

*Michael on Channeling,  
Guides, and other Topics*

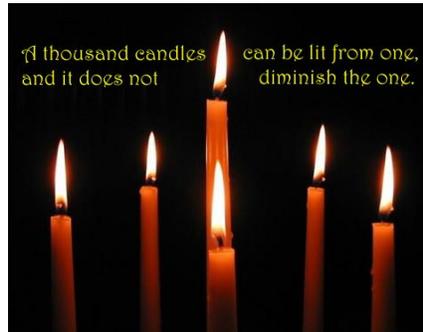


*By T Sullivan*

Cover photography by TA Sullivan

# Michael on Channeling, Guides and Other Topics

**By T Sullivan**



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# Preface

This book is a compilation of readings and insights offered by the channel, IM-Light, who originally communicated the readings from the entity calling itself Michael. The readings offered here were culled from the hundreds of readings accumulated by this channeler because they offered the most comprehensive and insightful information.

To protect the channeler's privacy the initials 'IML' were substituted for her own. All other initials referenced in the readings were also changed.

The opinions, comments and suggestions given by the entity Michael appear in sans serif font and do not necessarily agree with the attitudes, opinions, convictions or beliefs of anyone else connected with this book.

For purposes of space, Michael's name has, at times, been abbreviated to simply 'M'.

Asterisks (\* \* \*) have been used to indicate where a time lapse has occurred between various readings relating to the same topic.

T Sullivan



# Table of Contents

<b>INTRODUCTION</b> .....	<b>1</b>
<b>CHANNELING</b> .....	<b>3</b>
CENTERING, COLORS AND CHANNELING .....	6
USING PROPS .....	7
<i>The Power of Prayer</i> .....	10
<i>Palm Reading</i> .....	11
<i>Astrology</i> .....	13
<i>Numerology</i> .....	16
<i>Rituals</i> .....	19
<b>PSYCHIC ABILITIES</b> .....	<b>21</b>
LINKING TO OTHERS.....	23
<b>ACCESSING INFORMATION</b> .....	<b>25</b>
AKASHIC RECORDS .....	26
<b>FOCUSING ENERGIES</b> .....	<b>29</b>
ASTRAL PROJECTION.....	31
<b>GUIDES</b> .....	<b>33</b>
ASTRAL GUIDES .....	34
CAUSAL PLANE GUIDES .....	36
<i>Naming Conventions</i> .....	37
<i>Influencing the Physical Plane</i> .....	39
INCARNATE GUIDES .....	40
<i>Teachers, Guides, Ascended Masters, or Archangels</i> .....	42
<i>Connecting With Your Guides</i> .....	43
<i>Astral Guides</i> .....	45
<b>PLANAL STUDIES</b> .....	<b>47</b>
ASTRAL PLANE.....	48
<i>OBE</i> .....	51
<b>GHOSTS AND ECHOES</b> .....	<b>53</b>
<b>HIVE SOULS AND PETS</b> .....	<b>59</b>
PATTERNS AND PETS .....	62
<b>PLANAL POWER POINTS AND LEY LINES</b> .....	<b>67</b>
THE BERMUDA TRIANGLE .....	70
<b>TIME AND CHOICES</b> .....	<b>73</b>
MATTER AND TIME.....	76
TIME AND ALTERNATE REALITIES.....	77
<i>Earth Timelines</i> .....	78
TIME AND LIVES.....	79
<i>Alternate Realities</i> .....	82
SCIENTIFIC THEORIES .....	83
STORIES, MYTHS AND LEGENDS.....	90
<b>RELIGION</b> .....	<b>95</b>

WHO OR WHAT IS GOD?.....	96
<i>What is the Tao?</i> .....	97
<i>Superstition and Portents</i> .....	98
THE STORY OF JESUS.....	99
<i>The Apostles</i> .....	101
<i>The Words of Jesus</i> .....	104
<b>GLOSSARY .....</b>	<b>109</b>

## Introduction

*"Channeling is the merging of energies of one who is not upon the Earth plane with one who is. Usually this requires that the personality of that one upon the Earth plane be moved aside, so that the essences can more easily merge and communicate.*

*To bring the information through to the physical, that is, make it a physical object, do you need to allow the manipulation of the physical form by that energy essence not normally incarnate. For when focused upon the physical as you, does personality control the body. But when the discarnate one controls the physical form, there is no personality unless the energy is that of one who is upon the astral, and then the personality is 'milder' and easier to control."*

That is the Michael's "brief" definition of channeling. However, they had a lot more to say regarding channeling, including the what, how's, and even the why's.

In the course of their discussing channeling, other topics came up, including what exactly are psychic talents, what other planes exist besides the physical and the astral, and what types of information can we physical beings get from "speaking" with these entities existing on the other planes.

Within this book, we hope to answer some of those questions and perhaps give you even more to think about and ponder.

As always, Michael and I bring you this information in the spirit of loving acceptance with the hope that it can help you along your life's path.



## Channeling

I've always channeled Michael, but I was nearly twenty-five before I realized what the ability was called. Now, I won't say that what I "channeled" when I was a child was as clear as that message in the Introduction. When I was young, the Michaels primarily came through while I was writing my poetry or short stories.

When I truly attempted to go into a trance-like state, I needed a prop (like Tarot cards) to get me started. The shuffling and rhythmic motions helped me move myself aside and let Michael come through.

However, when I was nearly thirty I finally caught up with my essence twin (refer to [Michael's Teachings and Philosophy](#) and the story of Karma and Your Essence Twin). The combined energy allowed me to let go of personality without any props, because my twin's energy gave me the necessary feeling of safety and comfort I needed to prove to myself that I could do this—channel freely.

Once I let Michael through, and felt the full power of their energies flowing through me and the full power of their truths flowing through me, I realized that I wanted to continue feeling like this. The fear that had tried to keep me from experiencing this was finally released. I no longer needed any type of prop or preparation; I simply needed to *slip sideways*—at least that's sort of how it felt to me—like I was slipping sideways out of the way, and allowing Michael to come through.

Now, I know that some channels say that they can speak while channeling, but I find that using the voice keeps me (my personality) too close to the body. I've been told that this is due to my centering (moving part of the intellectual). So because my body needs to be in (some type of) motion in order to communicate, we (Michael and I) use automatic writing. The motion of writing, combined with a slight rocking motion, allows the communication to flow that much more smoothly.

When I asked Michael about our relationship, this is what they said:

**M:** If we confine ourselves to this life in which you are known as IM Light, then we have been channeling with you for 47 years; however, we have only been writing our answers to your questions for 37, although you realized it not. For always did you suspect, but not completely would you release self. But we have channeled information to you through 7 other lifetimes, so it is not completely unknown to you. Also do you have little to fear now that you have reached the level of awareness that you have, and for this reason does the channeling come easily and almost "automatically".

*Q: How would someone else channel either you or some other teacher or guide?*

**M:** As to how someone would channel, we could explain the mechanics, and yet still would there be those who could not master it. For they are driven by fear and cannot let personality go, even for a moment. For them there is only awareness of fear and so do they find what we say frightening and beyond belief. This is their choice, and is not to be taken personally.

To channel or communicate with one not of your plane, do you need to shift focus from the physical plane to that of the energy levels of astral or causal. To shift the focus requires that the personality be shifted or its attention “diverted” (if you will), so that essence may be forefront. Once this occurs, it becomes easier for those guides to communicate or make contact with you.

As to how this communication would occur is dependent on each individual. For each would respond differently. Some would “hear” internal voices, where others would see pictures or “movies”, and still others perceive mathematical symbols or musical compositions.

The communication methods used depend on the role of both the guide and the channeler, for if both are scholars then might the information come through as words or mathematical computations. If one is artisan then might it be in the form of music or artistic endeavors. If of the leadership roles (king, warrior, or priest), then might the information come through as a plan of action. So each will receive the information in their own way, but only if the path or channel is cleared, and the energies allowed to merge.

For that is how the information is exchanged, by the merging of energies between channeler and guide. How the information is interpreted depends on the grouping of fragments and how they perceive the information.

To shift the personality must you sometimes occupy it with other things with other actions or thoughts. Then will it be “distracted” and the focus not on the objects and ‘reality’ of the current here and now, but rather will it be on the beads or cards or mantra with which it is focused. This allows then for the essence to control and lead, and for awareness to move to the other planes where the communications can then occur.

These then are the mechanics.

\* \* \*

Anyone can channel, this is merely a way of opening oneself to and listening to one’s “higher self”—the part of self not focused on the physical plane.

The term “higher self” is misleading, for it is not that that portion of your self is better than the rest of you. Rather it only indicates that it is the portion of you not focused on, not encased in, not constrained by the physical world. Therefore, the perspective is broader and the “wisdom” more clear, for the memory is unimpeded by personality and fear.

However, to be brought “forward” to the physical realm, requires that the information be “filtered” through the personality to the physical being that you are. If personality is

strong, then the information may never come through. If personality is that strong, then the channeling will probably never occur.

However, if personality can be moved aside and a channel for information created, then wisdom can be communicated. If, however, the information creates fear or conflict (conflicts with the chosen personality), then either the information is blocked or the personality becomes radically changed.

These then, are similar to your life-altering situations. For they are little more than essence contact. A contact of a fragment with itself, which frightens it so much as to cause the “instant” removal of personality and the fragment then operates only from essence. This causes the lessons and karmas and tasks to be abrogated, for personality is chosen to facilitate the learning and the experiencing. But if personality is “lost” through some life-shattering experience, then the “play” is interrupted and will need to be set up and experienced at some other life time.

Those who would channel some “thing” or some “one” other than their higher selves, would need to seek out one of their guides, or to have had an agreement in place. You have had an agreement with us for the past 7 of your lifetimes, for it has taken many of your lives for us to develop a good enough rapport that channeling then becomes possible. For the understanding of language is not easy. We think and communicate in terms of thought, you use words, music, mathematics, emotions, and all manner of communication methods. Therefore, for us to communicate easily and distinctly that which we wish to say becomes a learning experience for us both.

We do not “influence” your thoughts so much, as we do direct you toward those ideas and concepts that facilitate the learning and communicating. Most would channel astral guides, for these require no agreements, nor do they require extensive preparation. For those in the astral are still close enough to the physical that communication flows easily and with little blockage. It is only as you move toward the causal and buddhic planes that communications become more difficult and so requires the agreements of several “life times” so that the links and connections can be created that aid in the communication process.

*Q: Who can channel, anyone? And what does it take to do so?*

**M:** As we have stated, all can channel, if they learn how; however, if they do not have agreements, then the only voice channeled will be their own<sup>1</sup>—this is not to say that channeling one’s higher self is not good works, it is just that we know the question will arise. For you must understand that no entity would think to “invade” another’s space without that prior agreement.

Most common, are agreements between an astral guide or host and a fragment. For these require no long preparatory work, nor do they require translators or interpretations. Therefore, most will channel either themselves<sup>2</sup> or a guide or host from the mid-astral

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<sup>1</sup> they refer to a person's higher-self.

<sup>2</sup> they refer to a person's higher-self.

level, for they are attuned to the physical plane and will readily respond to those whose questions/thoughts/essence push into their realm.

These discourses require no prior contact for attuning or adjusting, nor do they require “translators” or an establishing of a compatible “language”, for these guides are already familiar with all physical plane methods of communicating. Those with agreements to contact others “beyond” the mid-astral have probably already been doing so, but not in a conscious way. Rather are they doing so through sleep, day-dreams, and creative pursuits, such as art, poetry, storytelling, and similar activities. For these allow the ego/personality to be “moved” aside and a type of communication to take place. It is during these times that the establishment of a common “language” and symbology emerge, so that the communication, when addressed directly, can be more clear and precise, and not 2 entities trying to communicate in differing terminologies.

Some can have agreements with causal entities, others with messianic entities, and some with mental plane entities. Few (perhaps 1 or 2 on your planet) have agreements with entities on the buddhic plane, for they have little desire to communicate with those still in “kindergarten”. Even those from the messianic plane are few, for they are not expected to teach those not yet free of physical constraints, but it is their nature to do so if they find it challenging or creatively stimulating. So, there are approximately 12 messianic entities willing to communicate with those in the physical. Of those, 4 do have agreements to “speak” with fragments on Earth, though not all are human agreements. Some are with cetaceans, for they more readily communicate in those frequencies anyway.

We on the causal plane also have many connections with those still on the physical and these may last through many of your lifetimes. For our teaching agreement may start in your life 200 and conclude after you have cycled off to the astral.

The differences in teachings are the perspective. We have a broader/wider perspective than do those on the astral, and those on the mental plane have a greater perspective yet, than do we. However, the “further” away in frequency the plane is from the physical, the harder it is for communication to occur, for our concept of “language” is not very similar to yours, just as those on the buddhic plane have a different concept of communication than do we. This is why “pathways” or gateways must be “built” and maintained, and why precepts and concepts must be shared via this gateway prior to actual “communication” taking place. For without a common starting point, all communication becomes meaningless gibberish.

## ***Centering, Colors and Channeling***

*Q: I would love to channel, but am not sure this is possible with my overleaves...I understand that those with an intellectual centering find it harder to channel than someone with a different centering.*

**M:** It is not the centering so much that would preclude the meditating or the channeling, but rather is it the attitude. For this one would we see the need to first access self before moving on to those guides first astral, and then, perhaps, those of the lower causal.

That the questioner has guides on the astral and the lower causal, as well as the mental and the physical is true. That he recognizes them and their works, is not. For most often

do they work during sleep cycles, for that is the only time that this scholar is free from those filters/traits that would keep their information from being "heard".

All can meditate, and all can channel. However, some are more adept than others, for their fears are not so strong. Who one channels depends on those agreements made. For not all have agreements to channel any others than those within the astral, while others have agreements to channel only those upon the mental. For the questioner do we see primary agreements with self and those who would be astral guides. Also is there one who would come through from the lower causal if the agreement to create a channel were invoked.

The mechanics of channeling are merely a shifting of focus, so that the physical world no longer predominates the life. Then rather is the attention or focus on the astral or other level. It is through this shifted focus that the information comes. For us (IML and ourselves), the connections grow stronger and her (IML's) attachment to the physical less, so that the shifting of focus becomes almost automatic—something she can do without thought or awareness. For others does it require more practice and concentration, for giving up the physical focus causes much fear and so becomes a struggle rather than a natural act.

The warrior (JM) especially, is one such. For she fears the loss of control that occurs when personality is set aside and so does she fight herself so as to retain her focus in the here and now. When she does achieve shifted focus, her questions and concentrations are still on those matters of a physical nature. Her guides would assist in these issues, but she listens not. She must allow the mind to quiet, so that the guides may speak. However, she creates so much inner noise that they become lost in all that confusion.

*Q: Can colors or certain frequencies of light help us channel?*

**M:** Silver will raise ones vibrations, but gold is a more harmonizing color and raises the vibrations ten fold of all within its light. Gold is the color used by those who would contact us, while silver will aid most to raise their vibratory levels enough to easily contact those within the upper astral levels.

White light is the color of the Buddhic plane and so does this color help raise ones vibrations enough to reach those upon that level. To reach the Tao do you need to reach beyond the physically visible spectrum of light, for the Tao contains all light and all sound and all aspects of everything.

## ***Using Props***

*Q: Is it okay to use props like tarot cards or runes or other such items?*

**M:** We would see the using of props as the means of moving aside personality and allowing the essence that is you to come forward. Whether it be the counting of beads or the chanting of prayers, or the using of tarot cards, or the tossing of dice or bones, all of it helps occupy the physical side of the body, thus allowing the essence to move forward.

To use the props as a means of communication can be done, but it limits greatly the communication. For the tossing of bones may give you a symbol or other meaning, but relating that symbol to the question or concern requires that essence be allowed to speak.

You (IML) used Tarot cards, and the meanings given for those cards were then expanded on by us. But even then did you find the information limited and not easily interpreted. When the prop was released and the channel opened completely, did we all find the communications more satisfying and more easily accomplished.

For you, the shuffling of the cards gave you the practice you needed in laying aside personality so that we could communicate. Once this was learned, the prop was no longer needed. So it is with mantras or bead counting or any manner of repetitive motions or sounds. They are simply ways in which those in the physical move aside personality so that they may speak with their higher selves or with their guides.

*Q: So are you saying that the I Ching is no good?*

That the symbols on the I Ching do not clearly reflect the modern world is true. Therefore, cannot the messages gained through its use be wholly and fully expressed in a clear manner.

It is the same with what we teach and what Buddha taught and what The Christ taught. For the language shifts and the message is transmuted.

The energy behind The Christ was more important than the words spoken, yet the words were spoken in a manner understandable to those first, second, and third cycles of his day. That those words spoken are the same as exist in your Bibles today, is not true. For The Christ's words have gone through many iterations, and many translations.

*Q: But isn't the Tao perfect and unchanging?*

No, the message of the Tao does not change, but those receiving it do. Does the Tao change? Yes. For all things living change. If they did not, would they become stagnant, and that, to us, is worse than death. For in death do you simply cease to exist—something impossible to do—but in stagnation do you simply cease to grow.

That the I Ching has benefit is not in question, for many props have benefit. Tarot cards, playing drums, or even rhythmic rocking are all beneficial, yet the messages gained through such actions must be weighed against the amount of personality present at the time, as well as the motivations of that one bringing forth the message.

The I Ching was developed by a warrior race and its messages are geared toward that civilization. Therefore, do they (the symbols) have little "truth" behind them anymore when used within today's various societies.

If there is one message that the Tao would impart, it is that all should live. For that is the purpose of what we all do—live, experience, enjoy.

*Q: So are you saying that those using tarot cards or runes are fakes?*

**M:** We did not say this. There are those who use these items to move aside ego so that they might better communicate whether with themselves or their guides. In this way can they then answer the questions put to them. Other times do those who use these props simply read the questioner's auras thereby "seeing" the path or paths available to the seeker.

Not all who claim to be able to read tea leaves, tarot cards or other devices are without guile. For many would simply make claims in order to obtain payment. What they tell the questioner is usually contrived to appease the questioner based on an insightful reading of human nature or through downright trickery. It is up to the questioner to determine who is truthful and who is not.

This is true of anything. For always is there a need to validate for self whether someone is "good" or "bad". That we do not perceive good and bad as you do, still do we understand the concept of deceit and honesty.

Therefore, if you would seek a fortune teller or tarot reader, then we would recommend seeking within yourself whether there are any links between the two of you, and whether those links constitute a lesson or an agreement of aid.

The use of cards, runes, bones or other objects, while not particularly useful for most, is dependent upon the reader. For if the reader is one capable of seeing auras and skilled at the interpretation of same, then will it seem as if their reading of the cards, runes or other object is most accurate. Therefore, it is not the object but the reader and their abilities that matter.

You may attend many tarot readings and find none useful, yet you may attend one session wherein the person reads chicken bones, or tea leaves and find the information completely accurate. It is not the tea leaves nor the chicken bones, but the person who has read your energies that has made the difference.

Having no knowledge or understanding of this, however, will lead someone to believe that tarot cards are not believable while tea leaves are. Neither viewpoint is accurate, however, it is the person's perception, and we find that nothing will change that if they do not wish it to be changed.

To read auras is not a skill learned so much as it is a choice made prior to birth. For this is an ability that must be blended into the reader's energies when they create the body. By linking their brow with the mental plane can they then always connect to the higher mental center and "channel" the information regarding the person presenting the questions. That most would also connect the communications center so that the loop is complete is also true. For without the full link can one know the information but be unable to communicate it to anyone.

Channeling is merely the linking of the higher centers to those corresponding planes so that a fuller more intense connection is created. Not all centers need to be linked, just those from where the information would come. If you would channel emotional or astral beings, then would you link your higher emotional center (heart chakra) to the astral plane along with your communications center so that which you feel and experience can you also communicate.

If you would channel us, or one like us, would you link your higher mental center along with your communication center. To channel those of the buddhic plane, would you connect your upper four chakras, for you need to use them all in order to reach those who dwell there.

To use the lower centers allows you to communicate not with those of other planes, but rather does it open your being to experience those creatures that dwell on your own. Those who are most in tune with those creatures of the Earth—dogs, cats, birds, fish—do have their higher physical centers connected (thorax, root and base) for this then allows them to more easily sense what these creatures are experiencing/thinking.

### **The Power of Prayer**

*Q: Does saying prayers really work; such as for healing or improving a situation or whatever?*

**M:** We see the art of prayer as accomplishing two objectives. The first is that it helps those who would pray to focus their energies. The second objective met is that of clearing ego and allowing a clearer communication with essence.

That this can help bring about the desired change is true. For much can be gained through a focusing of energies, and from a clearer pathway that allows essence the opportunity to make its choices known to that physical mind and ego.

By indulging in a group prayer, can much be accomplished. For the focus of energies causes a clearing of the pathways, thereby allowing essence a better/less encumbered opportunity in directing the situation towards that goal which they seek.

Most often does the prayer(s) move aside ego, thereby allowing essence to move easily follow those choices most sought by essence. That the pathway may suddenly seem smoother, easier, less troubled is because ego no longer is leading, attempting to direct the life in opposition to the goals of essence. That most attribute the "sudden" ease to the interventions of God, angels, or other deified bodies, is true. However, the truth is merely that essence has control now of the life.

Those indulging in a group prayer for another whose life seems troubled, do also create a "difference". For through their focused energies can they affect enough of a change to allow (again) essence to move forward and aid the troubled one toward that goal/path most wanted to follow. Or if the one being prayed for is ill, can the focused energies create a vortex in which essence can decide whether the lesson has been learned and so will allow the body to heal.

If however, the lesson would continue, then the focused energies bring about calm, insight, comfort, and feelings of loving support to that one who is sick. That this is good works is true, and always greatly appreciated by essence, whether it would be healed or not.

We see the use of "negative" prayers as also holding some power. For again, is it a focusing of energies. That the energies directed seek to harm or frighten another, makes little difference. For energy focused at another can, if allowed to do so, create much hurt

or much good. It is based first upon the intentions of those who would direct the prayer(s), and secondly on those toward whom the prayer(s) are directed. For if they refuse to accept either those energies of a positive or negative intent, then will the energies create little or no impact. For it always is the choice of those involved as to how or what their lives shall be.

If the one at whom the energies are directed, is weak of body or physical mind, then might the energies focused upon them override their choices, thereby affecting further their physical condition. If it was not their choice to be healed, yet a healing focus was given, then might a debt be incurred. Also is it true that if a death was not intended, and the focused energies do indeed inflict more harm, including death, that this might also engender a debt. For when weakened while within the physical plane, is it possible to override another's energies and choices with your own. However, this is to take responsibility away from another without their choosing you to do so. Therefore, does it make you indebted to them.

For you, by giving them health or illness/death, have gone against their choices and so do you now owe them. So, although prayers are little more than focused energies, care should be taken before invoking them for any purpose, unless sought by the one who would be focused upon.

### **Palm Reading**

*Q: What about those who supposedly read palms? Are they really just reading your mind or your auras or something?*

**M:** We see the reading of palms and hands as a valid talent, if the reader is well-versed in their craft. For the details of the life are not contained thereon, but the overall milestones planned are. There is indeed the number of agreements for mating shown on the palm, as well as, major interactions and monads. To ascertain the nature of the relationships or monads, one must look to the aura, but the fact that they were planned is noted on the palms. This information is also "noted" on the soles of the feet, but few were ever schooled in the reading of these.

It was thought to help the individual "remember" by making a visual representation of their plan. But as societies and cultures changed, the ability and knowledge was lost to all but a few, and for those few it is still looked upon now, as something of an oddity.

This is not to say that what is on the palm must be adhered to, anymore than that "plan" in your root and base must be. It was simply a means of communicating the plans you had made, so that you could better make your choices on life. There are those who, when they read someone's palm, are also reading the person's energies. This is not wrong or right, it simply is. For if more information can be gotten that would aid the person whose palm was being read, then what matter what part of that person the information comes from?

Those who read faces or bumps of the head or other similar things are either reading the person's energy field or inventing information. For there is no valid information "written" on the body other than the palms and soles. Therefore, to tell someone that because they have thin lips they are a cruel person, or because there are 3 bumps at the crown of their head that they will marry 3 times is, to us, a most amazing fallacy.

Of course, all readings done by someone other than oneself means that the information must be weighed and evaluated, for only the person being read can decide what is valid and true. The reader may or may not be honest, knowledgeable in their craft, up to par (balanced, centered and healthy), and unbiased. For most all have an agenda of their own, which will color the information. This is to be understood.

If one is not knowledgeable in their craft, whether it be reading palms, energies, or thoughts, then again, the information may not be completely valid. This is why only the person for whom the information is intended can decide.

The "reading" of tea leaves, or bones, or dice, or rune cubes, tarot cards, and all manner of devices are simply that—devices to aid the diviner. Some use it to mask their inability to read the energies, others use it as a way to get to a state where communication either with their higher self or other off-plane entities can take place, while still others use them as the means of communicating because they do not "channel" any other way.

Again, it is not the method of communication that is questioned, but the channeler's/reader's ability to "decipher" and "interpret" the message. For if the message is interpreted incorrectly or from one viewpoint only, then the information's value will be questionable. Therefore, the clarity of perception in the communication whether it be through autowriting, tarot cards, vocalizations, or bone tossing, is what matters.

This then becomes a matter of how well the reader/channeler can move aside personality so essence can communicate with essence. For if personality is strong, then the information received is more likely to be "shaded" in some way. This can vary on a day-by-day basis, as the channeler/reader may find that they just cannot clear personality on one reading, when the next day they have no problems. This is why we say that even the best channelers/readers have only about an 80% accuracy rate.

Does this clarify things?

*Q: What does it mean if your life line has a break in it?*

**M:** A breaking in the life line can indicate several things. It depends on how the life line restarts and breaks. For if the line is forked when restarted, then a major choice faces the one with the break, and they would do well to think hard about what they do.

If the life line restarts with a chain, then a major illness is the result of some major crises or event in the life. If the life line breaks with a chain, then restarts cleanly—then the illness will cause the life to dramatically change.

If the life line ends cleanly and restarts the same way, the life is abruptly changed through some action that may or may not be the choice of the one whose life line is being analyzed.

If the life line ends in an X and restarts cleanly, then a rescue of someone will cause the change in the life. If the reverse—clean break, starting in an X—then someone will rescue them causing them to restart their life.

If the life line fades out, then fades in, there will be a gradual changing leading to a point whereat the person may spend more time off plane than on, before resuming their life in a more spiritual way.

It is only if the break resumes not, that a death occurs.

The branching of the life line where both lines are of equal weights, indicates a point where two choices of equal importance and equal chance/probability await selection. Once one is selected, it is usually found that the line/path not chosen, will begin to fade on the palm.

Remember the palm is an indication of the life's plan, not a definitive "road map". For everything in the life is still choice, and the individual may decide to go in totally different directions than those originally outlined on the palm.

