this thought form, and in most cases is not aware that it comes from an outside force. If the receiver can determine, by his own sensitivity, that this is coming from a source outside himself, he can, by his own thought processes, refuse its entry into his mind by putting up a “shield of Light”, which will turn the thought back to the direction from whence it came.

If this quasi-living creature was formed by your own thoughts, it will hover about, ready to react upon you, the creator, whenever you are in a relaxed or passive state. So be careful what you think about yourself.

It will come back and “hit you over the head”. Think of yourself as a beautiful, loving, kind, child of the Light, for that is what you are. Know that the thought forms you create about yourself will be instrumental in making you that which you become.

Each person travels through life enclosed in a veritable cage of forms, which he or she has created by their thoughts and desires. Through this opaque medium they look out at the world and quite naturally everything they see is colored and modified by the vibratory screen they have built. Every thought form has a tendency to reproduce itself in the physical world as an action, an event, or a physical thing. A very weak and tenuous thought form will disintegrate long before this “out picturing” can take place, fortunately. One powerfully endowed, backed up by a lot of emotion, will usually result in a physical manifestation in a relatively short time. *Diametrically opposed thought forms can effectively cancel each other out.* So if you find yourself thinking wrong thoughts, immediately send out just the opposite to those thoughts, or think or say *“cancel that thought.*

When we exit our physical bodies, our astral bodies still exist in the Astral World. The Astral World is all around us. Think of it as *cyberspace*. If thought forms make connection with a detached astral body, they can attach to a human body at the chakra points, and can create quite a bit of trouble for the physical, emotional, and mental well being of the body. This phenomena was recognized by Dr. Wallace McNaughton and he gave it the name “Activated Shell”. He was able to “blast” these shells from their attachment to the chakra energy points by using a series of colors in the “visible spectrum of Light”, i.e. blue, turquoise, and green (in that order).

As is apparent, it is important to learn to control your Mental Energy. The following are some tips that may be of use in strengthening your control.

1) Avoid chaotic thinking and try to think logically. Learn to think in an orderly fashion. We are ourselves living thought, and it is extremely difficult to control the incessant stream of material, the substance of our consciousness, which flows from our minds into space. Replace aimless thoughts with precise ones. When you become aware of a negative thought push it out.

2) **Avoid untruthful or distorted thinking or prejudice. Stop releasing dark, dangerous thoughts, for those come back to you like a boomerang in the form of “bad luck”. Spend time increasing your ability to work with a ball of Light as shown in Article IV.**

3) **In addition to correction and counterbalance, adopt a positive attitude. A benediction sent into the world is the purest and finest form of thought energy. This will return to you stronger than when you sent it forth.**

d) **Psychic Energy – (The healing energy – “The Golden Elixir”)**

Psychic energy creates and supports life. It is also the best healer. When present in sufficient supply, it vitalizes form with its potency and eliminates those congestions and obstructions that are such a fruitful source of disease. It can be said that all disease is the result of, or exists because of, an insufficient supply of psychic energy. The true art of healing consists, therefore, in so releasing psychic energy that it flows through all of the organs and parts that constitute any physical form. (Use the Thalmatic Cortical Pause (from Articles I and III) frequently; along with the exercises using sound and color that we will be presenting in a later Article.

To heal yourself is much more difficult than it is to heal another. The important element is to start work at healing yourself before the problem incapacitates you. No one can heal himself if he is delirious, has a high fever, or is so weakened he is unable to *think* clearly. Build your psychic energy up, and never let the charge get low, and you will always be able to cure yourself, so long as you can *control your thoughts*. Make the necessary effort to increase your store of energy and maintain it at a high level. This in itself will protect you against most infections and other illnesses.

To increase your healing energy, practice the following exercise and make it a part of your daily routine:

1. Sit erect, but not tense (or stand easily with your weight evenly balance between both feet). (This is an exercise, which is also very effective while done outdoors in fresh air.)

- 2. Take in a deep breath to the count of 5.**
- 3. Slowly relax as you exhale to the count of 10.**
- 4. Repeat 10 times.**
- 5. While performing this exercise, close your jaws firmly and clench each hand into a fist. Keep all the body relaxed except the hands and jaw. As you breathe in and out, think to yourself that each breath is bringing a great surge of energy and power that you are storing within you.**

To further increase your Psychic Energy, after practicing the foregoing exercise for a few weeks, add the following to your daily routine:

- 1. Sit comfortable in a chair. Hold your back straight and your head erect. Cross your feet at the ankles, not the knees, and hold them touching. Clasp your hands in your lap, or if you prefer, before your chest as if in prayer.**
- 2. Take a deep breath through the nose and count rhythmically to yourself as you do so. The in-taking of breath should be to the count of 8. Pace it exactly.**
- 3. Now, hold your breath in your lungs for exactly 12 counts. Don't speed up and don't slow down – count rhythmically.**
- 4. Let the air out through the nose to the count of 10, and as you breathe out, direct the flow of the outgoing air to the spot where it enters the nasal passage from the throat – around the roof of the palate. As you feel the air going past this spot, accompany the flow of air with a slightly audible vibration like a purring or humming sound for as long as the air flows outward.**
- 5. Repeat the foregoing 5 times.**

e) How to prevent loss of Psychic Energy:

There is an exchange of energy going on at all times between humans. People who love each other share their energy automatically, and this tends to strengthen both of them.

Some people tend to draw energy from you without returning some of their own back to you. Sometime, we just throw our energy away. Laziness and inertia are two of the quickest ways to drain your psychic energy.

You have to learn to “contain” your psychic energy, otherwise you will find yourself constantly having to replenish it. A certain “tension”, as it were, must be maintained, and one of the best ways to accomplish this is by energetic activity throughout your waking hours. Not continuous physical activity, of course, although this is good. The best method is mental concentration, which creates greater tension and more efficient containment.

Have you ever spent time in the company of someone who is really down on themselves, or down on other people, or the world around them? Have you spent time in the company of someone who is a chronic complainer, or someone who talks about their illnesses and problems constantly? If you don’t make a conscious effort to prevent it, you can just feel your energy seeping right out of your body.

To prevent your Psychic Energy from slipping away, you need to consciously gather your forces around you like a force field and hold them there, resisting the temptation and urgings to send them out in all directions. Try enveloping yourself in a bubble of Light on these occasions. As a matter of fact, don’t even wait until you start feeling your energy evaporating. Make it a point when you go to bed at night, and again when you arise in the morning, to put on this shroud of protection. Just step into it and zip it up as if it were a pair of coveralls. IT WILL MAKE A DIFFERENCE.

ARTICLE VI

Visualization and Symbols:

Every normal human has the ability to visualize. You do it every day. Visualization is a powerful tool, but you need to visualize in such a way that the image you create can manifest itself as an object or event in the physical world. However, before putting this conscious process into operation, you need to understand the basic laws involved.

- 1) You must have a clear, precise idea of what you want to accomplish.
- 2) It must be a project that is realistic in nature.
- 3) You may not work on several things at once. When you have brought your primary objective into manifestation or physical existence, you may then turn to another objective.

In our visualization and thinking, we use mental pictures as tools. Whatever you envision, you first see it as an “image” or “picture” in your mind. Try to think of anything without seeing it immediately in your “mind’s eye”. These images are symbols, which we constantly employ in our everyday life. In the conscious employment of symbols, we can endow them with many different characteristics. The mind merely assigns the ones needed. Therefore, symbols play an important part in the transition of thought, from the levels of thought alone, into the material world. They are the “doorway” to another dimension.

Symbols act as a conversion device whereby a thought can manifest itself in the physical world. Symbols are an operative tool that the mind employs. The mind creates a thought. A symbol becomes the tool employed by the mind to translate the thought into the physical realm, at some point in time. Conversely, anything that exists in the physical can be translated, through the means of a symbol, back into the realm of thought. (A good example of this is the writing down on paper of a

disturbing program in the subconscious, and then burning the paper to forever remove it from the subconscious.)

It is the pattern of relationships that we are dealing with that is important. When using symbols and symbolic patterns of relationships, it is necessary that they represent operational qualities.

To summarize the important points on symbols: One must come to realize that symbols are the tools that thought uses. They provide the means for translation of thought. They are the missing link in our thinking. Symbols work in both directions, from the physical level to the mental one and vice versa. Thoughts originate on the mental level and will, in time, manifest as completed forms on the physical level. Physical things, objects, etc., are evolved thought forms. Their master blueprint still remains in the levels of thought. One can trace back, from the physical, to the original thought arch-type. Time should be devoted to this method of examining ‘causes’ for it will increase your “mental energy”. For example, if you are disturbed by a “feeling”, but don’t exactly know what caused it, think back “in your mind” to when this “feeling” began. By tracing back to its origin, you will discover the cause, and it usually can be dealt with at that point by simply “letting go” of the cause.

Symbols can be designed and arranged to represent new things and objects. The amounts of thought force exerted on the higher levels determine how rapidly the transition from the mental to the physical takes place. Symbols can be arranged into working relationships so that mechanisms can operate in both the mental and physical levels at the same time. In this instance, the best symbols are those that resemble either the thought or mechanism in greatest detail. For example: A “photograph”, especially a Polaroid having both negative and positive, is more true in its representation of a person or object than a “map” would be. A strand of hair from an individual would be stronger than a photograph.

In the employment of mental telepathy (which is a form of visualization), symbols and/or objects can be used providing they possess the mental imprint of the particular individual to be communicated with. The mind establishes the tuning in, and selection of, an individual’s unique thought patterns and frequency. Once the

connection is firmly painted, as a pattern of relationships and frequency, in the mind of each party involved in the communication, the selective symbol is stored as a memory pattern. A symbol, therefore, allows the fixing of one's telepathic attention on the thoughts of the selected communicant.

The easiest visualization to manifest at first is situations. Physical objects can also be manifested. It may not appear in the manner expected or the time interval desired, but if done properly, it will manifest into the physical. We manifest situations and circumstances constantly, as an individual, as a family, as a nation, and as a planetary brotherhood. What we create is not always desirable, but by the employment of visualization, we can change anything we really concentrate on. When dealing with nations, it requires critical mass being reached. On an individual basis, it only requires one person.

Don't expect to blink your eyes or wave your hand and materialize an object in front of you. The human race (as a whole) needs to evolve farther to reach this point, although there are some on the planet who can do this at present. Remember "Basic Law 2" above. You can, however, begin to visualize the object or situation you wish to manifest in a manner that sets into motion the necessary chain of events that will eventually bring about its physical manifestation. The more you work on increasing your mental energy, the better you will become at manifesting. Mind is all-powerful. It is in itself our greatest tool. You must learn how to take hold of a thought – concentrate on it – visualize its manifestation and know that it will evolve because you desire it to be so.

Consciously working with "Mind Power" is a serious responsibility. As you practice in strengthening your visualization, I would caution you to keep your motives pure, maintain a loving nature and do not project negative thoughts towards anyone. If you feel yourself slipping in this direction, use the Radiant Ball of Light. As you grow stronger your responsibilities become more severe. If you use these increased powers in a negative way towards anyone or anything – you will pay dearly for it – it is a law of the Universe.

Now, choose a project that you would like to manifest. Try something simple at the beginning, perhaps one to change a situation you're

uncomfortable being in or an undesirable attitude being directed towards you. Do what you can to help – don't just “sit on your hands” as if saying, “now show me – go on and manifest”. Open all avenues of possibilities within your awareness. It's easier to go through an open door than a closed one. Also remember, your subconscious must be convinced that what you are doing is good and desirable and that it won't hurt anyone. Otherwise, your own conscious mind will short-circuit the energy needed to bring about the desired manifestation. Make sure your project is a worthwhile one. And, as stated, in order for this law of creation to work in a proper manner, do all you can do to help it come about. (And always remember to use “The Light” in your visualizations.)

As an example, say you have need of some extra cash and you set about to materialize the necessary amount. You set up the visualization on the screen of your mind, but you don't do anything else but visualize the said amount. Nothing happens – so you keep visualizing week after week. Then one day you have an accident due to the negligence of someone else. Don't be surprised if the insurance settlement you receive is the exact amount you have been visualizing. This is definitely not a desirable way to manifest the money you need, but if it happens, you will be the one responsible by not opening the doors and guiding your visualization in a proper manner.

The energy from visualization, whether done consciously or unconsciously, builds until it must be released. A simple manifestation may result from a single attempt; a larger project may take more time in proportion to what is being created, but at some point it will happen. The laws of physics apply here just as they do everywhere in the known Universe. It is easy to see how important it is to control and direct your visualization. Spend time in one pointed thought. In our helter-skelter, hustle-bustle world, most people find it hard to find a quiet space in which to do their thinking. Seize every opportunity for a quiet moment and spend it in controlled thought. Pick a “thought of the day” and concentrate on it every chance you get. If your mind wanders, pull it back to “the thought”. Do simple mathematics in your head, adding, subtracting and multiplying. This also will help increase your mental energy. As you gain more mental control, you will find your powers of visualization increasing exponentially. Here again, is a Tensor Concept,

which require practice. You will progress directly in ratio to the effort you expend.

On the subject of Thought:

Everything in creation is surrounded by electromagnetic fields. These fields are all important. An accepted definition of a field is this:

When something happens at one point in space because something else happened at another point, with no visible means by which the ‘cause’ can be related to the ‘event’, the two events are said to be connected by a ‘field’. Our body is held together by an infinite number of invisible ‘means’ by which something can do something to something else. This shows that our bodies are organized by and depend on subtle, invisible and intangible forces.

Thought occupies its own dimension, ‘or field’. Some of the things known about the field of Thought are:

- 1) Thought behaves like a field and comes in an infinite variety.
- 2) It can produce effects across space, which as far as we know is not affected by distance or time.
- 3) Thought is independent of and can exist apart from the human body.
- 4) It can attach itself not only to brain cells, but also to any kind of matter.
- 5) It can influence the Life fields of the human body.
- 6) The Organization field, which gives everything that exists its identity and reality, is the product of Mind or Thought. (The Organization field is what is commonly known as the “Akashic”).
- 7) Mind or Thought precedes Organization.

The original blueprints for everything in creation are available for study and use. These are the stored Akashic records in the Organization fields. When you use visualization for manifesting, you are not originating anything, but merely bringing it from one field into another (the physical). The “blueprints” are already in existence, waiting to be called forth. There are sub-fields within each field for each organ, cell, molecule and atom in the human body, as well as throughout creation. Organization is the product of the Mind of the Creator. It is the underlying reality.

Science has shown us that all matter is composed of the basic elements in different proportions and arrangements. It has also shown that the elements themselves are composed of similar sub-atomic particles in different numbers and arrangements. The differences, therefore, between one kind of matter and another, or between one element and another, are merely differences of arrangement, or organization in space, of common basic components.

Physics has shown us that the difference between one form of electromagnetic energy and another – between light waves or radio waves, for instance – is merely one of frequency or the number of wave cycles per second. In other words, the difference between light waves and radio waves, or between red light and blue light, is merely one of Organization in time.

Matter can sometimes be turned into energy and energy into matter; an organization in space can be turned into an organization in time, and vice versa.

All this shows that the identity – or ‘reality’ – of everything in the Universe depends on something invisible and intangible – an organization in time or in space, or in both. In short, organization is the basic, common ‘ingredient’ of everything. YOUR THOUGHTS PROFOUNDLY IMPACT THIS FIELD and can bring into manifestation anything you desire IF you work diligently at increasing your powers of Visualization. THE ULTIMATE REALITY – THE ORIGINAL, ESSENTIAL CAUSE AND COMPONENT OF EVERYTHING – IS ‘MIND OR THOUGHT’.

ARTICLE VII

Getting into Alpha Level:

Alpha Level is one of four known categories of brain-wave activity, and has been identified to occur in the range of 7-12 Hz. When in this level, the body relaxes, and tension and blood pressure are lowered.

The other three known categories are:

Beta: 13-40 Hz. - High concentration, focus and cognition.

Theta: 4-7 Hz. – Just prior to deep sleep – intuition, memory, vivid visual memory.

Delta: 0-4 Hz. – Deep sleep, healing, detached awareness.

The name “Alpha” was designated for the 7-12 Hz. range simply because it was the first one identified. In our waking state, we fluctuate constantly back and forth between all four categories. You can recognize these fluctuations if you are consciously aware of their existence. For example, when you are concentrating on a specific job or project, you tend to “rev” up to a high “Beta” level, and I feel relatively certain that there is a higher level than Beta, which may not have been identified at the present. At another point in your day, you may find yourself drifting into a lower Theta state in a sort of “dream world”, etc.

It is very beneficial to be able to consciously enter an Alpha state, and control and maintain this level, not only for the health benefits, but to help in the development of your “Tensor” abilities.

There are many methods by which this state can be reached consciously. The following one utilizes color visualization, a major energy of the Universe:

Find a quiet space, sit with your feet flat on the floor, back straight, head erect, hands folded across your solar plexus, and begin by doing the Thalamic Cortical Pause ten times.