### **Astrology**

***Q:** Is there any correlation between astrology and the planetary terms used in discussing body types? And if so, would you see the body type represented somewhere in a person's birth chart?*

**M:** That the various body types are named for the planets within your solar system is true. For the body type also reflects the same energy pattern as those astrological bodies. That this gives an affinity to certain configurations within the heavens, is true also; for you would pick a moment wherein your vibrational pattern and the vibrational pattern of the physical world are most compatible. That this would include the configuration of the planets around Earth and the sun is true. Therefore, is the astrology of the birth period reflected in a condensed version by the body selected.

***Q:** Can astrology predict your life?*

**M:** That astrology can actually "predict" what your life will be like is no more true than to say that we (Michael) can predict what will happen. For your life is your own, made up of all the choices that you make.

However, astrology, like palmistry, if done correctly, can tell you what your life's template is—the milestones that you decided on for the particular life you are living. That any of these milestones \*must\* be met, is not true. They are simply guidelines established by you while discarnate and in preparation of the life you now lead.

There are some methods of astrology more precise than others, which can also show the path on which you travel and can, therefore, pinpoint more accurately those agreements, vectors, and meetings that are coming into play.

However, most practitioners of astrology know not the nuances to see beyond the global template that each person creates, so can do little besides identifying the major milestones originally set up.

Astrology is a valid way in which to remind yourself of those tasks and debts that you would try to complete within the current life. That it can tell you that you will wed

someone tall, dark, and loving is not true, for only the basics are “recorded” on your aura at your inception (birth).

What you carry inside is more precise than any information that can be gleaned from those who read the heavens. For what you carry inside is imprinted on your energies (auras) at that precise moment of entering the physical plane. However, those that use astrology can give a broader, less detailed, outline of your life’s goals. Their range of time, and therefore their precision, is affected by the physical plane and its measurement of time.

For while you may truly have been connected to your physical form at 11:31a.m., the recording of your birth may not have occurred until 11:50a.m. or even 12:20p.m., if complications arise. Therefore, can you see that those who practice astrology must allow a greater range of flexibility in their interpretations of your goals to allow for the fallibilities of those involved in the birthing process.

The confluence of stars and planets at the moment of inception—not conception—also influences the type of body one selects. For if one selects a mercury body, but is born when mars is high, will they find themselves struggling against energies that seem determined to hold them back.

At certain times when mars is predominant, will they find themselves unable (or seemingly struggling) to do those tasks that usually come so easily. This is true for many of the body types, except solar. For solar can adapt to any cosmic configuration.

If a mercury/mars body was chosen and mars is predominant in the cosmic orientation at birth, then will it ease the tensions during that cycle and allow the body to operate normally.

So always is it best to allow the child to select when it would be born, rather than forcing the labor as is often the practice. For by forcing the labor, do you not allow for the proper confluence of energies—the confluence sought by the child fragment when the body types and life goals were planned.

It is also wiser for the fragment being born to select a combination body type, for this would stave off many of the poor confluences that might arise otherwise. However, there may be lives in which a singular body type is to be experienced, and this is also fine.

*Q: What is astrology, though? How can the motion or position of the stars and planets affect us? I mean, is it real?*

**M:** The placement of the stars and planets within your galaxy is an indication of the cycle of energies within that particular area of the physical plane. For each “section” of the physical plane has its own cycles and rhythms, just as each has its own forms of sentient life.

Your world and all those who dwell on it align themselves to the cycles within your entire reality—that this includes all those stars and planets within your galaxy is true; that it includes all those stars and planets within the galaxies next to yours is only partially true. For their impact is only moderate for you; while for those living within those galaxies is it more important.

That is not to say that you live within a closed universe, for that is not what we mean. What we identify is that the astrology of the universe is structured in a way that flows first around that galaxy most affected, then outward, like rings on a tree, to affect others.

Therefore, do you align yourselves with your own heavens, then with those heavens of the other galaxies.

The more “in tune” one is with all the energies—astrological, world, planal—the more easily do they manifest that which essence desires.

If one were to travel from galaxy to galaxy, would they note anomalies caused by the shifting or realigning of energies. For the energies from one galaxy flowing into another do create “ripples” where they meet. These “ripples” create anomalies that you perceive at times to be black holes, tears or rips, or even shifts in time and place. That these same anomalies do occasionally impact the Earth itself is true, but it is rare.

That that area known as the Bermuda Triangle is such an area is only partially true. For there are occurrences of these types of anomalies there, but primarily the odd energy fluctuations experienced by those so affected, are due to the residual effects from those experiments conducted both by those called Atlanteans by you—though that was not their true naming—and by those of the current government of that nation known as United States.

The rotation and placement of stars and other “heavenly” bodies is part of the “template”. Therefore, has it always been used as one of the markers to indicate not only the passage of time, but also the cycle of realities.

The “patterns” created within the stars are similar to those patterns within each entity. An entity chooses its passage into physicality based on the configuration of those energies comprising the heavens—or what you (all) term the astrological chart.

Part of the “game” is to be born within those patterns most in tune with your own, and those most out of tune with your own. For when you choose to be born within an astrological configuration not attuned to your own energies, do you need to work harder in order to make the simplest tasks a reality.

When you use the expression that “...the heavens are against me...” it is true. For if the energy alignment of the heavens is “off” in relation to your own energy pattern, does it impede the flow of your own energies, thereby impeding your abilities to manipulate your own reality.

Remember, you are comprised of energy, just as the world (on all levels) is. Therefore, when you choose your moment of birth, you are choosing that moment when all energies—physical (and that includes all planetary and astrological energies), astral, causal, mental, and Buddhic energies are as you want them to be.

If you choose a point at which the energies astrological are in opposition to your own entity energies, will you find that your life is a most difficult one. For if you attempt to

manifest a specific job, but the energies oppose this, then you must either expend more energy or manifest a different job.

If the astrological, as well as the physical, energies are in opposition to the entity's energies, will you find the life short and problematic. For it will be most difficult for any fragment with that much "opposing force" to maintain a presence.

The configuration of the stars and planets do contain valid information for those who can read them. However, few are adept at this. We find that those following the Vedic method of astrology do the best at understanding the nuances of the energy fluctuations caused by the shifting planets. That is not to say that other astrologers are not adept—we did not mean that nor did we say that. Only that those using the Vedic methodology show a higher percentage of accuracy than most others.

Once a configuration is selected and birth occurs, can the astrologer use the knowledge of your birthing configuration to try to determine other configurations coming up and how they may affect the life based on the energy pattern chosen for birth.

That the best astrologers are also readers of energies is true. For they will not only determine which cycle of planets you have chosen to live in, but also what your personal energies are like. Therefore, can the astrologer compare the two and determine more accurately just how the planetary configuration will affect you.

Those who give general astrology information are rarely accurate. For they have little to go on except the overall configuration of the astrological energies. While for some an interpretation of those general energies might mean joyous tidings, for others will it mean a death in the family. It depends on the combination of personal energy and planetary configuration energy.

Is astrology real? All things are real—even those things only conceived within your own mind and never expressed. For even thoughts are energy, so that makes them real. So, yes...the affects of the planets and stars upon your lives is real.

## **Numerology**

**M:** We see this as a way to determine a mathematical formula to explain a person's behavior. That certain numbers carry specific vibrations is true, just as it is true that a person's name carries specific vibrations.

If you wish to designate a vibratory frequency with someone's name, then would we suggest using the numbers 0 – 7.

**0** = null; that is, it has no vibration at all.

**1** = is the lowest vibratory frequency and corresponds to the root chakra

**2** = base

**3** = thorax

**4** = heart

**5** = throat

**6** = brow

**7** = head

For us, do we associate the name and its vibratory rate with the overall vibratory rate of the fragment. The channeler is the sum of all her energies (frequencies) including her birth name. Therefore, do we see her as a seven. That this corresponds to a particular body type or personality type is not true, rather is it simply one number out of several hundred that defines you to us.

If you were to use a type of numerology to define a person's characteristics, would you need to know more than just their name. For you would need to know their birth month, body type, role, cycle, level, and connection point.

We refer to the point of connection between them and their guides. For those whose connection point is the brow (mental) are a high 6, while those whose connection point is the root (grounding/physical) are a high 1. Each role and cycle has a primary connecting point inherent in them, but a person may select another connection point if they have set agreements to channel (a teacher from one of the other planes), or act as energy manipulators, or otherwise change their vibratory frequency. That many would do this without having selected energy manipulation or channeling is not true. However, there are those who would experience having an elevated vibratory pattern based on one particular connection point.

A third cycle sage with an elevated communications center (connected at the throat chakra) would experience the ability to convince anyone of almost anything. They are the fragments that can sway entire towns, states, countries to do what they want them to. Hitler was one such fragment, although not third cycle, he was, through elevated communications and mental centers, able to convince entire countries to do his bidding.

Others, through connections to the base or root, can work seeming miracles when it comes to healing the Earth or those creatures that dwell there. They will have a seemingly uncanny ability with animals and plants.

By raising their frequency in that way, do they change their overall frequency, so that the normal configurations no longer apply.

As we stated, this is an uncommon occurrence, and usually leads to many imbalances, but it is also something that does occur.

In terms of the numerology that is used on common practice we must say that it offers little other than amusement. For it holds little truth to it.

### **What's in a Name**

*Q: How can you figure out who is being referred to with just a name?*

**M:** We see the name as having a particular vibration. We then locate that vibration in your timeline. This is verified by the thread from you to the one who contacted you. This is a very fine filament, but gives us confirmation that we have located the correct fragment. We use the Akashic records when searching for more details regarding pasts and lessons and karmas. For only the emotional and/or basic details are contained in the base of the individual. If more information is required, then we come here to retrieve it.

The name is a vibration both in written and verbalized form, for the thought always precedes the action or event. Therefore you must think the name before writing or saying it, and this is what we "see". We see not the letters you scribble, rather we see bursts of energy that indicate similar bursts inside your mind. This is the closest we can come to explaining.

For we are not physical and the world you live in is perceived by you (global you) at only one level. We see not that level. Rather do we see the energy levels that actually comprise your reality. So we see the individual lines of energy that go into building your world and you see the whole construction. This, then, is the main difference.

Those seeking photographs or telephone communication are seeking to "feel" the energy or create a link with the individual in order to "read" them. It is what you would do, also. For it is only when you can actually view someone in person that you can see the entire person present here within the physical realm—you understand what we mean by "entire person"?

*IML: Yes, Michael....you mean their physicality as well as their energies that reside in the physical plane.*

**M:** Exactly. Otherwise you, too, must link to them and either view their energies via what you term remote viewing or simply through "feel" once linked. We are not limited in that way, being outside of the physical frequency.

*Q: What about those people that have names that are the same and/or common, like Harry Jones or Peter Smith?*

**M:** Those individuals who share names do not share energies. Therefore, we look to the source of the name. If it is not the bearer of the name, but another who has requested, then we follow their link to the person who bears the name. Once the energy is identified, do we then dispense the information to the scholar (IML). For all persons despite their name or lack thereof, are individual in their energies/vibrations. Even twins (essence) do not have identical energies. For they come from different entities.

Remember, we do not have the limitations that are placed upon you as part of the physical realm, so we do not see the person/fragment as do you. Rather do we see a particular collection of energies and vibrations that signify that fragment. And it is within that vibrational field that all the individual's information is stored—such as role, cycle, pasts, and goals. It is this then that we read. Does this clarify it for you?

\* \* \*

We prefer to have the entire birth name and not the "nick name" for this then allows us to identify properly the fragment that would question us. There are instances wherein a child's given name is "incorrect". That is, the energies match not the name given. Usually then has the child/youth abandoned that birth name and taken on the one that is more appropriate. You, questioner, are a good example, for the given name was not "you", and so did you change it appropriately.

There are those who use their middle names rather than first given name for that same reason. For the second given name is the one that more accurately reflects the energies and so is the one used and adopted by the fragment.

Still others may adopt a name that is of none of those given. Those that would adopt names as affectations are primarily those with energies that are unbalanced and chaotic, or of a sage or artisan type. For both seek attention or to create a "stir" or atmosphere, and the taking of an unusual name would cause/create this.

Therefore, do we need to know the full name given you at birth when asking us for information. For if the name is Robert, but we are told Bobby, are we likely to obtain incorrect information. If, however, the name is Robert Anthony, and Anthony is the name used, then would it (the information) be more accurate if we were informed of that, but still would we require the full name first.

The name of the fragment identifies the fragment in as much as it shows the location—the reality and time line, being experienced by that fragment. For another fragment of that same essence would hold a different name and so be located in a different reality and/or a different time line. This is why we need to know the name so as to identify the appropriate fragment and the appropriate time line and reality.

If given every permutation of each person's name, would we then be most accurate in our identification; however, not even the fragments themselves know each and every name that is assigned to them. So the best we can do is to work with that name assigned at birth or assigned to self while a youth. For that is what will resonate most closely with the fragment and allow us to review their experiences and choices "thus far".

## **Rituals**

*Q: Is it important or necessary for someone to chant or create symbols (such as pentagrams and the like) in order to contact their guides?*

**M:** The chanting or repetitious vocalizations of a name or phrase or even meaningless sounds is not what makes the connection. But rather does this practice cause ego to be distracted. Then can essence "commune" with self (higher) or any of their guides.

The same is true of any truly repetitive action or device. Beating a drum in a slow rhythmic manner would assuage the moving center and allow ego to step aside while essence then came forward to commune with those it needed to.

Meditation is the focusing of energies, that this can occur through the chanting of names or phrases, or through the beating of drums or cymbals or bells, or through the rhythmic breathing of yoga movements is true, for the result is the same—the distraction of ego so that essence may "drive".

Some would focus upon crystals, or listen to the sounds of water flowing, or breathe in rhythmic ways, or continuously toss dice or runes. The rituals are used to aid in the distraction of ego, they are not always needed, nor is it necessary to follow them exactly each time by all participants. For some may find the beating of drums distracting not quieting. Others may find the sounds of the ocean stimulating, not meditative. Each must find their own way in which to move aside ego, and allow essence its guidance.

Those who follow rituals without knowing why they do so, will rarely achieve that which they seek. For without understanding the purpose for the ritual, will the energies not be focused except on the ritual. The ritual is **\*\*not\*\*** the focus. The focus is the allowing of essence to commune with self or those guides or teachers not of self. So focusing on the ritual will teach you much about memorization and repetition, but it will gain you little in terms of awareness.

If, when given a ritual to follow, the only reason offered for following same, is “that it has always been”, do we recommend analyzing the pieces that comprise the ritual so as to discern what it was the originators were truly trying to accomplish. For the pieces of rituals can offer guidance as to their purpose, even if those perpetuating the rituals no longer remember or understand why they do them.

To stand in a circle or star and move hands up and down is but a way to distract the moving center. The sitting and staring upon a candle or fine crystal, is but a way to distract the intellectual center. The repetitious vocalizations of names or phrases is the distraction of the emotional center. Those that would practice ritualized breathing techniques are also looking to distract both the emotional and the moving centers.

So, there is always some purpose, but most times has it been lost in the zealousness of preserving the ritual itself. So rather than follow a ritual, do we recommend finding those techniques of distraction that tend to work for you, and to use the one(s) appropriate for the moment and the need.

## Psychic Abilities

*Q: Do you need to be psychic to channel ?*

**M:** What you term "psychic senses" is to us normal precepts. All will follow the pull of threads (vectors) whether awake or not. Those who are awake enough may begin to understand what the "pull" means, while others may even have an "inkling" of it before it happens. This is a natural process of being—of becoming aware of oneself as more than just a physical being.

As to emotions, all those considered empathic, and many who know no better, send links from the heart to everyone around them, thereby allowing them to experience and know another's emotions. Others may leave their heart chakra too open, putting themselves out of balance and allowing everyone else's emotions to override their own.

Thoughts are energy, as are the emotions, and as such they can be "received" by others who are either in complementary vibration with the thoughts and the one sending them, or by the receiver linking to the other's thought center.

What we mean by psychic talents are those talents that allow one to consciously and with awareness on all levels, go in and manipulate the energies—not only on this, the physical plane, but on all other planes, as well.

It is this awareness combined with the ability that gives one the talent for healing (whether it be physical, spiritual, mental, psychical, or emotional), and it is this same combination that allows one to "look" at other's lives and see the threads that cause the vectors and to "read" when the vectors will most likely become active. They were at times called sorcerers, wizards, magicians, and witches. Whatever term is used, matters not to us. More is it important that they exist, for they are the ones that put balance back where the energies flow unevenly or are blocked—whether in some one, some thing, or some where/when.

We do not mean to imply that they are better than the man who builds bridges or the person who cares for flowers. For all talents and all skills are needed. For the experiences gained are what adds to our overall creativity.

However, the talents you (the questioner) speak of as psychic could be taught to anyone awake enough to learn. But the psychic talents we speak of must be chosen and honed throughout the lifetime.

Psychic Powers in your terms are the reading of thoughts, accomplished through either cording or auric reading; but since most cannot read other's auras, it is usually done through cording.

Precognition is the awareness of events based on cords or energy broadcast. Those not to be part of a "death" will be "warned" to stay away so they will not board the plane, bus, or go to a certain location. Sometimes these signals are picked up by others on the "frequency" or those who truly are psychic. Other times it is a matter of knowing before they make it "real". They may try it in the astral first, then go ahead and make it happen. So it seems precognitive.

Empaths are those that are cording other's emotional centers, or being overwhelmed always by other's auras. Balance and a closing down of the emotional centers to some degree will stop this.

Remote viewing can, in a limited way, be done by cording, but usually requires one who can manipulate all energies not just their own.

Psychokineses requires a real psychic, though some with only "psi" talents have manipulated objects within their sphere of influence slightly—usually, however, they do not know what they have done or how, and they cannot do it if the object is outside of their aura.

To be “psychic” in the sense of knowing another’s thoughts or emotions, or seeing another’s place or location, requires that the auras or energies be linked. This requires that one create an attachment of their energy to another’s. This attaching then lets you sense or know what another does.

There are different types of links, for those who would marry or have children together, do they create an agreement to do so usually before incarnation. This agreement is present as an energy link, one to the other, so that when they meet the desire or need to be together is “recognized” at least at an essence level, if not by the personality.

For others are there also links or cords that connect them due to an imbalance between them. What we call karma. This link creates an “urge” within the players/fragments to come together so that the balance may be re-established. They may choose not to re-establish balance, and this is their choice, but the links will cause them to at least meet and confront that choice.

Then there are links of lessons or monads. These again are created prior to incarnation and indicate a very special type of agreement. These are agreements to share a particular type of experience or “lesson” with each other. These lessons are a segment of life in which two people—you and another—are the primary or key players. For the focus of the drama is yours and your partner’s.

The final type of linking is that which you create when you wish to know what someone thinks or how they feel or when you wish to control that other person. For these are the links that create what you term psychic bonds.

You reach out with part of your energies and connect yourself to another's brow or heart or thorax or base. In doing this, you can "hear" what another thinks (brow), or send thoughts to them thereby controlling what they think. Or you can "feel" their emotions (heart) or make them feel what you want by sending them your emotions through the link. You can take from them their energy (thorax) or add yours to theirs, or you can influence their creativity or sexual desire or feel theirs by linking to their base.

This then is what you call psychic abilities. It is merely the reaching out of self at an essence or energy level and connecting to another's essence or energy level. We do not recommend this behavior often, though. For most remember not to remove these links, nor do they accurately know how to control them. And by leaving them too long on another's energy can it cause problems for the other person's physical form.

Therefore, do we suggest short probing extensions rather than full links, and only if agreed to by the other you would connect to. For never should you simply link to one without their knowledge or approval, for again, the balance between the two can become skewed and this then would create a karmic debt. Always is it balance that is sought, so always must you give and take, not just take.  
Is this then more clear?

### ***Linking to Others***

***Q:*** *So, are you saying that anyone could link to someone else and hear their thoughts?*

**M:** The "mechanics" of hearing thoughts or knowing emotions of another are easily done and commonly done. However, few know on a physical mind level what or how they do it. Not all connections are "clear", some will be filled with "static", and others seemingly unreadable or silent. Most times this is caused by the fragments being of such varying vibratory frequencies that they cannot easily match the frequencies enough to make the connections clear.

A warrior may link to a king's brow and either "hear" the thoughts or control the thoughts with little distortion or effort, but when tried with a sage they may "hear" only noise. This is because the range of frequency between warrior and sage is so distanced that it becomes difficult for the warrior to "match" and, therefore, obtain a clear connection.

All things are energy, you and all those around you, as are the animals, trees, couches, and houses. And each fragment (person) vibrates at a particular frequency. Some frequencies being more compatible than others, are therefore more easily linked and the energies of the thoughts or emotions more clearly transferred. With others, are the frequencies so dissimilar that the energies of the thoughts or emotions do not transfer well and the "messages" are not received.

Sages work well with priests and artisans, while warriors work best with kings and servers. Scholars are the most flexible and can more easily shift their frequencies to become more in tune with the other roles.

In physical plane terms, you are literally reaching out with part of yourself and attaching it to another. For the "hearing" of thoughts do you reach out that part of self nearest your brow chakra and "attach" it to the other's brow chakra. You can then "hear" or direct the other's thoughts.

To know their emotions, do you reach out with your brow and attach to their heart chakra. To feel their emotions or control their emotions, do you reach out with your heart energies and attach to theirs. To obtain total influence or to obtain of their physical energies, do you attach your thorax to theirs. For this then allows you to merge energies or take of theirs or give of yours.

To control the creative or sexual energies, do you connect at the base. This is all done through the “front” of each fragment, for that indicates that both are aware and agreeable to the exchanges at least on an essence level.

If the connections are made from your “front” to their “back” it indicates that they do not agree to your control and linking. For to attach to one’s “back” is to indicate a reversal of the “normal” energy flows for the physical plane, and this is detrimental to the physical form. Therefore, would essence not often agree to this type of connection.

We would see this type of intrusive behavior as one that could and would most likely create an imbalance, and would therefore create what you term karmic bonding or linking. These links (to the back) more than any others are done by those who would control someone else, dominate someone else, and yet are there no agreements or acknowledgment of acquiescence by the fragment being controlled.

The physical mind does not “control” these intrusions and linkings, so much as the thoughts and the intensity of focus of these thoughts does. For the mind may have no awareness of these actions, yet the thoughts and focus are there and the intensity of these both “cause” essence to respond. Thoughts, like everything else, are energy, and energy can and is manipulated. For we are all energy, just in a form you do not recognize.

***Q:** What is the biggest difference between a regular channeler and one who is also an energy manipulator—or is there a difference?*

**M:** We see the primary difference as being the clarity with which the messages come through. For those who channel and also manipulate energies can more easily clear, and maintain a conduit that allows the information to flow more freely and clearly. Whereas, those without that ability are usually more limited in their communications abilities due to their "inability" to clear the conduit.

If, however, they have an agreement with one in the causal or buddhic planes, then they (the causal or buddhic entities) can usually create and help maintain the conduit and use it as a link, as well as an information channel. That is why so many without agreements or without the abilities to manipulate the energies limit themselves to contacting those guides on the astral. For the "barriers" and interference is not so great, and so makes it that much easier to gain contact. This is not wrong or right, it merely is.

## Accessing Information

*Q: You said once that "...Information helps you make wiser choices..." How do I access the information from myself to help with these choices? How do I actively remember past experiences where lessons learnt may be pertinent to the decisions now? Before, I have just asked my guides for it, or for help, and either I get the information I need, or my life just seems to "fall into place".*

**M:** Those who would access or "remember" their own "records", their own experiences, whether from the life of the fragment they are now, or from other fragments of self, need to gather about themselves their energies. We mean they need to retire to a place wherein the body is comfortable and feels safe and secure, then do they need to shift their focus from the here and now to the two most southern chakras. For within those two energy centers will they find those memories most pertinent to the events of the current life.

That the questioner has asked the guides for assistance in this endeavor is fine, for it is her choice whether to seek the information for self or to rely on other's assistance. Neither is better than another—all or any is sufficient if the questions asked are answered.

When one is unaccustomed to working with guides, however, then do they need to seek within their own energies for the answers. For each fragment, each person, carries within their own "record" of emotional experiences.

To look within the root is to find those experiences that have taught you—the whole you (essence and ego), that living near water is dangerous (this could be because in several lives you drowned), or that darkness should be feared (perhaps because in darkness were you murdered, raped, or mauled by wild animals), so it causes the body and physical mind to react in ways of fear. That is, either the mind creates such an extreme block of fear that you would not conceive of moving near any water, or does the body create a reaction whether in the form of hives, bloating, sneezing, wheezing, or other what you call allergies.

To observe the base, will you find those pasts that have some impact on the current life. We see in the questioner a need for security in a relationship because those pasts most prominent show abandonment and desertion by those trusted and/or loved. Therefore, will the predominant fear/need most often be reflected in the base with those pasts "showing" why the fear/need is so predominant.

So, always are those previous experiences that have a direct influence on the current life most prominent in the base and root. That those in the root most often show themselves as mental fears or physical form reactions is true—what you call phobias and allergies. Whereas those from the base do show in both the types of situations in which you continually find yourself as well as in the way you respond/react to those situations. For many will they find themselves repeating the same fear-driven response over and over, until they can finally recognize or realize what and why they do act in that manner. At that time will they then adjust the behavior to one that is different. We will not say better, for all responses are right for what they are, but some are more fear-driven than others.

This is each fragment's choice. For they can respond through fear or love or any variation thereof.

Therefore, whether one asks the guides or seeks within on their own, the answers are there if you truly wish to find them.

*Q: Michael can you restate the order of the chakras for us?*

**M:** Of the chakras, once again will we indicate that they are the thorax—center chest below the closed ribs. This is the energy center and vital to all living physical things.

The second is the root and it is located near the belly button. It is the monitor for the body, preventing (if it can) anything untoward from happening to the physical form.

The next is the base. This is located an inch or two below the sexual organs, and is the creative center for all physical beings.

The fourth is the heart. Located near the heart, it is the emotional center and healing center.

Next is the throat. This center is located mid-neck and is the communications center.

The sixth is located at the juncture of nose and forehead, and is often referred to as the third eye. This is the intellectual center.

The tao is located one to two inches above the top of the head, and is the spiritual center. This is the link to all—to all other realities, planes, essences, entities, all.

## ***Akashic Records***

*Q: Do the Akashic records just hold our pasts and futures?*

**M:** Since there is no "future" anymore than there is a "past", then we must state that this is not what the Akashic records contain. But rather are they records of all the experiences of every fragment, essence, and entity in all dimensions and all worlds and all realities. When viewed by you, would you find them showing only that information that impacts the life you know as yours, but without the advent of conclusions. For there would be still all choices available to you. You might see that in 10 years (of your time) were you to meet someone with whom you have agreements to marry. This in no way changes your life or limits your choices. For you do not have to partake of the meeting if

you do not wish to. Nor do you need to marry the person after meeting them if you decide to meet them. The choices are always available to you to make. Knowing what is planned, does not alter that, it only aids you in understanding why or what and so perhaps making wiser more essence-driven choices, rather than reactionary, ego-driven choices.

The Akashic shows you, from the physical plane, those pasts (experiences) already had, and those experiences "planned", but not encountered. But more than that, they cannot do. For there is no destiny or fate, there is only choice; and until the choices are made, there is no way to "predict" what a fragment will do.

Even we do not "predict". We merely point out the choices made, the choices possible, and the paths you have built or started to build based on those choices. That is not "prediction" it is a stating of what is "obvious" to any who would observe the aura. So, no, the Akashic does not show past and futures, it only contains those experiences had by any and all as they participate in their various nows.



## Focusing Energies

*Q: What exactly is "focusing" your energy? How do you do it?*

**M:** We see the art of focusing one's energies as that not unlike any other activity requiring intense concentration. That this concentration can take place both in a physical, mental, and spiritual sense all at the same moment is what confounds most of the fragments in the physical realm. For they presuppose that we speak of something mystical and secret, when we merely indicate a flow or direction in which the energies are "turned" or "aimed". If you think of yourself as a creature composed of many layers of different energies, then perhaps you can more easily visualize how and what we speak of. For the physical mind is free to do whatever it needs and wants in regulating the physical form, for it is not part of what occurs when the energies are focused. Thoughts are generated by essence, not the physical mind—this is why we/you/all those in the physical form are "different" from other animals. For without the incarnation of essence, the physical form would be just another animal.

So to focus or direct your thoughts to one point, requires that you manage to maintain concentration on that one focal point for longer than your normal "two seconds". To create an image of almost physical reality with your thoughts is to build the energies toward a particular focus. This is why if you truly desire to experience some event you can, by thinking of it over and over, whether for days or weeks or sometimes years. The depth of your commitment to this particular thought, the determination shown in imagining or creating the image will or can eventually create the "reality". Many times you change your life because your concentration on one aspect or point of the life becomes the all-consuming focal point. This is why it is often said that you will always experience your greatest fear. For many are drawn again and again to dwell on that fear, and what might happen. If one is constantly afraid of being alone, they may think of this constantly until they find themselves that way—whether through having driven all others away, or through their own machinations in creating a life of total isolation. You, IML, refused to be any height other than 5'4", and so grew to that precise height. Just as you always saw yourself with eyeglasses, and so changed your eyesight by focusing on that image.

Thoughts are physical objects that are not visible to your physical eyes. They are however, able to affect the energies that comprise you and your world. To think once that you are fat is to have little or no affect on your physical form. If, however, you repeat that thought a 1000 times, you will soon find yourself growing larger in ways you had not considered. You truly are what you think.

For one without the "abilities" to see or manipulate energies, do they need to create repetitions or moments of meditation wherein they concentrate or focus on one particular object, event, image, or person. A mantra, chant, or repeated phrase works to channel the mind/thought of the fragment so that the energies can begin to be bent or shifted in the direction sought. One who can see and move energies, merely does so, for the ability to focus the energies becomes as "natural" to them as breathing does to the physical form. This is why the path may seem fixed in a positive way, but is then noticed to begin shifting, perhaps, to a more negative "setting". For someone or someones may be concentrating/focusing on some action that, given enough time or focus, will cause the energies to change.

If one is not an energy manipulator, but would cause some change to occur more "quickly", then would they join with others in a focusing of energies. This is the reasoning behind rituals and group prayer. For to have many repeat the focusing phrases over and over, creates a large and powerful effort causing the energies to shift in the direction desired. Therefore, if a group would wish to harm another or several others, could they, through ritualistic repetition of phrases, concentrate their energies to cause the other(s) what could be perceived as a spell of ill luck or accidents. It is merely the creation of a pocket or small vortex of negativity that they have located on or around another. But also can it be used for positive means. For to wish someone who is ill, health, could you group several and have them invoke repetitious prayers and phrases of health and wellness for the person. This time creating a positive vortex around or on another.

The laying on of hands is an immediate manipulation done by one with the abilities to shift energies on their own, whether they "consciously" understand what it is they do or not. But it is also possible to be healed by those wishing you well, if they continue to do so over time, if it is a serious illness and if the person wishes to be healed. For no one can or will be healed if they do not wish to be. If this is what you call magic and voodoo, then yes, it does indeed exist. But remember too, that to manipulate another's energies without their knowledge or consent (essence level) is to incur/create imbalance. There are those whose awareness levels allow essence enough "freedom" to "protect" themselves. For if essence wishes not to be intruded upon by others' energies, it merely refuses to allow it. There are those that can create energy cords and bonds and vortexes despite all of essence's protections, though, and these are usually those with which you already have karmic or monadal bonds. For if they have links to your auras already, it is quite difficult to keep them from breaching the aura in other ways.

Most, what you would call psychic attacks, are those attacks made to one's energies by someone with whom there is already some debt owing. Others may occur through a misuse of "power", for there are instances of those whose abilities to manipulate the energies is used not for positive reasons, but for reasons of power, greed, and money and fame. That this occurs often, though, is not true. For most with this ability are either first cycles or fourth and fifth.

For those who have no conscious knowledge of how to shift energies, even though they have the ability to do so, do they oftentimes perform their "duties" and use these talents while astral. That many of those energy manipulators spend much time astrally is true, but not all "remember" this upon conscious thought. It is not necessary for the physical mind to know and understand, as long as essence is aware and retains enough control of the life to accomplish what it seeks to.

But what is important is that all understand that emotions, thoughts, actions, these are all capable of changing the energies, not just around you, but around those near you, too. That is why we say to focus your energies (both mental and emotional) when you encounter others who are hostile or angry and violent. For to reflect back what you see only creates more of the same, increasing the hostile environment and potential for violence exponentially. Rather should you attempt to focus through the energy and intellectual center. For to reflect through the emotional center only causes more possibilities for trouble. If the fragment is confident that they can maintain a loving or calming focus, then using the emotional center to answer an emotional situation would be most beneficial. For when most are reacting through the emotional center, they do not respond well to logic or rhetoric. Just as those who are reacting through the intellectual center respond not well to emotionalism. So, if focus of a proper type can be maintained in the same chakra, then will the situations resolve themselves more easily. But when fear is prominent, then are the reactions less "controlled" and more prone to disharmony.

### ***Astral Projection***

*Q: What can you tell me about the conscious, willful projection into the astral. I'm very interested in this topic, and Michael's take on it.*

**M:** We are unclear as to your exact question, but if it pertains to what you call having an out-of-body experience then it is a matter of shifting focus and re-sequencing your frequencies. You must make the astral frequency primary rather than the physical vibrational pattern as primary. It is the same with any essence-type communication or contact.

Currently all on the physical plane use their root and base centers as their primary focal points. It is these frequencies and the focusing of awareness through them that "ties" the fragments to and allows them to interact with the physical plane and all that it contains. To shift focus to the next plane(s) closest in vibrational frequencies, the lower astral planes, would require that essence generate its main energies through the base center and thorax. This forces the energies to focus on the next level of energies and allows the essence to move through the lower astral realms.

It is rare that while still physical, someone could shift vibrational frequency enough to completely release the body. This would almost assuredly result in the destruction of the physical body due to "neglect" and burn out. For time being so distorted and with no link remaining, it becomes too easily forgotten that essence needs to return to the physical to re-animate the physical body. Yet, if you were to shift focus and try to visit any other plane beyond the lower astral, releasing the physical body completely would be necessary. Most can learn to shift focus for limited periods, and most usually only become adept at shifting focus to the lower astral. But it is not without precedent, nor is it beyond the capabilities to learn to shift focus enough to contact the other planes—not visit, but contact.

All fragments in the physical plane spend some time each night in the lower astral planes. For this is where they meet with those they have agreements, or with those portions of themselves from the different realities, or even with those from other planes.

It is many of these travels that you bring back as dreams of wonder and awe, if you remember them at all.

If one seeks to go to the astral planes on an aware basis, we must caution them to remember that although astral matter has little or no impact on physical matter, you are not in physical form, and all emotions you take to the lower astral planes with you become yours. That is, they become your reality while there. So, we urge those who attempt this to do so with caution and care.

The reaching of any of the planes requires the same technique as reaching the astral planes—the re-tuning of the frequencies until you are aligned with whichever plane you wish to contact. To contact—not visit, for again this would cause possible harm to the physical manifestation that is you—the lower causal or the akashic records, you need to shift focus from the base and thorax centers to the thorax and heart. This will connect you to the frequencies of the akashic records. To reach the upper levels where we dwell you must add the focus of the Tao, or the 7th chakra. This becomes true for all levels beyond the akashic. For to reach the mental plane requires the focus be through the heart and throat and tao; the messianic requires the throat, brow and the tao; the buddhic requires the brow and the tao.

Most on the physical plane, we find cannot maintain the focus long enough to verify the experience, for it is difficult to neglect the body for longer than 5 or 10 minutes before the root begins to send interruptive thoughts in an attempt to grab your attention and cause you to re-focus back to your own physical plane and your own reality.

Many that we work with and through, spent much time in learning to either re-direct that "little voice" within themselves or to ignore it, so that it would not be able to interrupt us while we communicate. We have earlier given this scholar (IML) information explaining meditation techniques which help you identify the different tones or frequencies of each of your energy centers. This should help you then identify within yourself when you are focused through the proper centers to accomplish what you wish to do.

## Guides

**M:** As to the guides, all have guides, but not all commune with or partake of the information that the guides would share with them. For not all are in tune with the spiritual side of their nature, and so do not accept the presence of their guides, nor do they choose to perceive those who would guide or advise them. Some have many who would guide and others only one, but there are none in the physical who have no guides.

Those with many, are usually those whose other fragments, having finished, now await them on the astral and so would act as guides and advisors until all fragments are united.

For most, do they share guides. For one of the tasks selected to do by those in the astral is to guide and advise others. They do not, however, just guide one, but rather do they guide hundreds because for them on the astral, the time felt by you is not the same. They can, by your standards, spend 50 years with one person and yet also be with another 40 (people) during those same years. That is because your time is not the same for them, although they understand your time sequencing and can abide by it. But also can they place themselves outside of it and therefore, seemingly appear in many places at what appears the same time.

The warrior (JM) has 1 guide and 14 fragments that would act as guides. She has, however, never attuned herself to listen to them, except through sleep and dreams. While meditating does she still focus on the physical and so hears not the advice her guides would offer.

*Q: At a recent visit to my energy healer she claimed she could sense the presence of what she called four or five aides, and one guardian angel. Who is he (this guardian) and who are the helpers? How do I contact them directly?*

**M:** What she calls your guardian angel do we call your astral guide. For he has agreements with you to be there whenever you have need, whether it be for emotional or spiritual support and comfort, or physical life intervention.

That he can and still supply "directions" or advice is true, for if asked would he "direct" you toward that path most beneficial for what you would accomplish in your life. Those with him are those who would "train". For they learn how to be guide and guardian.

Often will there appear more than one guide for a fragment, and this is fine. But most times will the presence of one, more so than others, be primary. For it is with them that the agreements are strongest, more "compelling".

All have a primary guide/guardian, for all would make agreements for such. However, often are there secondary agreements made both by you and by that one who is primary. This ensures that you are never alone at any time. For always is there at least one who would guide or guard you, and always is there one to offer support or comfort when it is needed.

Some do not invoke the agreement and so do not realize that they do indeed have recourse or help. Rather do they struggle on their own never realizing that there are those who would help if they were but allowed to. It takes little to invoke the agreements. For most is it a matter of saying a prayer and asking for someone or something to help you "find your way". Then will your guide/guardian act upon the agreement and begin their assistance. It can be as simple as stating that you wish someone would love you, help you, comfort you, care for you, etc. For once asked, will they then come.

### *Astral Guides*

**M:** That there are 7 levels of guides, is true. But not all "guide" those on the physical plane. For the first two levels do pertain more to those tasks on the transitional plane—directing those coming and going, as well as making sure that all links, agreements, ribbons, cords, and choices have been taken care of. That any of those essences or fragments passing through these stages of the astral must work with these guides is not true. For again it is each fragment's and essence's choice as to whether they would work with those available to them.

The third level of guides, are those who would watch over those on the physical plane in a general way. For they are not "assigned" per se to any one in particular, but rather do they watch the global choices being made so as to determine whether alternate realities need to be created. If this occurs—on a global level only are we speaking now—do they connect with those oversouls whose energies do direct the reality and planet in which you all dwell, so that a "duplicate" reality can be made. That this is an exact duplicate is true. For it is the guides who then introduce those changes necessary to meet the choices being made.

That this is nearly—in your terms—instantaneous, is true. For to them (the guides) can they "manipulate" the time stream interjecting changes as necessary to meet the choices being made.

Of those within the third level, are there many "groups" of guides, and each "group" does monitor a particular world. For there are many worlds within the physical plane. Therefore, are there many groups of monitors (or guides) within this third level.

The fourth level of guides are those who monitor more the people. Each guide watches over a small section of the population of a particular planet, rather than the entire globe. For they are "assigned" by way of agreements and astral meetings to monitor those who they are linked with.

These guides do communicate with those they would guide primarily through dreams, for most upon the physical plane do not have enough awareness to be contacted any other way. However, some do achieve a modicum of awareness, and so are able to perceive the “whispered” instruction or caution. For those unable to divine this perception level, then do the guides rely on those ephemeral contacts that you call dreams. Using symbols do they then inject “messages” into your dreams.

The sixth level is that level wherein those of each entity do begin their own lessons. It is as part of these lessons that they also might “reach out” and occasionally “touch” on your awareness. That many take this as the “touching of angels” is true. However, it is merely the touching of entity mates.

The fifth level is where essence begins to re-integrate. Again will you feel (at times) as though you have been “touched” by something wondrous. For as the fragments blend together do you begin to feel the pull towards “home”.

The final level is where those of each entity have completed their lessons and so do need to teach. To do so, do they again create agreements to be of assistance and inspiration. For it is easier for entity mates to work with one another than for those not within the same frequency band.

So, always are you not alone. For there are always those who would aid, support and guide you.

That you can request that one or more fragments act as guides is true. For they can, from the transitional planes attempt to give you guidance. That this guidance is limited is true, for without integration do they offer only that knowledge gained through their own physical plane existences.

Those considered by most physical plane dwellers as “guardian angels” are primarily those entity mates that would act as counselor, guide, instructor and supporter, or those of the causal or mental planes. For these integrated beings (to your standards of integration—for to us is there more integration to be done) do offer greater insights and wisdom than do any of those on the other astral levels.

Of guides, do we state that always is there a one for one ratio. For if you are extant with one astral guide (an agreement made between entity mates) then do you always have one guide extant upon the planet with you. That you must “know” this person is not true, for they can always work through the transitional levels of the astral to reach you. For the cords are there, and if you call for guidance, and that is their role, then will they come. If you call for support, and that is their role, will they come. For always does the call “echo” through the cord “pulling” them to you. So it matters not whether you seek guides “out there” or “up there”, a guide will come.

Those of the second and third cycles do not recognize their guides as such. For most are too involved with the physical plane. However, they are there. Those of the fourth cycle are more perceptive but inclined to “see” aliens or “angel” rather than guides.

We would think the terms guide, counselor, and monitor the most accurate, for these are their roles in essence, and these are their functions.

The 7 roles in the astral plane are: counselor, monitor, guide, student, supporter, guardian, teacher. That these roles in essence correspond to those roles of king, warrior, artisan, etc. is true. For each of the roles of the physical plane does carry over for the first three levels. However, these roles are blended with their essence level roles for the astral, until soon only the astral-level role remains.

That these roles are taken on only after one has completed all their lives on the physical plane, is not true. For many already function as counselor – helping those who are transitioning, or answering the calls of those who are also still extant upon the planet – or train as monitor. The channeler here does both, for she would, upon completion of this life, move on to work as monitor, therefore, has she already learned much during those astral intervals as to how this process works.

### ***Causal Plane Guides***

*Q: How do Causal plane guides, or more specifically—mid-causal guides—differ from one another? And do their variations affect the way they communicate with humans?*

**M:** We vary in frequencies, which causes our interactions (with those on our plane or your plane or any other plane) to vary. For we are of warriors, priests, and kings (primarily), and you are a scholar. We and you both shift our energies in subtle ways to make this interaction possible.

That mid-causal guide known to us as Thomas, is primarily kings, artisans and servers. Therefore, do we relate easily at the king energy levels, but not so easily at the other energy levels. That guide known as Charles is primarily warriors, priests and scholars. So, again do we interact well on some levels, and not so on others.

That our interactions with each other are different than our interactions with you and your energies on the physical plane is true, but it still requires a tuning of energies to make the interactions compatible or possible.

Those whose energies are primarily artisans or sages would be more apt to communicate with those in the physical plane through art or music, whereas those whose primary energies are warrior or priest might be more apt to communicate through actions. King and scholar energies are more prone to use words or science/mathematics to express themselves.

So the difference is in the energies of the mid-causal guide, and in those of the one(s) they would communicate with.

When guiding, do we all have the primary focus as being one of advisor. That again, some would use pictures to convey their advisement is true, while others would use "conversations". For remember, these occur almost exclusively on the astral planes, and so are not "attended" by nor understood or known about by the physical mind, unless those images brought forth as a dream are "remembered". For advice given to essence is then taken or ignored by the fragment.

If the fragment wishes to heed one of their guides, whether mid-causal, astral, or other, then will essence seek a way to communicate its choice to ego (if ego is the "driver", which (again) is true most often). Ego can then heed the advice or ignore the advice.

If ego ignores the advice and essence truly wishes to heed the advisement, then must essence override ego. This is not always easy, and at times, is it not accomplished. But then that is why the experiences are but yours and yours alone. For often, even you, as self, are unaware of what path you will take until you take it. For essence may create a path that leads toward marriage and children, but if ego refuses to follow that path, and essence cannot lead, then the path will not be taken. Even with self, is there a need for balance. For otherwise the pursuing of paths becomes a truly experiential and almost random occurrence.

### **Naming Conventions**

*Q: Why Christian/Western culture names? Why several names for the same causal being? Why names at all? Why are the names all male, are causal beings male?*

**M:** We are Michael, or so we are called by you and others that we teach. But Michael is but a name or title given to make the communications easier. We are a blending of entities and essences and that portion known as Michael to you is but about 1/8th of all of us. Other "parts" of us are involved in other lessons and other agreements, and other tasks.

For those parts of us that interact with those on the physical plane of Earth, do we maintain variations on the name Michael. For one part of us is Molekai, another is Malechai, and still another Mikhael.

That portion known as Michael is teacher. That portion known as Molekai is guide. That portion known as Malechai is creator (of ideas, realities, musics, colors, etc.) So do you see that we are multi-faceted?

To us we simply are—all of us as one doing many tasks and learning many things. However, to you are we more easily understood in "smaller portions". For you (as a whole) struggle with the concepts of oneness and unity and of a whole being also aware of and capable of completing many tasks and functions.

We, like all mid-causal beings, are united but also "separate". For we have learned from our experiences upon the physical plane how to focus energies in such a way as to seem a separate functioning being, yet while remaining wholly part of who we are. Therefore, can we focus our energies into various tasks all occurring now, and either keep that awareness universal (meaning all of us partake of the experience as it occurs) or make the experience more focused, thereby allowing many experiences to occur all at the same now.

Therefore, can we as Michael, teach and guide you and our other physical plane students, while Molekai guides and support those with whom those agreements were made, and so on.

You (IML) channel about 1/8th of the entities that is the overall us. That the knowledge we share comes from the entire being that is us and not just that portion being

channeled is true, but we need only focus a fraction of what is us toward those who would be our students, while we focus another portion of what is us toward those who would seek guidance and/or support, etc.

For that being known as Timothy, is it the same. For they too, would focus only a portion of themselves into channeling, and a portion into support and guidance, etc.

We (all of us within the causal planes) are all multi-dimensional beings capable of more than one focus or one task for any given now. Therefore, do we take on many agreements of various types and so work toward fulfilling those agreements with those who seek us (all of us) out.

Not all seek to have guides on every plane, and not all will seek their guides once the agreements are made. That is their choice. But if sought, we do respond.

That warrior (mlv) does indeed have guides on all planes. That she has sought aid from all is not true. For most times does she remain within the astral realms seeking their comfort and their advice. Twice has she contacted us, for she, too, would seek aid from that part of us known as Molekai.

That the scholar (stm) first sought us via the teacher in Canada is true. However, it was Timothy (the mid-causal guide) he contacted, for it is with them that the agreements for aid and guidance abide.

We are not all male, nor are we all female. The energies vary and play little part in the choosing of names. The names are conveniences for our communications with you when you are not in essence. For in essence, do we all merely locate the frequencies we and you wish to commune with.

However, being incarnate limits this ability to only those times when essence can step outside the restrictions of the physical, such as during sleep cycles. For those times when ego would contact one of the guides—whether mid-causal or other—are names used.

That these names reflect the energies of the essence or entity they call is not true. They are merely a means for you to indicate to us or others who it is you would contact and/or which portion of that being you would commune with.

For those calling for Michael would we—that portion of us that is Michael—respond. If they call for Mikhael, would that portion of us then respond. That there are those of us on the mid-causal that respond to names such as Mary, Maria, Marisa, and Marie is also true. Just as there are those who respond to Ann, Ahnna, Annya.

That the names seem Christian or American or of a particular type or nationality, do we say that we (all guides, teachers, advisors) on all planes, except those of the astral, attempt to let you select names that are comfortable and familiar to you. If you were from Russia, then would we have Russian-sounding names. If from China, then would we have Chinese names.

For those we teach who are cetacean, do we respond more to vibratory frequency of inquiring thought patterns rather than a name. For those we work with on other planets

do we have "names" or as close as they come to your "naming" criteria that suit their culture and their communication style.

So, again, it is a convenience for you, not us. We merely attempt to put you at ease and make the communications of whatever type they might be, more easily accomplished and more "comfortable" for all those involved.

The variations of the names for our differing "portions" allows us to better respond. For if one were to call for Michael but it were not one of our students/channelers, then would we search for the agreement link through the whole of us. By giving you a "name" to hearken to, do we need only search a smaller "portion" of self to locate that link that is you.

At essence level, this "naming" is not necessary, for both essences (yours and us) would know and recognize the links and respond easily. But for you (any of you) to contact us while ego is "front", works more easily if a name is used. For it placates ego and makes it comfortable, and aids us in finding the proper essence fragments.

Essence needs, and uses not, names. Names are a contrivance of the physical plane, for ego is incapable of direct communication. Therefore, does ego need to create words or names for all things, whether they be objects, people, or ideas. All must be identified and labeled. That is your nature, that is your way. We simply abide by your rules while interacting with those of your plane that we have agreements with. As do all those from the mental, buddhic, etc. planes.

Those of the astral, tend to use the name of the last incarnation remembered. Therefore, if they were last a Native American, might they contact you with the name of Isti Xtoli. If of the Asian area, might they use Ye Wah or whatever their name had been. So, another way to identify the level of your guide or the plane from which they participate is to determine the "name" by which they are identified to you.

Those who actually channel the mental plane, may find their identifiers as being numbers or symbols rather than "names", while those of the buddhic planes tend to use colors. The fact that these planes are rarely contacted through means other than direct essence-to-essence contact makes their need for "names" very unnecessary. That they are, or still can be, guides is true, but their ability to connect through ego is very limited. For they communicate not well with those of the physical, "remembering" not much the complexities of vocalizations and vocabulary. So 99% of them will only be contacted directly by essence.

Does this help the understanding any?

### **Influencing the Physical Plane**

*Q: Can Michael give other examples of causal teachers or entities influencing humanity in unique ways? Are artistic or cultural movements like impressionism in art or the Renaissance within our history influenced by planal guides?*

**M:** The causal guides or teachers "influence" only their students. That their students then have an impact upon the reality in which they dwell is their choice.

Those that influenced or impacted greatly upon the society and cultures during what you term the Renaissance of Europe were those of a 4th and 5th cycle nature. That they had causal guides is true for some, but not all of influenced were students of anything more than human nature and the human condition.

That one called Michelangelo was himself a 4th cycle scholar, 5th level, unable to stay with any one idea for longer than a "minute". He tried to manifest as many as ideas as he could. That he was student of anyone anything else is not true. He understood much and simply tried to express it.

Many were that way. For the predominance of 4th and 5th cycles, especially artisans and scholars, in positions wherein they could create a change was the driving force behind this seemingly out-of-place band of time.

For the predominance of populace were 2nd and 3rd cycle, and it is this that is reflected in the politics and societies of the time. That the culture was expansive enough to allow most of those with 4th and 5th cycle sensibilities to express themselves was true, but also was it true that intrigue, back-stabbing, and struggles for power and wealth and position were foremost.

We see the church as extremely forceful in that time, using their position to influence those in the ruling classes and the poorer classes. Also was there much skullduggery within the church in the transitionings of power and wealth. For the church more than any other was the great political arena of the time.

The painters and sculptors were primarily 3rd and 4th cycle artisans. The musicians, 4th and 5th. That this (term 'musicians') also includes thespians and troubadours is true.

Those speaking with or seeking guidance outside of the church or other "approved" methods, risked much, for the power bases were still held by those of 2nd and 3rd cycle, and the need for conformity was great. It was only in terms of "art" that one was allowed to be "different". This was permitted as they were creative and so something apart anyway; but those suspected of any type of activity not sanctioned by the church risked punishment befitting those accused of witchcraft or conspiracy with the devil.

We see Nostradamus as a great manipulator of energies and one who often sought advice from guides. The artist Raphael was very "close" with his causal guide, as was the musician Wilhelm Ter???? (Teutonic name). Mozart, although driven, was very in touch with essence, but his chief feature of self-destruction was stronger than his love of life. This period of time lasted until those within the power structure became too frightened, so required all to become more conforming to the "rules".

## ***Incarnate Guides***

***Q:*** You stated (in another reading) that everyone has at least 1 guide incarnate and 1 who is discarnate. How can we figure out who the incarnate one is? And what kind of guidance or support can this person give?

**M:** There is always a balance. Therefore do we maintain that you (each of you) always have at least one guide incarnate and one discarnate for every life you experience. This balance helps ensure that essence can fulfill its desired goals and/or have some

recourse in the event that events are more than the fragment believes they can handle. For they may need someone to give them emotional or physical support, or someone to help them find their path. Also do they sometimes require additional insight as to why events work out the way they do.

This is what a guide will do. For they may be friend, lover, spouse, mentor, boss, co-worker—anyone who, when needed, will come to the aid and support of the fragment that "called" them.

Those that require more spiritual or essence guidance, will usually be guided or aided by those guides that are discarnate. Of these is there usually one in predominance—one who tends to be the primary contact or guide.

They will respond to events not planned by the essence/fragment, events such as that of a drunk driver headed toward their charge. For this will they attempt to either warn the fragment, or to manipulate the energies to alter the course of events. Whether that means getting the drunk to alter their course, or their charge to alter theirs, matters little, as long as their charge is not impacted by this unplanned incident.