- 1) Concentrate on the top of your head. Begin to consciously relax the tiny muscles around your eyes and you jaw muscles.**

- 2) Begin to visualize a beautiful, soft color “red”. Start at the top of your head and slowly – slowly let it begin to flow downward covering your entire face and head. Visualize it moving on down your neck to your upper body and arms, then down to the solar plexus, stomach and groin. Then, continuing very slowly, visualize it moving down your thighs, knees, legs, on down to the feet. Hold your entire body in this shroud of beautiful, soft red for a couple of minutes. Concentrate on the heels of your feet, and feel they no longer belong to your body. Move this sensation of detachment back up through your body to the legs, thighs, stomach, torso and arms, until you are only aware of mind. In the future, when you wish to quickly relax your body, envision your body engulfed in this beautiful soft color of red.**

- 3) Continue to breathe naturally as you let go of this beautiful red, and begin to visualize the color “orange”. Direct your attention and sense of awareness to your “emotional body”, that body which consists of your feeling nature, your desires and emotions. Concentrate on your desires and emotions. Desire to do only that which makes you a better person. Desire to serve and help your fellow man the best way you can. Surround yourself with the color “orange”, when you have a need to master and control your emotions.**

- 4) Continue with your eyes closed. Take a deep, slow breath and while doing so, begin to visualize the color “yellow”. Direct your awareness to mentally calming your mind and bringing it into a state of stillness and composure. To do this, start to envision a pleasant and quiet scene from nature into which you can rest your mind. Perhaps a wooded area around a gentle waterfall with birds singing and crickets chirping would appeal to your sense of tranquility. Any quiet scene that you feel comfortable with will work. Concentrate your awareness in the scene of your choice, and envision yourself totally immersed in its beauty and peacefulness. Take a deep breath and become one with your surroundings, all the while visualizing a pleasant color of “yellow” immersing you and your scene from nature.**

- 5) Take a slow deep breath. Begin to visualize a pleasing “green”, and concentrate on bringing a sense of peace into your life. Sense and feel**

peace within. Become aware that peace is everywhere. When life becomes chaotic for you, pause, and visualize “green” enveloping your entire body.

6) Now, begin to visualize the color “blue”. Let love and kindness fill your being. Love comes on the heels of peace. Release thoughts of peace from within and let it flow outwards from your being combined with love. Let it touch those people near and dear to you, and let this great power of peace and love be given freely to all without thought of anything in return.

7) Continue with your eyes closed and take another deep breath as you begin to visualize the color “violet”. With your body relaxed, your emotions under control, your mind calmed, peace and love flowing from your being, you are now ready to search out the most inner and beautiful parts of you. From here, you may seek out and find that central core – that inner secret place – where all things may be made known to you. Surround yourself in a cloud of violet as you go forth into those inner most secret areas of the mind where you make connection with Universal Mind.

8) Now begin to visualize the color “purple”. It is through this color that you enter the deeper levels of mind. Henceforth, when you wish to immediately go into your deepest levels of mind, simply visualize rapidly all the proceeding colors down to “purple” and you will be ready to enter this level. It will automatically put you into an “Alpha” level.

9) To reach the most inner part of your being, visualize a large stone statue of yourself. See it towering above, forty feet into the air. See the beams of Light that issue forth from its eyes and solar plexus. Now envision yourself within the head of this statue looking out through the eyes at your quiet, peaceful scene from nature far beneath you. Now look at the stairs leading down from the head within this statue. Go slowly down the steps before you and count them as you go. At the bottom of the stairwell, you will find a huge, clean cavern, brilliantly lighted from a source unseen. Pause, and feel the peace and contentment here. In the center of the cavern is an opening with steps leading down. The Light coming from this opening is even more brilliant. Walk down the steps and find yourself in a room of Light. The only thing in this

room is a pedestal with an open book. Don't be concerned if you can't read it at first. One day you will, it is "The Book of Life".

This room is your own secret space, and no one else can enter. You can build a workshop and a "screen of the mind". First, visualize it furnished comfortably with furniture, reference books, etc., which might be of use to you. Then, envision a screen, such as a television or movie screen, mounted on the wall across from a comfortable chair. You can use this screen to work on projects such as changing an undesirable situation, improving your health and circumstances, or for those you love and have concern. It can be used to help our "Mother Earth", or any good and positive cause for which you desire. Simply see the image of your concern on this screen, and then flood the image with the brilliant White Light of the Creator.

10) When you are ready to finish with this exercise, simply visualize the colors in reverse sequence beginning with purple, violet, blue, green, yellow, orange and finally red. Open your eyes, be wide awake, in perfect health, feeling revitalized and refreshed and in tune with life – stretch – get up and go about your business.

ARTICLE VIII

Journey of Consciousness:

There are fourteen major energy points in the body called “Chakras”, and the five states of “mind “ flows through them constantly. In “Book One”, I have shown how these five states affect the body as a whole.

These fourteen chakras are evenly divided between forces of Light and forces of Darkness. The Chakras of Light are those beginning in the first, or “Root” Chakra, located at the base of the spine, extending upwards to the seventh, or “Crown” Chakra at the top of the head. The Chakras of Darkness are those beginning below the Root Chakra and extending downward to the feet. These fourteen chakras are summarized as follows:

Chakras of Light;

7th – Pituitary – Accumulation of all other force centers in the body. Controls and balances all other sheaths or aspects of man. The final destination of the Kundalini force once it breaks free of the Root (1st) Chakra, where it resides coiled like a snake, and begins to rise up the spine.

6th – Pineal – (Third Eye) – Command Center. This center connects directly to experience of the Divine. Governs superconscious faculties of divine sight within man.

5th – Throat – Universal or Divine Love.

4th – Heart – Direct cognition or comprehension.

3rd – Solar Plexus – Will power.

2nd – Below Navel – Reason and Intellect.

1st – Root – Memory

Chakras of Darkness - (Below the “Root” Chakra)

1st – Fear – State of spiritual annihilation – People who live in this chakra make up the masses that fear God, rather than love God.

2nd – Anger – Region of the lost – “Realm of division or confusion”.

3rd – Jealousy – Great lower region – State of spiritual darkness.

4th – Self-preservation thinking – confused thinking. Feeling of me and mine are strong, a state of outward passion and self-indulgence. Protection of one’s small universe at all costs is the consciousness.

5th – Personal selfishness - state of “sense” enjoyment. This is the true home of the animal nature. Cares nothing for the problems and suffering of others.

6th – Unconscionable acts, - no remorse - “greatest lower region” - ego reigns supreme. Conscience is completely dormant. Negativity, depression and other dark states of mind are the order of the day.

7th – Lower region of wickedness - the “fallen state”. Here dark ignorance rules – hatred and malice. Vicious destruction, revenge, murder for the sake of murder. Basking in the twisted vibrations of this area of consciousness, depraved transgressors torture others without a thought, express malice without a twinge of conscience, harm others in innumerable ways for the sheer enjoyment and take delight in the emotional, mental and physical suffering of fellow humans and all beings that cross their path. Hatred is the ruling force; malice reigns supreme. Far from reason, and farther still from compassion and insight, are those who live in the darkness of this area of mind.

When one comes up out of the fear chakra and enters the realm of memory (Root Chakra), and reason, clarity and understanding (Below Navel Chakra), it is at this point in the unfoldment through the chakras that he would begin thinking of others and seek to benefit them more

than himself. Once out of the lower dark chakras, it is still possible to fall back again into these lower states of consciousness. In other words, we flow in and out of these areas frequently, unless control can be gained and maintained. The goal then is to bring oneself out of the conscious mind into the areas of the superconscious without leading into the subconscious where all experiences are stored within each individual. We are comprised of bodies working in tandem with the five states of mind, which flow constantly throughout all areas simultaneously. It is up to us to determine the conscious state of mind in which we wish to function.

Majorities of our people live in the 3rd (Solar Plexus) Chakra and come under the influence of “will power” which in turn has basic control of all the lower chakras including reason, intellect, and memory as well as the dark chakras. It is by the exercise of sheer will power that the lower chakras are controlled. When control of will power is lost, they automatically drift back into the lower chakras.

Since the lower chakras are already well developed in the human race, attention should be directed to opening and developing those chakras that lie above the Solar Plexus, inasmuch as they will then be the controlling factor.

The first one to concentrate on opening and/or strengthening is, of course, the Heart Chakra. In Article I, we gave you a beginning exercise for this purpose. In this Article, we will give you a more advanced exercise, adding to it sound and color.

Sounds:

Sound plays an important part in developing the psychic energy centers. In some cultures they are called mantras. I will give, where possible, the musical note on which they should be sounded for those of you who have some musical knowledge. Unfortunately, I am somewhat limited in this field, so I devised another method for my own personal use that worked well for me. As an example, for a sound that should affect a particular area of the body, I merely intoned, audibly, until the resonance of the sound could be felt vibrating in the area it was to be used for. In group study, at the beginning, we would sometimes use a

“pitch pipe” to get us started. When the sound pattern is established in your mind, this will no longer be necessary.

The following are some basic sounds that we found helpful:

- 1) RA – (Pronounced ‘rah’) – G above middle C – Intoned 9 times loudly in succession brings a notable increase in physical energy.**
- 2) MA – A above middle C - Intoned 9 times in succession on the same note and in the same manner produces a warm, comfortable feeling of being nourished and cared for.**
- 3) Now put these two sounds together and they become RA-MA. Intoned together on the same note or frequency, (either G above middle C, or A above middle C), affects all of the higher ‘sacred centers’ - the heart, throat, and the two head centers - merely by directing the energy to any one or more of these areas and allowing it to resonate in that area.**
- 4) AUM – B above middle C – has a beneficial effect on the physical body and upon all the higher psychic centers, especially the Pineal (6th) Chakra and that portion of the Head Center for which it is the physical doorway.**
- 5) THO – (Pronounced like ‘throw’ without the ‘r’, with emphasis on the ‘th’) – G above middle C - This sound, repeated three to seven times in succession, affects the Throat Chakra and its corresponding gland, the thyroid. (The Throat Chakra governs Universal Love and will be the next chakra to be awakened in Man in the New Age.)**
- 6) UUH – (Pronounced like ‘ooooh’) – A# above middle C - Affects the Heart center as well as the physical thymus gland.**
- 7) MEH – (Pronounced like ‘met’ but with an ‘h’ emphasized at the end) – Intoned on G above middle C, has a soothing effect on the physical nervous system and a stirring influence on the Heart Center.**
- 8) EEE – D# above middle C – This clears upset and chaotic conditions of the mind and emotions. It also helps control the Psychic energy you accumulate.**

One of our favorite sound combinations is OM-MANE-PADME-OM, intoned on B above middle C. This can be used to resonate all the higher centers at one time. Start resonating in the Head Center with ‘OM’, moving to the Heart Center with ‘MANE’, moving to the Throat Center with ‘PADME’, and then back to the Head Center with ‘OM’. The vibration is phenomenal when this is done seven to ten times consistently on the same note.

Second exercise for developing the Heart Chakra:

This second exercise for developing the Heart Chakra should not be done on the same day with the first exercise given in Article I. From this point on, use the second exercise, which will be integrated with exercises for the Throat and Head Centers farther along in these Articles.

- 1) Sit comfortably with your feet flat on the floor – eyes closed – spine straight – head erect – hands in lap with thumb, forefinger, and index finger of each hand touching at the tips, sort of like a triangle.**
- 2) Visualize energy flowing into and surrounding your Heart Center.**
- 3) See this energy as a vibrating ‘PINK’ cloud and at the same time intone the following sounds at a level to set up a slight vibration around your Heart Center. DO NOT VARY THE TONE.**
- 4) RA-MEH-RA-MA-RA-MEH – Intone 7 times – G above middle C.**
- 5) Now visualize this ‘PINK’ cloud surrounding your body at the level of your Heart Center – pulsating to the beat of your physical heart. Intone the following 3 times.**
- 6) U-U-U-U-U-U-UH – (‘U’ pronounced as ‘OOOOH’) – Intone 3 times – A# above middle C.**
- 7) Now, visualize a cloud of vibrant ‘WHITE LIGHT’ over your head (something like bright sunlight on new fallen snow). This is vital primal energy of the highest form – the most powerful emanation in creation.**

8) By your will and visualization, bring this cloud of radiant White Light down into the Heart Center entering the body between the shoulder blades left of the spinal column. Hold this Light around your Heart Center for a few moments. After practicing this exercise for a couple of months, you will find yourself better understanding others on an intuitive level, you will be able to catch their moods and most probably be able to sometimes read their thoughts.

Now – open your eyes – stand up – stretch – and put this exercise completely out of your mind until the next time you choose to use it. (Daily would be most beneficial, but at least once or twice a week.)

ARTICLE IX

Telepathy:

Telepathy is a Tensor Concept. There are different types of telepathic communication, i.e.:

- 1) Mental Telepathy – Between mind and mind.**
- 2) Emotional Telepathy – The connection is between the solar plexus centers of the individuals involved. It has largely to do with ‘feeling’, i.e. between people emotionally attached as in mother/child – husband/wife – groups – good friends, and in events when one ‘feels’ what has happened to the other. This form of telepathy is transmitted on the astral level. Friendliness, love, menace, fear, etc. is usually expressed this way. You can physically feel this type of telepathy in ‘the pit of your stomach’.**
- 3) Between Soul and Soul – This is an advanced form of telepathy, where contact is made through the super conscious level of mind between souls, beyond the workings of the conscious mind.**
- 4) Between two or three of these aspects of telepathy simultaneously.**
- 5) Verbal Telepathic Communication – Which is words converted to symbols for use by the mind, which must be decoded back into ideas or thoughts as received.**

When using tensor concepts, at least one other part of our brain, which nobody uses even when thinking, can be in continuous operation for us. It is not an activity of our cerebral cortex or our gray matter. It is a submerged every-minute-of-the-day activity of which we are not conscious. This new functioning is located in the four-fifths of our brain for which no function is known at this time. It does not conform to any of the sensory wave responses that we know or recognize. In employing these techniques we will be opening up new synapses, new impulse

channels from nerve cell to nerve cell. Many of them have not been used before and they may still be in a highly primitive state. These individual synapses are just building blocks for two very general brain functions:

- 1) ESP – or extrasensory perception.
- 2) PK – psycho-kinesis or telekinesis.

ESP helps us to detect things, objects, events, and thoughts. PK enables us to act upon them. All of the side effects such as precognition, telepathy, clairvoyance, levitation, teleportation, and so on, are simply different manifestations of these two basic functions, just as colors are different manifestations of light.

The first of these, ESP, is more widely known, but PK is just as important. In telepathy then, we find there is no analogy for sending and receiving, though we may wish to use those terms for convenience. Telepathy is just one factor of our tensor oriented brain and mind. It is a perception, not an action. It is as nearly passive as the detection of sound. A telepath perceives a thought as he would any other event in space/time. A mind which holds a thought does not need to send it, and if it were the mind of a non-telepath, it could never receive anything which did not come to it through the usual channels of the senses.

Nevertheless, there is a principle by which telepathic attention can be focused on a desired thought. Thought detection is not limited by distance, nor is the range of a transmitted thought. Telepathic communication can operate throughout the universe and such communication is instantaneous. Thoughts and their transmission and reception operate beyond the scope of the physical universe. They do not obey physical laws. However, they do obey the laws that exist in the dimension that thought occupies. Therefore, the mind transcends all that is physical in its operation. It is only the physical brain, the tool of our mind, which needs to be trained by the tensor concepts. Our mind already knows the techniques of the tensor concepts. The problem is in impressing them upon the physical brain. Once we have reached that point, we will become ‘one with MAN among the Stars’, and reclaim our heritage.

We have to start by realizing that there is a mental continuum or dimension, but there is no psychic continuum, because what we call psychic gifts are only the side effects of our fundamental traits, ESP and PK, each with a real existence in the universe. These faculties detect and move things in space and time and are in turn detected and moved. The tensor faculties help us to pursue a single line of thought for any period of time. Without practice, this is sometimes hard to do. The suggested mental exercises in a previous Article will be of help in this area. Everything is possible in the realm of thought. Thought is an event occurring within that individuality of consciousness, which is uniquely each one of us. It occurs merely on a subtler level of awareness, one not far removed from the physical world. No thought shields exist other than those created by an individual's field of thought. There is nothing in the physical universe that cannot be penetrated by a thought. The remote corners of the galaxies can be reached instantaneously by thought.

One's physical body can, as well, be transported or teleported by the power of the mind anywhere in the universe or, closer to home, anywhere about our planet. Our mind does not require the use of a physical vehicle to transport our body thusly. There is nothing else involved in this process other than our ability to mentally grasp the concept and the technique employed. One can as well see the future, visit the past, explore the present and move about anywhere and everywhere at the command of thought and of the mind.

One of the great handicaps, which make it difficult for us to grasp this unlimited potential of the mind, is our common belief that the mind is located inside our physical brain. When we come to the realization that the 'mind' exists outside and beyond that which we call the brain and our bodies, and when it enters our 'awareness' and is finally 'understood' we would have made a giant step in our training. We are just at the stage of babies learning to walk and talk. Imagine if a baby refused to take that first step, or tried to utter that first word. What would become of it? If we do not exert the effort to develop the latent powers within each of us, we will continue on as we are, and nothing much will change, except that we may not be able to tolerate the new frequency building on our planet. We have to believe in our own ability to utilize our own mental potential.

Many of us are uncomfortable with the idea of receiving another's thoughts, or of others receiving ours, because some of us harbor thoughts not worthy of our true being. True, as we master our telepathic abilities, we learn how to create a thought shield. But remember this, when we employ a thought shield we are like a lighted beacon calling to ourselves the attention of every telepath near us.

One of the toughest lessons we have to learn is that of cleaning up our thoughts and disposing of all that is unworthy of the Light within us. None of us will enter the 'new age' using a thought shield. Majorities on our planet are already utilizing minds that are shielded. This was one of the side effects of the detrimental radiation from our sun, before it was screened off, that caused a gene mutation. This has been passed on from parents to offspring. It has given us a handicap in our spiritual development. Tensor Concept training will further help to lower these shields. In the past, some of us were able to dispose of these thought shields. Those who accomplished this were considered to be the great sages of their time. You see a shield works in both ways. It prevents your thoughts from being received, but it also prevents you from receiving thoughts from the source of all enlightenment. Highly evolved people do not employ thought shields.

If you have concerns regarding your telepathic privacy, has it occurred to you that your mind is aware of your cortical thinking and your physical actions, and it can halt the telepathic inquiry of another mind? Your mind can, at any time, initiate a 'busy signal' and thus prevent a telepathic interchange of information. Do not confuse this 'busy signal' with the use of a mind shield. They are entirely different. Therefore, no telepath can become a mental 'peeping tom', without the full knowledge and consent of your mind. Telepathy is a joint sharing of thought and each mind engaged in such a sharing obeys the laws of the mental continuum. Your mind will not act in an irresponsible way and cause you harm or embarrassment. A telepath can only read a mind when that mind has agreed to the interchange of thought. A non-telepath has no access to anything outside his normal senses.

Remember, we are in error when we view telepathy as an active process. Incoming thoughts are most easily recognized when our 'conscious' objective brain is not engaged in concentrated thought or other activities requiring great mental attention. An ideal state would be what

we call ‘day-dreaming’. In this state thoughts are lazily drifting through the brain and our conscious attention is not focused on anything in particular. Daydreaming is really a useful activity.

Normal conscious brain activity (cortical activity) creates a type of mental interference, or static, which is constantly interfering with telepathic functions. Our so-called normal ‘awake’ conscious state is properly termed ‘cortical activity’. It is only when a pause occurs in this cortical activity that the Tensor Centers can get through our jammed mental switchboard and pass information to the conscious cortical centers. The ‘Thalamic Cortical Pause’ produces a momentary interruption in our conscious cortical activity. This allows the Tensor Centers of the brain to allow a thought to slip through.

During the periods when practicing telepathy, let your cortical activity come to rest. Let your thoughts drift. Consciously go into an ‘Alpha’ level. Try to set aside a period each day to be quiet, and if possible, alone.

When the Tensor Centers are communicating with the cortical centers, you may not be conscious of such an interchange. Later, as your awareness develops, you will recognize when such communication is occurring. The clue to this will be a newfound clarity of thought and ease in thinking. Creative, innovating, and so-called original ideas are a result of the mind imparting a thought to the Tensor Centers; they in turn passing it on to the cortical centers, which discover, or stumble across, the idea or thought placed there. Only the cortical centers are involved in the learning process. The Tensor Centers, in acquiring thought from the mind, know the essence of the thought completely.

In Article I, we discussed the brain functions. To further elaborate, we would like to offer the following additional information of how the brain functions. First the activities of the cortical center and then the functions of the Tensor Centers, as follows:

CORTICAL FUNCTIONS – CONSCIOUS

1) The cortex and cortical centers occupy 20% or 1/5th of the total brain area.

2) Such activity as thinking, logic, reason, deduction, evaluation, classification, etc.

3) Short-term active memory and the process of remembering previously translated thought information.

CORTICAL FUNCTIONS – SUBCONSCIOUS

1) All functions that have become habit patterns due to their continued re-use.

2) Automatic and regulatory activity related to vital functions of the physical body.

3) Long-term (archived) storage of translated thought information in the cortex of the brain.

Note that we include ‘subconscious’ functions under the heading of conscious cortical activity. This is because, in reality, they are only another department of the cortical functions. At present, I don’t believe that science has made this distinction. One measure of our mental coordination, is how well our conscious cortical department communicates with our subconscious one and vice versa.

TENSOR CENTER FUNCTIONS

1) The Tensor Centers function continuously. They do not sleep at any time.

2) They pass on, to the cortex, thought information for transition.

3) They acquire thought information from the mind via an inductive process.

4) The Tensor Centers occupy a large physical area within the brain, 80% or 4/5ths. Their function is to receive thought from the mind, clarify and store it.

The Tensor Centers are separate from and do not engage in any cortical activity. The cortical and the Tensor Centers make their individual

contributions to the overall integrated functioning of the human brain. The only difference is in their individual method of operation. In MAN, that which we are to become, the Tensor Centers are fully integrated and connected with the cortical centers within the brain. When we reach this state of evolvment, the two will function in perfect harmony.

It seems strange that our science has not shown more interest in investigating the disparity in size between the known cortical area and the unknown Tensor area of the brain. One would think that an area comprising 80%, performing an unknown function, would excite their curiosity. Perhaps investigating such with only the limited ability of their cortical centers would prove to be most difficult. I guess we will just have to wait for a Tensor oriented scientist to come on the scene.

Let us examine a little further the transmission of thought from one brain to another. The mind of any individual can communicate with the mind of any other individual, or group of individuals. This takes place in the mental continuum. Before an individual becomes aware of this type of communication, the following events take place:

- 1) The mind notifies the Tensor Centers that a thought from another is being perceived.**
- 2) The Tensor Centers, in turn, attempt to pass this thought and its content along to the cortical centers.**
- 3) The cortical centers place the thought, in translated form, in the path of thinking that the cortex is following at any given moment.**
- 4) The cortex, if its attention is not focused to narrowly on the subject of its thinking, will come across the thought, like an object placed in its path that requires a movement to go around. The cortex would then discover this ‘thought object’ placed in its path and assimilate the content of the translated meaning. Then, depending on the nature of the data and the response it merits, the cortex would initiate the proper action. If, however, the cortex and cortical centers are involved or otherwise actively engaged in the process of thinking, the ‘thought object’ placed in its path will be side stepped without recognition and the message go unnoticed.**

Concentration, or active thinking, a cortical activity, is not conducive to the recognition of a message from the Tensor Centers. In fact, it obstructs one's ability to function telepathically. When you are actively seeking an answer or problem solution, take a 'break'. Detach your mind from the subject and think about something else. Usually after doing this, when you return to the process of cortical thinking, the answer is suddenly and mysteriously apparent. Using the Thalamic Cortical Pause and relaxing the tiny muscles around your eyes and in your jaws can help you detach from cortical thinking. Using the 'Alpha' level techniques can also be of assistance.

Do not make the mistake of thinking that the exercises being presented in this series of Articles are too simplistic. True, they are basic principals, but very effective ones. Put to use in your normal, everyday life, they will have a profound effect, which you will be able to see for yourself.

Once we have given you exercises for the head and throat chakras to be combined with the heart chakra, and you put them together with the other techniques we have offered, you will begin to see their effect as a whole. Having knowledge of these techniques will do nothing for you unless you use them on a regular basis. We will offer some suggestions on this at the end of this series.

By developing these areas of your brain, you will eventually be able to do things that would have seemed impossible only a few years ago. Always remember, Tensor Concepts are a discipline and must be approached in that manner, just like preparing yourself to be a musician or any other profession.

ARTICLE X

Exercises for the Head and Throat Centers:

1) Head Center – The Head Center is in two parts, one corresponding to the pituitary and the second to the pineal. They are located in close proximity to the two respective physical glands of the body. This exercise helps to form a bridge between the two, opening you to consciously receive messages from the super-conscious (or higher self). It is latent within all man, and at times opens to present man an opportunity for development. If one is ready, the process continues. If he is not yet ready, it will close again until a future time. When, by conscious design, we desire to develop these areas, attention can be directed for this purpose. The following exercise can be very helpful if practiced diligently and often.

a) Sit comfortably with your feet flat on the floor – eyes closed – spine straight – head erect – hands in your lap with thumb, forefinger, and index finger of each hand touching at the tips.

b) Visualize energy flowing into and surrounding your entire head.

c) Direct your attention to the area of the Pituitary Center, which is in close proximity to your Pituitary Gland (located behind the bridge of your nose).

d) The first part of the exercise is done in rapid fashion – sounded on exhalation, so take a deep breath and intone:

e) RA-MA – 7 times (all on one breath) – pause, breathe – repeat 7 times – pause, breathe – repeat 9 times.

f) Next, visualize a small yellow cloud, tinged with green, around the Pituitary Center and intone the following 3 times:

g) RA-RA-RA MA-MA-MA RA-A-A M-A-A-A (Do this 3 times in succession).

h) Continue to visualize the yellow cloud tinged with green engulfing the Pituitary while you intone the following 3 times, BUT SILENTLY TO YOURSELF.

i) RA-A-A MA-A-A - 3 times silently.

Now, direct your awareness and energy to the Pineal Center. This is behind and a little lower than the Pituitary (somewhat between the top of your two ears).

a) Visualize a cloud of violet shading towards pink surrounding this area and intone the following:

b) AA-UU-MM – Repeat 7 times aloud (with a breath taken between each) – pause – repeat 7 times silently – pause – repeat 7 times aloud.

You can practice the exercise for the two head centers once or twice a day, but don't overdo it. Once they take effect, your head will really be buzzing.

2) Throat Center – The Throat Center governs Universal Love. Here is the exercise to develop it:

a) Visualize a cloud of bright orange surrounding your Throat Center, which is just forward of the spine, behind the 'Adam's Apple', and is associated with the Thyroid.

b) Intone the following 5 times:

c) THO – THO – RAMA – THO

Now, put these three new exercises together with the Heart exercise we gave you in Article VIII, and intone them all on G above middle C. (Or intone them at a sound frequency to set up a noticeable vibration in each area as you proceed.) Do them in the order as follows:

- 1) Heart Center**
- 2) Pituitary Head Center**
- 3) Pineal Head Center**

4) Throat

In our group studies, we made up audio tapes that talked us through the breathing exercises as well as the chakra exercises, which freed each of us to fully participate, rather than one being chosen each meeting to lead the exercises. We found that worked well for us. It was especially helpful when we practiced on our own.

If you follow a structured program, you will find that you progress faster. Again, let me remind you, the results will be in direct proportion to the effort you expend. We have a regular life to live and we do that to the best of our ability. But we owe it to ourselves to spend some time in concentrated effort to continually raise our vibratory level. We have just begun. What is ahead for us is very exciting, but we need to be prepared and able to deal with our new world.

ARTICLE XI

Telekinesis: (or PK)

The Tensor Concepts have been called many names in their history upon our planet. Currently, one of them is 'extrasensory perception. For a short time they had been known as 'psionics' or 'psi'. Previous to this, it had been thought by many of our ancient peoples to be what many called 'magic'.

The medicine man of our early times, with the oxide that he used for paint, with his knuckle bones to rattle in a skull and his bag of nauseous content, may have practiced it in a clumsy sort of way before the first word was ever spoken. He was grasping at principles he did not understand; he more than likely did not even know that he did not understand, not realizing there was anything he ought to understand. Knowledge such as this was passed on from hand to inept hand. The witch doctors of our Congo used it. The priests of Egypt knew of it. The wise men of Tibet were acquainted with it. In all of these cases, it has not been wisely used because it has not been understood. It has gotten mixed up with a lot of confusion. In the days of so-called reason, it became discredited and there was hardly anyone who believed in it. However, out of this primitive reasoning arose a method and a science. There was no place for the magic of the Tensor Concepts in a world that science built, for there was no method in it and there was no system in it. It could not be reduced to formulas or equations at that time, which our scientists could handle or understand.

So it was considered suspect as it was outside the pale of what was considered normal. 'Stupid foolishness', it was called. No man in his right mind, in those times, would even consider it.

In our present time, it is called PK, meaning, Paranormal Kinetics. Thus the history of the Tensor Concepts on our planet has been a strange one, for despite the gulf that lay between psycho-kinesis and science, it has taken the orderly mind, which science has drummed into our human race, to make PK finally work. It has been necessary for science to come first. Science had to be developed before men could

understand the forces, which freed his mind from the shackles in which it had been bound.

Our science has, therefore, been the training ground in which organized thinking and method was developed. There have been those who have said that two roads in some distant past had forked. One of these paths had been marked magic, and the other science, and we had taken the science road and let the magic go. They further went on to say that we made a great mistake in the choosing of these roads. But those who made these statements had to be wrong, for there never were two roads. There has only been the one road. Men had to master science before they could discover the disciplines of the Tensor Concepts.

In our past we were fortunate to have stubborn men who refused to give up their dreams of the stars, men who were willing to brave the laughter of our world and fellow man, who would accept the challenge if only they could go out to the stars.

Men on our planet, in the remote past, had gone to the stars, by using the Tensor Concepts without the benefit of machines or the worship of technology. Today, machines and technology, and science itself, still exist and are in daily use and are still of vast importance. But, in future times, they will no longer form a cult nor be our only way to travel.

In our ‘coming of age’, we will still have use of and need of machines. However, they will not be machines that can presently be accepted by the common mass of mankind upon our world. They will have no pistons, no wheels, no gears, no shafts, no levers and no buttons. They will have nothing of the component parts of a commonplace machine and they will certainly seem very strange and alien. We will then lose our cultural hero – the machine. The machine has represented a form of abstract hero worship; for we have always needed ideals and goals and thus a vacuum will exist in this area.

The Tensor Concepts can fill this vacuum exactly. For here, at last, is the promise of an ultimate fulfillment. Here is something exotic enough to satisfy the depth of human emotions, such as no mere machine has ever been able to do.

When we are finally able to make contact and travel to the stars, we will find a type of machine, a symbolic one. One that frees the mind and even gives it a boost in the right direction. It will be a way of getting there, of knowing where we are going, and once we understand it, once we get the feel of it, it will be clear and simple and it will become a part of us. It will be as natural as breathing, and it will not require us to use what we call a ‘spaceship’.

As we learn to employ the Tensor Concepts, we will develop a new mental clarity. We have a lot of work to do. First, there are the simple things, the easy things, to be learned and applied. However, we will go on from there. We will grow. Some, however, stop growing after a time, mostly because their focus moves on to something else or they get ‘lazy’, while others keep on growing. In each individual these abilities will not be separate abilities. The abilities themselves are simply manifestations of a ‘wholeness’ of our minds. They are lumped together, the mind working as it always should have worked, even from the very first, if it had been given the chance.

There will be many among our people who do not trouble to learn these new concepts, who will be more than just envious. Perhaps we will see the terror and the hate and the envy of the uninitiated. We perhaps will feel the frustrations of those who have been left out, or the intolerance and the smugness of those who have refused to understand.

Don’t be overly concerned, these are just the rear guard of what we might call our old order, holding a narrow passageway, against our out-flanking of the future. They, too, will come around in time.

Regarding, now, this topic of psycho-kinesis, or telekinesis. It appears to be one of the highest forms of activity in the human brain and you will find it extremely tiring if you keep at it for long stretches of time. What happens is this: The electrons in your brain that are influenced are first, your own, in the cells of your own brain. You visualize a cloud of electrons swirling in the forefront of your brain. You then project the resulting field that you just created, onto whatever object that you wish to move, since obviously you do not want to teleport the insides of your skull. The clouds of electrons, in a swirling field of force, affect the gravitational field of the object, reducing the field. The result of this exercise is that which we call ‘levitation’. In our initial efforts in the use

of PK, or telekinesis, we will be using what is described in our science as the 'Blackett Effect'.

Practice the foregoing technique to try to move objects. Try something light, like a needle suspended from a thread. Build this cloud of electrons and direct them to the 'needle'. Use your mind power to mentally or verbally direct the object to move. Be sure not to move it by breathing on it. Command that it move. If it doesn't work for you the first time you try it, don't get discouraged. Keep working on building your 'mental energy', and keep attempting to move the needle. As your ability increases, and it will with practice, move on to heavier objects, perhaps to a crystal suspended on a chain or cord, then try levitating, or raising it up in the air.

Once an object is levitated, it will be drifting aloft. At this point other forces requiring only a minimal amount of mental control will act upon the object. The first of these is that known as Coriolis, which will cause the object to move slowly in a lateral plane. Centrifugal force will keep the object aloft as long as you are maintaining the gravity field at zero.

In developing these faculties, it will be necessary for you to try and think of nothing at all, to empty the mind of everything possible. The preliminary use, in the early stages of the 'Thalamic Cortical Pause, will aid in relaxing and emptying the mind. This is difficult to achieve because there are always fugitive images and washes of faded emotions over which many have no control. At the moment when you believe you have achieved mental relaxation, that is the moment to try this exercise. This is another exercise that will be activating new areas of your brain, and eventually the new synaptical connections within your brain to these areas will make contact with your cerebral cortex.

Understanding the techniques for PK and making them work does not require knowing the complex mathematical formulas that govern them. For those of you with scientific backgrounds with a curiosity in this direction, I would refer you to the Heisenberg probability packets in the original Heisenberg inter-determinacy formula, and to the early thinking of our scientist, Neils Bohr. The basic Tensor Telekinesis equation is identical with a formula well known in physics, although not recognized as such. This formula is called the 'Blackett' equation by which levitation can be accomplished.

I don't have the symbols on my computer to properly show the Blackett equation, but I will do my best as follows:

$$\text{"GR" (Gravity)} = \frac{2 c p}{b u}$$

"p" = Magnetic moment

"c" = Velocity of light

"b" = Uncertainty correction amounting to 0.25

"u" = Angular momentum

This is the basic equation to accomplish levitation.

As I said, we do not need to know the math to perform the task, but we do need:

- 1) To be constantly increasing our psychic and mental energy,**
- 2) Develop and bring our energy centers into alignment, and**
- 3) Practice, practice, practice and then practice some more.**

ARTICLE XII

PENDULUMS – an exercise in PK:

In working with pendulums, we are actually using both our ESP and PK abilities. The mind detects the organizational field of the subject and through use of the ‘Thought’ fields affects an action upon it.

Working with pendulums (or dowsing rods) is an excellent way to improve your PK abilities. The knowledge of ‘how to’ has been around and used for centuries, but not enough credit has been given to its importance.