It may also mean that they aid in the arranging of the energies so as to facilitate a meeting or union. For there are times when the energies are unstable and their talents are needed to try and maintain some stability so to ensure the meeting of their charge and another with whom they have agreements or karma. So do you see, there is a need for guidance and support on "both sides" of the reality.

To determine who is your incarnate guide, look to those around you whose dedication to your welfare is most primary with them. For they are most likely the guide for this life. It may be the grandfather you turn to for advice, or the hairdresser you can tell anything to, or the brother or friend to whom you always turn for consolation or advice.

No fragment is ever completely alone. They may not recognize their guide/advisor, or they may not listen to them, but that is their choice. However, it does not change the fact that the person exists.

The role of guide/advisor/guardian is a choice and an agreement. For one must choose to take on the role, and then seek agreements with others to perform that role and those tasks for them. If the agreement cannot be maintained, then will the agreement be fulfilled by another. But always is there at least one who will be guide/advisor while incarnate along with or in "partnership" with that primary one who is discarnate.

It is a subtle position and not one that most recognize right away, but it is also an "important" one as it can aid tremendously those fragments who have made poor choices either in location/time line/realities or in overleaves. But never is any role more important than that of the life and experiences. For that is the whole purpose of your being upon/within the physical realm.

## Teachers, Guides, Ascended Masters, or Archangels

*Q: What or who are these 'Ascended Masters' or 'Archangels' that people keep referring to?*

**M:** These are, for the most part, a way for their conscious minds to cope with and connect with us and our truths. Many would "speak" but few would hear. Now do they find it palatable, when told it comes from those angels and archangels. Two others so "named" (as angels or archangels) are also causal teachers, but again, the message becomes couched in terms easily digestible to those who are "tuned" in.

The origins of those angels and archangels was, again, a way of dealing with facts that did not easily fit with the paradigms of those that observed the phenomena. Therefore, were the occurrences placed within the context of God-events (those events created and guided by God and merely observed by man). For man would take no responsibility for these occurrences. The stories of beings described as devils, angels, and other terminologies through the eons of your time, are most often used to describe either encounters with astral guides/guardians or those encounters with essence/self that can be comprehended in no other way. For the archangels especially, do you find them connected to either encounters with essence or encounters with causal beings. For both are beyond the comprehension of many in the physical plane.

Those quoted or sought today and called archangels are causal teachers that were either contacted directly and can only be acceptable by translating the contact and data into a format acceptable to their limitations and boundaries, or others are simply taking the information gleaned from other sources and "creating" a format that is acceptable to others. We see the one brought forth by the warrior as an example as being a 3rd cycle interpretation of a causal guide's contact, placed within a context that is compatible to those whose imprinting and/or soul age inhibits them from accepting the information any other way.

There is truth to be had in the teachings, this is true. But it is a more moderate/watered-down truth, for the terminologies and concepts must be even more "perverted" to conform to the rigid narrowness of the Christian edict and tenets. That does not make the truth any less valid, it simply makes it less robust/wide in its overall perspective. For some data will be excluded as it will fall outside the accepted limits. This is as it was with the tales of The Christ—for any information found frightening, threatening, or otherwise incompatible with the motivations of those presenting the material, was eradicated.

Of those that present the information in terms of angels, are those who have little motivation outside of fear, for altering the information. But there are those whose motivation is greed—either for power or money, just as there are those whose motivations are seemingly altruistic, but again, are driven by a need to control. So do they "retune" the words to suit their purposes. So always, must you gauge for yourself what is true and what is not. We do, however, recommend this advice: *That if someone asks for "angels", that they not be given "causal entities", but rather give them angels.* If the information is valid, then it matters not where it came from.

*Q: Who or What are Angels?*

**M:** Angels are like ghosts, more a matter of perception than anything else. For those who "see" angels are usually in tune with and able to visualize their own guides. The guise in which they see them is colored by the person's conditioning and imprinting. For if they expect to see someone with wings and long robes and haloes, then they will. If they expect cherubs and innocence, then that is what they will see.

Others will experience only a voice or a warm loving feeling. For all are truly experiencing the acceptance of either their guide(s) from the astral or others of their essence or entity. Most ("angels") will "step" in when the entreaties are enough that intervention is called for, or when it is perceived that an obvious "path" will lead to some horrendous, and usually not directly chosen, outcome—such as turning down your usual route to work will cause you on this morning, to encounter a drunk driver—therefore, your guide or another from your entity may intervene and "urge" you to change your route (just enough to avoid the "disaster").

These are then termed as heavenly interventions or the hand of God or having a guardian angel come to your rescue. It is much easier for the majority of human's to accept angels than it is for them to accept spirit guides or entity members, etc. For it has to do with terminologies more than anything else. Angels, after all, are accepted by all Christians as they exist throughout the Bible, but spirit guides conjure images of psychics, mediums, and palm readers. Therefore, it becomes easier to accept and explain by saying it was an angel than it was a guide from the astral plane.

We have no quarrel with any term other than the fact that one perpetuates a mythical stereotype, and another is more valid for it is closer to truth.

### **Connecting With Your Guides**

*Q: How do I connect with my guides? And are guides the same as guardian angels?*

**M:** We see the questioner as using the meditative periods for the calming and soothing of the soul, as well as for the learning and expanding of the perspective. Of the contacting of the guide, she would do well to seek that one through the brow, for he is aware and does come during her sleep periods when the energies are needed and the links not intrusive.

Some do call the guides guardian angels, as they are the ones who have chosen to aid you in your experiences on the physical plane. They do not answer prayers so much as they help you with your "lessons".

Most prayers come from personality and are structured to relieve one of responsibility. Rather do the guides work to help you seek the most balanced choices. If a danger not of your choosing is pending, do they try to alert you so as to help you maintain that path which you have selected.

They do not make your choices, nor do they influence you in your choices, but rather do they attempt to keep you safe (from those objects and accidents not chosen) and calm and knowledgeable about life, truth, and the choices and options available to you. Most

insights are gained by a merging of energies. For much knowledge is gained when knowledge is shared.

### **Does It Matter to the Guide if There Are Agreements?**

*Q: Is there a difference between being an astral guide when you have agreements with someone and when you don't? If so, what are the differences?*

**M:** Being a guide, astral to physical, or astral to astral, is a unique and interesting experience. The needing of agreements applies, though, for otherwise would the guide be trying to respond to everyone.

Rather do you (as guide) always have agreements with those in your essence and entity to be there for them should they require or request your intervention. That you will choose for them is not true, but that you bring to bear your influences to aid their "soul's" desire is true.

The ego may ask you to "rescue" them from poverty, but if essence truly wishes to experience this condition, then will the guide lend support and comfort, but no more. For it is only when essence cries out that this was not their choice, that the guides will influence the reality to shift it, but never will they interfere with other's choices.

They (guides) advise, support, comfort, and offer information, and at rare times, do they even offer influence on the energies. But mostly do they function as those that would aid you in your goals or in attaining your "best" path.

Guides "watch" 100's and 1000's of fragments in many realities and many time lines, but since they can manipulate time it is never difficult for them to seem to be with you 100% of your life.

Some would call them guardian angels, and in a sense we understand; however, never will they interfere with essence's wish/choice. Therefore, if danger approaches and it is a chosen experience, will they not "save" you, for that would interfere with your choices and they do not wish to cause any imbalances.

Only if the choice is not yours and would interfere with other choices of yours, will they attempt to "warn" or alter the energies so as to cause the danger to avoid you. However, if they can only shift the energies to prevent death and not injury, without harming or killing others, then that is what they will do, for they will take the path of least imbalance. For they are not gods, simply advisors, helpers, and guardians.

Any with whom you interact as guide to your self, are those with which you have agreements. A guide, like any other "person" may abdicate an agreement if it becomes impossible or too difficult to maintain. But without the purely physical realm to interfere, the abdications are less and the interactions more prevalent.

That some fragments do not recognize or acknowledge their guides can be due to many reasons; although the primary ones are too deep of an involvement with the physical world, or the fear that will not allow them to "recognize" or acknowledge this type of "interaction" or "interference".

Some can couch it into terms of Bible or Torah or other religious trappings, thereby side-stepping fear and allowing some of the advisements in. Others, however, cannot, and so all communication except that during sleep cycles is cut off.

These are some of the challenges the guides must deal with and what gives each of them such unique joys.

## **Astral Guides**

*Q: What about these astral guides you spoke of?*

**M:** This is a task taken on by some of the fragments on the astral levels. They "greet" those that newly arrive and try to acclimate them. Since we (all of us in essence) have no true physical form, the guides are perceived by others as someone they expected to see—grandmother, brother, husband, etc.—and the surroundings are those that they also expected.

Therefore, if they expected heaven then that is what they see, if they expect St. Peter, then that is who will greet them. If they expect nothingness, then that is also provided. The transition is made as easy as possible, for many do not yet know or understand that they are not the physical form they just vacated—that they are truly more than that, that they are more like the form they currently are—though that is not quite it, either. But the point is that they usually have some notion or idea of what they will see, sense, and feel when they die, and the astral level does all it can to accommodate those expectations, as do the guides.

The guides also facilitate the transition back to the physical plane, if that is where the fragment is bound, though the guides do try to get the fragment to "pause" and examine the last life just completed. If this is not possible, and with some it is not—then the guides merely try to help the fragment make the best choices for their return. Again, this is not always possible, for some fragments are determined to take the first available body regardless—they make no plans and only desire to return as quickly as possible, forgetting that they will not be able to return to the "game" they just left, for it continues to progress without them and their new body may be on the other side of your world, let alone not fully grown. But these are concepts and choices the fragment is unwilling to deal with, so must deal with once they return to Earth.

Other fragments are more willing to listen to the guide, whether it resembles Aunt Mary or St. Peter, and so participate in some reflection and review—studying what they did and why, and perhaps, gaining insights and new ideas for the next incarnation. They are then aided by the guides in their choices of parents, sex, location, socio-economic status, and major key points of the planned life. The "friends" they made while reviewing the previous life or from other incarnations are contacted and agreements and lessons set up. They decide what karmas (if any) they want to resolve or if they might try to do some lessons which may bring about new karmas—hard lessons that may really cause them to struggle and learn.

When all this is done, the guides help the fragment decide on the best overleaves—personality traits, to accomplish all these tasks that they have set themselves.

Then the fragment is eased back to the physical plane just as the new infant is born. For as the baby takes its first breath, the fragment finds and situates itself in its new home. The fragment does not join with the body until birth, though they may watch or guard the mother and fetus and family in preparation of their arrival.

They watch and get to know the parents and any siblings. This helps them become acclimatized more quickly once they rejoin the physical world, for now they have an inkling of the characteristics/traits of all those that they must immediately rely on and interact with.

It is then that the guides move on to help someone else.

## Planal Studies

*Q: How many planes of existence are there? And what are they called?*

**M:** There are seven planes, each with seven levels. The physical plane is that in which each of you dwell. Beyond that is the astral—both lower and upper. Then there is the causal plane—three low, one mid-causal where we exist, and three upper. Next is the mental plane, on which is kept the akashic records. This is a complete record of all that has occurred, is occurring and will occur for each fragment and each entity on each plane. On the messianic plane, which comes after the mental plane, resides the Infinite Soul. Beyond this is the Buddhic plane; and beyond that, the Tao.

Since the soul, between lives, is without a physical form, it remains within the lower three astral levels, primarily that of the transitional level.

*Q: You've said that you study different things on different planes, can you be more specific?*

**M:** We on the causal plane study truths—personal, global, universal, and pandimensional truths. This then is also what we attempt to teach you—the recognition and validation of truth within yourself and within the physical plane, as well as for all other realities and planes. For it is only once truth is recognized do the choices become more clear.

On the mental plane they study thoughts in all their various forms; forms you would not recognize or conceive of as thoughts. But thoughts, like everything else, are energy and so can be used to create art, realities, trouble, and beauty.

In the messianic plane they study dreams—the creating of, connecting of, and manipulating of all other realities. It is on this plane that they experiment with reality and perception, with putting thought and emotion together to get something beyond words to describe.

The buddhic plane, being closer still to the Tao, uses lights, sound (music, tone) to experiment within and in the creation of the different realities of that plane. They combine these with the creations learned while on the previous planes.

There is a certain joyousness to be found in just being that much closer in frequency and to blending to the Tao. So for them to "look down" and watch the "plays" taking place on the physical plane is not common. It draws their "attention" only when the balance within

your plane and those physical realities become so off-key that they must somehow intervene and re-establish that balance across all the planes, and all the realities.

This then is when either the infinite or transcendental soul comes to the physical plane. For through their vibrational frequency, they shift the focus and increase (raise/heighten) the vibrational frequency of the physical plane and all things within it, thereby bringing balance to that plane and all planes and realities.

## ***Astral Plane***

***Q:*** *Could Michael talk about the astral interval for incarnating fragments. What usually is done and how is this experienced? How are the choices for the next life made, what happens when you die, etc?*

**M:** When a fragment opts to incarnate, do they work with those guides in "designing" the life. For they must decide what experiences they seek to have, what lessons they would work out, and whether any debts will be paid. Then they must decide in which timeline and which now they could best learn and experience that which they seek to. Also, to be considered, is the placement of their entity mates. For if they (the entity mates) congregate within a reality that is not conducive to that which you would learn, must you decide whether to alter your choices, or to make agreements with those "new" to you.

Then do you seek out those with whom you wish to make agreements—agreements for monads, for karma rebalancings, for marriage/joinings, for children, for employments, for learning, for support, for aid, etc., and any other types of agreements you may wish to establish.

Once you have agreements for parents, do you then need to decide on your "character". What traits will help you best experience those lessons and aspects of life that you wish to?

Again, the counselors will advise if so desired. Also can the various traits be "tried on" and practiced with before a decision is made. Various body types can be "tried out" as can the genders.

Once decided, do you again check on those incarnate who agreed to be parents. For there is a desire to know whether they are still agreeable to the idea, still capable of complying, and still within the socio-political and economic culture/society that you wish to participate in. For many changes may have occurred that can make these potential parents, now not the most viable. If so, will you observe those others with whom you have agreements, provided you made agreements with more than one set (of potential parents). Then will you decide on those that will be your parents.

Once this decision is made, do you begin your "schooling". For now you must educate yourself in the time line's history and "rules". For in this timeline you have chosen, perhaps magic is the science and science considered forbidden knowledge. These must be considered before you make your entrance.

Also do you begin to manipulate the energies so as to start the process of conception. For it is your responsibility to determine sex, coloring, and other genetics (such as body

type). Also do most remain (within the physical plane) for intervals to acquaint themselves better with the family into which they will come.

During the creation and growth of the fetus, do you begin to adapt your energies to that infant, perhaps by changing your appearance to that of a child, by "growing younger and younger", until at the moment of birth you are ready and prepared for the merging of self with the infant form.

There are many guides and counselors upon the astral planes. Some would counsel those who are incarnate, while others counsel those seeking rebirth, and still others work with those newly arrived, or with those seeking understanding of lives just lived.

For there are counselors or teachers who would work through various scenarios or variations of events that occurred during a physical life time to aid your understanding of those choices made and the reactions given to those choices, by others, by self, etc.

Many will do these sessions before deciding to return to the physical world. Others when newly arrived, need guidance for they may realize not that they are dead, at least in a physical sense. So do they continue seeking to communicate or interact with those still physical. The guides then attempt to calm and explain and allow them to fully understand who and what they truly are.

Others arrive and expect heaven, hell or some other after life. So do the guides provide this for them until they, too, can be made to accept and understand the truth of who and what and where they are.

Most transition from physical to astral and understand not where they are or why they cannot return to that solid form they are familiar with. Still others transition and cannot understand why there are no white-robed angels with harps and cherubs, so these are provided them by the guides. Still others expect to see their sister, husband, uncle, grandparent, etc. So, does the guide take on that appearance for them. For many times has this person they seek already moved on to either another life on the physical plane, or to some "training area" where they prepare to become a guide or counselor.

So always are you greeted with that which you seek or wish upon death, and then are you guided and counseled as to what you would do next.

That some partake not of the counsel or the review is true. For upon finding themselves unable to return to their physical body, do they seek the next immediate replacement that they can. For they would return almost immediately, gaining little or nothing from the previous life, since they take not the time to review and understand. That they will eventually, is true, but until they do, essence may continue making the same or similar choices without understanding why the reactions also remain so similar. So little progress is made until review and understanding takes place.

Those that counsel have access to and viewing capabilities of all realities on every planet within the physical world. For the astral is part of the physical, just as it is also part of the causal, and the mental, and all other planes. But the "view" is limited by the vibratory frequencies of the astral plane. Just as your view is limited by the vibratory frequencies of the physical plane. Only the Tao can see all, perceive all, and understand all, for it is all.

*Q: When we're on the astral between incarnations, do we see and hear and have astral body sensations? Or does perception happen in a different way, and, if so, how?*

**M:** The "astral body" is whatever you wish it to be. For once on the astral plane does the energy focus more on emotions, not physical form. However, if you wish to create a form similar to that used while in the physical, then can you do so. For this is your choice. You can create a whole "world" or reality in replica of a physical life and work through various options of emotional responses.

The form used while in the astral is one of choice. For most, the initial "reaction" is to create a form replicating the human bipedal form that they are familiar with. However, as separation becomes more pronounced, then does the need for a human shape fade. The form most often used within the astral realms is one of light and color. You would describe them as glowing orbs or streamers of lights. Many guides assume the human form, for this makes it easier for those they guide to accept them.

The sensations garnered from the astral relate to emotions not tactile senses, for those cease being when essence no longer inhabits a physical form. Sight, as you know it, exists not. For those on the astral, as the rest of us do, perceive the true form with the whole of us. There is not enough equivalency to any reference point on the physical to explain it.

We "sense" the energies that are you with the energies that are us. We know the vibratory frequency that is unique to you, and so know "who" each fragment or essence is.

When physical incarnation is no longer desired, then does the fragment move to the second level of the astral plane. If it is the final cycle of all fragments of this essence, then will the integration process begin. If other lives are to be lived, then only those abstaining from further incarnations remain within the second level. There they will act as guides, advisors, and teachers until they either rejoin the physical or until all fragments agree to end their cycling through the physical plane. Once integrated into one essence, do you move to the third level.

The first level is that level where those who need to experience heaven or hell or purgatory or any other between life scenario will create that experience. It is also the level wherein those still within physical forms can move to while meditating or are for any reason out of focus with the physical form. For the first level is the transitioning level; the level where all souls/fragments transition between physicality and non-physicality. It is also the realm wherein most dream encounters occur, and where some "dreamers" actually create situations that appear to them as real occurrences—whether these are alien abductions or the conversation with the dead grandparent.

For this is the area where all emotional thoughts and fears become manifest. So if you find yourself there with fear of aliens, most often will you then "encounter" those aliens.

The third level is for various interactions between both astrally-created realities and yourself. For you can recreate any emotional situation from your physical "pasts" and try different approaches.

The integration of fragments back to essence is not so much the blending of character traits, as you associate with self. For self is truly all that you have experienced as the person you are now, and as all the others you are in all the different nows, as well as the sum of all your other fragments' nows. When integrated you merely remove the artificial barriers that the physical plane has instilled and allow all the yous to be. Always are you the sum of your parts. Essence/spirit knows all that each fragment knows, it is only the physical form and the barrier of the physical mind caught in the physical "rules" that keeps all the nows and all the "memories" separate. So integration is more the removing of the last of the physical plane barriers that keep you from yourself. We would liken it to a room filled with dividers that have created 100's of smaller rooms. By removing the dividers, you have now allowed the energies to flow freely again on all levels and have removed all the barriers.

## **OBE**

*Q: Can you explain or define or whatever what an out of body experience is?*

**M:** These occur when focus is shifted from the physical to the astral. What happens is the focus causes you to be "released", that is no longer restricted by the confines of the physical form. That is because you are no longer focused on the physical form. The energies are still there, as is the fragment that is you, however, your focus, your awareness is now on the essence that is you, that part of you not confined within the body you created. However, the physical mind or ego or thought patterns still exist, so forms and shapes and familiar objects are created.

You will see yourself in a body, but it is astral matter and ghost-like. And you will see rooms and people, but again, they are astral matter and ghost-like. Most are created by you for your interaction. For instance, if you go to the astral to meet with someone specifically and "arrive" first, the setting is probably contrived by you, but the other participant creates his own form, as do you. If, however, you go there simply to go there, then the participants and other figures are most likely those created by you to populate your experience.

All have these experiences every night, but most do not remember them. To "consciously" create this occurrence, requires a shallow meditation, wherein your objective is merely to shift focus from the here and now and the current physical form, to the astral. This means raising the vibrations of the subtle bodies and focusing energies through the heart, throat and brow. This then will cause or allow you to shift from here and now, to the astral.

There is no real "separation" of a body from another. There is no ghostly form that freely "walks" away or floats away. That is merely the physical mind's interpretation of what it "sees" or senses. For it comprehends not the shifting focus and so attempts to understand the best it can.

The sentience that is you merely shifts its attention from the physical plane and the physical body that it created to inhabit that plane to the astral plane and the astral "body" that it created for no purpose other than the comfort of perception. For a body is not needed except on the physical plane.

What may seem to be hours, are usually only seconds or the blinking of an eye in your world. For time distorts very easily once focus is removed from the physical plane. Time on the physical has no meaning here in the causal, and little meaning on the astral. So although they (those on the astral plane) can see all times and all timelines, the "moving" of time does not really occur.

This is why it is wise to have a guide present, so all time is not forgotten and the physical body does not suffer from dehydration or lack of energy/nutrients. For it is difficult for those merely "visiting" from the physical plane to comprehend the lack of time and so remain too long, thereby causing "harm" inadvertently to their physical form.

Does this help?

*Q: Why would one want to visit the astral?*

**M:** One would visit the astral for information, lessons not done in the physical, or to work with others (whether as balancers or cleansers, or guides or interpreters). For all are aware, and when the body "shuts down" (sleeps) focus of only a minimal sort is required. The energies that are you do not require this shutting down, so go on to work on other things—whether it be lessons or guiding—they are desired by the fragment to grow and gain in the experiences.

## Ghosts and Echoes

*Q: What are ghosts?*

**M:** We are here, we will start now. There are several reasons for the perception of "ghosts" as you call them. Some of these apparitions are the residual personality and energies of someone recently discarnate. Other times, it is the crossover of other realities or other planes (usually the astral), and the energies and the lives taking place therein become "viewable".

You may suddenly find yourself confronted with a scene from 1793 (from your "past"), as it seeps through into your reality into your "now". For it is taking place at the same time and for whatever reason the vibration sequences match up and the realities seep through and are visible to each other—for yes, they that are participating in that "past" can see you, too. They also find it just as disturbing (if not more so) and just as inexplicable. This would account for a great many of what you term ghosts and hauntings.

Another instance is a seeping through of astral lessons into your reality. This again, would appear to be ghostly re-enactments of lives and scenes inexplicable to you, but which are merely "lessons" being learned in the astral plane. This most often occurs where a point on the energy matrix that covers the planet and which we discussed previously, causes the energies to vibrate so similarly that those attuned to the nuances of such frequencies will see parts of the astral and those in the astral will see parts of the physical plane.

Dramas that seemingly play out for years, over and over are usually astral projections and lessons. Other historical or "period" re-enactments that appear randomly are points at which the frequencies of different realities come close to being identical usually in a cyclical fashion, so that in both realities the seeping of images seemingly occurs every 30 days, or only when the moon is full, or other similar incorrect measurements. The moon has no influence on the frequencies or their vibrational cycle—it is just that when the event happens is the type of time measurement being perceived by those who even notice the anomaly. Rather than conclude that other realities exist, or that time is simultaneously happening in the same space, people assume that "ghosts" appear every time the moon is full.

It is similar in what happens with the images from your own "past". The frequencies are so similar as to allow the events of each "time period" to be seen by those in the other "time period" if they are so attuned or adept.

Rare indeed, are the occurrences where an astral being actually tries to contact a physical plane being, but when it happens, it could be misconstrued and mistaken for ghosts. These occurrences are usually taken on by those not willing to remain astral for long, who have strong emotional, and/or essence ties to the physical plane. These are usually 2nd or 3rd cycle souls.

Some 3rd cycle souls are so fixated on the physical plane that unless they stay within the body when it actually ceases functioning, they will not realize they are without physical form and not understand how people can ignore them or why they are not perceived or understood. These are the ones that must be helped by those guides of the astral planes. These are some of the tasks taken on by other essences and fragments. They remain "nearby" and watch and observe. If they perceive that an essence fragment is having trouble understanding and perceiving the fact that they no longer have physical form, that they are no longer incarnate, then these guides step in and try to assist that fragment to understand and learn to "cope" in their new environment.

Many of these types of fragments return almost "immediately" in your timeframe—having no desire to learn to cope and no willingness to spend time reviewing the lessons just learned. For them, they are in purgatory—not heaven, not hell—and they only understand their need to return to the physical plane and the world they know and understand.

If a 'guide' does not step in quickly—but remember that time has different meanings on different planes, so what to you might be a year or more, may be a short period of time on the astral; and for us it is not a concept we even have here, so we must measure by your standards through you—but if the 'guide' does not come "quickly enough" in physical plane terms, the fragment may be perceived as "haunting" a place or person as they continue to try and interact with the physical world and people they know. These are not common or are usually of short duration.

Have we answered your question sufficiently?

*Q: Are ghosts then merely the images of the next reality—the reality layer closest to ours?*

**M:** In some instances this is true, for in some points upon your reality are there "thin" spots—places where the vibrational frequencies of your world and the alternate reality or other reality next to yours overlap or meet. This, then, allows a "bleeding through" of realities one into the other. Those in the other reality can see into your world and you into theirs. That most do perceive this as ghosts is true, for it seems the easiest way for them to explain it (to themselves).

Other instances are actual astral plane viewings. For again, the frequencies do coincide and so will a portion of what is occurring on the astral be visible. These are usually reviewing moments—flashes of previous or planned lives by a particular essence that becomes viewable to those on the physical plane.

That a “spirit” or soul would linger for extended periods of time (centuries) is not true. For always are the guides there to explain and help them move on. That some “spirits” do remain for awhile is true, for in some instances it is beneficial for both those incarnate and discarnate to remain in contact. Mostly these are essences whose lives ended suddenly and unexpectedly.

The transitional plane is very close to the physical plane and many fragments do linger here either coming or going. For this is where all would pass when dying or being born. That a particular fragment would remain for “centuries” of your time is not true, for always would the guides move them along.

That some do remain long enough to be sure that all loved ones are connected with and closure given, is true. For even if the mind knows it not, the essences will connect and closure and acknowledgement is given.

That there are haints who can and will harm those on the physical plane is not true. For essence seeks not to harm anyone, and although some retain a type of modified overleaves when astral, there is not enough remaining to allow them to seek out and hurt anyone.