There are many practical uses for a pendulum. When I was a child, my uncle was the one called on when a farmer needed to find a location to dig for an artesian well. He taught me to dowse at the age of ten. Before we had satellite pictures, dowsers were used to find oil deposits, and in the Second World War, soldiers with the ability to dowse were used to find minefields and armament stashes. They can be used to find lost articles and to determine if something is compatible with your own personal vibration. What most fail to realize is that the process is a Tensor Concept ability, which comes from the Tensor Centers of one’s brain. This ability can be trained and honed to a fine degree. Fifty years ago, this ability, although not rare, was not too common. That is no longer the case. A large percentage of our population today can develop this ability very easily and rapidly. Below are listed the basic techniques for using pendulums and/or diving rods. Practice with these techniques can help increase your mental energies and control.

A pendulum can be made using a variety of material suspended from a chain or cord:

- 1) Wood ball**
- 2) Neutral Metal (like type metal, etc.)**
- 3) Glass**

4) A Quartz Crystal or Gemstone

5) Plastic

6) Needle

7) Or even a hollow one so you can put a witness (or symbol) inside instead of sticking it on with tape.

A pendulum is a personal tool. Never let anyone else touch your pendulum.

The psychic energy of the dowser, directed by his thoughts, reaches out toward the aura of the object sought, contacts it, locates it, and represents it to the dowser in the manner, which he prescribes. A pendulum can do all that dowsing rods can do, plus more.

1) As a quick review – radiations, which can be indicated by a pendulum, are radiations in some way similar to radio (electromagnetic) waves. They are radiations transmitted by all and every material as it decomposes, or gets ready to change states.

Everything (all elements) has its atomic number (which I believe corresponds to ohms), number of atoms, indicating how slowly it is going to vibrate, or how fast it is going to vibrate.

All we do in pendulum work is to tune in to some atomic vibrations, and if we know how, we can tell which one it is and where it is.

2) You must have both positive and negative like a radio. You can use the ground wave as negative, and the airwave as positive.

3) So in the matter of pendulums, the human body collects the air wave, acting as the antenna or aerial, and the feet in contact with the ground acts as the earth connection or ‘ground’.

4) For correct pendulum work, it is necessary to keep the balls of the feet on the ground unless one uses another method of tapping the earth current.

5) A gold ring suspended on a piece of string or thread is used by some to determine the sex of an unborn child by holding it above the stomach of a pregnant woman. Direction of type of movement indicates sex.

6) There must be the necessary current variation to do the necessary.

a) Clockwise – Male

b) Counterclockwise – Female

The gold ring on a piece of string is the ‘symbol’ that this person uses. His mind has endowed it with the instructions to move in a circular motion. If his mind had endowed his symbol to move in an up and down, side-to-side motion, it would have done thusly, rather than move in a circular motion. (Review Article VI – Visualization and Symbols.)

7) You must enlist the aid of your subconscious. Give your subconscious a name, which you can use when talking with it. Call it ‘George’ or ‘Grace’ or anything you want, just like naming a baby, but never tell anyone its name. This is just for you.

8) Let your conscious mind talk to your subconscious mind in a manner somewhat like the following:

a) ‘George’, ‘George’, I want your help very much. I want you to work with me. I want you (then specify what you want – be very specific, not wishy-washy) and remember ‘George’ that really we are all one and what you do for me you are also doing for yourself. Repeat this slowly, carefully, and with great thought – 3 times.

9) When using your pendulum, keep your feet flat on the floor so the balls of your feet are in contact with the floor and say something like:

a) ‘George’, I want to know what I must do to get success at (such and such a thing). If you are going to make the pendulum work, make it swing backwards and forwards for yes and side to side for no as a human does when he nods for yes and shakes his head for no. Repeat 3 times very slowly, very clearly, very carefully, what you want your subconscious to do and what you expect of the test, because if you are

not certain what you want, then how can the subconscious give you any information?

10) Although pendulums are made out of a lot of different materials and shapes, I am most fond of the ancient traditional way as follows:

a) Use a wood ball around an inch to an inch and a quarter in diameter. These can most often be found at craft stores.

b) Use boot makers thread, or twine, five feet in length.

c) Tie (or staple) one end to the wooden pendulum. Tie the other end to a rod, or empty large spool (like a thread spool).

d) Wind all the thread onto the rod or spool so that when you hold it in the palm of your hand the thread holding the pendulum is between the finger and thumb of your hand.

e) First, tune your pendulum for the particular type of material you wish to locate.

1. For example, Gold – Take a piece of sticky tape one inch wide and put a very small piece of the gold (scraped from the inside of a ring, for instance) on the tape and lightly push it onto the pendulum.

2. Put your ring, or another piece of gold between your feet as you stand up. (To tune the pendulum, a sample of the material you wish to locate should always be placed on the ground between your feet.) Stand upright with your spine straight and your left arm down by your side. The right arm should be elevated to parallel with the ground. Do not brace your elbow against your side.

3. Slowly unwind the thread so that your pendulum lowers to perhaps a foot and a half from your fingers.

4. At this point, the pendulum should swing in a circular direction making a complete circle. If not, lower the thread a little or pull it up a little. At the point where it moves most easily, make a knot where it lies between your thumb and forefinger and write down the exact length from the knot to the ball and list this as ‘Knot #1 – Gold’.

5. Do the same for silver, stonework, glass, vegetable stuff, water, lead, oil, etc. A partial scale in order of length is as follows:

First at around 12” you should find stonework – then glass – the vegetable stuff – then silver and lead close together – then water – then around 18” gold – then copper and brass. Iron should be found at less than 30”. As I said, this is only a rough, partial scale, to help guide you.

I have used a wooden ball pendulum for outside work since I gave up cutting a forked tree branch. It’s much easier to use.

For ‘inside’ work, especially where ‘maps’ are used, I find a ‘shorter cord’ pendulum to be preferable. My favorite indoor pendulum is a quartz point on a chain. The following is an example of how to use a shorter cord pendulum:

1) Say you wish to find where a certain person is living. Set at a table with no shelves or drawers, like a kitchen table.

2. Have at arms reach some sheets of ordinary white paper.

3. Tell ‘George’ what you want. Say, look ‘George’, I want to find if Betty lives in this area, If she does, please so indicate by swinging the pendulum backwards and forwards to show yes, or side to side to indicate no.

4. Have your pieces of paper on the right hand side of the table, and on the top, which is away from you, write ‘yes’ and on the bottom, which is close to you write ‘yes’. On the far left side write ‘no’ and on the far right side write ‘no’, and in the very center draw a plus sign pointing to these four answers. The center where the two lines cross is the spot over which you will hold the pendulum. The pendulum should be held about 2” over the center of the plus sign.

5) Sit comfortably with your feet flat on the floor, with or without shoes on. Get a map of the area desired and spread it out on your left side, so that you have your sheet of white paper on the right and the map on the left.

6) First, move the pendulum all over the area of the map saying, 'George', this is the area of my map. I want to know if 'Betty' is anywhere within this area. 'George', I am going to start my investigation. I want you to help me. Please indicate yes or no as the case may be. Then put your right elbow comfortably on the table and suspend the pendulum by its chain or cord between your thumb and forefinger. The pendulum should be about 2" above the 'plus' sign.

7) Having gotten ready, make sure not to be disturbed. Tell 'George' that you are now ready to start work. Look at the map and put the forefinger of your left hand along the road on the map where you think 'Betty' might live. Give an occasional glance at the pendulum in your right hand. It may swing idly without any apparent sense, but when you get to where you believe the person you are searching for lives, and at that point, the pendulum will definitely indicate 'yes' or 'no'.

8) Use a small scale map first so that you can cover the biggest area, but when you get some sort of indication as if 'George' was saying, 'this is a big area', 'I need to get closer to this', then you get a large scale map so that you can, with practice locate any individual house.

9) After each test you must exchange your sheet of paper for another fresh one, because of the electro-dynamic energy residue that attaches to this symbol (the paper).

REMEMBER, MAKE SURE OF WHAT YOU ARE ASKING BEFORE YOU POSE THE QUESTION AND NEVER SAY, 'CAN YOU TELL ME'. Make your request with a sense of authority, and know that it must be granted.

When you have finished your search, always remember to thank 'George' for his assistance.

This technique can be used to find anything. Our group practiced, sometimes, by hiding various objects around the house. Then by making a rough 'map' (which is the 'symbol' for the mind) of the area on which to work, could always find these secreted objects. Although any exercise in Telekinesis is a serious aid in our evolvment, nobody said we couldn't have some fun using it.

ARTICLE XIII

Teleportation – Astral Travel – Out-Of-Body:

One of the greatest gifts bestowed on man is when he comes to the realization that he is more than his physical body. When he learns he is not bound for the duration of this particular life to it. That he can leave it at will, travel, learn and return. He can do it mentally, astrally and/or physically. He is not limited to any particular location, and he does not need a car, a plane, or train to take him where he wants to go. He can also bring objects to where he is. It is all done by ‘mind’ using the ‘mental continuum. This is called teleportation. Out-of-body (astral) projection is a form of teleportation.

We are always out-of-our-body when we sleep soundly, even if we don’t do any traveling. Those who have the vision can see the astral form rising up slightly out of the physical body, just hovering there. There are exercises by which attention can be focused to consciously leave and return to your physical body.

For the most part, in the average human being, it is a fairly common form of involuntary projection, which naturally happens without plan and often without the projecting person being aware of the near miracle he has accomplished.

One criteria for successful conscious projection is the ability to concentrate totally on getting out-of-the-body. We keep going back to the importance of building up your mental energy and concentration. This cannot be over-emphasized. There is more than one type of projection. The best way to project at will and make the person you are trying to reach aware of your presence is through astral projection. However, mental projection is much simpler and it is better to practice with this for a while before attempting the other method.

Mental projection means traveling in ‘mind’ to a particular place. Concentrate on a place familiar to you at the beginning. Close your eyes and think about your house. See the street in front of your house and the sidewalk leading up to the door. Now look at the color of your house and look right and then left to what is beside your house. The ‘pattern

of relationship’ of this symbol is already stored in your mind, so you have no trouble in visualizing it. Now, open the door and go in, and look around the room you have just entered. Note the color of the walls and look at the objects in the room. Now go into another room, and look around and note everything in that room. Now open your eyes. Do you know what you have just done? You have projected yourself mentally into your home. It’s that simple in reality. That is a form of ‘mental projection’.

When you want to do some serious mental projection, take a little time to prepare. Don’t attempt to project if you are tired, sick or have just finished eating. Your mind must be clear and active with a good blood circulation in the brain. Take a bath and brush your teeth to remove as much extraneous matter as possible from your body. This frees you from material and astral contamination. Put on a loose garment and find a place where you will not be interrupted. Sit in a comfortable chair with a headrest or lie down. I like to do my projecting when I go to bed at night before I get too sleepy, especially if I want to actually leave my body consciously.

When you are comfortable, take seven deep breaths in this fashion. Inhale to the count of 4, hold to the count of 10, then, exhale to the count of 8. Space your count evenly, in a regular pattern, neither too fast, nor too slow.

When finished, close your eyes and visualize the place to which you wish to project your mind, or your astral body. Until you are adept at out-of-body projection, limit your travels to known locales – whether it is in the next room or a thousand miles away. (I sometimes like to visit my son aboard his naval ship just to check up on him, and later we compare notes.) Distance doesn’t matter, but in the beginning it is important that you know where you are going and are familiar with its ‘pattern of relationships’, which your mind has on file.

Then see yourself in this place. Imagine that you are in the actual spot you have imagined. In order to do this successfully, you must shut out awareness of your present physical surroundings, and see in your mind’s eye the appearance of the place you are visiting.

When you can actually see yourself in the place selected, look about. Observe furniture arrangements, people who might be present, how they are dressed and listen to what is said. (While in your chosen location, those who have the vision quite probably can see you or feel your presence.) Then return your attention to your body seated in the chair or lying down as the case may be.

It is important that you remain fully conscious through the entire projection, for allowing yourself to fall in a dream state, brings illusion and unreality. Make sure to stay awake.

When you open your eyes, write down all that you observed and the exact hour in case you have the opportunity to verify your observations.

You can set up a test projection with a friend or relative by setting up a day, time and place, and then checking out what you observed later with them. This can be a lot of fun, especially if your friend is clairvoyant and can see your appearance. I was involved in a test in the 80's with some friends who went out to Sedona where one of the party members was highly clairvoyant and she was able to actually see me each time I projected to a predetermined location, and when we compared written notes upon their return, it was a 100% 'hit'. It's really very simple and a lot of fun.

The most significant difference between mental projection and out-of-body projection (as we like to call it) lies in the focus of consciousness. In mental projection, you are always dimly aware of your body and what is taking place around you. It's like feeling yourself in two places at the same time. You are aware of the sounds and smells in the place you project to, while still aware of what is around your physical body. It's almost as if your mind is divided into two sets of awareness and you will find it possible to switch your attention from one to the other instantly. The first time I consciously mentally projected, I could feel my body separating. Part of it felt like rising up, while the other part felt like sinking down, a rather strange sensation. Then all of a sudden, I was in another location, which I could hear, feel and smell, and at the same time I was fully aware of my body in the chair in my living room.

Out-of-body (astral) projection is substantially different in that when you leave the body you take all your sensory equipment and

consciousness with you. Your body lies in a deep like sleep and is aware of nothing until you return to it. The impressions, which reach your astral body, are just as vivid, powerful and real as physical impressions.

Lower emotions entering your mind, or trying to spy, or invading another's space without permission, will instantly break off an astral projection. Your own conscious mind will not permit it. Also, thoughts of earthy physical things like eating, etc. will also flip you right back into your body.

Again, never try astral projection unless you are in good physical health. This is extremely important. Nor should you make an attempt if you are tired or have just eaten. Another important thing to know is that no alcohol should be consumed at least 48 hours prior to attempting projection. This is not a game.

If you need a little extra help in getting 'out-of-body, try this. While lying comfortably, close your eyes and raise your consciousness to a point at the top of your head. Gradually, your awareness of the bed beneath you and the covers over your body, sounds of the outside, odors and air currents should begin to fade away. Continue to keep your consciousness concentrated at or above the crown of your head.

At this point, intone softly and rhythmically the sound of 'OM' seven times on the note of G above middle C to resonate in the top of your head. Immediately after, repeat this same intonation silently in your head seven times. Concentrating all of your attention on the core of this resonating sound, let it lift slowly upward toward the ceiling. Remember, it is the resonance that ascends, not your body.

Then open your eyes and allow your awareness of things about you to return. Do not be alarmed when you realize that you are no longer on the bed, but above it near the ceiling. Above all, do not let the feeling of shock and fear; enter your mind or solar plexus when you observe your body, seemingly lifeless, on the bed below.

At this point, by merely thinking of a place you want to go, you will be instantaneously there, and the same applies to the return to your body. You can move about by willing yourself to move, walk, float, etc.

As your energy and mind control continues to increase, you will learn how to teleport objects from one location to another, as well as your physical body. This feat of accomplishment, for most of us, is still a little ways into the future, but it is an ability we can reasonably expect to develop in our new age. There are those on the planet at present with this ability, but it is not a common one shared by the masses at this time.

The other forms of projection, i.e. mental and astral, are becoming more and more common, as the energies are changing on the planet. All it takes is a little confidence and practice.

ARTICLE XIV

Format for Individual or Group Practice:

Know that there are no free passes to the realm of mind, and that each of our actions has a consequence. If we do nothing to develop the Tensor Centers of our brains, our progress will be proportionate. If we make the effort to learn and apply the Tensor Concepts to our every day lives, we will march boldly into the future, side by side with our planet, armed with the techniques we will need to fulfill our destiny in the new vibratory frequency which is being wrought upon our world. We must learn to lovingly detach from the world as it appears now, and visualize the new world that is in the process of becoming.

The following is just a suggested format to help get you started on a structured program. It is not ‘written in stone’, and you may wish to adjust or change it to make it uniquely your own.

- 1) Begin each session with the Thalmatic Cortical Pause, (from Articles I & III. (It is best to stand while doing this.)**
- 2) Sit down, and then do both exercises for increasing your psychic, healing energy from Article V.**
- 3) Next, do the Heart Chakra exercise from Article VIII in combination with the Head and Throat exercises in Article X.**
- 4) Practice going into Alpha Level by using the exercise in Article VII, and while you are in your workshop, choose someone or some situation to work on. It can be a project that the whole group (if you are in one) can work on together. This gives it an extra boost of energy. Report back to the group any changes in the person or situation on which you worked.**
- 5) When you finish with the ‘Alpha’ project, take a short break, because the next step is meditating on and working with the Light (from Article IV), which puts you right back into an ‘Alpha’ level. If you find**

difficulty in doing both on the same day, do only the ‘Light’ meditation and do the ‘Alpha’ exercise alone at a different time. It is more important to build your skills in the use of the ‘Light’.

6) Meditation on ‘The Light’ – See Article IV.

For our group meetings, we were fortunate to come into the possession of a marvelous rendition, by Hein Braat, of the beautiful Gayatri Mantra (Universal Prayer), chanted with a background of singing bowls. We always played this Mantra while we concentrated on building up the ‘Light’ around our group. At the end of the concentration period, each member of the group took turns saying aloud the names of their loved ones, or the ones they had particular concern about, then one member would direct the energy outward as shown in Article IV.

For those of you who are not familiar with this ‘Universal Prayer Mantra’, a translation is shown below:

The Universal Prayer (Gayatri)

**Om Bhoorbhuvaha Swaha
Thath Savithur Varenyam
Bhargo Devasya Dheemahi
Dhiyo Yonaha Prachodayath**

The important attributes of Gayatri are:

- a. Aum (Om): Sound as the basis of Creation.**
- b. Bhuh: The Earth**
- c. Bhuvah: The Ether, the Subtle, the place in between Earth and Heaven.**
- d. Suvah: Heaven, the region beyond Bhuvah the Causal.**
- e. Tat: Stands for That. The ultimate Reality is simply referred to as ‘That’ because it defies description through speech or language.**
- f. Savitur: Stands for Divine Savitri, equated with the vivifying power contained within the Sun, creator of all Living Beings.**
- g. Varenyum: Adore.**
- h. Bhargo: Radiance, Luster, and Illumination.**

- i. Devasya: Divine Radiance or Grace.**
- j. Dheemahi: Meditate upon.**
- k. Dhiyo: Intelligence.**
- l. Yo: Which (Gayatri).**
- m. Nah: Our**
- n. Prachodayat: Enlighten.**

We not only used this tape during our meetings, but each of us began using it throughout the day and at night as we went to sleep. It is hard to describe the marvelous effect it has upon all the energy centers.

After finishing with the ‘Light’ meditation (especially if you obtain and use a copy of the Universal Prayer Chant), you may feel reluctant to get up and move around, for you will find yourselves in such a beautiful place in the mind.

After the meditation part of your meeting is finished, choose one project to work on, rotating them weekly as follows:

Week 1) – Exercise in Telepathy. (Refer to Article IX) Select one member of your group to concentrate on a series of pictures and/or symbols, while the others write down their impressions, and keep them as records to compare at future times. You will find that as time progresses, each person’s ‘hits’ will continue to increase. When doing this sort of telepathic exercise, one thing to remember, it is not a contest, therefore your attitude should be: ‘The score does not matter. It is simply a means to improve my abilities,’ otherwise your conscious mind will block the images coming to you.

Week 2) – Exercise in Telekinesis. (Refer to Article XI) Make, or buy a pendulum. Choose one person to hide objects around the room and to draw a rough diagram of the room. Keep a record of how many objects each one finds using this rough ‘map’ to compare with future experiments.

Alternate this exercise by suspending an object from a cord, and having everyone concentrate their mind at the same time on moving it. You can do the same with a bowl of water while concentrating on making it ripple or slush around.

Week 3) – Exercise in Teleportation. (Refer to Article XIII) Arrange with someone to be at a certain place at a certain time, and practice going there in mind. Make notes of what you see, sense, and hear so that you can check it out later. Bring these results into group and discuss them. You can also let someone choose a landmark and write it down on a card and seal it in an envelope prior to meeting. Hold the envelope in your hand and concentrate on it. Write down your impressions before you open the envelope. This is a means of ‘teleporting’ your mind. It is not the same as ‘telepathy’.

These are just a few suggestions to get you started. Devise others to work with as you go along. And remember, you don’t have to rely on a group of friends getting together to practice these exercises, although it helps to get a little push in the right direction. Minds love company, but remember, we are always connected by mind to each other and to the Universe.

ARTICLE XV

PART 1

BIORHYTHMS AND LIFE CYCLES

INTRODUCTION TO BIORHYTHMS

Life consists of cycles revolving upon cycles. The science of Biorhythms utilizes four of these important cycles. They are: The Physical, repeating every twenty-three days; the Emotional, repeating every twenty-eight days; the Mental (or Intellectual), repeating every thirty-three days; and the Spiritual, repeating every eighteen days.

Each new cycle begins with an ‘up’ period with the first day being a critical day (marked by an “x” on the chart). Midway, the cycle goes into a ‘low’ period with the day after cross-over of the median line being a critical day (marked by a ‘period’ on the chart). In other words, there are two critical days in each complete cycle for each of the four cycles.

Additional caution should be observed on critical days inasmuch as you are more prone to accidents and injuries on these days, or in the case of the Spiritual cycle, a day of confusion or lack of focus intuitively.

The pattern of each individual varies somewhat, so it is therefore advisable that you work with your chart to ascertain your personal patterns. It is suggested that you make notations under each date as to incidents that occur, your physical and emotional feelings, the state of your mental alertness, your intuition, etc. You will soon be able to see repetitions relating to the swing of your cycles.

A Yearly Guidance Chart, highlighting favorable and unfavorable times for many situations, which you may face during the course of a year, is a helpful addition. This, used in conjunction with your Biorhythm chart, can give you a better understanding of yourself.

For example: In your Third period you will note that accidents or operations are more likely to occur than in other periods. It is logical, therefore, that during this period you should keep a more careful eye on your critical days.

Losses quite often occur when the mental cycle of your Biorhythms is high and the physical cycle is low. Your Fourth period is a period when losses occur, so therefore, if your Biorhythms show high mental and low physical, it would make the chance of loss even greater.

Many athletes in physical contact sports have been injured seriously on critical days. It is interesting to note, however, that baseball pitchers seem to pitch unusually good games on critical days. I have charted several professional baseball pitchers and have found that by the use of both Biorhythms and a breakdown of their birth year into periods that an interesting predictable pattern emerged. The most interesting chart I have done was some years ago for the Detroit Tigers rookie pitcher know as “The Byrd”. It broke down as follows: In his Sixth Period, he pitched six games of which he won five and lost one. This loss was the only game played when he was mentally high and physically low. In his Seventh Period he pitched eleven games of which he won eight and lost three. All three losses occurred when he was high mentally and low physically. However, when he entered his First Period his pattern changed. Up until I discontinued his chart during his Seventh Period, he had lost (in that period) one game while high mentally and low physically, and one game where he had a double critical day the day before the game and a mental critical the day after the game. He never lost, during the time I charted him, a game on a critical day and never won a game when he was high mentally and low physically.

Another example: If you’re planning marriage, it is first necessary to chart both persons concerned for there are two periods which are not favorable if they fall in the marriage date of either. These two periods are the Second and Fourth Periods. I have found a number of divorces in cases where the marriage took place in an unfavorable period of one or the other persons involved, and in almost all cases, the partner in whose chart the unfavorable period fell instigated the divorce. This is not intended to imply that it will happen in all cases, but it is advisable to be married in a period known to be favorable. Why take chances.

I find that when the Emotional cycle is high, you tend to be more nervous and edgy. This would be even truer in your Fourth Period, which is a period when your nervous system is tried to its utmost limits.

I personally look forward to periods when I am high mentally and low emotionally and physically. At this time I am alert, calm and feel physically well. If I wanted to seek a new job or had a test to take, I would prefer to be in high mentally. But if I had a very strenuous task or sport to perform, and I had a choice of time, I would choose one where I was high physically.

The Spiritual cycle is not commonly known or used. It was revealed to me only recently. Perhaps we needed to evolve a little more spiritually before this could be of practical use for us. It is in high cycle for the first nine days. The third and fourth days of the high cycle, especially, can open doors direct to Universal Mind, if that is the area in which you are focused, and opens you to creativity, inspiration, and instantaneous knowing.

As I mentioned before, patterns can vary with different people. Much good guidance can be derived from the use of your Biorhythm chart used in conjunction with your periods from your Yearly Guidance Chart. Study each carefully and work with them closely until your pattern is defined in order to get full benefit from them.

ENJOY!!!!!!

ARTICLE XV

PART 2

YEARLY GUIDANCE CHART

To calculate the periods in your Yearly Guidance Chart, you will need a calendar, pen and scratch paper. Beginning with the date of your birth, count off 52 days (7 weeks – plus 3 days). Say your month and date of birth is 4/26 – counting 4/26 as day one, 52 days from that date is 6/17. This is your First Period. Then to calculate your Second Period, begin with 6/18 and count another 52 days, which will be 8/9. So your Second Period will be 6/18 to 8/9. Continue in this manner for a complete year, up to the day before your birthday. When you get to the Seventh Period, you will find more than 52 days remaining. Just throw these extra days into the Seventh Period. There will be an additional two days if you count all Februarys as having 29 days, otherwise, there will be three additional days to add to the Seventh Period. Biorhythms change constantly from the date of birth, but your Yearly Guidance Chart remains the same for your entire life.

PERIOD # 1 - _____

This is an all around good period. Your health and vitality should normally be high, but if below normal, perhaps due to the influences of the preceding 7th period, it can be improved rapidly by indulging in normal good living habits.

Favorable For:

- 1. Seeking employment, benefits, loans, and investments.**
- 2. Beginning a new health-building program.**
- 3. Starting a properly guided diet.**
- 4. Seeking favors, help and recognition from persons in a position to grant same.**
- 5. All forms of personal advancement. (It's not necessarily a strong period for financial gain, but is a good time to lay the groundwork**

for advancement in that area.)

PERIOD # 2 - _____

Don't start anything that needs to last for many years especially if contracts, agreements, or legal papers are involved.

Favorable For:

- 1. Any journeys, especially short ones.**
- 2. Moving residence to a new location. (If you are renting.)**
- 3. Moving the location of a business. (Short term rental space, i.e. a few years.)**
- 4. Anything of a transient or liquid nature.**

Unfavorable For:

- 1. Buying homes.**
- 2. A change in business.**
- 3. Starting a new career.**
- 4. Marriage.**
- 5. Speculating in the stock market.**
- 6. Gambling in any form.**
- 7. Loaning or borrowing money.**

NOTE: It is important to stay cheerful and to maintain positive attitude about life and health during this period. Light and temporary physical conditions may affect the body such as headaches, upset stomach, trouble with eyes or ears, coughs, aches and pains in the breast and abdomen. These conditions will usually come quickly, last a few days and pass away quickly.

PERIOD #3 - _____

Direct your actions in a positive direction otherwise many things may be started and not carried through. It can be one of the most productive periods of the year if you direct your actions properly.

Favorable For:

- 1. Women to deal with men to obtain favors and assistance.**
- 2. Overcoming obstacles and conditions, which have bothered you in past periods.**

3. Dealing with enemies, competitors and rivals, but don't use arguments, contracts or agreements for this purpose.

Unfavorable For:

1. Men to deal with women.
2. Quarrels, arguments and business strife for the use of either of these will not bring about good results for anyone involved.

NOTE: Period Number 3 is a period when accidents happen and sudden operations come upon one. Also, there is a danger of suffering by fire, falls, sudden blows or injury through sharp instruments.

Also watch the blood pressure for it may have a tendency to rise. It is especially important to avoid overwork and overstrain.

PERIOD # 4 - _____

This is a period in which you will find an unusual ability to express the thoughts in your mind. Your mind will seem to be charged with new thoughts and new ideas, especially during Spiritual cycle highs.

Favorable For:

1. Writing and mental creation.
2. Acting on impulse and intuition and putting your new ideas into practical application.
3. People in artistic fields.
4. Study (but not in excessive amounts).

Unfavorable For:

1. Marriage.
2. Returning from a long journey.
3. Buying a home, business propositions or land.

NOTE: It is a period when you may easily be deceived so take care to carefully analyze any stories, papers, documents, and other matters which might come to your attention. Many of the great losses in life fall in this period. There is a tendency to lose or misplace personal items or have them taken by theft. Also, the breakdown of appliances seem to occur frequently in this period.

During this period your nervous system will be tried to its utmost. More sleep and rest are required than in other periods of the year. If you have been under excess strain it is very important for you to relax in this period otherwise a breakdown may occur.

PERIOD # 5 - _____

This is the success period of the year as far as your personal and private affairs are concerned.

Favorable For:

- 1. Dealing with lawyers, judges, government officials, clergymen, physicians, merchants or men of wealth.**
- 2. Beginning a long journey.**
- 3. Collecting money that is owed to you.**
- 4. Speculating.**
- 5. Borrowing.**
- 6. Marriage.**

Unfavorable For:

- 1. Dealing with tricky affairs that are not legitimate speculations.**

NOTE: Your health should be good if normal living is indulged in. This is also a good time to recover from chronic conditions that have existed for some time. It is one of the strongest, most positive periods of the year.

PERIOD # 6 - _____

This period maybe called the holidays of the year. It is a time for pleasure, amusement, relaxation and entertainment.

Favorable For:

- 1. Vacation.**
- 2. Short voyages.**
- 3. Men to deal with women.**
- 4. Women to deal with men.**
- 5. Marriage.**
- 6. All things legitimate and good.**
- 7. Completion of speculative transactions.**

8. Buying stocks and bonds.

Unfavorable For:

- 1. Long voyages.**
- 2. Any voyage by water.**

NOTE: Avoid overindulgence in regards to work, mental strain, eating or pleasures of the flesh. Drink plenty of water during this period.

PERIOD # 7 - _____

This is a critical and disruptive period of the year and any important decisions should be postponed to the next period if possible. It's like the winter before the spring. Most things that have been hanging fire and are about to end or disrupt will do so in this period unless care is taken to avoid it happening.

You are apt to become despondent, discouraged or pessimistic during this period. You should keep this in mind so that you will not allow this attitude to affect your actions in business or personal affairs, for if you allow it to affect you, it could bring disastrous results. You must analyze everything you do very carefully. Your vitality may not be 'up to par', and illnesses contracted during this period seem to hang around and linger on into the next period.

Favorable For:

- 1. Dealing in real estate.**
- 2. Things of the earth.**
- 3. Dealing with elderly persons, judges and referees.**

Unfavorable For:

- 1. Acting on impulse (think everything out carefully).**
- 2. Starting anything new.**
- 3. Voyages – long or short.**

Note: Extra care should be taken in regards to your health for it is one of the most serious periods of the whole year for each person in regards to diseases and chronic conditions. If you are scheduled for surgery during this period, and it IS NOT due to a critical or life threatening condition and you have an option, it is better to postpone it until the 7th period is finished.

ARTICLE XV

PART 3

HOW TO MAKE YOUR OWN CHART

The charting of Biorhythms is an exact mathematical science. Charting your Biorhythms will help you understand why you feel the way you do on a certain day.

Materials needed before you begin:

1. A scratch pad.
2. A red pen, a blue pen, a green pen, and a purple pen.
3. A copy of the number of leap years since the day you were born.
4. A calculator to check your arithmetic (optional).
5. A calendar, which has the dates for the last year, this year, and the next year.
6. A good ruler.

Facts to understand:

1. There are four Biorhythm cycles that concern us – the Physical, the Emotional, the Mental, and the Spiritual.
2. Your arithmetic must be correct. You must also double check your completed and newly graphed chart to make sure you counted the days correctly.
3. The chart must be neat and readable. Stay within the lines. The “x” which marks the first day of your Biorhythm cycle must be marked on the median line.
4. A Biorhythm chart begins and is marked from midnight (left line) to noon (middle of space) to midnight (right line). A 24 hour day is on space.
5. You will note on the sample chart below that the days of each month are marked under the bottom line. If doing your chart in a year that is not a leap year, simply x out February 29th.
6. When continuing to chart into a new calendar year, continue your counting the same as from month to month.
7. The first day of a cycle is always critical and the date is circled, and begins its climb into high.

8. Half way thru the cycle it goes into low and the day AFTER it crosses the median line is critical and is circled.
9. If you have a day which is circled with blue, red and green altogether, this is a triple critical day, so just go back to bed and wait for tomorrow (especially if it is also circled with purple). Just joking, but it can be that disruptive.

Note: read all the following pages in this Part 3 BEFORE you begin your chart.

STEP 1 – METHOD FOR COMPUTING THE NUMBER OF DAYS YOU HAVE BEEN ALIVE;

The purpose of this step is to find out exactly how many days you have been on Earth from and including the day of your birth to any particular date from which you wish to start your chart.

First you count the total number of years since birth. For example, if you wish your chart to start April 1, 2003, you first count all the full years and convert them to days. Using the birth date of April 26, 1933 you will see that there has been 69 complete years up thru April 25, 2002. Multiply the 69 years by 365 days and write down the total of 25,185 days on a scratch pad. Then count the number of days from April 26, 2002 thru and including March 31, 2003 and add that to your total. Next, refer to the list of leap year dates from the list in Part 4 of this article and count the number of leap years since your date of birth and add them to the rest. The total should be – 25,537 days in total from the day of birth thru March 31, 2003.

STEP 2 – COMPUTING THE STARTING POINT OF THE CYCLES FOR A SPECIFIC DATE;

In order to begin your chart on a specific date, you need to know the position of each cycle for that particular date. You find this by dividing the number of days in a cycle into the total number of days you have been alive. This will show you how many completed cycles you have gone thru in your life. The only figure that is important is the REMAINDER after you have done the math. The REMAINDER is where you are at the particular start date you have chosen.

For example:

In our sample chart – the total number of days is 25,537. This figure, 25,537 divided by 23 (physical) = 1,110 complete cycles with a REMAINDER of 7. On April 1, 2003 – the physical cycle is in its 7th day of a new up cycle. The half way point of the physical is 11 ½ days before it goes into low, then another 11 ½ days before it goes back into high. Beginning with 7 as the first day of April, count 11 ½ days and mark the space by a ‘period’ then continue counting to 23 and place an “X” in the 24th day. (USE A BLUE PEN TO MARK THE PHYSICAL CYCLE). The “X” indicates the beginning of a new ‘up’ physical cycle. (The period half way in the cycle marks the beginning of a down cycle.) Continue counting and marking in this manner for as many months as you wish for your chart. Fill in only one or two months until you get the hang of it Then go back and mark the half way point in the ‘up’ cycle and the half way point in the ‘down’ cycle. Using a ruler, draw a straight line from the “X” beginning a new ‘up’ cycle to the half way point, then draw another straight line from the high point down to the midway point of the low cycle and then back up to the beginning of the next high cycle marked by an ‘X’. Next go back and circle in blue all the physical critical days. Each “X” is a critical day, but the day AFTER crossover midway in the cycle is a critical day. There are 2 critical days in each of the three cycles.