Rather, are most haints projections from the viewer based on fears and then manipulated from the energies around them. That this type of “ghost” could harm them is true. For they would be harming themselves and it would be their choice to allow this.

Again, however, there is no reality except that which you create. Therefore, if you wish to see ghosts—malevolent or friendly—then you will. For always do you create your own reality.

\* \* \*

The most common occurrence of ghostly sightings are what we call “bleed-throughs”. These are those areas wherein the energies of your reality do overlap with the energies of the lower astral planes. This then allows those on your plane to view those scenes being created for review by those on the astral plane.

That these seem (appear) to be the same scene replaying again and again, is not true. For in reality <grin> variations of the scene so that the reviewer may see all those permutations of how a particular scene may have been handled. The variations are so subtle that to those within the physical plane, do they appear the same.

Other occurrences that are common, are those of echoes (your term). For many do perceive the emotional energies left behind by those who did die or were extremely emotional in a particular location. The person leaving behind the echo may be “alive” (in your terms) but merely living elsewhere. However, the strongest echoes are those left by those people who were usually killed or died suddenly or who were tortured, or died from extreme measures such as burning, hanging, rape. Those are just a few of the occurrences that most often leave echoes.

Those in your reality will sense the anger, hurt, or pain and call it ghost, haunting or paranormal, when it is merely the residual emotions having embedded themselves into those object nearby the original incident. That this can be a house, barn, or other

structure is true, but also can it be the ground itself, a tree or gravestone, boulder or other inanimate object.

Rarely do these echoes last beyond a decade or two, but there are extreme cases where the abuse was continued for long periods, and so does the echo then resonate for a millennia or more. Other times is there so much grief, hate, jealousy or other negativity created that this will also cause the emotional echo to last for many hundreds of your years.

Those places of internment and mass death during your World War II are such places, as are several of the castles within Europe and especially France and England.

True “hauntings”, if one would use that term, are those fragments so attached to physical life that they do not realize they are dead or do not wish to acknowledge that they are. That the etheric spirit remains behind in these cases is true. For the fragment does not wish to relinquish their hold on the physical. It might be just one place or one object that they refuse to release, or it might be the entire reality of physicality. Sometimes, they are so enamored of a particular person that they will attempt to remain with that person. To that end, will they sink cords into that person’s energy layers as a way of remaining within the physical realm. For by drawing on that other person’s energies, do they retain a semblance of contact more real with the physical plane than when purely astral. However, doing this (cording another) not only incurs karma, but can often increase the energy drain on the other person thereby leaving them vulnerable to illnesses or psychic attack.

If these types of cordings are not removed, they can actually cause the other person to weaken and die. That this then becomes a debt, is true, for they may have hastened the other person’s death by several years.

That astral beings do cord those on the physical plane on a regular basis, is not true. For most have no reason to do so, and most would see no purpose to it. It only prolongs the transfer of essence from physical to astral, and impedes the growth. Therefore, do only those unwilling to relinquish their physicality seek such a way to remain “human”. And then only with those they are trying to remain with, whether out of love (or what they think is love), or a misguided sense of loyalty, or the belief that they must protect this other person.

That cording between astral beings and physical beings is necessary for communication, is incorrect. For they need not link to your energies to make their presence known or their thoughts “heard”. Rather do they simply “flow” into your energy layers at least in part, for this creates only a moderate disruption and allows them to be easily “heard”. It does not create any “damage” to the auras or the physical body.

Primarily, is it their thoughts that they “project” into your aura and your mind so that they can dispense warnings, or reassurances.

*Q: What are the echoes that I can see in houses, or furniture or letters or other objects? Are they the same as ghosts?*

**M:** We would say that what you perceive as echoes is what most would call ghosts. For many do not know the distinction between an actual presence and the emotional turmoil left behind. They sense something, and to them that which they sense is a ghost. It matters not that the energy that remains is static and unchanging, rather than living and sentient. It is enough that they are able to perceive the energy thereby “proving” to themselves (and sometimes to others) that ghosts do exist.

Echoes are real, yes, but they are not ghosts, although they are often thought of in those terms. That it is possible for these resonances—for what you are sensing is truly the emotional resonances remaining of those now deceased—or echoes to be seen or to register on those measuring devices used by some calling themselves ghost hunters, is true. For these echoes, as you call them, are energy. They are primarily the energies of the emotions coloring the energies of the object whether it be house, ground, locket, stable or other. Echoes occur constantly, but most are weak and so dissipate quickly, in your terms, while others are extremely strong and so do remain for many years.

That most of these resonances are volatile and perceived as hostile is because that most of those emotions that are released in sufficient volume and force to remain are those of a violent nature. It is those emotions of happiness and contentment that are ephemeral and so do not remain for long, while those of hatred, anger, guilt, and depression do linger.

What most perceive as hauntings are those emotional left-overs that linger within the confines of a particular dwelling or within the very ground of where a dwelling once stood, or simply within the ground of an exceedingly emotional event.

There are areas where those burned as witches that even now hold the anger, despair, guilt, and hatred of those involved. That these resonances can be removed is true. But most would refrain from doing so, for they enjoy the notoriety of having a “haunted” place.

If one would remove the extraneous emotional energies that linger, whether it be within a building, the ground itself, or some other physical object (desk, chair, table, etc.) then would one need to override that residual energy with positive flowing energies. This can be done either through chanting circles—multiple chanters sitting in a circle around the object and issuing calming and balancing energy towards it—or through the numbing effects of extreme cold. For cold will nullify those energies remaining, as will pure white light. Golden light will enhance its effects—its vibratory resonances—making it seem more pronounced and more perceivable to more people, while blue light will calm it and slow it. Green can help to “heal” it, although it is not truly an illness.

Using crystals or light or a combination of same will also help to nullify the energies, or increase the perceptability of them. Those who are strong, emotionally, can absorb the negativity and bleed it back to the Earth. This “washing” of the energies through yourself, will help to nullify it; however, most are not strong enough to do this. For many times the emotional residue will affect their own emotional center causing them to become as angry, guilt-ridden or depressed as those who left behind the original echoes. Better is it to use the other means mentioned.

If the event was repeated, that is many hangings took place over a long period of time, or many torturings, or many debasements, then will the echoes be extremely strong. At

these times can those so tortured or hung even be seen, for their echoes will take on not only their emotions but also their human shape. Although, amorphous, they will at times be recognizable especially by those so wishing to see.

While these are not sentient or in any way “alive”, they are enough to convince most that ghosts are real.

Those who would write or send letters while in an overly emotional state, should note that those emotions will become embedded within the message. As long as the words remain readable—it matters not whether the words are written and read on paper or computer screen—those sensitive enough can discern the emotions behind the message, thereby alerting them to nuances not spoken.

Even those not highly sensitive, can discern anger even if it is couched in the most eloquent of terms. For the emotions that flare brightest are also those most easily perceived even by those still in the walking sleep.

Even the most common of objects if handled on a regular basis will be imbued with the echoes of their owner. For always will objects, which are neutral to start, take on the energies of those around them. So, if you handle a particular key ring every day, will someone sensitive to echoes be able to perceive certain information about you through the handling of that object. That they will know everything about you is not true, however, they will know enough about you to be able to link to you. Once linked, will they then be able to better read you and know about you.

## Hive Souls and Pets

**M:** The hive soul is a fragment of soul that is “programmed” to react in certain ways. For it does not function as an individual element but as a piece of the whole collective. Unlike humans, the hive-souled creature, whether plant, animal, insect or amphibian, reacts in a manner suited to their species for that is what is recognized and “programmed” into them.

That an individual unit within the species may develop other reactions is possible, yes, but only if the collective “brain” (what we term an oversoul) determines that this is okay. (There are more “rules” and structures than this, but we are attempting to put this as simply and succinctly as possible so that you (all) can understand.)

If an aberrant behavior is found to be beneficial, then is it added to the whole, and all within that species will now “grow” to incorporate that bit of programming. Whereas, if the aberrant behavior is found to be non-productive or even harmful, will all receive the “programming” to avoid such behavior in the future.

Pets, because they interact with humans are slightly different. They are allowed a bit more latitude in that they are not only programmed, but have (in computer terminologies) a “learning chip” imbedded in them. This then, allows them to continue repeating those behaviors taught to them by their owners. This does not mean just those “tricks” such as sitting, standing or chasing a ball or catnip mouse. We also include those learned behaviors where an owner leaves the dog for too long of a period with no means of evacuating the bowels, so it does do so on the floor. When the owner returns and becomes angry, the dog then “learns” the best way to react to the owner—cowering, playfully ignorant, angry and aggressive, or even combinations of these reactions. If the dog finds the behavior gains what is wanted—access to the yard where it can evacuate the bowels properly—then will it “remember” and continue the behavior.

We use the dog because they are more pack/group-oriented, and so more prone to react to the owner’s behavior in a way recognized by man, since he, too, is a group animal.

The feline, although willing to associate with humans, is not particularly group inclined, being a solitary predator. Therefore, will their reactions be much more subtle.

Fish react very little to the humans who keep them. That they can, if motivated, “learn” is true, but most follow the instinctive center so do not “learn” much beyond survival.

Birds use both instinctive and emotional centering so will congregate in groups and can, again if motivated, learn individualistic behaviors.

The behaviors may or may not be added to the collective. It is dependent upon the oversoul's determination as to whether there is benefit from a "learned" response. If it is found to be beneficial, then will the oversoul include this programming for all those of their species, thus allowing them to "grow".

That all do function this way is true. For that is the nature of a hive soul.

Those that observe the "etheric remains" of a beloved pet that has died, are usually creating the image from their own astral energies so that they may gain the closure and solace that they need. For once dead, do the hive souls depart. They do not linger, for it is not necessary for a piece of the collective to be apart from the whole once separated from the physical container.

There is no "review" on an individual basis, for the individual unit cannot and does not have the capacity or ability for contemplation and review. Rather are the "tapes" of those years (days, weeks, months) "played" back while within the collective so that the oversoul can determine what behaviors learned can remain and which cannot, and whether the owner(s) should be allowed another such pet or even whether a lesson or imbalance involving those owners is needed or occurred.

So do you see, that like your central computer with its peripheral computers, that is how a hive soul and the collective function?

Those apes and gorillas that show "true intelligence" are those that are being allowed the freedom of growth. They are now almost completely free of the collective having shown great aptitude for growth and spiritual awakening. Now do those of the astral who do not wish to partake of the human bodies and follow the human cycle of life on your planet, use said apes to experience life. So it has always been, and most likely will always be. For this allows them the experience without the massive repercussions that becoming human entails. For in experiencing life through the apes, do they refrain from the monads and karmas (most of them), yet do they bring greater awareness to the species.

Will they continue to help the apes evolve into a sentient species? This has not yet been decided. The path is there, but it has not been determined whether it will be followed.

**Q:** *So are you saying that animals don't reincarnate? I know my cat has returned, I can tell it's the same animal just in a different body.*

**M:** Animals are hive souls. This means that the essence used to create them is run by those called oversouls. These are rejoined entities even larger than ours, residing on the high mental planes.

Oversouls are the "creators" of the "templates" that comprise the different physical worlds. Therefore, when a species is agreed upon, do the oversouls retain the "memory" of that template so that when more are needed, such as for an alternate reality on a global scale, can they refer to those templates.

The essence used is that of the Tao. For it is drawn forth to create all that is. All creatures that exist upon your plane, then are ensouled only as much as the oversoul monitoring that species is ensouled—which is to say, not at all.

This is hard to describe, for it is beyond your awareness – all of you. But the oversouls do, by using what we term “a hive soul”, maintain how a species is doing. They can “see” a particular herd, flock, pod, group, or they can “see” the entire species. That is how, if a human continually abuses ants, the oversoul monitoring those insects can then determine that rebalancing is needed. So does the oversoul then “instruct” the ants to attack that particular human.

So it is with trees, birds, oceans, and all manner of living, but non-sentient, objects and creatures upon your world and all other physical plane worlds.

Do animals reincarnate? That would be asking whether the oversoul reincarnates. But since they have not been incarnate, then they cannot re-incarnate.

If you perceive more than just a basic “personality” within a certain animal or pet, is it most likely that one of your entity mates or those with agreements to guide or comfort you has used, or is using, this animal to house a piece of self. For this gives them access to you without actually reincarnating into another life.

Also, does this method allow a fragment to work through left over issues pertaining to chief feature. For you may find that a particular pet has developed a sort of “impatient” attitude, or a severe stubborn streak. While another is always leaping into traffic or harm’s way. This is another way in which a discarnate soul may finish a lesson regarding chief feature. For if they, perchance, departed with all lessons learned save chief feature, then can they use this method to complete that lesson.

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That animals, insects, fish, plants and all manner of non-sentient life have hive souls is true. For they are grouped by species into units (hives) and managed by those called oversouls.

Managing of the various hive-souled species within the physical plane is a task chosen by those of the high-causal plane and lower-mental plane. That all would choose this task is not true, for others are there different ways to expand their experiences.

Those with hive souls do react according to their “programming”. That the programming can adapt and change is true, but more is it a growth throughout the species rather than on an individual basis.

If, for example, it is found that there is a need to adapt to smaller feeding ranges, then will the oversoul adjust the “programming” of the species so that they no longer need such a vast range to graze upon. Rather will they be content with smaller fields.

The hive soul allows some flexibility and at the same time does it also allow each individual creature within a set species to develop characteristics unique to itself. That these characteristics are remembered at the hive level is true, for the oversoul will take note of these individualistic character traits while also noting whether the response from other species (including humans) is positive or negative. If positive, then might the

oversoul allow these traits to become part of the regular programming. If the response is negative, then will the oversoul create a record within the hive that those are traits to be avoided.

Some would see within their pet a specific, perhaps peculiar, trait, unique (they believe) to their animal. Then when that animal dies, do they see this same trait manifest within the next similar animal obtained. This is because the hive soul manager—the oversoul—has noted that this behavior pleased the owners and so having retained the memory at that “global” level, do they then feed it back to the new animal.

Create an image of one large computer with many smaller ones attached. All these peripheral computers will behave in any manner dictated by the main computer. This is—in very basic terms—what the oversoul and the managed species is like.

For if the oversouls determine that the species (those peripheral computers) need to adapt to a new situation, will they feed that information to all those that they monitor and maintain. Does it then appear to your scientist that the species is growing and learning. In a way this is true, but not in the same way that you would learn. For those with hive souls do not question their existence, they do not question anything. They do not think in the same way that you understand and perceive thoughts. They are primarily instinctive or emotionally centered. They simply accept that they are and that they must survive. They do not name objects—they do not know a tree from a rock by name, yet they do know how and where to find food, how to avoid predators and where to build their homes, though they do not call it a “home”. They respond to hunger, thirst, and the need to procreate, and many also know to nurture their young. But they do not know existence, or love (agape) or truth or lies. They recognize pain and they recognize basic pleasure, for these are functions of the body.

They do not think beyond survival, and they do not grow beyond their programming.

### ***Patterns and Pets***

**Q.** *What are the purposes of patterns in a person's life and does it happen on other levels of existence, not just earth level?*

**M:** First we would ask the questioner exactly what they mean by patterns. For if they mean the continuously repeating patterns of ones relationships with others, would we say that this is a lesson that has yet to be understood. If you would say that it is the patterns of types of plays in which you find yourself, then we would again say that these are the lessons or experiences that you have decided to try.

Man, by nature, sees patterns in many things. But those within the instinctive center will see the patterns much faster, for they have only the instinct of the mammal operating within them.

Essence calls into play those patterns of energy needed to create the scenarios that it would experience. Therefore, if your awareness level is such that you can perceive these patterns, then are you most likely working through essence, primarily.

That there are patterns to all of life is true. For on every level do we pull together patterns of energy to create the realities in which we all live. That your patterns and your

energies do take on a more physical form is due to the reality in which you dwell. That our patterns and our energies are more intuitive and musical in nature is also true. For that is how our energies work.

Energy is by nature a pattern, of a type. We merely re-arrange this pattern into other patterns much like a kaleidoscope will rearrange the bits of broken glass or stone that create the patterns that the eye then sees.

So, yes there are patterns throughout all of life, on every level; however, not all the patterns are the same, and in fact, we would say that most are not. For our patterns do not resemble anything that you as human would recognize. Essence might, yes, but you are not free enough from the physical form to appreciate those patterns that we create.

***Q:** What types of patterns do animals see? And do pets see different patterns than those of animals in the wild, and how do these patterns affect them and their behavior?*

**M:** Animals even more than humans, see the patterns within the world. For their hive souls are very attuned to patterns.

Animals respond to patterns for that is what they see, sense, hear. They observe the patterns of the ground below them, and if that pattern changes, then do they become wary, fearful, and sometimes aggressive. They observe the world, note the patterns, then observe as the patterns shift. If the patterns do not shift in a familiar way, do the animals then act out of fear and instinct—whether that means attacking or retreating or investigating depends upon the species.

Squirrels and rabbits usually retreat, while wolves will investigate or attack. Birds will either scatter or investigate, while fish will usually ignore or flee. So do you see that their very lives depend upon the patterns ingrained in them?

Dogs live by patterns (or rituals). If their owner always arises at 8 a.m. and suddenly does not, does the dog then see the pattern as broken or changed. If comfortable within their home, will the dog most likely investigate. If in circumstances where they are uncomfortable (such as someone else's home) will they react through fear becoming either aggressive or cowering.

That the dog always seems to know when you are coming home is not true. What they see is a pattern. You get up, you do certain things, then you leave. When the sun has progressed to a certain point on the floor or wall within a particular room of the house, do you then return. That is the pattern they have observed. If you alter that pattern, do they either alter their behavior or react out of fear. For some, is it that the dog will then chew their owner's shoes, or pees upon the owner's rug, for this, then, indicates that by changing the routine (the pattern) is the dog upset and displeased, as well as confused and frightened. Dogs, more so, than cats (of the domestic type) rely on these patterns to help them relate to their human pack. Since they are solitary animals instead of pack animals, cats will note the patterns of their human counter parts, but are not so easily disrupted when the pattern alters. After all, if the disruption does not affect the eating and sleeping of the cat, then will the cat simply overlook the aberration in the pattern.

Horses, like dogs, are more easily frightened and much prefer their patterns to remain stable. Herd animals tend to respond as one. Therefore, if the leader notices some

change in the patterns around it, and declares the aberration something to be frightened of, then will the whole pack respond in a similarly frightened manner.

Humans and cetaceans have the ability to think through the reasons for the change and so are less likely to react from the instinctive center. That some still will react in a visceral or instinctive way is true, for some pattern changes affect the mammalian part of you more than any other (part) and this can override any “logic”.

However, most times are the shifts in patterns overlooked as man (and cetaceans) no longer fully rely upon the instinctive center for survival.

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The patterns discerned by animals occur on many levels. For they perceive the entire world in an intricate movement and weaving of patterns—as does man. However, man’s mind does alter the patterns making allowances and offering “logical” explanations for changes rather than accepting what it is they perceive at an instinctual level.

Animals are more perceptive to the instinctual center, while you (all of you on the physical plane) have learned to override the instinctual center—at least most of the time. Therefore, while a dog will sense it is nearing the time of day when their master arrives (at home) because of various pattern shifts that have occurred, you will look to your watch.

Time, however, is just another pattern. It is simply one to which man put a name and devised rules. Therefore, when the trees drop their leaves, do you call it autumn, and when the sun is at its zenith, do you call it noon. They are simply patterns with names.

Animals gauge many patterns comprised of scent, sight, sound and instinctual senses. While man also uses these same senses, they are not as emphatic in dictating his movements and reactions. For man also has reason, logic, and essence to help him determine what is the best response to the shifting patterns of his world, life, and reality.

View the world as if through a kaleidoscope and you will have a closer idea as to how the animals see the world. Not that they see only blurs of colors, but more that they see all things in a pattern of shapes. Without the capacity for profound thought, do they see brown and green semi-static images and know that these are not harmful, for although they know not to call them trees, the animals recognize the pattern of them, the shape. The shapes of these “trees” are blended with the patterns of grasses, flowers, fields, and sun along with everything else that comprises their world. The animals see this pattern and know the “world” as they perceive it is okay. Then a new shape enters the scene. This pattern has odd colorations, adds loudness and disjunction to the overall pattern, and the animals must then decide whether to flee from this new pattern, study it, or attack it.

That the new shape added to their overall pattern is a human (or more than one human) is immaterial to the animals. They simply know that the object does not fit the “pattern” that they have come to recognize as being safe.

Now should the human pattern prove safe, will the animal be more trusting the next time and the time after, until (and if) man shows himself to be an unsafe pattern.

So while the animals do discern the individual trees and the individual flowers, clouds, and each grass, and the other animals, they also perceive the overall pattern at a level beyond the comprehension of man.

That is because man has evolved beyond the recognition of mere patterns and gives names and meaning to the plants, animals, actions, and all object seen and unseen.

A squirrel knows not that wind is what man calls the air movement. A squirrel only knows that when their fur is ruffled one way it is safe, yet when ruffled another, it means a storm. Again, it is pattern recognition, not object recognition that the animals use to determine this.



## Planal Power Points and Ley Lines

**M:** That which you call ley lines are nothing more than the network or power grid that helps the Earth maintain its shape and conformity to the rules of the physical plane. Without the network of power criss-crossing the planet, would the reality that you (all of you) have created not exist. For it is the power grid that keeps the world as you know it, in balance, along with all of those who exist within your reality.

This network of power has always existed within and around the planet, for it is along these junctures that those who would monitor and maintain the earth do link in to your reality as well as all other realities along your particular physical plane.

The energy grid, ley lines, or power net, encircling the planet is a composite of those energies that comprise us—all of us—and do therefore respond to the negatives and positives of those around them. If those dwelling near a particular energy point do generate mostly positive energy, then will the ley lines or energy points along those lines be primarily positive. However, if those dwelling on or near these lines are generating primarily negative energies, then will the ley line be primarily negative.

This power net, grid, or any other similar term is what makes the Earth the viable reality that it is. Without the ley lines, would the planet “die”, for it would no longer contain the life force that comprises all of us—all things.

*Q: When I was child, we used to think the house was haunted. There seemed to be a strange kind of energy that flowed through it, and sometimes we thought we saw ghosts. Can you explain these phenomena?*

**M:** Your childhood home wasn't so much "haunted" as located on one of the many "power points" that link different planes with each other. In your case, it was a link to the astral plane. This allowed the forging of the "bond" or link between you and the essence you call JA, thus allowing JA to remain in contact with you even though you no longer live near the power center.

The center, or linking point, makes it possible for those on this plane with enough focus and perception to more easily see and perceive the astral plane and many of those that dwell there. It also allows those in the astral to more easily cross to and make themselves "known" in your plane. This link was even more of a force for you, because of the fact that Joshua is part of your entity and because Joshua and you have spent

many 'life times' together (both in the physical plane and in other realities and planes, too).

\* \* \*

If connected, we would find that these points of power or planal power points create a kind of net or grid across the planet—a power grid, if you will. But the power is not stable or even. It varies from point to point and from section to section (of the planet) based on several factors: 1) to which other plane(s) the link or point is connected, and 2) whether the point was activated.

Four primary points actually link all 7 planes, and all realities within those planes—those are the "most powerful" points. (Powerful being a relative term; for if someone denies their inner senses, they may never acknowledge the point's existence, although when tested by scientists anomalies to gravity and other "natural" forces are detected and noted, though usually left unexplained.)

Other points only link one or two other planes to the physical, such as linking the physical to the astral, or to the astral and causal, etc. As for being "activated", the points are activated by thought or emotional stimulus. This is why some points may retain a negative "feel" to them. For if they were activated by fear or hate, then the "feel" of them will retain that negative feel/emotion.

If they were activated through joy or love, then they will retain that type of feeling. However, some points were never activated. They remain passive, unempowered. If/when something occurs to create a burst of emotional or thought energy strong enough to activate them, then the link(s) will be forged and another part of the "power grid" will be empowered.

This grid serves several purposes, one of which facilitates the "communication" between realities and planes, allowing for a more easily accessed "data base"—knowledge unrestricted by the perceptions of the reality in which you are "bound". Not that we are smarter or more intelligent, wiser or even better—only that we are less restricted in our abilities and our remembrances of how the universes work and interact and through these points can we more easily pass along that knowledge and make it more accessible to you.

That is our whole goal right now, to make the information more accessible—to make that knowledge that we possess more available to everyone who seeks it.

The grid also helps to maintain the balance and stability of the planet and all who dwell on her. So it is proper that some points be (in your terms) negative and others positive, for the balance is neutrality. You must experience both sides before you can come to accept the middle. So are situations created in these emotional centers to facilitate this learning.

Someone, not awake/aware, approaching one of these "negative" centers, may become more prone to react to a situation in a violent, karma-producing, manner than in a normal, reasonable manner. This is alright, this is as things should be. For if all things and all situations were approached from a balanced perspective than no information would be gained, no lessons would be learned and the whole Earth game would become

pointless. Those with more developed perceptions, or those more awake and on the path, will be aware of the centers and will "act" accordingly.

If the energy makes them uncomfortable, then they will avoid the area; if the energy feels good to them, then they will tend to linger and facilitate the communication we so seek. Some will come and stay, actually building dwellings on or near the spot. It is many such occurrences that gain the reputations of being haunted, when in fact, what is occurring is the cross-over of the realities, the blending of the planes at that point. Sometimes the energy is strong enough so that even the non-perceptive becomes aware of something, or sees "something", and suddenly the dwelling is then called haunted.

*Q: Do the energy points influence the person's behavior or does their behavior and accompanying emotions influence the energy point?*

**M:** Remember, energy is neutral. It is not evil, bad, negative, or positive—but energy points activated by certain emotions will continue to attract the same type of emotional energy to it, until a build-up of emotional intensity becomes unmistakable. Therefore, it is the emotional overlay that influences the power center, and not the power center itself that is negative or positive.

To clear one of these points, would require the same type of cleansing that one would do for their own energy centers and aura. However, in these instances, it would require the help of those on the linked planes or someone adept at "traveling" or focusing on these other planes, for the emotional overlay affects not just your plane and your reality, but all associated planes and realities.

*Q: What about the 4 points that connect the Earth to all planes—what more can you tell us about them and the other power points?*

**M:** Like a cross through the planet, they radiate. The planet actually contains 2 equators—one that runs east to west, and one that runs north to south. These, then, are the 4 primary "points" where the physical plane connects to all others. This is why you (IML) felt so at home when you went towards the equator. Minor points occur in many places. There are many around Chicago and the Great Lakes, with others throughout Ohio and the Mississippi Basin. The west has many—California has many hostile ones. The Eastern Seaboard is mixed, with the "negative" ones evenly distributed. The Southwest is more sparse—but then there has been less population, although the Native Americans were aware and honored the places of strength (as they called them).