Using a red pen, do the same for the 28 day Emotional period. The midway point is 14 days.

Using a green pen, do the same for the 33 day Mental period. The midway point is 16 ½ days.

Using a purple pen, do the same for the 18 day Spiritual period. The midway point is 9 days.

The most crucial thing is your count between the critical “X” days. Beginning with the “X” count:

23 days for the Physical and place your next “X” on the 24th day.

28 days for the Emotional and place your next “X” on the 29th day.

33 days for the Mental and place your next “X” on the 34th day.

18 days for the Spiritual and place your next “X” on the 19th day.

Use the sample chart as a guide (below), and show the pertinent information, i.e. Blue for Physical, Red for Emotional, Green for Mental, and purple for Spiritual Also calculate your Yearly Guidance Chart and list the periods for quick reference. Also showing your mathematical calculations and remainders for a particular date can save you from having to duplicate your work at a later time.

Once you get familiar with these simple guidelines, you will find making charts for you, your family and friends to be a lot of fun. You can make a copy of the blank graphs that I have provided in Part 5, and Photostat a supply. Do the same with the Yearly Guidance Chart. I have also provided a list of Leap Years back to 1924 for your convenience (See Part 4).

Have fun!!!

ARTICLE XV

PART 4

LIST OF LEAP YEARS

LY – 1924
LY – 1928
LY – 1932
LY – 1936
LY – 1940
LY – 1944
LY – 1948
LY – 1952
LY – 1956
LY – 1960
LY – 1964
LY – 1968
LY – 1972
LY – 1976
LY – 1980
LY – 1984
LY – 1988
LY – 1992
LY – 1996
LY – 2000
LY – 2004
LY – 2008
LY - 2012

APPENDIX I

MALDEK – THE LOST PLANET

Perhaps the planet ‘Nibiru’ that everyone is talking about will never ‘return’. Perhaps it did not even come in from outer space, or from far reaches within our solar system, on a 3600-year orbit, but was at one time a planet within our solar system in orbit around our sun, between Mars and Jupiter. And maybe when it ‘blew’ itself up, any of its inhabitants on Earth at that time just got stranded here.

In 1956 we received information about this planet, which they called Maldek, via short wave radio. A robot Chronomonitor recorded the final stages of its life onto a ‘crystalgraph’ recording. A crystalgraph is a sphere of quartz no bigger than an inch in diameter and can contain up to 200 thousand hours of data. Remember this was in 1956, long before the integrated circuit.

The following is an actual transcription of this recorded message, that when attuned to a certain device is capable of converting thoughts and language into our language:

“Teritia Maldek, elonto solex polita. Our tears, Oh Maldek, long come, Solar friend. Alas, Oh Maldek, why didst thou not foresee thine own disaster? Oh Vadur! Why shouldst thou lash thy sister city Karna with such fury? ‘Tis thine own lust and hungers which have come about and caused this strife – thine own life, devoid of Our Radiant One’s ‘Light’. Didst we not plead for thine government to hesitate and to arbitrate this matter? We plead with thee now to not use the vril force, for destruction will be thy reward. Listen, Oh Maldek, we implore thee not to use this force.

“Ever we, your brothers, have seen the great Fire-Tongue lighting the heavens for our system. ‘Tis not your right to wield such fury unto one another. Maldek! Oh Maldek! Do not do this! You have one period left. We plead you reconsider. Do not your scientists tell you to stop before it is too late? To lose thy planet would not help. From all space, Oh Maldek, we call and say STOP! STOP before it is too late. We stand by to help thee at this moment, our brothers. We await only your call.

“Oh Maldek, Light of Sol! Why have you fought in this manner? Thy troubles have risen from thy own pleasures, thy disregard of Our “Light”, the Creator. Thou can have no true growth without this “Light”! Oh, Maldek. Thy time grows short. Forgive one another. Dare not use the vril rays. We call you, Oh Maldek. Heed us while there is yet time. Thy life has been beautiful and bright, thy cities proud, thy people long cared for. That your moment should pass this way is not called for. Listen, Fire-Tongue, we say thou can as yet save thyself. Wait and pray for thy strife to cease. Call upon the Maxim “Light” and beseech it for thy world”.

THE RECORDING ENDED WITH THESE FINAL WORDS:

“Oh Maldek, the light of your existence is glowing brightly on our screens. Already that which you were is fading. A missile containing the living element hydrogen is on its eventful flight through your atmosphere. We can no longer stay and plead for your existence. The moment has arrived! --- Adonai, Oh Maldek! --- It is finished, Oh Radiant One!”

The way this all came about, Maldek, our morning star at that time, (referred to as Lucifer in our written records), had a great civilization which had existed for many centuries. The people had gone through the evolutionary cycles of wars and strife and had finally reached a state of spiritual awareness. The two principal cities upon its surface were Karna and Vadur. There were three billion inhabitants in all, in these two great cities. MAN had achieved the fulfilling of all his needs. Vadur was a shining jewel of beauty. Many people from other areas of space visited this city of MAN’S dreams. Here, there was enough beauty for all to share.

It came about, after this had existed for many hundreds of years, that the people of Maldek were exposed to the radiation of fissionable products, which their government chanced to be exploring the possibilities of. Here a great disaster took place. A missile containing CALnutronite, their most terrifying force yet developed, was somehow tampered with and it exploded over the suburban area of Karna. The radiations, which were loosed into the atmosphere of Maldek, seared the

minds of all the people everywhere upon its surface. A form of madness (radiation induced) infected all of these people.

Karna accused Vadur of having intentionally caused this accident. The people, inflamed as they already were, declared that retribution should be extracted from the Vadurian continent. You can imagine what followed. Envy, greed and hatred, fanned by the slow falling dust, laden with this radiation, brought about the loss of all reason in these people. A war of nuclear weapons grew to great proportions.

The other planets, bound by laws of unity, could not intervene in this situation. Although many delegations pleaded with both powers on Maldek, they were unsuccessful in impressing upon them the foolishness of what they were pursuing. Finally, after repeated warnings were not heeded, they withdrew and stationed one of their remotely controlled observer craft, a Chronomonitor, near the planet to record and to broadcast the events of this planet's dying moments.

In 1956, our scientists had already experimented with the first three letters of the word, "CALnutronite", the power that caused the eventual destruction of Maldek. These three letters represent the elements cadmium, aluminum and lithium. Had these experiments been allowed to continue uncontested, the fate of Maldek may have become the fate of Earth.

The force fields of Saturn, which are described as rings, and the asteroid belt contains that evidence which once existed as a planet similar to Earth. Our own Holy Works can determine the date of this event. It has been stated in these works "that it caused a great light in the heavens and that the rivers ran red as if from blood"; this, caused by the falling dust of Maldek as it settled not only in our own atmosphere, but also in that of Mars. (In my early years, I often wondered why the reference in the Bible to both a 'satan' and a 'lucifer', and the statement 'oh Lucifer, how hast thou fallen.) It also caused a great deal of trouble to other planets in our solar system, especially Mars, where it affected the atmosphere. This also coincides fairly close to the beginning of our current way of calculating time, and might account for early beliefs that man has only been on Earth for a few thousand years. (Perhaps it coincides with the time that visitors to our planet were trapped here with no longer a home of their own.) It

could also shed a different light on what happened just before and during the great Exodus from Egypt.

We can continue fighting and killing one another as long as we choose, but we will not be allowed to destroy our planet. The consequences, as it affects the other planets in our system, are much too grave.

We should think long and hard about the future we desire. The causes and effects will be more of our own doing than by any intervention from any outside source.

APPENDIX II

THE SECOND SUN – (Earth – A Binary System)

Transcription of a radio interview May 13, 2003

QUESTION – WHY IS EARTH DUE TO BECOME A BINARY SYSTEM?

In 1959, I began what I call Dream Traveling into the future with a dream of major earth changes, which repeated every night for three straight months; until I thought I was losing my mind. It got to where I was afraid to go to sleep at night because I knew what would happen. At that time I had never heard of any predictions or prophecies about earth changes; and I have never experienced an earthquake or any other natural disaster. I was vaguely aware of the terminology, UFO, only because one had created quite a stir in Washington, D.C. where I was living in 1953.

A couple of years later, after taking up residence in a Middle Eastern country, I began to have visions that repeated, sometimes, for weeks on end. Looking back, I think someone was trying to get my attention.

At the beginning of the seventies, after moving to Michigan, I began having visions of our solar system with two suns. Shortly after these visions started, I met and was invited into a closed, very low-keyed group of contactees who had been working together for around twenty years at that time. I was given access to the material they had collected over a twenty-year period, and I began recording, first hand, information that continued to be received after I joined them.

I found a few references to a second sun, but no detailed information until we received specifics around 1975. Also, that year, upon return from a Moon shot, one of our astronauts reported what he thought might be a second sun on course towards our solar system, but said it was still too far away to be sure.

In the last ten years, I have come across references from other sources speaking of a second sun. When I heard Nancy Leder say something was being imaged by satellite up near Orion, I began to wonder if instead of a planet, this might be the second sun I've been looking for, or maybe the precursor to it.

QUESTION - WHAT WAS THE SPECIFIC INFORMATION RECEIVED IN 1975

Everyone who has been involved with the study of metaphysics for any length of time knows that our planet is facing major changes, and that we are on the verge of going into a new density. What most are not aware of, is that the entire Galaxy is moving into a new area of space where our solar system will be exposed to new vibrations, closer to the Universal Sun. In 1975, we were told that, yes, a new sun was coming, but that it was still a long way off; and when it enters our solar system, there are going to be changes in the location of our planets. Upon its arrival, we will lose Pluto and another planet between Mercury and our current sun (which scientists have just briefly glimpsed), as well as satellites, for example, our moon; and also the stars will be in different positions from Earth's view. As we become a binary sun system, the magnetic center of our system will change. So will the locations of our planets because they will have to readjust to the two suns. This is going to make a big difference in our solar system, and especially to the people of Earth who will become a different creature due to these new vibrations, which will be exposed. On the plus side, we will have a body of a higher density and have the capacity to conceive greater knowledge and wisdom. It will instill a consciousness of pure brotherly love and a much greater interest and concern for our fellowman. At that time, we will move away from the negative sides of our nature and realize how destructive these things can be and will no longer tolerate them.

If the object Nancy Leder's group is imaging and calling the fabled Planet X, or Nibiru, is already inside our solar system (as of 5/13/03), it probably isn't the second sun, but may be the advanced signal. One message I personally received at the end of the 70's talked about a 'flaming cross' in our eastern sky and said it would precede the entry of the sun, which would then follow close upon its appearance. (Close could mean up to a few years).

In August, 1999 when the planets were lined up in what is called ‘the grand cross’, I thought this might be the vanguard. But if the object in the sky isn’t the second sun, perhaps this is what is referred to as the ‘flaming cross’. It is giving off colors as it is streaking across space.

I have no idea about the mechanics involved in becoming a binary system, whether the solar system is moving towards the second sun or if it is moving towards us. Since all energy is in forward motion, perhaps it is both.

One reference I came across in the 90’s was from Gordon Michael Scallion who said it would appear all of a sudden as if it stepped out from behind Sirius. Sirius is one of our closest neighbors, about 8 ½ Light Years away.

I’ve always seen it coming in below the present sun in the east. (The cover of my book is from a photograph of the painting I did 30 years ago.) One of my dream travel trips into the future took me to North Carolina where it was a rain forest, and then to just beyond Kansas where the Pacific Ocean came up to. Another showed Cleveland, Ohio on the latitude of Mexico as it is today.

When you add this altogether, you get a picture of a pole shift from the North Pole towards the right between 18 and 23 degrees. That would put North Carolina in the tropics and Cleveland on Mexico’s latitude, and the magnetic axis pointing towards the second sun.

We were told that the second sun would not take on brilliance until it actually entered the solar system. One thing we can reasonably expect is that it will occur with a lot of commotion and perhaps noise that will be terrifying to both those who are expecting it, as well as those who are unaware. Perhaps this will be the cause of our ‘throwing down our weapons and turning them into plough-shares’, as the old prophecies state.

WHY ARE SO MANY UFO’S ARE HERE AT THIS TIME?

We were told that the purpose for such a large visitation was for several reasons, one because of our discovery of atomic energy, and our lack of knowledge in safely developing and using it; and because of what had

happened to another planet in our solar system, that was far advanced in technology than we are even in this day and age (2003). They were keeping a close eye on us because on several occasions we had come close to destroying not only ourselves, but also the planet itself. They won't interfere with what we do to each other, but they will not allow us to destroy the planet. Since this happened once in our solar system, they are determined not to let it happen again.

A second and very important reason, was that because our entire solar system was on the eve of major cyclic changes of such a magnitude, that the law governing body of our solar system had sent out a call to other solar as well as galactic systems for help in making the transition. They were particularly concerned with Earth because due to our state of evolution, we were totally unaware of what was to transpire. They have been attempting to make us aware for the last fifty or so years and have been urging us to prepare ourselves by learning to raise our consciousness and expand our thinking. They brought back the Tensor Concepts to help us develop the Tensor Centers of our brains, which will help prepare us for this transition. (I put these concepts together in a simple program and made it available to a large group of people over the years since the early eighties. It has been very helpful to many in their effort to raise consciousness.)

It might surprise you to know that there are over 10 million craft in the immediate vicinity of Earth. They have come from various planets in our solar system as well as from other solar systems; and they vary greatly in density. I wonder what our government would do if they, all of a sudden, lowered their density to our range of vision.

WHY DID THEY CONTACT INDIVIDUALS INSTEAD OF THE GOVERNMENT?

In the early years, they did contact heads of government and offered to assist. They offered the benefit of their knowledge and technology. Their one requirement was that we disarm. That, of course, did not fly with our leaders. About that time, thousands of people felt there was something special here and were meeting and gathering all the information they could on this phenomenon. These visitors decided that since they had gotten nowhere with our leaders, they, after obtaining permission from their law governing bodies, began making contact with

the general population. Most of the early communications were done through electronic means such as short wave, because minds were not developed enough to make contact telepathically using their technology. Gradually, people showing more telepathic ability were singled out and worked with to develop them as vocal channels. I have witnessed this process unfolding as late as the seventies, but it was really difficult in the fifties. This was always done with the permission of the one chosen, and they were given the option to discontinue at any time.

The first channel my group was involved with had already moved to California by the time I joined the group, but I got to know the other three personally. Incidentally, the first one worked for the government on Project Blue Book as well as other projects the public hasn't even heard about, before he became 'a believer'. He actually spent several hours aboard one of their scientific craft as an invited guest. His personal story is one of the most amazing stories I have ever heard. (Also my group had been in personal contact with Van Tassel, Adamski and Williamson, three of the very earliest contactees.) Some of the material that came into my possession from these early contactees was so highly technical that it took me years to understand it. Some of it I don't understand even today because of a lack of knowledge in physics.

WHAT ROLE DOES COSMIC CYCLES HAVE IN THIS EXPECTED TRANSITION?

It wasn't until the nineties that I got a good grasp on what they meant by 'our solar system is moving into a new area of space'. I knew, like everyone else, that a new Age of Aquarius was in the making. What I hadn't realized was that there was a change in the Cosmic Cycles that takes over four million years to complete. I began calculations from known points and calculated backwards for around 60,000 years.

One of the points of reference was a prediction that the new Cosmic Golden Age would begin 'when man again learns to light the night', which, of course, was the discovery of electricity in 1879. I had been witness to messages received in 1973 of a phenomena occurring beyond our telescopes that was physical in nature. From my calculations, I was able to determine that this was the midway point between the old Cosmic Dark Age and the new Cosmic Golden Age. I was also able to determine that it was the midway point between the Piscean Age and

Aquarian Age, which began around 1933. The Piscean Age will be totally gone around 2012 to 2013; and the Cosmic Dark Age will be totally gone around 2079 to 2080.

When copyright expired on Doreal's 'Emerald Tablets of Thoth' and they began circulating on internet a few years ago, I found additional verification of dates I had used for my calculations, along with a lot of information giving extra weight to the teachings we had been receiving for forty years or more. It's always good to get confirmation even on material you trust.

I did the work on the cycles in the late 90's and, like everyone else, was excited about the coming turn of the century, thinking maybe something magical would happen overnight. When I was finished, I was quite depressed for a while, because I realized from these calculations that it wasn't going to get much better until around 2018 to 2020, and that we were going to go thru a 'lot of stuff' before that time. We have actually started to move towards the transition, but I no longer expect it to occur instantaneously, but rather gradually move in that direction. I think it won't happen until the second sun has moved in and taken up its final position. I don't know how long it will take to travel thru the solar system until it reaches its final position. Like I said, I calculated the earliest time of the sun's taking up position would be 2018 to 2025, and at the latest 2080. If what is being imaged up in the heavens is the second sun or even the advanced signal, I could be off in my calculations by a few years, depending on how fast it moves. I hope not, we need more time to prepare, but I am working with a time period of millions of years, so a few years is a 'drop in the bucket' so to speak. If the object up there is the forerunner, we may still have a little time to get prepared, but we shouldn't waste any of it.

WHERE DO UFO'S COME FROM – OUTER SPACE - OTHER DIMENSIONS - OR INNER SPACE?

I've been asked this question before, and my answer is 'ALL OF THE ABOVE'.

We were told that Earth is the only inhabited planet in this solar system who is still in 3D, and that all the others exist in a finer density, which is not visible to our site. (This also includes all their material possessions).

They have learned to control energy and can change matter into energy and energy into matter, and occasionally do this to bring their craft into our level of sight. There are some that do occupy our frequency that are from other solar systems, which are working with them, and these can appear as a cloud by ionizing the air around their craft. Also, there are those from other areas of space that are visible to us that are of a very low nature, and we were told it was best not to have anything to do with them.

Most of the craft, however, that are visible to us do not come from outer space. Apparently, the main bodies of sightings that are not from outer space are the ones we really need to stay away from. They told us not to interfere or try to contact them, or help them in any way, and that we should not pursue our investigation of them, otherwise, we would draw their attention. Apparently, some of them are created out of the lower astral world by a force that is soon due to be removed from the planet. You will find references to these beings in the Thoth material that talks about a certain energy that was overcome in ages past that was banished to the ‘shadow’ worlds, but which could be called forth back into the physical world by humans, if they were not careful or purposely called them forth. These beings will no longer be able to exist in the new vibration the solar system is entering. Lucky us! This also applies to Earth humans of a very low nature. The new planetary vibrations will make it impossible for them to continue their experiences on Earth, and they will have to be removed to other areas of space more suited to their level of evolvment.

All this makes it a little difficult for humans in 3D to distinguish between the ‘good guys’ and the ‘bad guys’. We were told that learning to use ‘The Light’ is our best protection, and listening and analyzing carefully the information being given. (There is an article on how to use The Light listed with the other articles on Developing The Tensor Concepts.) I know I wouldn’t ‘hop’ into the first U.F.O. that landed in my front yard, nor would I allow or accept telepathic information that was not of the highest positive spiritual nature to enter my thinking.

WHAT WILL THE PLANET BE LIKE IF WE GET A SECOND SUN?

As we have progressed from age to age, many, as individuals, and even some whole cultures, have made it into a finer density - that which we

call the Fourth Dimension; while others continued their experiences in 3D. When we, as a people on the whole, enter the 4th Density, there will be no 3D life left. Earth will then appear to other three dimensional people who visit it to have no life, the same as the other planets in our solar system appear to us at present. But we will still be here in a different frequency, if we are among the fortunate ones to make this transition.

IS THE GOVERNMENT ENGAGED IN A COVER UP ABOUT UFO'S?

There are two things I find curious about actions of our government.

1. If the government has no knowledge of aliens, then why did Title 14, Section 1211 of the Code of Federal Regulations, implemented on July 16, 1969, make it illegal for U.S. citizens to have any contact with extraterrestrials or their vehicles? And why did it remain on the books until April 26, 1991, when, according to NASA it was removed, and I quote, 'since it had served its purpose and is no longer in keeping with current policy'. This law was commonly known as "The U.S. Federal ET Law".
2. In the 70's when people were first beginning to learn about coming major earth changes, there was some panic stocking of food and supplies. I remember the government warning the population that 'hoarding' was illegal and was subject to federal prosecution. Why now, all of a sudden under the guise of preparing for terrorist attacks, is the government running a concentrated campaign advising people to 'stock' up and be prepared. If you go into www.ready.gov you will see all the many different categories that you should have to be prepared for emergencies, which they state is the same for 'terrorists' attacks or 'natural disasters'. Think about it for a minute. Our country is not in imminent danger of being attacked in force. A possible terrorist attack would probably be an isolated event. Even natural disasters are usually localized, not nation wide, unless tornadoes, etc. sweep across a state or several states. And where these touch down, stored supplies are not going to help very much, because they would probably be blown away. It doesn't seem logical to me that they are encouraging the whole nation to be prepared just for these possibilities. Do they know something the general population doesn't know?

Now think about this. **IF** there were something about to enter our solar system, I would think NASA would be the first to know. If civilians can chart objects moving far out into space, surely the government, with all our satellites and rockets sent out beyond our magnetic barrier, should be aware of it. Their problem would be how to inform the public, worldwide, without causing chaos and panic. I don't know about all of you out there, but I would like to have a little advanced warning so that I could prepare the best way I could for such a major event, even if all I could do was make my peace with the powers that be.

If the destruction of one planet in our solar system caused so much trouble, think how much more profound the events would be in changing the magnetic center for the whole system. No wonder our cosmic neighbors called in outside help. If the second sun comes in the direction I have been visualizing for thirty years in proximity to our present sun, the magnetic pole shift will not be as great as it would if it entered from an opposite direction. (The pole shift would be proportionate to the degree of separation of the two.) An opposite direction could cause a 180-degree shift, which would reverse the position of the poles. Science believes this has happened in the past. We have no way of knowing when this happened, but I have a gnawing suspicion that the diminishing and rebuilding of our magnetic field has something to do with the Cosmic cycles every four million years when our galaxy moves closer to the Universal Sun. If this is the case, perhaps we are binary for specific periods and lose the second sun as we once again move away from this closer position to the Universal Sun. Again, if this is the case, we can expect to be binary for at least a million and seven hundred thousand years or more.

A LOT OF PEOPLE ARE TALKING ABOUT PLANET X BEING THE RETURN OF NIBIRU. IF THEY ARE WRONG, WHAT ABOUT NIBIRU?

I think that the planet called Nibiru that so many are talking about will never return. I think what the Sumerian Scrolls may have been talking about was perhaps the planet within our solar system in orbit around our sun between Mars and Jupiter, which blew itself up in early biblical days.

Our visitors call this planet ‘Maldek – The Lost Planet, and told us that it created the Asteroid Belt, settled in a fine, thick red dust on Mars, caused the rivers on Earth to run red like blood, and was the source of the debris in the rings of Saturn. The timing fits with the current Jewish calendar way of counting time (Current year 5763). There’s references in the bible, which talks about a bright light in the heavens (with subsequent fall-out that turned rivers red as blood), and as far as I have been able to determine, no reference to the Annunaki after that time.

There are, historically, major disruptions at the end of one age before the new one stands alone, but these do not run in 3600 year cycles. Each age is different, whether it is the Precession of the Equinoxes or the Cosmic Cycles. There was a major disruption 52,000 b.c.e. around the time Thoth migrated to Egypt. (That was two Equinoxes ago.) Another major disruption was about 10,000 years b.c., as a Khali (or Dark/Iron) Age gave way to a new Sat (or Golden) Age. (Both coinciding with the 3600 year time line of The Destroyer.)

Noah’s Flood occurred (according to written record) somewhere between 2261 b.c. to 1200 b.c. (There is some disagreement.) This falls into a period where Treta (Silver) Age gave way to a Dwapara (Bronze) Age. (Again during one of the 3600 year passings of the Destroyer.) For that time line there is ample archaeological evidence that something impacted the planet so severely that it rocked the planet and caused the waters to spread over its surface. (Perhaps a piece of the destroyed Maldek propelled by the passing of The Destroyer.)

Maldek, 5,000, or more, years ago, was only a little more advanced technologically than we are today, but perhaps it would have been possible for them to reach Earth to mine minerals. But how could anyone have come thru the asteroid belt 250,000 years prior if it didn’t exist before approximately 5,800 years ago?

I don’t have any trouble with the idea that a race, perhaps called the Annunaki, came to Earth and genetically engineered a species. It’s happened more than once. Since our solar system was colonized around 1,800,000 years b.c., it’s even possible they had the technology 250,000 years ago to make it to Earth. But if a part of the destroyed Maldek striking Earth were the main cause of Noah’s Flood, it would explain what happened to the Annunaki and why there is no record of them

after the flood. Perhaps what people are calling Planet X is a different celestial body (not the home planet of the Annunaki), which could very well be on a 3600 year orbit and periodically causes havoc when its orbit brings it to closer than normal to Earth. (Especially if its coming coincides with the changing from one age to another, as in the case of Noah's Flood.) Our scientists have discovered many objects in recent decades that return at predictable times. Since Thoth left Atlantis 54,000 years ago (52,000 b.c. to 2000 a.d.) there have been 15 cycles of 3600 years, which means we are very close, as Nancy Leader declares, to the return of The Destroyer. Not all passings bring total destruction. Hopefully, this one will not be as destructive as in the days of Noah.

WHAT ABOUT THE ZETA'S (OR GRAY ALIENS)?

As far as the Grays are concerned, very little of our source material refers to them specifically in this manner. The Council of the Worlds they speak about is not the same source as our information. I know that beyond the Constellation of Orion exists a dark cloud, beyond which life has evolved on a negative plane. I'm not sure where the current visiting Zeta's came from, but if they came from the Reticulum Net in the Southern Constellation, that would be beyond the dark cloud.

Perhaps all Grays are not from the same group or federation. But the ones who are involved with abductions and experimentation on humans seem to have their own agenda and seem to have no regard for Earth people other than laboratory experiments, not unlike how we treat test animals. What these beings are engaged in angers me somewhat. It appears that they messed up their world, genetically engineered their bodies until emotion, compassion, digestive tracts, and sex were eliminated. Now they live in caves and hidden places and regret what they did. They reason it's okay to abduct our people to breed a hybrid race more in tune with them mentally and plan to use these bodies to gradually incarnate into. This can only be seen as a violation of the First Law – that called 'Free Will' which is God given to all Man.

They may have gotten permission from individuals, to be used in this manner before they were born, but they failed to impress that on the conscious minds of their victims. The traumas and attacks on the psyches of these poor people are unbelievably cruel. I know I wouldn't have anything to do with them, and I think they are some of the ones we

were cautioned about. But the fact remains; they have created a hybrid race, and plan to introduce them back into our gene pool at a later time, unless some other force intervenes. I would prefer to have a body for the New Age created in the higher levels of the Astral World, than pollute our genes in this manner. But that's just my opinion.

I haven't paid any attention to descriptions about their craft, and I don't know what they look like, but I remember being told about two types of craft to be especially careful in avoiding. One was a rectangular boxcar shape and the other was one that emanates blue lights. The ones with blue lights are not capable of traveling outside of Earth's atmosphere. These are the beings we were told that were of a very low nature, and were created by dark forces in the lower astral world. They are not physical as we know physical and are of a different density. They have some knowledge of being able to lower their density, so sometimes we see them and sometimes we don't.

Another type of being that it is best to stay away from are sometimes sighted in mines in Pennsylvania, West Virginia, and at the North Pole. These are also due to be removed from the planet. They are a form of elementals.

We were told, however, that there were other elemental beings on Earth called 'nature spirits', which are entirely different from the ones mentioned that are found in mines. These very positive elemental beings have to do with the care of plant life, and are not fictional. (However, they are not what are called the little people of Ireland.) We were told that without them, man would be in serious trouble, and that if man believed in them, he could solve a lot of his food problems, just like they do in Findhorn, Scotland.

ABOUT THE BOOK – RETURN TO THE GOLDEN AGE OF MAN:

This book is an introduction to an expanded way of thinking about several areas of Thought.

1. Who we are.
2. Where we came from.
3. Why we are here.
4. How we came to be in an animal body.

5. About the cyclic changes we are going thru.
6. The influence of the Thoth material on today's philosophies, as well as his information on the twelve major magnetic power grids that effect Earth and the other grids.
7. Where we go from here.

AND MOST IMPORTANT OF ALL:

8. That we are not alone in our Journey Thru Time, and help is on the way for the new day dawning.

As a matter of fact, help is already here.

In addition to the millions of craft flying unseen around our planet daily, there are beings who have come down in frequency into our vibratory fields that are so great we couldn't even begin to comprehend what they are, let alone understand their formless presence.

Each planet and star has a spiritual Logos (or Lord). Several of these Lords have come down to Earth to help us thru this momentous transition.

They come from Mars – Venus – Saturn – Mercury, and our own Earth Logos is here, as well as the Lord of the entire solar system.

They permeate the very fabric vibrations of the Earth and are ready to help.

If our people make the effort to develop the Tensor Centers of their brains, they can make contact with them thru Universal Superconscious Mind.

A FINAL WORD:

Think seriously about exerting the effort to learn and use the Tensor Concepts in your everyday life. It will make a difference in how you view and live your life. When you arrive at a point where your Heart and Throat Chakras are in charge of all the lower chakras, and Superconscious Mind is flowing thru all states of consciousness, you will know Truth from within.

APPENDIX III

Postscript To Our Family Tree

When the Galactic Survey craft (belonging to a federation of over 50 solar systems plus 680 independent planets at that time in this our 'Milky Way Galaxy'), arrived in our solar system on a survey mission around 1,800,000 b.c.e., MAN was present only on the planet we call Jupiter. They called themselves the 'Adamic' race. They had been on Jupiter so long that memory of where they originally came from had been lost. The Survey thought that perhaps they were descendants of people who had fled from the intergalactic wars that had raged millions of years prior during the time of the first Galactic Empire.

The Jupiterians had a very advanced society at that time, but had made no attempts to spread out and colonize the rest of the solar system. The Galactic Survey's mission was to locate planets that would be suitable for MAN to inhabit. When they investigated Earth, they discovered an enigma in that here, they found ALL forms of life present to be in competition with one another. Survival of the fittest seemed to prevail. Since this was not the case in all known space, this fascinated them. They studied the life forms present and made contact with them through the tremendous mental powers, which they possessed. These creatures could not tell them why these conditions existed. They chose an ape like creature and instilled them with 'reason' to try to help them. Then they moved on. Around 2,000 years later they returned to check on them, but found they had not evolved very much. They had learned to use crude tools, but their mental powers had not developed as they had been expected.

The Survey team went back to Jupiter and discussed the situation they found on Earth. The Jupiterians told them that when their ancestors first arrived in the solar system they too had considered Earth as a planet on which to live, but had found the conditions so hostile that they decided against settling there.

At the time of this visit from the Federation, colonization of Mars, Venus, Saturn and Uranus was begun. Because Earth was so different,

it was decided that only two people would be sent to begin a colony here. A Man and Woman, volunteers, were sent to Earth. They had tremendous mental powers. Again, MAN was present on Earth and they had children, but a strange thing occurred. The children were not the mental equals of their parents. Something strange and unexpected had happened. The mother planet was advised. Other volunteers were sent, but the same thing happened to their offspring. A sub-species had come about. Since they did not have the powers and were not the equals of MAN (who is a physical being), they had to be called something different. They were called hu-man (sub-man).

By this time, there were no remnants of Original Man who had come to Earth some 2 million + years earlier and had become trapped in the ape like animal bodies which the Galactic Survey found on their earlier arrival. They had become unrecognizable as MAN or as having originally been from the race of MAN. Due to the peculiar conditions on Earth they had totally de-evolved. It was only in the twentieth century that the discovery was made as to the cause of the inhibiting conditions which existed on Earth from the very beginning of Earth's existence. Two-million years ago they only knew that something was preventing life from developing normally on Earth.

Even with their mental handicap, humans began a slow evolvment, and over the next 400,000 years built three main civilizations – Atlantis (in the Atlantic Ocean) – Lemuria (in the Pacific Ocean) and Sumer. This advancement was made primarily by the decendents of MAN, although they did not have the powers of MAN. In the meantime, trapped man in animal form, with reason instilled in them, continued to evolve along side the offspring of MAN. They were finally making progress. Then something unexpected occurred.

Earth was infiltrated by a race of negative beings evolved in the area of the black cloud beyond the constellation of Orion. We had been under the protection of the Galactic Survey for thousands of years by this time. The federation, which they serve, follows a very high standard of ethics and service to mankind. But they were only a federation of a relatively few planets in a vast universe. Other groups in the Galaxy have their own agenda, and would like nothing better than to control a planet, like Earth, in the heart of federation controlled space.

Earth is in a solar system on the very edge of our galaxy, so it is possible to gain entry by these other systems. This has happened many times, although when they were detected they were always run out of our system. Around 1,400,000 years ago they made it to Earth without being detected. Once they got within our magnetic fields, they went undetected due to the strange conditions that existed here at that time. They were called Satonians, and later, after usurping control of Atlantis, called themselves Atlans. This most probably was the beginning of our legends of Satan in the Garden of Eden.

Their agenda was to take over control of Earth. They, too, had tremendous mental powers (though not the equal of MAN), and set about controlling the minds of the population. They began a “priesthood” in all three main centers of civilization with their people as priests, and used this means to control the minds of the people. They taught each of these civilizations that their religion was the only true one and that all others were false. They wanted to create strife between them, because this would give them more control.

When the Galactic Survey learned about what was happening on Earth, they returned quickly. They scanned the minds of all the people on Earth, but they were too late. The Satonians had done their job. The Survey decided to evacuate the ones who had not been contaminated, but unfortunately there were only 100,000 on the entire Earth who fell in this category. These they evacuated in one night.

When the Satonians found they had been discovered and the ‘jig’ was up, they prepared to make an exit, but totally unexpected by the Survey, they didn’t leave quietly. Instead they rapidly sent their ships around the globe unleashing horrific weapons of nuclear mass destruction both on Atlantis and Lemuria, as well as Sumer. The Survey tried to keep their craft between the Earth and the Satonian ships to protect the Earth, but due to the rapid action by the Satonian fleet, they managed to do a tremendous amount of damage before streaking off the planet in an attempt to escape. But they didn’t get away.

As they were leaving the carnage they had created, there appeared in their paths a special craft of the federation. This craft is built in the physical world, but outfitted in other realms and even the federation doesn’t know the source of its power. Its job is to patrol the Universe

keeping order. When the Satonians saw this craft in their path, they headed straight for it as if to attack it. A flash of light from the craft was seen and all the Satonian ships simply disappeared. The other craft then turned and it too was gone.