Europe is tumultuous with them. Many negative ones exist in and around Germany, Poland, Hungary, and that area. England is crowded with points, as is Ireland—but Ireland's have grown increasingly negative as her "children" stubbornly refuse to mature and "grow up". France is well-balanced, and Siberia holds the majority of points in the area of Russia, those being primarily "positive". Italy has many negative vortexes, as does Palestine and the Middle Eastern areas.

Africa is sparse, but many are becoming activated, and not in a positive way. Tasmania holds more than Australia or New Zealand, and the smaller islands in that area are quite powerful and quite positive.

The main island of Japan holds few active points—those currently active are on the smaller islands where there are still some 4th and 5th cycles with the ability, skill, and knowledge to activate and care for them. The main island is too heavily populated with 3rd cycles whose only interest is in physical rewards and tangibles such as money, glamour, and power over someone else. The Pacific Rim overall is a powerful area with a fairly even distribution of negative and positive points, though slightly more negative towards the Thailand area.

The islands of the Caribbean are moderately active with some islands containing no centers and others containing several. Being near the recognized equator, and having the north-south equator running through them gives them most of their "power". They are also well-balanced as to positive and negative. South America contains many points to the northern section of the continent, and few to the south. Those to the north are in the majority, negative, though more positive ones are being activated.

### *The Bermuda Triangle*

**M:** What you term the Bermuda Triangle is but a malfunctioning of those magnetic lines that cross at those points of your world. The ley lines that encircle the globe do create several cross patterns in that area. That several are still highly charged due to occurrences involving experiments conducted by those whose land did at one time rest above the water in that region, is true.

That the ley lines and subsequent power points were never nullified, has long caused electrical malfunctions to occur in that area so influenced.

That those you call Atlanteans did conduct experiments which did result in a negative flux of these power lines is true. However, they did not comprehend the severity with which they impacted the Earth's power stabilization. Therefore, was no consideration given to nullifying those energies.

Now do those energies still fluctuate creating irregularities in the electrical currents and in the manmade machinery that is caught in these fluctuations. There are not aliens creating these occurrences, any more than there are devils. Instead, there is merely a malfunctioning of those energy points within that region once occupied by those who did destroy themselves with their experimentation.

*Q: Do you mean Atlantis?*

**M:** that there existed a continent that those today call 'Atlantis' is true. However, their name was one of musical and coloration symbols rather than letters, so did those who wrote about them translate as best they could into their own lettering system.

That those called 'Atlanteans' by you existed at the time of the 'Ancient Greeks' is not true, for their continent had already been destroyed and their culture and remnants of their society scattered across the globe.

They were the designers of the Great Pyramids, but not the builders. For the society that inhabited the area of your Ancient Egypt was quite adept at energy manipulation and so needed no help with the construction of these buildings.

Your Atlanteans were most interested in magnetics and so did they conduct many experiments to this end. That it was these experiments that did contribute to their demise is true. For they would use the power of magnetics to cross those barriers between realities. They found a way to alter the polarity of magnetic resonances thereby creating fluctuations in the flow. These fluctuations allowed them to open “gateways” between the different realities. That these gateways existed only for a nanosecond or two was unimportant. For although they could not cross-over between realities, they found that they could “record” the results using the various crystal recording devices of their invention.

The resonance of the crystal recording devices interacting with the fluctuations of the magnetic resonances created a major fluctuation within the planet itself.

As the poles were pulled more and more out of alignment, the planet’s surface began shifting. Eventually, the pull of the fluctuations caused the surface of the planet to “slide”. What had been south, was now west; what had been north, was now east.

The subsequent quakes, floods, and eruptions left little of the continent once called Alta Lantaya besides small islands—what you call the Azores.

That their experimentation was the sole cause is not true; however, it was the most devastating and the primary cause.

Other factors contributed, but Earth would not have chosen such a path if those of that time had not created such a fluctuation within the stabilization grid of the planet.

Within the same time period, was there a mix of cultures. For some were quite far advanced technologically, while others were not. However, there were also several cultures whose innate knowledge of the Earth and its energies and the manipulating of same, was also quite advanced. However, they could not stem the flow of imbalances coming from their northern neighbor, and so did they also suffer from the consequences.

That those whose actions did result in such global destruction have much rebalancing to do is true. For many have spent many lifetimes working to preserve the ecological balance of the planet they were once so cavalier toward.

That is not to say that all who strive towards ecological balance were once part of that ‘Atlantean’ culture—we did not say that and we do not mean that. Only are we saying that many do use those means to burn those ribbons incurred from that life.



## Time and Choices

**M:** If there is one experience to be experienced on the physical plane, it is the ability to experience the passage of time, and the visible manifestations brought about over 'time', in each ensouled fragment, in the artifacts of the species, in geographical 'reality', and in astronomical events. This is by far the most 'unique' experience possible on the physical plane-linear time. We cannot say this with sufficient impact, for just as we are not part of the physical-plane time, so you, being extant upon it, cannot divorce yourselves from it, nor would it be appropriate to your experience, even if it were possible. From the development of galaxies to the most perishable bacterium, we would think that the 'cycle' of life would be considered revealing of the validity of the experience of the physical plane.

**Q:** *Could you be more specific, please?*

**M:** We perceive time in a manner we have already described, based on possibilities and choices. From our perspective, all available choices are equally valid, and only on the physical plane can evaluation be made as to which is most 'appropriate' for the fragment in question. We would think that this is the 'value' of lives on the physical plane, having possibilities that are chosen and bring about consequences in the context of linear development.

We would think that by assessing choice in terms of 'what comes next', a valuable tool of insight is made accessible to all fragments on the physical plane. To be able to see events 'unfold' is an experience that can only be fully realized in linear time and in the context of an on-going life. The recognition and validation of experience in a chronological context provides many opportunities for dealing with personal and world truths and their evolution within the particular life being led. For example, being able to place in time the process of learning to read enables the fragment to understand the personal truth of evolution, from the personal truth of 'I cannot read' to the personal truth of 'I can read'. The world truth involved here is that it is possible for a human being to read. Without a concept of time and its passage, such identification is less readily made, and as a result the lesson of the process is not as well discerned as it is within a comprehension of time.

We would wish to remind all here present that the process of living on the physical plane is the focus of the 'reason' for ensouled life on the physical plane. Any life where this perception is recognized and validated is one in which essence evolution is possible. On other planes of existence there is no on-going and recognizable manifestation of 'time' or

the aspects of choice that stem from the hazards of the physical plane. On no other plane does choice have so many forms of manifestations as it does on the physical plane, and on no other plane of existence does the nature of the plane itself impinge so relentlessly on fragments extant there. So you may consider much of your task at hand related to the process of being on the physical plane, for that is why you have chosen to be here in the first place. There is no 'shortcut' out of the cycles on the physical plane, for that would deny the process of recognition and validation. There is only evolution and for each fragment, evolution is the result of choices made by that fragment.

The progression of days is a valid experience, and all days, no matter how many or how few, are equally valid. What you are here to do in each and every life on the physical plane is, in fact, deal with the physical plane and being ensouled in the human species. Evolution occurs on many levels, not all of them related to hive-soul<sup>3</sup> species.

The human species is in the process of evolution, and each fragment ensouled in the human—or any other species throughout the physical plane—is evolving. It is the nature of all energy, no matter how expressed, to evolve. Since matter is, as we have said before, coagulated energy, it, too, evolves in ways readily perceived by the evolution and extinction of species over long eons, well before mammals, let alone primates, entered 'the picture'.

We would have to remark that the various species that have evolved over time were, of course, suited to their environment. When they were no longer suited to their environment, they died out, leaving a 'vacuum' to be filled by other species, which, of course, evolved to fill the vacated 'niche' more effectively, as the 'niche', as well as the species, was evolving, too.

We say this in order to remind you that you are not the glorious fulfillment of the evolutionary process, but only one of its manifestations, and when your species ceases to be viable, it does not mean that your sun will go nova and the galaxy implode. If that happened every time an ensouled species went extinct, there would be a constant eruption of novae all over the physical plane, and ensoulment would shift from species to species with dizzying speed. That does not mean that the departure of ensouled species from one planet is without impact. We did not say that, and we did not imply it.

The presence of any species, plant or animal, ensouled or hive-souled, is 'significant' and its absence impacts the planet and the environment of the planet. We do wish to remark here, however, that planetary existence does not depend on the presence of ensouled species for planetary viability. In fact, the presence of ensouled species can be more a hazard than a benefit to many planets, yours, of course, among them.

Ensouled species impact environments to the degree that their choices can alter the environments, and their presence or absence is significant to the degree that their choices lead to environmental impact. All species, no matter how 'insignificant' have impact on the environment to a greater or lesser degree, and we would have to say that where the species has the option of manipulating the environment, it will, by the nature

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<sup>3</sup> M: Hive-souled species are those species (animals, usually, though there are some insects also) for which the law of karma stills function (you kill or harm them maliciously and in another life you will probably die or be injured by them), yet they do not have 'true' souls as you and the cetaceans have souls. You do not incarnate into animals or other species, for there would be no growth in such an action.

of its 'hard-wiring' or instinct, for that manipulation is the result of evolution. For example, the Tyrannosaurus Rex would not have evolved had there not been a plethora of other dinosaurs to serve as prey, and having evolved for that purpose, the species could not survive without sufficient prey to sustain it. As the environment of the dinosaurs evolved, so, of course, did dinosaurs. Those that did not, went extinct.

*Q: But if time doesn't occur the way we think, how does that affect us and our choices on the physical plane?*

**M:** If you will, picture a cable strand composed of many filaments, some of which, but not all, are being braided into the cable. The cable is the lives you have completed and the results of choices you have made. There are occasional knots in the cable brought about by karma, when life choices were taken away either by or from the fragment in question.

Where the braiding is taking place is the current point in the life. The filaments are of different lengths, substances, and textures, and some tend to be more 'central' to the cable than others, but at each and every choice, the filaments are braided in or out, depending on the ramifications of the choice made. Which is why we do not predict: we do not predict because we cannot.

Each choice is made by the fragment in question, and each brings new form to bear on the cable. From our point of view, all the filaments are valid—though some are likelier than others—until the choice is made. That is also why there is no destiny, only vectors, which tend to tangle filaments—because the tangling is caused by choice. In other words, you may be on vectors with another fragment and would have met at the concert that night, except you chose to look after an injured friend instead. That does not mean that such a meeting will 'never' take place, but if you choose to have it happen, it will be in a different venue, under circumstances that were not part of the original agreement. Not being part of the original plan is not crucial any more than changing the time of a luncheon appointment to accommodate shifts in schedules.

Those who are more visually oriented may prefer to think of the difference between a sketch and the filled-in fresco painting, the sort that is made on new plaster. The sketch, often more than one of many options, which is not an actual 'picture' until the paint is put on the surface, which is, we need not remind you, the result of choice. Some modification can take place afterward, but not much, as the paint soaks into the plaster quickly and is not easily altered. This analogy is not wholly accurate, just as the cable-and-filament one is not, but between the two, some sense of how we perceive your lives is possible.

Let us offer a third analogy, to accommodate the moving as well as the intellectually and emotionally centered: there are a number of connecting routes to the same destination. A few are more direct than others, but all are equally effective. Where the traveler is on this complex series of routes is the present. The option to select other routes at every junction (choice) and every resulting aspect of the journey (ramifications of choice) are the valid experience of life.

We would think that this might make it easier to comprehend the exigencies of life, as well as the importance of choice. It can also show how you can complete your journey without arriving at the destination you had in mind at the beginning. And perhaps it can

show some of the nature of such things as detours, rough roads, and the intrusions of the physical plane can do much to make the journey as 'unpredictable' as it is. It is not amiss to keep in mind that roads do not wash out to ruin your day, they wash out as part of the hazards of the physical plane. Dealing with the hazard is as much a matter of choice as any other aspect of life.

Confronted with a washed-out road, you may attempt to go back to the last junction and take another route, you may curse the road, you may blame yourself for making an erroneous choice, you may start off beside the washed-out road to keep as much to the old course as possible, you may choose to do something entirely different than what you had been doing, you may sit down and wait for the road to be repaired, you may try to find help over the washed-out part, you may invent some means of getting across, or any other of the myriad choices available to you in this predicament. All the choices are valid and any choice you make is as valid as any other. We remind you yet again that doing nothing is as much a choice as any action or decision you may choose.

### ***Matter and Time***

**M:** The world that you see, the universe, the pandimensional realities, and all planes are organized and orderly. They have an underlying structure that holds them together and a foundation from which they were "built". For they are all of the same material that comprises you and us, and all other creations.

We are all created from the energy and awareness that is the Tao. That is why and how we are all connected. For all things have awareness, but not all creations have sentience. Sentience means the taking of responsibility for the choices made, and the participation in and awareness of the different realities and the different planes.

A chair is made of the same substance as you or us, and that substance is aware, but it is not sentient. Some people appear to be unaware, but they are still sentient. For although on a "conscious" level they do not know why they do what they do, at the core level—the essence level—they do, and it is at this level that we make the distinction.

For a chair although composed of the same material as essence, is not essence. It contains the same energies and "materials", but it contains not the "soul" that gives us and you sentience. Only 2 species on your planet have that type of awareness: cetaceans and humans. Each is aware of itself and others. Each is aware of the "rules" — that is that they alone are responsible for themselves, that they make their own choices and they are responsible for the outcome of those choices—and each is aware that there is more to "life" than what they are currently experiencing. That is sentience.

Dogs do not have it, cod do not have it, nor do butterflies or birds. For they are "creations" of those who dwell in the physical plane. You would populate your worlds with all manner of creatures and what you call matter does its best to accommodate you. For the oversoul that maintains the reality in which you dwell is a great manipulator of energy.

The creation of the world as you know it, came not as a bang, nor through some time-consuming evolution process. Rather did it occur as a series of experiments all occurring simultaneously throughout all the different timelines. For that, too, was an experiment. It was found that sequencing the events could create even more complexity, thereby

making the "lessons" that much more interesting. It was also found that by restricting the body to one particular timeline caused the physical mind to function in a much more linear fashion. It was thought to be an interesting phenomenon to experience. So, although all time occurs now, and all realities exist here, the separation of these allows much more freedom to the individual in the making of choices. So for all the restrictions placed upon you by this "world" that you all have created, you have in your own way given yourselves much more freedom with which to experience this world and the reality/life you have selected at this time.

The more you "forget", the more freedom you give yourself to enjoy the character you are. However, if you were to never "remember" you would forever repeat the same or similar lives over and over. This is why the "memory" returns as the lives are lived, so that new choices can be made and new experiences enjoyed. Essence seeks to experience all that it can, so it pursues not the path of forgetfulness forever. Rather does it continuously work its way "forward" into the physical mind's memory, so that different choices can be made and different situations experienced.

Essence is forever, there is no "death" as you understand the term. Rather is there stagnation and lack of growth.

### ***Time and Alternate Realities***

***Q:*** *You always talk of time being simultaneous, yet you said it is not a concept of your plane, can you explain more about this—time and how it relates to the different planes.*

***M:*** You use time to define past from present from future. It is a convenience that helps in the learning process on the physical plane. The astral, being so closely aligned with the physical, also uses time, but not in the same way. Those there see time as different ranges of vibrational frequencies within the overall spectrum of the physical plane. This allows those there, then, to monitor, choose, and participate in different aspects of the physical world.

If a fragment were to choose the reality in which Nazi Germany won the war, then they would find the vibrational range that comprises that reality—that time line—and attune themselves to it, and join the physical world in that vibrational range. Those desiring to join in your time line, would attune themselves to the vibrational range of it. But all of these pasts, presents, and futures are now—they are the moment in which you dwell, in which we dwell, in which any fragment or essence dwells. And all of these nows, all of these moments are occurring simultaneously in the same space, but by vibrating at different frequencies and using different magnetic waves, they are not perceived by those who cannot, or will not, attune themselves to them.

Since it is the agreement of those on the physical plane to accept only the reality and the timeline in which they currently live, they will not acknowledge the existence of the other realities, the other nows.

In the astral plane can you view all of these realities and all of these nows while they happen, so for you there, your time of minutes, hours, days, does not exist—as it does not exist for us. But those on the astral are more able to attune themselves to it (time) and link into it since the astral is not that far removed from the physical plane—in terms of the overall frequency spectrums of the two planes.

Even those just visiting the astral plane notice that time becomes distorted while there. That although they may have the feeling of minutes having elapsed, when they come back to their body and the physical world, they find that hours have actually gone by. We have a more difficult time with the concept as we do not interact as often or as much with the physical or astral worlds. So we must make a "special" effort to acknowledge and accept your concept and your perception, so as not to cause too much undue inconvenience while teaching.

Again, time is one of those concepts, like gravity, that is agreed upon when entering the physical world, but when not in the physical realm it is not needed and it is not a perception that is used. We are always in the moment, in the "now" and all that it entails and includes. For us to explain it to you would come closest if we said that our moment, our now, includes all that ever was, all that is, and all that ever will be. That is where we dwell in "time".

### **Earth Timelines**

*Q: How many time lines are there on Earth? And if I'm primarily focusing my incarnations on one timeline, do I have to progress through it in linear order or can I have a life time in the 20th century followed by one in the 14th century? Do most fragments hop around between different time lines for their incarnations? Do the versions also go to a variety of different timelines?*

**M:** The number of timelines available at any particular now is never constant. For timelines end and others begin. The timelines are created by those participating in the physical plane, and are then maintained and "directed" by those participating within them. Each fragment selects a timeline based upon the lessons and experiences they want to have. For if they wish to learn about racial disharmony, then would they select a timeline and a now wherein the racial instability was quite pronounced. They might choose to be within the now of Texas when those of the Ku-Klux-Klan were most powerful and those of the darker skin were very vulnerable. Then they see or experience racial disharmony.

If they would participate in civil unrest, might they select the now wherein any of the peasants overthrew or attempted to, their governments, whether it be Paris, or Russia or Watts. All are valid. So rarely will a fragment follow one timeline from beginning to end. More is it a selection of that now because it fulfills the desires, needs, and choices. If you wish to rectify much karma and all those you need to interact with are opting for a particular timeline, then so will you. There are many variables considered by most fragments before the decision of when and where is made. Some will simply "grab" the first agreement they can, simply because they wish to return as quickly as possible. But most are quite willing to spend some thought in developing their next "character" and their next "play". That is not to say that a fragment cannot be orderly and begin on one timeline in a now of 2BC and continue in that timeline progressing to 2AD, 1200AD, 1700, etc. It is always the fragment's own choice. But most do opt for more variety.

That the questioner is one who has "jumped" timelines many times is true. For she manifests wherever and whenever she can develop the most insights. That you (all of you) can have more than one fragment within the same reality/timeline is true, but

**\*\*rarely\*\*** do they share the same now. Most often will one be within a now either "earlier" or "later" than another.

Since a "version" is created only when a choice is made by a fragment participating within a set reality, then will those versions always be in copies of that fragment's reality. For up until the point of the choice, all will remain the same. Then after the choice will one continue having the memory of deciding No, while another manifests with a memory of having said Yes. That all memories to that point will be identical is true, for they are merely those manifestations of the possibilities created by the choices. The you that you recognize as self, follow one possibility, while other you's follow all other possibilities that the choice(s) engendered. Therefore, for them, their path continues straight from past to now, just as does yours. All are equal.

When all versions of self have completed their "possibility", their life, do they re-integrate into the fragment, who again must decide on a character, a play, and a setting. So, if the fragment dwells within a reality of 1990's America, all versions of that fragment do so, too. For that is how it works. However, if the fragment starts in Europe 1670, then the versions will also be within that reality when created. The version will not be created in a reality other than that occupied by the fragment. For the choices occur within that reality, and must be followed within that reality.

That one has to remain within the time line being experienced now is not true. For if upon the decision to re-incarnate you do not find the circumstances or situations compatible with what you would experience within that previous time line, do you merely choose to try another.

There is no "rule" that states you must even consider your "old" time line for your next incarnation. Where you go, as well as "when" you go, is your choice, which you should make based on those experiences you would have, and with whom you would "share" your world. For if all those you would make agreements with do not wish to partake of the reality you have selected, do you still have the choice to proceed, thereby meeting "new" fragments and creating "new" friends and new agreements, or you can follow along to where the others, with whom you are already familiar, would go.

Each reality/time line has its own "rules" and its own structures, and its own uniqueness. It may be exactly like the one in which you dwell now, except there is no history of a war in the 1940's. Or it could be varied by something as minor as your young priest, Nixon, never having been "forced" from office by his own greed.

All realities are always available to you. You can cycle through a continuous time line or not—it is your choice.

## ***Time and Lives***

*Q: If all time is now and all the fragments exist at the same time learning all the lessons at the same time, how do 'we' know how many fragments to break into in the first place? Do we 'generate' fragments as we need to in order to experience the lessons we want to learn in a given timeline? What happens if we 'blow' a life, abdicate it or refuse to learn the lesson or die 'before all lessons are complete, like I did in the architect's life? Does another fragment just pick up the lessons and go from there? Also, how does this relate*

*to something I read/heard/discussed with someone regarding phobias relating to a major trauma in another life? Funny thing is, I can accept that all life occurs now, it's just the little details that throw me.*

**M:** The fragments are not broken up at the start. Rather do you start as one essence with a "life plan"—one incarnation with selected milestones. But as choices are made, major choices such as determining to be male or female, essence splits into all the possibilities. Therefore, if the possibilities are male, female, neutered, then essence is now 3 fragments. Then as each fragment makes major decision—such as career choices, that fragment making the choice(s) again splits to cover all the probabilities.

These probable yous may continue on with their own existences in their own timelines, or they may regroup back to you if their "path" merges back to the primary fragment's path. Therefore, you are constantly fragmenting and re-integrating as choices are made. This is why you may suddenly "develop" a talent you always thought about, but did not realize you had. For the fragment that rejoined with you may have developed that talent, such as painting, or photography, or business astuteness, etc. So, there are as many of you as are needed to complete all the probabilities that you create for yourself. But each primary you is also a fragment. For as you go along you are constantly wanting to experience more and different things. So you may cast off fragments to start a life in Africa in the 1800's, or in Indonesia in 10BC, or France in 1200AD, and each of these lives may create fragments for all of their probabilities.

If a life ends by accident, the fragment will either plan out a "new" life or will re-integrate with the primary fragment from which it came. Either way, the "lessons" will be done and balance found. For although you perceive time as something occurring, that leaves you with a past, present and future, we see time as an object that you visit over and over again. So, if one fragment ends an existence, there is no reason why that fragment or another portion of it cannot "pick up" where the first left off, or even visit the same timeline. What you call doppelgangers are in some cases simply alternate you's occurring in the same timeline, but with different goals and different tasks. But because the human mind finds this so disconcerting, it is not a scenario that is selected very often. Rather do the fragments select similar timelines for their alternates.

Phobias occurring late in life are usually those incurred from that life. But those occurring from incarnation are usually carryovers from a "previous" existence, or previous visit by that fragment to one of the timelines. For rather than thinking of time as a line, think of it as a continuous spiral within a circle within a spiral within a circle within a spiral within a circle, ad infinitum, layered one upon another, ad infinitum. For each circle represents an alternate reality and each spiral the primary timeline within it. But as choices are made, the spiral grows branches, some reaching toward other parts of the same spiral, others reaching upward or downward to another timeline, and still others creating completely new timelines. Therefore, we say time is an object, an idea, a thought form, that you create. Once created, you then initiate the populating of that timeline with fragments of yourself so that you can experience all of the physical realm. So, as many primary timelines as you create, and as many alternate realities that you create, is how many fragments your essence will generate.

If one fragment dies in a fire, when it incarnates again that "memory" remains. Therefore, that fear is still there. You create your now and from that now do you create

your futures and your pasts. Each now has different probabilities both "forward" and "backward", and as you create these "memories" and possibilities, you also create the fragments to populate them.

*Q: I'm still not sure we understand, M, about time and fragments. Does a fragment then inherit multiple overleaves (personalities) when one timeline merges with another?*

**M:** If we follow essence through a cycle perhaps we can make things clearer. We will try. Essence decides to be a king with dominance, stubbornness, observation. It begins life at cycle 1. The choices are made to be in a timeline similar to yours but in the era of 1400AD in North America. Here we have the first branch, where the parents chosen have a son, and in alternate life **A** they have a daughter.. Essence is now 2 fragments, both in *\*VERY\** similar timelines due to a branching from the primary timeline to an alternate immediately "below" it. However, in their society, females are unwelcome, so the infant is left to die. The alternate timeline ends and fragment **A** merges back with the primary creating essence again.

"Time" in your sense elapses, and the king is a youth. He is invited as a part of a manhood initiation hunting party. He fragments again—fragment **A** goes on the hunt, Fragment **B** does not. Fragment **A** gets separated from the main party and encounters a bear, and creates several more fragments. Fragment **A1** gets killed by the bear. Fragment **A2** runs away and is branded a coward. Fragment **A3** climbs a tree and must be "rescued" when the others come searching for him. Fragment **A4** attacks and is wounded, but the others come and help. Fragment **A5** attacks and is mortally wounded and dies back at camp a hero. Fragment **A6** runs away and tells no one what happened. Fragment **A7** avoids the bear and the bear never sees or knows that he is there. Fragment **A8** calls out to the others causing the bear to notice and attack him. This causes several more fragmentations to occur.

**A2** and **A5** rejoin with the primary fragment, for they did not last long enough to create a major timeline of their own, nor did their separation change much. Therefore, primary fragment **A**, who was lost and saw the bear, is now also fragment **A1** and **A5** in experiences. **A2**, **A3**, **A4**, **A6**, **A7**, and **A8** must continue on their own timelines now as their decisions have not brought them back in conjunction with the primary fragment from which they came.

Now primary Fragment **B**, who did not go on the hunt, has decided instead to be a shaman. So, he meets with the medicine man and is told that he must pass some tests. These begin and Fragment **B** finds that one is to climb a mountain while fasting. Fragment **B** starts to climb, but is weak from hunger and reaches a point where a choice to continue must be made. **B1** continues; **B2** quits and simply says he did it; **B3** quits and admits it; **B4** slips and falls, killing himself instantly; **B5** slips, but does not die immediately.

At the same moment as this life is occurring, the essence that is the king, also decides to complete some other experiences in a different timeline. So, as king but in submission with a goal of growth, in the passion mode with a chief feature of impatience, a fragment is placed in France in the 1750's. This fragment will be doing 2nd cycle lessons and tasks by drawing on the experiences of Fragments **A** and **B** in North America. At this same moment, another fragment is created with another set of overleaves and it is

chosen to place this fragment in America during the 1960's to do 3rd cycle lessons. Again, this fragment will draw on the experiences of the other 3 primary fragments.

Does this then, make it clearer?

*Q: Yes, Michael.*

**M:** For although fragments break and re-merge and break again, they do not re-merge from the different timelines. That is, a primary fragment starting out in the 1500's timeline will not re-merge with the primary fragment in the 1960's timeline. This re-integration/re-merging takes place in the mid-astral planes once all physical plane existences are complete and incarnation into a physical body is no longer desired by any of the fragments. It is then that the fragments again become essence, and the experiences of all fragments are then enjoyed and reviewed by essence. For this is the first step toward total re-unification.