The extreme radiation caused by this holocaust caused a rapid degeneration and extreme mutation to the people of Earth. The ones who escaped the destruction reverted quickly to savages. (According to the space information, this also caused the disappearance of the dinosaurs, contrary to our science, which say they disappeared sixty-five million years ago.) In addition, it brought about the Third Glacial Age. And as if this wasn't enough, shortly thereafter, our magnetic field diminished to zero and reversed the magnetic poles. Mankind was again almost totally eradicated from the face of the Earth. Only small pockets of the population remained and these were underground. Those who ventured to the surface were killed off by the radiation, which persisted as lethal for thousands of years.

This all happened at the end of the last Cosmic Treta Yuga. Cosmic Dwapara Yuga began around 1,296,000 years ago. Mankind did get one break out of all this chaos, however. The radiation and devastation that preceded this era brought about a mutated human (early Sapiens), most probably from the offspring of the second wave of MAN, that was so favorable that it was allowed to evolve in a normal evolutionary manner for the most part since that time. Perhaps science will discover that homo-sapiens are much older than fossil records found to date, and actually co-existed not only with neanderthal, but homo-erectus as well. It could also explain why some ancient branches of the human species fostered great civilizations, while other contemporary species were barbaric.

After the Atlantean continent was destroyed, a new civilization grew on the islands that remained in the Atlantic Ocean as well as the islands in the Pacific, which was also a great continent before the destruction. Once again, MAN came among them to help them evolve.

The Satonians also put in another appearance around 60,000 b.c.e., and again caused trouble and strife. They were a lot stealthier this time, but by incarnating in human form, took control of the government and once again turned the minds of the people to their negative ways. The

degradation was so complete, that powers beyond the comprehension of our minds, brought about the final demise of the island kingdoms of Atlantis and Lemuria and they both sank in stages underneath the ocean, although a few of the Lemurian islands have survived to this day.

Today, in our modern times, the Satonians are back again, and with the same agenda – to take control of our planet. Perhaps our government, world leaders, military and others in areas of commerce have sold us out, unknowingly, by cutting deals with them in exchange for technology. (Or maybe they are aware exactly what they are doing. Perhaps some, that are so familiar to us as humans, are actual incarnations of these troublemakers.)

The inhibiting influences that have plagued human kind since the beginning have been removed. And now because of our current level of evolvment, we have the opportunity to choose to align our planet with those who have been our friends and guardians down thru the ages, or, on the other hand, with those who have their own agenda and desire to control us. For the sake of all the people of Earth, we better hope and pray we make the right choices and cosmic alliances.

APPENDIX IV

Anticipating The Fourth Dimension

The first Law governing Man (the prime directive), is the Law of Free Will (the first distortion or Law of Confusion). No one can violate this Law as concerns another without the individual in question giving his permission by opening up to the violation.

The second Law (or second distortion) is the Law of Forgetfulness. Without this Law, the catalyst for learning and growing would be much weaker, and our progress would be slower.

Those of Positive Polarity seek to serve others, while those of Negative Polarity seek to serve self, their agenda being to control and enslave others. These are the methods by which each Polarity progresses.

The two Polarities are part of the plan of our Logos. It provides catalyst for our growth by choice throughout 3rd, 4th and 5th Dimensions.

There are many levels in each dimension. Our souls grow and are harvested (graduated) as either positive or negative according to our choices into the next overlapping level of time/space, space/time, be it levels within the 3rd Dimension, or higher dimensions when all levels of 3rd have been completed.

The 1st Dimension is that of Awareness. The 2nd is Growth. Self-Awareness is reached in the 3rd Dimension. The 4th brings Love or Understanding. The 5th brings Light or Wisdom.

The Positive and Negative Polarities continue to be part of our experience thru the 5th Dimension. In the 6th they merge into Light/Love, Love/Light, otherwise known as Unity or Collective Consciousness.

It is in mid-6th Density where our Higher Self (Oversoul) dwells, guiding and directing all its parts below. Part of the experience of the higher level of 3rd Dimension (where we are at present) is the remembered ability to contact our mid-6th Dimension Higher Self, to feel and know of 'Its' existence. To interact with and be guided by 'It'. This is a piercing

of the Veil of Forgetfulness to some extent in preparation of moving forward into 4th Density.

In 4th Density, the Throat (5th) Chakra will be activated and our experience will be that of increased Love/Understanding. We will still function under the Law of Forgetfulness and the Law of Confusion (Free Will). Otherwise we would become stagnant and inert.

We are at present in an overlap between 3rd and 4th Dimensions. Once we have fully moved into 4th Dimension, 3rd Dimension will be abandoned temporarily on Earth. 4th Dimensional people need time alone with one another on Earth to make the total transition and adjustment; and also need to learn how to shield their new dimension from 3rd Dimensional beings. When this is accomplished, 3rd Dimensional life will return to Earth.

In the meantime, those not ready for harvest from the Physical, as well as the Astral Planes, will be transferred to other areas of space/time that are expressing in the level of 3rd Dimension suitable for each individual soul. Just as in the past souls have been transferred to Earth who were not ready to graduate on their own home worlds.

There are no planets in OUR Solar System at present (other than Earth) with 3rd Dimensional inhabitants. Perhaps this will change when Earth makes its total transition into 4th Dimension. Perhaps Mars and Venus are now ready to receive 3rd Dimensional inhabitants once again. After all, they are only about 5,000 years in advance of Earth at this time.

Each cosmic system has a ‘Logos’ who determines the planned experience of ‘Its’ system. Each system is unique to its ‘Logos’. Each ‘Logos’ is a manifestation of the ‘Creator’. Each ‘Logos’ has a variety of ‘sub-logoi.’ All of creation is the ‘Creator’ experiencing ‘Itself’. All experiences exist in time/space. Space/time, time/space does not move. It is static. We experience by OUR AWARENESS moving along the space/time continuum. ALL EXISTS NOW IN TIME/SPACE.

APPENDIX V

Transfer of Consciousness

Consciousness does not die when the physical body is discarded. The personality that is developed while in a physical body also is not lost, it is merely stored in the root chakra of the astral/soul body as one of many that the soul experiences on its journey. The knowledge and experience of that particular personality/ego can be called up and utilized in future lives. We are a sum total of all previous experiences.

The soul, which contains the mental body (consciousness) overshadows the physical body. The physical body is only a temporary housing for the soul so that it can function in the physical three-dimensional world.

A biological functioning vehicle is created in the physical world into which consciousness can be transferred. Without this transfer of consciousness the physical vehicle would be nothing more than a mechanism with a motor switched off. It is the consciousness that flips the switch and activates the mechanism.

What we call life and death is simply the transfer of consciousness into or out of a biological mechanism. While in the womb, soul superimposes in and around the fetus, thereby breathing life into the form. When consciousness leaves the form, the physical disintegrates and the soul is freed to transfer to another vehicle. It remains in the astral frequency until the urge to return to the physical grows strong. This process is what we call reincarnation. This coming and going continues as long as we feel the need to experience a physical existence.

Conclusion: Birth is a transfer of consciousness into a physical vehicle. Death is merely a transfer out of a physical vehicle to a waiting room. Beyond the physical, there is no death. Consciousness, held in the soul, is from the mind of the creator. Only the power of the Creator can destroy the soul. Atomic energy is one of the powers of the creator. Used by man in violation of the Creator's laws, will bring about the "second death" from which there is no return. The soul and all its experiences will be as if it never existed.

There are many known examples attesting to transfer of consciousness.

- 1. Walk Ins – where one soul decides to depart the body prematurely and another soul steps in by mutual agreement.**
- 2. In the first civilization on Earth, souls became trapped in the animals that ate their physical vehicles. There was no astral world for Earth at that time for the souls to enter. An animal body was genetically engineered as a new vehicle into which the souls/consciousness could be transferred.**
- 3. Al Bielek and his brother (from the Philadelphia Experiment) claimed their consciousness was transferred into different bodies.**
- 4. Lobsang Rampa – Tibetan Monk – claimed he transferred to a different body when his first one gave out.**
- 5. Thoth talked about recognizing returning souls/consciousness during his 16,000 years in Egypt.**
- 6. The Emerald Tablets stated that Thoth’s consciousness returned many times in different bodies after his sojourn as Thoth ended.**
- 7. Space teachings tell of their friends/family returning again and again in different bodies.**
- 8. Whistle blowers information talks about alien technology in the Montauk, N.J. secret facilities that is capable of transferring consciousness.**
- 9. There are numerous stories of people being possessed by entities without permission of the occupant of the body. The Catholic Church has a whole department to handle such cases.**
- 10. The Bible speaks about “John the Baptist” being “Elijah come again”.**

There are many other stories, especially in India, China, Tibet and even the U.S. where people remember living in other bodies. What is this if not a transfer of consciousness that has not been stored deep enough in the root chakra.

Being able to recognize/identify not only ones own previous personalities, but personalities of others that have crossed our path, requires a certain level of evolvment. It requires a highly developed tensor brain center while in the physical.

If we could look at ourselves not as a biological physical body with a soul, but as a soul using a biological physical mechanism to function in

the physical world, it would give us an entirely different view of who we really are and change our whole reality.

About The Author

The author was born in 1933 and raised on a farm in Union County, North Carolina. She is the daughter of beautiful, loving parents of Scottish descent, who sometimes worked in the textile industry in order to survive economically.

After graduating from high school, she went to work for the Federal Bureau of Investigation (FBI), Washington, D.C. She served in the Women's Army Corps and was the first female honor graduate from The Southeastern Signal School of Cryptography. While in the Army she studied Political Science at the University of Georgia. The author was assigned to the Army Security Agency (ASA), attached to National Security Agency (NSA). She continued her studies at Georgetown University, Washington, D.C. while working in the U.S. Congress.

After leaving Congress, the author worked several years as a private secretary to the President of United Broadcasting Company, Washington, D.C. She became the first female member of the National Association of Broadcasters while attending Emerson Business School at night.

The author traveled, lived and worked abroad in the Middle East for seven years in the 60's. Upon return home, she worked as the Production Planner for a manufacturing conglomerate in New Jersey.

Married to the same man for thirty-eight years, she is the mother of three, and grandmother of ten.

The author moved to Michigan in 1971 and became immersed in the New Age movement. For the past seventeen years, she owned and operated a School of Metaphysics, and a New Age retail store.

TREASURED COMMENTS

(1st EDITION - 'LIVING IN THE NEW AGE AGAIN')

(2ND EDITION - EXPANDED VERSION - 'RETURN TO THE GOLDEN AGE OF MAN' - INCLUDES THE TENSOR CONCEPTS)

Aloha, Jerry, from the Islands:

Today your book arrived at the monastery, along with your kind words. I passed the book around during lunch, when our 22 monks sit each day and share, and we read portions aloud, enjoying your journey and Gurudeva's special place in it. Certainly Gurudeva is smiling to see his knowledge find yet another way to reach and inspire those on the path to the Light and the Self beyond. You have done something wonderful, and done it in a way that is both authentic, detailed and accessible. That's not an easy thing to do, but your earnestness and desire to help others come to deeper understanding shines through the work.

Here is a digital gift from your friend in the Inner Worlds.

Paramacharya Palaniswami

Hinduism Today

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This one is from, traditionally, my toughest critic, my son Robert, Nuclear Engineer, aboard the USS Abraham Lincoln:

Letter #1 – Hey Mom! That's awesome! I have about ten more pages to read. Do you want my opinions and appraisal? I have always been very critical of your work I will let one of my friends read it first and then after speaking with him I will give you my critique. I will tell you now there are signs of brilliance in your writing, but you also lost me where you changed your approach to presenting this material. I will give you a breakdown on what your work does for me. Love – Robert

Letter #2 – Hey Mom! I did finish the book. I loved the way the information was presented about Thoth. Using a storyline is an effective way to express your principles and theories. I would of liked to have seen the whole book presented in this fashion. It is important to recognize the target audience you want to reach. You must remember that most people out there have not studied for the last 20 or 30 years on the subject of metaphysics. I found myself a couple of times not understanding what you were trying to get across to the reader, and the last chapter and Epilogue seemed not to fit your outline. You must approach the reader as a babe in the science of the Golden Age. You have to gradually develop the theories, principles and information. You have a habit of impressing me mom! Your courage to try new ventures is impressive. You have quite a creative force. A lot of the terminology is a hindrance to my comprehension, i.e. when you describe the time periods like the SAT YUGA, etc. Of course the information about Atlantis has always intrigued me. You present a lot of information in a short period of time. A lot to grasp. I will always be your greatest critique. The information in your book is

provocative, yet my scientific background expects that empirical proof when you make a number of very explicit statements. By using the storyline approach you leave it up to the reader to find what is truth in their reality. I love you - Robert

This was my reply to him:

Hi Son:

I couldn't be more pleased with your review.

The book was written for intermediate metaphysical readers. (Not necessarily for beginners or on the other hand for advanced metaphysicians, although there are some advanced theories included.)

It was not my intention to argue my case and try to prove the material. The way the brothers taught us all those years was to give us concepts and ideas and try to make us think for ourselves. It does no good to present even substantiated factual data to someone who is not ready to receive it. If someone is not ready, they simply will not understand until they reach a certain point in their evolution.

You're right; I did present a lot of material in a short time. It is not a book that can be read one time and totally retained in the mind. A whole book could be written on each topic covered. (As a matter of fact, many books have been written on each topic covered.) People who are interested in this type of material read volumes on the subjects. That is how we slowly build our understanding, one step at a time. I expect people to think for themselves, not to be herded like sheep. We have enough of that already in our society. Everything is available to us through Universal Mind and as we get further into the new Cosmic Golden Age, man will learn to rely on his inner being rather than reacting solely to the influences around him.

This is the new world you and your children will inherit. Once we get past the bad times, it is going to be a beautiful new world. This is what the last chapter refers to. As to the Epilogue, it is an acknowledgement of the help we have received from 'Brothers' in space. The whole book is influenced by their teachings. As you know, I have studied their teachings for the last forty years, but it has only been in recent years that I have been able to identify their teachings as being the same in ancient writings, history and religions.

The main message I want to get across is: Help is on the way, and a new day is coming.

Love – Mom

This next one is from Bud Carroll, author of 'The Materialistic Wall'. Mr. Carroll is a brilliant writer and a beautiful soul.

Hi Jerry. Thank you for sending me the Tensor Concepts, Article II. I found it very interesting, and encouraging, that what I have thought for many years is ancient wisdom.

There are aspects of your book I found intriguing. I can see the development of the awareness of the charkas aligning with one's level of spiritual growth or, possibly, the development of the Tensor abilities. Please send me your website address. I do not seem to have it and I would like to visit your site.

I have always believed that the so-called ancient myths were real facts of ancient history. One of the pitfalls most scientists fall into is believing the ancients could not possibly be as intelligent and wise as modern men and women. I believe they were far superior in their knowledge and skills. I found the Egyptian god of wisdom, Thoth, in your book of much interest, especially the concept of a Universal Sun. I can remember the day in 1985 when I had a 'eureka' about the Universal Sun, which I outlined in my book. Until I read your book I had never heard of this concept and I am surprised it is of ancient lore. This sentence on Page 43 intrigues me. "As our planet and its solar system moved farther and farther away from the Universal Sun, the source of our creation and existence, man on Earth sank deeper and deeper into darkness and degradation." Can you tell me your information source for a Universal Sun?

There is much in your book I will need to read over again and think about. Most of my time right now is going into promoting my book. I tried to write 'The Materialistic Wall' so it would interest those who seldom, if ever, think about such things. There are several excellent reviews on my book at www.importantnewbooks.com if you are interested in checking them out. For some, the book is just too difficult, but for seekers it piques their interest and helps them think differently about life and death, which is its main purpose.

Yes, I believe we think along the same lines and by melding our knowledge we will likely end up with the same conclusions. I would be pleased to receive your comments as you read my book or when you have finished reading it. I'm sure we could spend many hours conversing on these interesting subjects that sadly most people never think about. I hope through our efforts we can change all that.

Best wishes - Bud

This next one is from a friend and fellow seeker.

Dear Jerry, how wonderful to hear from you. I miss the comfort in your smile and the twinkle in your eyes. Now I know why they were twinkling so bright, your connection with the Universe has brought Light to so many. I am looking forward to a visit with you and Susan. Yes, she indeed is a 'cosmic nudge', both you and she have taught me so many things and I hope we can all share our knowledge in the future. What a great accomplishment your book is to mankind and the questions we

have so many times asked. I truly believe we can accomplish a world vibration so powerful that it will overcome all the darkness that, many would have us believe, is enveloping our World. It was so astonishing that in your book you spoke of the dark ages before the Light, and I believe we are in a dark age now with our country's leadership. Also, about a week before I bought your book, I began writing again, and I am sending you a poem, which speaks of the darkness and the Light. I close with much Love and Light to you and your family.

This is Sheryl's poem:

THE EMPATHIC

Must I feel your pain to really know you?
Must I dry your tears to taste my own?
This dark melancholy that surrounds your soul
Is only a dark passage into the Light.

Sheryl Mahnke

A Broader View of Creation

I found *Living In The New Age Again (A Journey Thru The Corridors Of Time)* to be exactly that: a new and much broader look at time. I have been looking at time as working inside the framework of the precession of the equinoxes, or the zodiacal year of 24,000 years. This book has caused me to back up and view much longer cycles as known and recorded in ancient times in Egypt and India. Just as we measure our year by the orbiting of our planet around our sun, and the zodiacal year by the precession, the ancients measured the orbit of our solar system around the galaxy's central sun and even the galaxy's rotation around the great center of the universe. They even measured the fantastically long cycles of the creation, expansion and dissolution of creation in the greatest cycle of all. I also found a stimulating primer on meditation and connecting with the universal consciousness. The author writes from a lifetime of experience in truthseeking and spiritual growth.

A. Wilson Rodgers, Hendersonville, Tennessee