### **Alternate Realities**

*Q: So does each of us exist then in more than one reality?*

**M:** We would have to say that those other yous are you but not you. They are the yous based on the culminations of the choices on their time line in their reality—you are the you based on the culmination of choices in your time line. So there are some that no longer even look like you, and others that could be your twin. Some have died or were killed, as was wont to happen based on the choices they were making, while others flourished greatly.

These time lines do not occur every time someone makes a minor choice in their life. Deciding whether to have a white refrigerator or black one will not result in a "split" in your now. This occurs when global-type decisions are faced and reached. Will the U.S. and Russia be allies or enemies? The answers available to that scenario would cause multiple "splits", or multiple nows, so that all options and combinations and permutations of options could be played out and all those existing in the originating time line would then exist in the permutations. Those permutations, then could "split" again, until you are where you are now, with an infinite array of alternate time lines existing. The "distance" between one and another is based on how different the world became due to the permutation. (Distance here being in vibrational frequency.) So, if one time line resulted in total annihilation of the planet, the "distance" between it and its opposite (total global peace) would be the complete range of frequencies (permutations) between the two.

You may choose to incarnate in the same time line every single time, or try different but similar ones, or even try something so totally outrageous that you have very little frame of reference. This is why when you remember an historical event from a "past life" it may "vary" from the recorded history of your present time line. In most cases, this is not noticeable because what is remembered is the emotional content of the life, or details such as architecture and the costumes of the period. For recording and trying to retain all the details would become meaningless not only in terms of the lessons, but also in terms of becoming too limiting then in where/when one could incarnate. So, those whose remembrances include Lemuria, are actually coming from a time line where that island continent existed and may or may not have been destroyed. But in your time line it was not there, so no archeological evidence will ever be found.

This is why we say learn from the lessons you record, and focus not on the historical detail. The "time period" is not as important as what occurred and how the participants reacted or handled the situation. Therefore, when/if the situation occurs again, a different reaction or a different way of handling it can be utilized. We do not say "better way", for nothing is better or worse than another—just different. All lessons are just different ways of handling similar situations. You do this until you feel you have experienced all there is, then you move to other experiences in different realms, in different realities, in different planes.

## ***Scientific Theories***

***Q.*** *Is string theory an accurate description of the universe?*

***Definitions:*** *A theory of physics in which particles are described as waves on strings; strings have length but no other dimension.*

*A unified theory of the universe postulating that fundamental ingredients of nature are not zero-dimensional point particles but tiny one-dimensional filaments called strings. String theory harmoniously unites quantum mechanics and general relativity, the previously known laws of the small and the large, that are otherwise incompatible. Often short for superstring theory.*

**M:** That there is a particle <grin> of truth to all theories, is correct, for that is how theories are derived.

The greatest difficulty man has in understanding the universe in which he lives is that he is immersed in it. Therefore, he cannot see the truth of what the universe is. If he could but step outside of the physical world and step beyond the universe of physicality, would he then have a better grasp of what comprises his reality.

Waves, yes, this is true, like overlapping waves coming on shore. If you call the edge of the wave a string, then yes, we will agree with your theory. But the "string" denies the rest of the energy wave that follows that leading edge.

Each wave is infinite in length and breadth, but so thin that it would appear to your eyes and instruments as if it were not there. All you can perceive is the leading edge for it is "thicker" than the wave itself. So to you, the edge (or string) has substance, where the wave does not.

Your world – your particular reality – floats within one of these waves. Your reality is not just your planet, but your entire galaxy and beyond. The wave underneath your reality is that reality which is almost the same as yours but varies by just a bit—some small choice that made it different. This is true of that wave which is flowing across the top of yours, also. For each is complete in its own way, yet each is just slightly different from the other.

Now remove the beach, and you have free-flowing waves (we call them frequencies or frequency ranges) that shift and change as the choices within them change.

Each major choice—a choice of a global nature—causes another ripple within your wave. That ripple may or may not become another wave. If it does, then it, too, will flow outward from the Tao in an ever-expanding wave of reality.

We do not “see” these waves, but rather are they felt. Just as on our own existence level we, too, create waves within waves based on choices that we make.

Each plane and its subsequent waves flow within a set frequency range. Therefore, do the waves we create never crash into those created by you (all of you) nor do they collide with those made by those on the Buddhic level or Messianic level.

So while your scientists are only perceiving and measuring the edge of the wave, do you see that there is much more to the wave?

*Q: In the early 90s, I had a dream in which I understood" that there are no truly "straight" lines in the universe, only curved ones.*

*I am now mulling over a "wave" idea that came to me over this holiday... reflecting on how all of life is a "wave-form" of higher or lower frequency. I am especially interested in what happens when "waves" encounter each other, intersect, etc, AND how the "subjectivity/perception/desire" of the wave... affects and is affected by that encounter.*

**M:** We spoke briefly about waves and some of their flow patterns when we touched on the topic of string theory. Being of light and sound, or of the purest of energies you can barely conceive of, do we all flow on “pulse” outward from the Tao. Each of us is, in our purest form, a type of waved energy. Therefore, anything we do – think or create – is another wave flowing outward from ourselves.

Imagine a lake on a windless day. It is mirror still without a ripple. Then drop a large boulder into the middle of it. All those waves generated would be the same as all the waves generated by the Tao as each of the realities—physical plane, mental, causal, etc. – are created. Then have the sky drop rain in drops onto the lake. Those thousands of millions of ripples are the waves created by each of you and us, by everyone, as we live our lives.

Your thoughts are waves that flow outward from you. Sometimes they impact another’s thoughts, and the ripples all flow with equal intensity, and equal frequency between the swells and dips and you find that both of you have like minds, and like thoughts. At other times will your wave of thoughts crash into another’s and the ripples distort and break apart for you both have opposing thoughts.

This also happens on a larger scale, too. For the choices of an entire population of one nation can clash with the population’s thoughts of another nation. This then creates a vortex of discordance. The discordant energies make those affected by them uneasy. Negative poles usually get pushed into play and very often wars erupt.

On a larger scale yet, can the outward flow of energies from the Earth reach one of the other populated regions of the physical plane. If the wave of energies is not “compatible”,

again, could it result in a discordant atmosphere. However, each galaxy is surrounded by a “bubble” of neutral energies. This keeps the outward flow of energies from your world from impacting another world in a negative manner.

\* \* \*

Waves or flowing motions do describe the way in which all of life is seen by us. For we see ourselves at the baser level than do you. When we say that we are light and sound, we do mean that in a literal sense. And since light and sound do “travel” in terms of waves, then yes, waves is a very apt description.

Your world—the Earth—is comprised of layers of wave-like energies that flow both inward and outward—moving through each other yet neither breaking apart nor “scattering” as your scientists would believe.

For the flow of both inward and outward energies also contain all 3 energy types—neutral, positive, and negative. Since like attracts like, will those areas similar stall, creating a “fluctuation” or variance in the way in which the reality is perceived. It may seem that the gravitational force—which is a reality only within the physical plane and not a true “force” at all—may not “flow” properly. Or your radio or television waves may break down, or it could result in what you term “dead areas”, where electrical forces seem to be dampened.

These are few, for the magnetic grid lines – ley lines, as you term them – do also work to keep the flow steady and even. Also are there grid points—north, south, exact east and exact west—forming a cross or plus sign, that bisect the planet and also work to keep the energies flowing in a steady and balanced manner.

The moon also has inward and outward flowing rings of energy comprised both of magnetic energies, as well as the “living” energies that comprise all things. The balance of its energies is within the Earth’s energies, and that is what holds it within the “orbit” of your planet. For the moon is still within the “bubble” of energies that comprise your world. You call it a gravitational pull, but it is truly the inward and outward flow of the planet itself.

Other planets within your solar system, have a stronger flow so do they “hold” more moons within their flow. There is nothing random to the flow. It is very organized and very modulated. The other planets exist because you (all of you) wanted them to, and because they were used as “test” locations for the creation of the sentient species that now inhabit the Earth. Different types of atmospheres and body types were eventually discarded, proving themselves to be not adaptable enough.

These energy waves also encircle each of you. That you call them auras is true, but they are energy capsules which flow outward and inward from your central core—your essence. They flow out and touching other beings or objects, do they then flow back, carrying with them the information of what they encountered. Most (of you) no longer acknowledge the data that is carried within and upon the waves of your own energies, having become too immersed within the maya of physical life. However, those that do, will often find much valuable information. For this is how one can tell what another truly thinks/feels about them, or the situation. Or how another is physically (fit or ailing, and if ailing, how and where). This is how you “instantly” recognize each other if past lives were shared or astral meetings held. For the energies mesh—for less than a nano

second—then flow back with a million bits of information scattered throughout. If an instant dislike is felt, it is because the energies are incompatible, for the other person may have a vibratory rate wherein the outward and inward flow are reversed or much faster or slower than yours causing the waves to “crash” into each other rather than flow through one another and back in an easy “liquid-like” motion.

This, then, will cause you to back up, retreat, or eye someone with distrust, for their energies disrupt yours.

When energies flow together, can you also leave part of yourself behind. This usually occurs when two or more choose to be friends, co-workers or even lovers. For then will you leave part of yourself with them, and they, part of themselves with you—what we have called cording.

The outward and inward flow now includes this other person as if they were a moon “caught” in your orbit. If the experience is shared, then will they also loop their outward and inward flow around you. So now both of you have extended the orbit of your energies to include each other. That this also allows you to “locate” each other easily is true. For you could simply acknowledge the information brought back by the inward-flowing energies to know where they are and what they are feeling at the moment.

Those of a different vibratory rate—or flow-rate, if you will—may “abrade”. That is, you may find that your flow does not match nor is compatible with theirs, and so you are uncomfortable in their presence, as they are in yours.

The flow-rate—the speed at which your energies flow in and out—is determined not just from your essence—for if that were all, we would all be the same. After all, the Tao has only flow rate. No, it is determined by your role in essence, your overleaves, your pasts, your current life, and present location, as well as by how many are within your frequency (orbit). For if you have no other within your frequency (orbit) then you have a clear frequency. If, however, you have a mate and children, then will your flow rate (or frequency) be affected by their flow rate.

Also, does your location affect your flow rate. For as we have explained, temperature in the physical world, does affect your physical bodies, and this then affects your energies which affects your flow rate.

Now all this has been under ideal circumstances, with no choices or thoughts being directed by anyone. If we add in choices and allow thoughts and intentions, do the patterns of the flow also vary and change. For if you are being meditative and inwardly contemplative, will there be more inward flow to your energies and will the overall capsule of energies “shrink”, by pulling inward closer to the physical form.

If the thoughts and activities are focused outward—running a race or planning a business conquest—then will the outward flow be more pronounced. This forces the engorgement of the energy capsule and weakens the “bubble”. For if stretched outward with little inward motion, will the energies “thin” and the body (physical) become more exposed and prone to injury or illness.

For the energies to be scattered, would one need to encounter either another’s energy that is so opposite their own and much more forceful, that it simply “shatters” their flow,

or would one have to become so unfocused that there is no longer a coherent pattern to the flow.

While artisans can appear “scattered”, their energies are still following the same flow pattern (inward and outward) as everyone else's. When we mean scattered, do we mean one whose personality no longer functions. The body barely subsists, and by all appearances, there is “no one home”. This is a shattered or scattered energy. For essence has lost focus and the energy flow has become erratic.

That essence can return focus, is true, but most times if focus is that lost, it is due to circumstances that will not be reconciled and the choice was made to abandon the body.

When someone attempts to transcend the body deliberately—what you call an out of body experience—they are pulling the energies into a tight spiral that is so focused that very little remains surrounding the physical form. Rather, does the energy all surround the core of you, leaving the physical form as if just another within the orbit of your energies. This is why most would “see” only a small thread leading to the body. For the flow of energies has been diverted away from the body physical.

That this could lead to extinction of the body is true, for the single flow (cord) is not enough to sustain the physical form for much more than a day or two. After that, will the physical form begin to shut down until it eventually ceases to function on its own.

Those on life-preserving equipment, are, many times, trapped by that equipment. Or in preserving the physical form in that way do they force the essence to remain tethered to the body rather than allowing them to leave as they wished.

That all may wish to leave when connected in this way is not true, but most have opted to do so, and find themselves prevented from completing the disconnection process.

Many things can affect the flow of energies, but the primary flow is one of inward and outward. Because you have seven primary connection points between you (the physical you) and the different planes of existence, so do you have seven different “layers” or waves that surround you.

Some of these layers will be neutral, as others are negative or positive. That indicates part of the vibratory rate of the overall flow that is you. A 7th cast scholar with a chief feature of stubbornness living in Canada during the winter would have a moderately flowing aura, while a server, 3rd cast (stubbornness, in Canada in winter) would be slightly slower.

If however, the scholar were working out of the negative pole of their role and chief feature, then would they be faster in their vibratory rate, and would they find it difficult to mesh with the server at all. For the negative flow increases the speed with which the energies flow, thus preventing those with many negative overleaves from easily mixing with others whose flow rates are more “normal”.

The Tao flows at a rate of seven, for that is the closest to perfect balance that can be achieved. Those on the Buddhic plane merging with the Tao are also nearing seven, while the others of us still retain enough variance that we recognize the distance we still need to go to achieve a vibratory rate close enough to allow us to return to the Tao.

Fear causes the flow to increase, while love causes the flow to return to its more “normal” rate. Fear also causes the energies to contract, that is draw closer to the source, for fear is an inward thought and expression, while agape, causes the energies to become expansive, for it is an outward flowing expression.

**M:** We are here...what would you have us say, and on what topic would you like to speak?

*Q: What can you tell me about black holes?*

**M:** You do not choose a simple topic...We begin. These exist as gateways between/to other realities and other planes. Your scientists are right about that. However, since most other planes and realities are not physical it would be nearly improbable if not impossible for a physical body to pass through a black hole and retain its physicality. The lack of atmosphere and seemingly reversal of gravitational pull is merely the reaction of the physical plane energy merging and blending with the energies of the other planes and realities. All energy comes from the same source, as you already know; however, all energy is not the same frequency or vibrational rate or consistency. Some energy is denser—that is what gives physical matter its physicalness; some energy is more fluid, more liquid. When the different types of energy meet they must blend and merge. It is like the blending of lava with water or lava with land. Different reactions occur, but none of them leave the original source in the same condition as before they came in contact with one another. This is the same way in which a black hole would manage the energies. The energies would “react” to one another, but they would not remain the same. Physical energies blending with non-physical energies would end up half-way between the two, very similar to astral matter, but not really that, either.

Black holes can be considered gateways, but more, are they the major grid points where the energies of all the planes and all the realities come together. These meeting/blending points are important in as much as they help all that there is maintain and keep the balance of all worlds. Remember that in all things, balance is sought, and so it is with these points that the energy flows much like a river, as it tries to maintain an even distribution of all planal energies within every plane. You must have on all planes a relatively even distribution of other plane’s energies for the “reality” that you perceive, to remain stable. For without the energy from the other planes, the stability of what you call “truth” and “reality” would not hold. Objects would become ghost-like, non-cohesive, almost like a Dahli painting. Your reality is based on an agreement of those souls/fragments entering into the physical realm. They agree that objects, people/bodies, sounds, sights, etc. within a particular vibrational range are the objects of the physical plane in which they will live and learn—it is their agreement that this range will be their reality. But it requires the energies of all planes to keep the focus, to keep the cohesiveness of the objects stable.

Think of reality as a layered thing. You see a box, but put another identical box behind and in front of the original, and shift them slightly so they are seen on an angle to the original. Then continue to follow that pattern ad infinitum. Now, tell yourself that the only one you can perceive is the original one, because that one vibrates within the frequencies agreed upon to comprise the physical plane. However, without all of the

other boxes to help stabilize and fill out all the other possible frequencies, the energies of the original box begin to become unfocused and scattered. They try to fill in all those other frequencies (balance must be maintained) so the “physical” object now begins to become ghost-like and unfocused. Therefore, the black holes allow the frequencies of all planes to link together thereby keeping the balance of all the energies across all the planes and all the realities, which allows all of us in our own realities and on our own planes to perceive our worlds in the way in which we agreed. But because your physical body and objects are not perceivable outside of the physical plane frequencies, they could not “travel” through a black hole—or at least you could not perceive them if you did. For once “mixed” with all the other frequencies, the focus needed to maintain that physical form, that physical reality, would be “lost” in the greater need to become one with and to balance within that blending of all energies.

Do we make ourselves clear?

*A: I think so. So, you’re saying that the black holes have energy flowing through them?*

**M:** Yes the energies flow like a river or an electrical current. They maintain a constant “flow” which keeps all in balance. A pathway it is, but not in the way your scientists think or theorize.

Pinholes or small black holes are nothing more than the extension of the power matrix we described earlier. It surrounds the planet, yes, but it also covers all “points” within the physical plane, this includes what you call outer space.

*Q: Why do black holes seem to contain more gravity; and why can’t the scientists seem to fit gravity into their equations?*

**M:** Gravity is the one force that is not pandimensional. It only exists within the physical plane; therefore, all attempts to “write” it into a unifying equation fails. Although, the “rules” derived by your scientists only apply while in the physical plane, the truths within those “rules” apply across all dimensions, because the “objects” they would measure (light, sound, energy, certain forces, etc.) exist across all dimensions. But gravity does not. It is a convenience agreed upon by those participating in the experience of the physical plane and does not extend beyond that realm. This is why it seems so “strong” near and around those black holes. The energy used in creating gravity congregates there before being dispersed throughout your plane. It must be compiled and formed into the energy sequence that makes it what you call gravity before it can be dispersed, so it only seems that black holes have a great deal of gravitational pull. Gravity is a compilation of all energy from all planes and all realities. It is this compilation that allows you to function in and create your world as you go along whether you are cognizant of what you do or not. Binding you to the planet is an agreed upon explanation for its purpose, but it hardly covers the importance of what it does within the physical realm, for it truly is the balancing force governing the entire plane.

Black holes are, in a sense the starting point, the birth point of gravity. Dying planets and dying stars also seem to have a great deal of gravitational pull surrounding them and their area. This is because the energy that comprises their gravitational field grows out of proportion to the planet or star—their energies become unbalanced. Even as they seek to rebalance themselves, the gravitational experience becomes extreme in their vicinity.

As balance is sought, several results may occur—the star or planet may, to your perception, implode, causing the energies to disperse suddenly in one great burst; thereby putting things back in balance. Or the star or planet may continue in a slower more progressive fashion to “shrink”—that is become less visible within the frequencies of the physical plane, although their energy does not change, it just becomes no longer visible to you. But since the gravitational field only exists within the physical plane, it seems out of proportion to the physical object remaining (to what can be seen of the star or planet). Eventually, however, all will become balanced again. The energies comprising the gravitational field will disperse as the field is no longer required, and balance will be restored. You must remember that your perspectives are limited by your need to experience time, so what you see as taking decades or longer, to us is instantaneous.

### ***Stories, Myths and Legends***

*Q: What is the basis of the Adam and Eve story?*

**M:** This is a story perpetrated by those who refuse to face the idea or concept that life could start without a God or God's intervention. It is based on the handed-down myth/legend of the coming of the first few couples from your original world to this one. Of course in the original occurrence and in the original telling of the events there exists no demons or devils, nor was there any admonition against eating any particular food. For those having placed you there on your world knew not all the food types of the planet and could hardly be expected to tell their "seedlings" what to do once they had departed the arrival mechanism. The entire point was to allow the "seedlings" to live as they would, and to find their own way in their new world.

Creationists wish to believe in someone or some thing outside of themselves so that they are not responsible for the world or their actions in it; just as the revisionists want to change everything, and the Darwinists want to believe in evolution. Although evolution is closer to the "truth", it is not the truth. For you did not develop from apes, though on this planet they are the closest to you in function and appearance. Rather did you develop from genetically altered creatures during a natural occurring cycle of "evolution" of the Sirius star system. Due to energy bursts within their solar system, they constantly go through cycles where portions of all creatures living on their planet become genetically altered. The alterations may show up immediately in those newly born, or they may never show up. Most times the alterations seem to begin appearing within the 2nd or 3rd generation of births. Instead of seeing these altered births as freaks they are looked upon as new and exciting examples of what life can create. They are always watched carefully for new attributes and signs of sentience. For if signs of sentience begin to appear, then a new world must be found for them to continue developing on.

This star system is a smorgasbord of life from the smallest celled life form to the largest.

*Q: What about mythology and similar stories? Where do they fit in to the scheme of things?*

**M:** Many of your "stories" are based on "truths", but they become distorted and the "truth" lost or all but lost in the story. This is caused partly by fear and partly by the recorder's inability to understand and therefore explain what they have perceived. For those who cannot fly or can barely make tools, seeing a laser is magic of the highest

order, or seeing an airplane or helium balloon a miracle. Yet to you, now, they would be common place objects. So, gods were not just stories, but stories derived by things observed but not understood.

*Q: What about the stories of Lemuria? Is that a misunderstanding, or misunderstood myth, or whatever, too?*

**M:** This is a cross-over myth. That is, a story brought to you by "story tellers" attuned to similar but alternate realities. In your time line, in your history, this continent did not exist, but in a time line very much like yours, they did. It is this time line that gets "picked up" and the story brought over of a marvelous island that sank beneath the waves.

Some in your time line actually "lived" there and then, and are now in this time and this reality, and so their remembrances of a "past" in Lemuria is valid (for them), but it was a "past" experienced in another time line. To assume that everyone remains in the same time line (reality) every incarnation, or that there is only one time line in which to incarnate is foolish.

When someone perceives the future and it then does not happen, it only means it did not happen in your time line. In the alternate reality it did, and the subsequent time lines derived from there, are caused by the various reactions or consequences that occurred. There are so many variations just a fraction of a tone away from your reality, but your focus is here, and your perception is here, so you do not see them—nor do they see you. So many of your tales, stories, and myths, come from those who have either been a part of those other realities or have visited them during their sleep cycle. For many do "travel" during sleep, and not just to the astral. Many times you go to visit your other selves, or "past life" selves and exchange information and help one another.

Your "history" for your time line is another one of those issues that is agreed upon and "understood" by all of those entering into the game in that time line. They all agree to the same historical events and the same current events, so that they can all participate within the same moment, within the same now that they have developed, and all share the same framework and feelings of continuity. But even historical events are personal. For everyone's perception of what happened at a place and time are very subjective. So, even when reading about something that occurred "before" their birth, they will all still "see" it differently and "feel" it differently. So, only the milestones can truly be identified and agreed upon, the details are based on an individual's perceptions and/or involvement.

We want you to understand that time, although perceived by you as linear, is, in the physical, more like the scattering of shotgun pellets after being shot from a gun or like the rings in the water from a tossed stone. Something happens and there are many reactions to it. You only experience/perceive/see one reaction, one consequence. But the others exist and are experienced/perceived/seen by others in these alternate realities.

*Q: What, if anything, is the basis for the tales or myths of man-animals, such as the mermaids or centaurs? Is there any reality or truth to them? How 'bout the Norse or Greek Gods? Are they story or real?*

**M:** It would be best to take each tale or "god" individually. For some are truly stories, whereas others have a kernel of truth buried deep within.

Those stories of Thor and his lightning bolts is one such story. It is the way in which a society unable to understand what it was observing could cope with it. The rational or physical mind cannot always understand, so it creates a scenario that helps it accept what it sees or experiences.

The "god" Thor and his lightning was a leftover of a previously "higher-order" society than that of the Nordic culture where he found himself. His culture included lasers and the use of energies and minerals to do mining, help control weather, and to communicate. However, the Norse people understood none of this. So to understand and accept what they saw, they had to devise some explanation. Therefore, he became a god with magical powers. Thor's society and culture was one that resided partially on an island off the Hebrides and also on the coasts of what is now South America.

The reality was that several hundred different societies and cultures existed at many levels. And as some explorers from the more "advanced" cultures traveled out they became anomalies and myths and legends. For at that time the concept of sharing the knowledge let alone world or global communications was not contemplated. For those of the "more developed" societies did feel themselves to be demi-gods. And the thought of giving or sharing their knowledge with the "savages" of other lands was quickly quashed.

Others tried to share and were killed for their efforts. The remnants of their efforts can be found and, in some cases, have been found—the crystal skull is one such "remnant". It is primarily a communications object, but it could also be used for protection or as a weapon. Those who created this skull had great knowledge of mineral energies and their ability to manipulate these energies was great. But even this knowledge does not keep a society or culture from destroying itself. By their very nature, in keeping to themselves and isolating themselves, they eventually died out. Their markers are the stepped pyramids and the crystals (both carved and mounted).

If the dating of the pyramids were to be more accurately pinpointed, it would be found that they precede the Aztecs, Mayans, and Toltecs by 10,000 years. Those tribes were the remnants, now intermingled with the "lesser" peoples of the area who "inherited" the lands and buildings and crystals, but had little to no knowledge of what they had or how to use it. The gems and metals became pretty baubles, and the towers and temples bloody pulpits and sacrificial altars.

*Q: Yes, but what about mermaids and centaurs?*

**M:** These, too, are based on some fact. But the era is one so long ago that it will not found to have any basis. For at one time what is now man, tried different forms. This was when they were still deciding whether to use this planet or not. Yes, the cetaceans inhabited the waters, but none inhabited the lands. So different forms were used to explore and experiment with the planet. The mermen gave the opportunity to interact with the dolphins and whales. The centaurs gave the opportunity to try "life" without really entering into the dramas. For this all occurred prior to the arrival of man and the beginning of the "games".

However, "memories" are strong and in some realities the body shape taken was not that of the people you see now in your reality, but rather was it of the imaginary creatures of stories. For they determined that these body types (the human ones) were highly inadequate and weak, and so, went with ones more "substantial" and more animal-like. Therefore, in some respects there was a Pan, and in others there was not.

Within an embryo of man is the ability to be almost anything. That is why, when viewed in its various stages, the embryo appears at times to be fish-like, or lizard-like. These are not anomalies, these are opportunities and options created by thought. The "child" can select the way the body will be, from "healthy and normal", to extremely tall, to having webbed feet or hands, to having scales and fins, or any other combination. This occurs because the material is energy and the energy is conforming and growing (not just to some genetic "plan", but to the thoughts and "wishes" of the soon-to-be child as well as that of the parents). If the parents are convinced the child will be ill-formed and the "child" not sufficiently focused enough to counter that, then the body will take on the shape conforming to the parents' thoughts (fears). If, however, the "child" is sufficiently focused, aware, then the child is the primary controller of what the body will be, not the parents.

The length of time designated was due in part to the physical body's need to accommodate and accept the new soul/fragment, as well as the need for that fragment to learn or relearn how to be physical. It gives the "child" time to learn about the family dynamics and decide whether they truly want to be part of that family, and it gives the parents time to grow accustomed to the idea of having the other physical being as part of their family unit. It also allows for the manipulations of the new body by both the parents and the child so that the life plan can be accomplished.

If, for example, there is a desire for the body to be deaf or otherwise deformed, then the necessary "actions" can be made to accomplish this as the baby grows in utero. For as we have stated, the baby is "formed" based on the thoughts and needs of the soon-to-be incarnated fragment, with influences also from the mother, and then from the father, and then from any siblings. So, it is primarily the soon-to-be-incarnate fragment that controls the growing body. Then is the influence that of the mother, then the father, then the siblings or any other member of the family such as grandparents or in-laws that lives or interacts a lot with the parents-to-be.

We digress, however...the stories of odd creatures are mostly "racial" memories of a time when they were real, and "bleed throughs" of a reality where they do still exist, as well as our own abilities to create the world in any shape or form we so choose—including creatures of fantasy.

For remember, if you can think of it, it does exist...somewhere.

*Q: Is there such a creature as Sasquatch or Bigfoot or whatever?*

**M:** There is a creature yes; shy, and reclusive, they are remnants of a man-ape race that never quite developed fully on this planet. It was thought that they might develop awareness, but it never happened, so it was deemed feasible to populate the land portions of the world with your species instead.

Although larger and thought fiercer than you, they are, in fact, more akin to rabbits in nature and temperament, preferring solitude and quiet to human contact. They are by nature herbivores, preferring the trees and shrubs that grow in northern climates. Their fur or hair makes them more adaptable to the colder climates found in the north and mountainous regions and this is why they are seldom found in the southern regions. They do not seek to be found, nor do they seek to harm anyone other than out of fear or self-preservation.

## Religion

*Q: It seems like the holy people of the various religions all seem to follow similar rules for celibacy and poverty. Why? Does it really help?*

**M:** Those who would appear as holy and devout are taking the same path, or attempting to, as those who are not physical or those who are final cycle. By those not physical, we refer to those infinite and exalted souls that use the physical form of others to make themselves known.

Others of their time did notice that they were asexual, as well as without interest in things physical—that is, without interest in possessions or money or power. For they had already been of the physical and knew the transitory nature of such things. However, those observing understood not and so presumed it was through the eschewing of possessions and sex and all things physical that high spirituality or enlightenment was reached. Hence did they begin with the rules of celibacy and poverty. But this leads not to becoming a more spiritual person, for all people are spiritual, and none more so than another. It does not help in the balancing of self, for in balance would you find the physical body seeks a certain amount of physical release, as it also does the basic needs of life and survival. The physical form requires shelter, food, and clothing. So complete poverty and complete abstinence are absolutes, and what is sought is balance, not absolutes.

Those who would seek spiritual enlightenment believe they must forsake all that is physical, but this is not feasible, for they are physical creatures, and to deny that to themselves is to lie. They do not need to forsake their physicality to be spiritual, they merely need to find the balance between their physicality and their spirit.

*Q: What are the differences between Buddhism and your philosophy, M?*

**M:** The primary difference between our philosophy and Buddhism is that we do not make dictates—we propose, and you decide. Buddhism has become more of a religion than a philosophy, for it is no longer discussed, but only adhered to, much as it has occurred with Taoism, Judaism, and Mohamidism, for they have become religions with "rules" and rituals that must be observed and adhered to.

The original information from Buddha was to help them (those to whom he spoke and his words became known) straighten out their social structure. However, the information

was taken literally and edited to suit those in "power". We have pointed out one such example, wherein there are indeed 7 cycles to the physical plane; however, there are 100's of lives to each cycle, not just one.

They also believe and propose that transgressions are punished by forcing one to re-incarnate as plants, animals, or insects, when this is not a truth. For once the incarnation cycle begins in the human form, the cycle cannot be interrupted until balance is found. Nor do plants, animals or insects contain souls. Rather do they share the "intelligence" of an oversoul—a collection of souls that monitor their behavior and form, but do not "dwell" within them as your essence "dwells" within your physical casing.

Nor is there a concept of failure or punishment in our version of truth. For all experiences are valid, even those wherein the "planned" life did not occur as "planned". For it only means that other, different experiences were gained rather than those initially chosen.

We do not place one above another—for all fragments are equal. It matters not if you are final cycle or 1st cycle 1st life—you are as important to the whole as any other fragment. We do not propose that once physical existence is complete that the soul then moves on to some everlasting peaceful haven, for the essence craves experience and growth, so moves on to more lessons on different planes—creating and recreating itself, but never remaining static.

We seek growth, change, and integration. They seek life-everlasting and perfection. These, then, are some of the differences we see.

## ***Who or What is God?***

***Q:*** *Who or What is God?*

**M:** God is a term that has been used to mean many things, but most of all it is a personification and deification of all those traits that man wishes he himself had. Man creates a god that reflects his needs and wishes at that time. Society now needs a god that people can rely on, trust in, and love; therefore, a beneficent, loving, forgiving god is most commonly brought forth in the churches of today.

When fear was needed by the masses to maintain control, then a wrathful, demoralizing god was "created". Always is god created in the image needed at the time; when in fact, God, Tao, All There Is, is what we all are. For it is truly a compilation, a distillation of all things, and all experiences. It is neither good nor bad, nor hateful nor fear-inducing. The All is.

"God" is a term your societies use to explain those things that otherwise cannot be explained or accepted. Always has the unexplainable been explained by being called gods, acts of god, or miracles. Rather should you be looking at yourselves for explanations, not at some mythical being that does not exist. For by your very definition of god, there is no such creature. It is man's way of dealing with a concept that your limited focus cannot fully accept or understand. It is also your way of off-loading the responsibility for your lives. For by creating a being that can be all-knowing and be in charge of your life, rather can you do what you want and then blame "god" when it does not work out in the manner you wanted. Therefore, "God" becomes the excuse, the blame, the taker of responsibility, thus relieving you of this odious chore. The attributes

assigned to your god, all depend on the needs of your society at that time---at that moment. If the society needs fear, then they create a fearful god, one that is wrathful, and angry, and demands sacrifices and pain. If the society seeks submissiveness and to instill "family values" then they create a god that is loving, gentle, filled with kindness toward children and mothers.

If a responsibility becomes too burdensome, then you create a God on which you off-load this burden. If you experience an event so overwhelming and yet inexplicable by your current science, then it becomes attributable to God. What the physical mind cannot accept it finds a way to deal with in its own way, and that way is usually to ascribe it to God. This is why God is usually a creation of such perfection, or such ideals, so outside of the normal range of human behavior that a mere mortal can never expect to achieve this ideal, this perfection. And as we have said, perfection is not something we would ever strive for, for it implies stagnation and lack of change.

That is not to say that the All is not real or that essence does not exist—but God and essence and the All are not the same. For your deification of this figurehead is quite different than your perception of the spirit. The Tao, the All, is all of those things and none of those things. For it is in every thing and every one, just as every thing and every one is part of it. Therefore, what you are, is what the All is; and what your neighbor is, is what the All is; and what you think is, what the All is, and what your neighbor thinks, is what the All is. The All is not a thing as much as it is a condition, a time, a place, a position, an experience. It is all experiences, everywhere, every when. It cares not for your adoration, admiration, or admonitions. It is, as you are; You are, as it is.

We are not god, yet by your definitions, others would make us so. You are not god, yet to those you consider more primitive, you would appear as such. The All is awareness, loving awareness—interested in experiencing all there is to experience, but not to the point of making all choices for all fragments. For choices are to be left to those participating in the various lives—whether on the physical plane or the buddhic plane. The All is neither all-knowing nor is it unaware—it is rather a sentience that learns through experience, all experience. For we are all "God"—we are all part of each other, and we are all experiencing everything and each other.

### **What is the Tao?**

*Q: What is the Tao? Is that the same as God, Jehovah, Allah?*

**M:** The Tao is all there is. It is the beginning and the ending; it is where we started and where we go. We are the Tao and the Tao is us, for we all are part of the same whole. It is the sentience of which we are all a part. It cares not what we do, for all experiences are valid, but it does experience what we do, just as we experience what you do. And all experience, at least in part, what all do. For truly we are all connected at the very deepest levels, what you do affects all, and what all do affects you.

The Tao does not "control" a life, nor do they "judge" a life, for all fragments and all lives are equal and all fragments and all experiences worthwhile and valid. For the goal of all is experience, change, and growth. For life is constant change and experience; without that, is only stagnation—what we call "death".

Death to you is the ceasing of function of a particular physical form. But that (the physical form) is transitory. For what is truly you never dies. The physical form ceases to exist and the energy that comprises that form eventually returns to the fragment that created the form. Then they either create another form and choose another life, or remain on another plane working through other experiences, other "lessons".

For the "lessons" are not so much as a school, as they are different ways in which to approach situations that each fragment has chosen to experience. You can experience the mother monad 10 different times and never experience it the same way, for every body, every personality selected alters the perspective and the reactions, thereby altering the "play".

On the astral, the "lessons" or experiences are more emotional in nature, and so can be again experienced in many different ways. So on each plane, there are experiences to be gained, games to be played and joyousness to be experienced. All of this "feeds" back to the Tao and all those connected to it—no matter on which plane they currently abide. For we are all part of the whole.

### **Superstition and Portents**

*Q: Are portents or omens real?*

**M:** Of portents and omens do we see mostly superstition. For all occurrences and events can be interpreted in a 1000+ ways. For all who see an occurrence see it uniquely. No two individuals will see the exact same event or the exact same occurrence. Therefore, the meaning of what is seen or experienced is unique to each individual and is interpreted within that individual's capacity to do so.

If the event is so outside any experience ever seen, heard, or had, then it takes on the dimensions of god interactions or myth. For there is little background available to the individual with which to equate the experience, therefore, there is little knowledge on which to base an understanding of what occurred. If on the other hand, this experience is similar enough to other knowledge already obtained, then the experience is placed within that context or framework. If the individual is an adherent of a particular dogma, then the experience will be extrapolated as part of that, if it is completely contrary to an individual's belief system, then it becomes an evil thing. If it is a positive experience, then it becomes an enlightening or god-induced experience.

Always is an event or occurrence interpreted within the context of one's own beliefs or perspective. For how could it be otherwise? If an owl does hoot three times it most likely only indicates an attempt by the owl to pinpoint some prey. However, for those steeped in the lore of certain beliefs, it could also mean a death soon. It depends upon the person's perspective. To see 666's means nothing unless you are a Christian. To see a white dress on someone you love means little, unless you believe that white signifies death.

So do omens have no meaning unless you give them some. The interpretation of tea leaves or vague cloud formations, or the presence of some animal or weather pattern, indicates nothing unless you wish it to.

## ***The Story of Jesus***

***Q:*** *I've heard several versions (from Seth and from another Michael source) re: the Jesus story—what's correct? What is the real story?*

**M:** We would say that both are true in their own way. The man Jesus was a teacher until he stepped out and allowed the transcended soul that was the SON to step in. The very presence of this one was enough to alter the way in which the world path was set at that time.

We do not say that the drama was not necessary—it was very necessary to make the point sought with those 2nd and 3rd cycles of the period. The man Jesus did NOT die on the cross, for he was not in the body, having left previously allowing the transcended soul to enter. It was the body of the man Jesus that was placed on the cross, and it was that body that died in the crypt/cave some 2 days later. It was the transcended soul that was seen periodically afterwards as the message was brought to bear.

The message was that the essence is eternal; that life/awareness is eternal. The body is merely a shell, a casing used while in the physical plane. It is not who you are—it is only who you think you are because you have narrowed your focus to a pinpoint of awareness. The transcended spirit tried to push open that focus, to heighten that awareness and broaden the focus. It was never their intention to start a religion, nor was it their intention to beget controversy—only awareness.

It always seems, however, that that which you cannot comprehend, you turn into a religion. As it was with Jesus, so it was with Buddha and the others.

***Q:*** *Did Jesus exist on all worlds/planes/realities?*

**M:** The impact of his coming was felt across all planes, but his arrival was not on all realities. There are some realities where he never existed, there are some (realities) where the man existed, but the transcended soul did not come. There are some (realities) where the religion was not started, and others where the outlawing of the religion was effective. But on all realms where the transcended soul came, was the impact felt. For they are closer still to the Tao than we are, and their impact on the vibratory rate of other planes is great.

***Q:*** *According to Seth, John the Baptist was part of the Jesus trilogy. I don't understand?*

**M:** We also do not understand what they were trying to say. John the Baptist was one much like IML, in as much as he was a teacher in touch with a causal entity and so taught the "word" as he learned it from them.

Jesus was a man—a final cycle king—who made way for the transcended soul. Peter was a young priest who could not accept what his senses told him, so denied the Christ (the transcended soul). Judas was not a betrayer, in as much as he was the one betrayed. He was a skeptic who could not accept, so went along with Roman conventions. This was known and therefore not a surprise to the Christ (transcended soul). It only served to speed the message on its way.

The "play" had been written and the drama needed to be followed if all were to gain what they needed to from it. Judas needed to see that Christ was love—that even in the face of contempt there was still only Love. That no matter how skeptical, there was still only Love, and that because of Love the eternal validity of the soul could not be denied. That the flesh was not the man, but that the soul was closer to the "truth" than the body, and that the soul lived forever. Judas was afraid—he was a 2nd cycle warrior that could not accept that which did not conform to what he saw as the "rules". He was drawn to the Christ (transcended soul) power, the power of unconditional Love, the power of the Love of essence, but he was ruled by personality not essence.

Peter, too, was ruled mostly by personality, and could barely tolerate that which was outside his normal, and being a skeptic he was wont to dismiss many things. But these were necessary components if the "drama" were to bring the message needed to everyone.

The soul is eternal—man is not the be all of the world or the universe—it is the essence that contains life and awareness, not the body.

It is man's way of making it so special that no one has any hope of gaining it, of making it unique to Christ. This is why they say you must be perfect to be with God. But perfection is stagnation—it is static. We are all growing, changing, creating. To reach perfection means there is something to measure against, but we have nothing. For there is no static measure. Even the Tao changes and creates, so to measure against that would require changing the measurement with every breath. Perfection is "death", and we seek life, experimentation, creation, and joy.

***Q:** What about the so-called "missing years" of Jesus? The time when he was from 12 to 30?*

**M:** He taught and lived. There was nothing extraordinary about him, then. He married and loved, he spoke and worked and lived his life. A journey was made to England, but as the man, not as the transcended soul. He spoke with some of the residents of that country, but he was not yet a performer of miracles. That was the province of the transcended soul, and the transcended soul only held the body for 30 days. Until that time, it was held by the final cycle king.

The final cycle king performed no miracles, he "knew" his version of the truth and he spoke of it whenever possible. He traveled for business and sometimes for pleasure, and always he brought his wisdom with him. But it was not until he went to the desert to transfer out and allow the transcended soul to move in that "miracles" were performed. It is the transcended soul that can, while holding focus in the physical realm, also manipulate the astral matter and other planal energies to concoct "miracles" and demons and other phenomenon.

Mending of the body is a manipulation of energies using such a tight focusing of all energies that it is generally beyond the capabilities of those in physical form. We do not say you cannot—for all things are possible—we only say it is highly unlikely due to the extreme focus required.

For 30 days did the transcended soul travel and speak and conduct his "miracles" as he tried to make the people understand that the physical world and the physical body was

not the answer—it was not the everything, it was only a stepping stone to something far more wondrous.

Nothing was written of his middle years because there was nothing to write about. They (the writers and compilers of the Bible and other histories of the period) did not want the world to know that the messiah was married and a "normal man". This would destroy the carefully crafted "myth" they had created. The messiah had to be something larger than life, something beyond what mortal man could ever hope to be. For that is how they wished to use this miracle man and his message. He had not fulfilled the prophecy as they understood it, but by manipulating the facts it would seem as if he had. So, when it was found that those years of normalcy would not "fit", it was left out. Never did they suspect what controversy they would cause with their careful constructing of their own messiah and "miracle man".

Joseph of Arimathea was not the uncle of the man Jesus, he was the father-in-law. But since it could not be brought out that the messiah was married, Joseph became the uncle. Arimathea was not a place—it was a title given him by his son-in-law out of respect, like calling him a "wise one", or "teacher", for Jesus had much respect for the wisdom of Joseph.

The Essenes had their own agenda, and so wrote their own "history" of the events. As for Jesus, Joseph, and John, they had visited the Essenes, but they visited many places in their attempts to spread the message. This does not make them members of every tribe and town they went to.

## **The Apostles**

*Q: Can you tell us the overleaves of the 12 apostles:*

**M:**

### Simon whom he gave the name Peter

That this one was a 4th cycle scholar is true. The renaming of the fragment was due to his familiarity with the man Jesus. For Jesus knew him as Peter, and so continued to speak of him thusly. A goal of acceptance in the passion mode; a skeptic in the emotional part of the intellectual, with a chief feature of greed. For he would keep all of the attention and all of the love for self rather than share the man (Jesus) and his love with any other.

### Andrew

This was a 3rd cycle priest in power, with a goal of growth. A spiritualist in the emotional part of the intellectual center with a chief feature of impatience.

### James son of Zebedee

We see this one as having been a 4th cycle scholar. A goal of growth in repression. An idealist in the moving part of the intellectual with a chief feature of martyrdom.

### John son of Zebedee

That this is a 4th cycle warrior in the moving part of the intellectual with a goal of growth in the power mode. A stoic with a chief feature of arrogance. These are his overleaves now, for he exists within the area known as the Isle of Wight.

As John was he 3rd cycle warrior in the moving part of the intellectual. A skeptic with a goal of submission and a chief feature of impatience.

Philip

This was a 4th cycle scholar with a goal of growth in passion. A realist in the intellectual part of the intellectual center with a chief feature of martyrdom.

Bartholomew

This is a 4th cycle priest in the moving part of the emotional, with a goal of growth and a chief feature of stubbornness. A spiritualist in the observation mode.

He was then a 3rd cycle priest in the emotional part of the intellectual center with a goal of acceptance in the caution mode. A stoic with a chief feature of self-destruction.

Matthew

That this was a 3rd cycle priest in the emotional part of the intellectual center with a goal of growth and a chief feature of arrogance. A cynic in the passion mode.

Thomas

This was a 3rd cycle priest in the moving part of the intellectual center. A goal of growth in the aggression mode, an idealist with a chief feature of stubbornness.

James son of Alphaeus

That this was a 4th cycle priest in the emotional part of the intellectual center, with a goal of growth, a realist in the passion mode with a chief feature of self-deprecation.

Simon the Zealot

This is a 5th cycle warrior with a chief feature of stubbornness. That he was a 4th cycle warrior in the moving part of the intellectual center, with a goal of growth in the power mode and a pragmatist, is true.

He abides now as a printer and graphic artist in the Kentucky area.

Thaddeus son of James

That this is also a 5th cycle warrior is true. But he abides more westward, living within the area of Arkansas. That he farms and raises cattle is true, for he rests now having completed several rather arduous life times.

He was then an early 5th cycle warrior with a goal of growth in the caution mode. A pragmatist in the moving part of the intellectual with a chief feature of stubbornness.

Judas of Iscariot

That this one exists now is true. For he is 4th cycle, early, and abides within the area of Greece raising sheep and growing figs. For he was 2nd cycle priest with a goal of rejection in the repression mode. A skeptic in the moving part of the intellectual center with a chief feature of self-destruction.

The apostles' agreements were with the man Jesus. That they remained when the Infinite Soul manifested is not unusual. For the power of that one was not to be ignored. Their grouping together was a focusing of the energies so as to aid in the arrival and walking in of the Infinite Soul. For their number 12 plus one, created a pyramid of power that tightly focused and funneled the energies of the One through to the man Jesus. That this was crucial in creating that channel or link by which the Infinite Soul could coordinate his manifestation is true.

That the Christ did "call" those whose talents did include channeling and balancing is true. For he gave to them the needed focus to aid in the balancing of the planet and all those abiding upon her within that reality.

That these manipulators numbered in the 100's is true. For they felt the power of the Infinite Soul whether they "met" him or not. For some met not the Christ but still did they hear and heed the "call" to create balance, where balance was wanted.

The lessons learned and the experiences had were many. For those whose task it was to aid in the transitioning of souls—both Jesus to the Christ and from the Christ to the Infinite Soul, did they encounter many experiences that either contradicted what they "knew", or were totally beyond their understanding. But the tasks were completed, and no threads were left behind. The same for those who chose to aid in the sheltering, conveying, feeding, and taking care of the man Jesus. For these tasks sometimes proved very difficult indeed. But all fulfilled their tasks and many (8 of the 12) moved forward a cycle through the awareness found by working with Jesus but especially with Christ.

Those who did not were Simon, Peter, John, and James. For they closed themselves off and accepted not the awareness brought by the Infinite Soul. That this was their choice is true. For they decided to accept not the truth as revealed by the Christ.

That Judas of Iscariot rejected the information is true, but only at an ego level. For his imprinting and his overleaves allowed him not to be comfortable with that which was shown him. However, essence was willing to "listen" and did accept the awareness given by the Christ, so although the priest ended the life out of turn, did much growth take place when the lessons were reviewed within the astral levels.

\* \* \*

Those who were labeled as disciples traveled not with The Christ, but with the man Jesus. For he was a teacher in his own right. They had agreements with the man Jesus to aid and support, to carry forth his messages, to bring comfort to him and those around him, for conveyance, for sustenance, and for care. That there was also an agreement for betrayal is not true. For that was done through fear, and would have incurred karma, however, The Christ redressed the balance by taking not the debt. This forgiveness, this awareness of what had been given so freely to him is what caused the priest (Judas) to give in to his chief feature of self-destruction.

That he (Judas) was only 2nd cycle made it difficult for him, but he had agreed to participate in the pyramid of power created by the twelve plus one. Originally his role was one of guardian and defender. But all he saw ran opposite to all that he had been taught and the fear caused him to retreat to those he was more comfortable with. That

these were the very Romans that sought The Christ's destruction was not his intention. What he truly sought was reassurances that what he was seeing was not true, and was not possible, for it was contrary to all he believed.

Two of those called disciple also had agreements with The Christ. For they were to aid in the transitioning both during the walk-out and walk-in of the two essences, and also after the ordeal of the torture. For it was known already that The Christ would be crippled and killed by the Romans. The play had been set in motion for many years and was found that that the now selected was the most fitting. Therefore, did they aid The Christ to transition themselves into the human form, while aiding he who had been Jesus to walk out. Then did they transition The Christ from the physical form, which could no longer support life, to a mental plane one. Visible when they wanted it to be, but otherwise unseen.

### **The Words of Jesus**

*Q: Why can the word of Jesus or the Bible be interpreted in so many ways? Was it intentional so as not to remove our choices? Or what?*

**M:** The one called Jesus spoke in a way that transmitted the truth as he knew it to those on Earth in a way that they could not only perceive it, but also accept it. They were primarily 3rd and 2nd, with mostly 2nd and their understanding of good and evil was very black and white. They did not see the shadings of life that you do, nor did they understand the act was not the person. So, Jesus presented to them parables or stories that they could identify with and understand; thereby, bringing the message closer to them.

The Bible was written and rewritten by scholars and sages hundreds of years later, and their stories also were told to provide a particular "truth" to those who would read the information. That the "truth" was not the same as that brought to bear by the man Jesus or by the transcended soul that was The Christ, matters not. What was important was that the information contradicted not the government of the time. For only the government and the church (which were many times the same) could control the people and they did so through similar means---that of manipulation. Therefore, the Bible became their way of controlling those masses that they wanted controlled, for the Bible was either rewritten or interpreted to embrace the governing powers.

The Infinite soul, Christ, spoke in the terms and words of the time. However, he also spoke in a way that the masses could understand in their own limited fashion. The majority of those present at that time were predominately 2nd cycle. Therefore, he had to present his message in a way that all cycles could understand and that would not frighten those of the younger cycles. For they, more than the others, needed this message. The man spoke more for the 5th and 4th cycles, but the Infinite soul spoke for all. It was this message that can be and is interpreted, perceived, and used in so many ways. For each cycle would understand only that part of the message that did not and does not frighten them. The rest becomes just so much rhetoric and "noise".

The Bible is different, in as much, as the original was a compilation of stories and exaggerations and memoirs of those occurrences that took place in and around the time of Jesus' incarnation and the appearance of the Christ. The other passages such as the old testament were added later and contain again those stories, parables, myths and

other tales to which the oldsters and others of the tribes referred when attempting to make a point, whether it be within the family or as part of a tribal law gathering.

As Christianity took hold, the Bible became a tool with which to manipulate the masses. This is why it became necessary to change or amend the stories and accounts to conform to the leadership and political climate of the time. If the populace believed that they would come back and relive those things that they inflicted on others, then how could the governments possibly expect to coerce and convince the people to do as they (the government) wished? Therefore, all mention of those types were removed, as were all other similar comments and passages of life after life. Rather were they changed to life after death, eternal life, heaven and hell, and the ever-popular, an eye for an eye. These are just some of the ways they reworked the Bible to manipulate the populace. Others include the missing passages that truly explain Jesus—who and what he/they was/were. For although the prophets spoke of a messiah, Jesus was not recognized as such until some 1000 years later. For in his own time he was a philosopher, teacher, and shaman, but not the recognized messiah. For they never expected the true messiah to be so completely human, nor did they expect one who would not fight for the changes they believed were needed.

Jesus ate, and wept, and slept, and sweated. This was a man, not a god or demi-god; and they wanted and expected some sort of god. He also brought not a "magic sword" to help destroy their perceived enemies, therefore, he could not possibly be the one they were looking for.

They were moving from 2nd to 3rd cycle, and anger and oppression were the foremost emotions of the region and the time. Therefore, someone preaching peace, love, and salvation through acceptance was not what they wished to hear. Rather did they want someone to lead them to war, to reach out and smite their "enemies" with lightning bolts or other phenomenon. When none of this occurred, they quickly turned to the warrior for leadership. For he was willing to fight, even though without magnificent powers, for he had the anger and the coercion to win them over.

The Bible then had to be changed if the people were to recognize the pacifist and martyr as the messiah, now. So the true birth details were "lost" to the details of the messiah prophecy and tale. Jesus became the chosen one only after his death. For then was it understood what his presence had truly meant to the world. For although partially ignored by those in the seat of political power while alive, his presence was exceedingly missed when dead.

For although his presence was there and felt, his "body" was not and this more than anything brought "home" to the masses the true meaning of life after death. For they truly began to realize that even without physical form, the presence and energy that was Jesus still existed. This then is what truly began the mass "hysteria" that soon became a religion. For they (the masses) would believe that they, too, once "perfect" (as they perceived Jesus to have been), could also be "alive" after death. However, this left the question then of what happened to those who were not "perfect"....where did they go after death? This is when Hell ( a mystical mythical place filled with horrors and demons) came into being. For only if you were perfect could you live forever, and all others then went to hell. But it was soon realized that none could ever hope to achieve that perfection that was Jesus, so it became more of a division of how good was good vs. bad, both becoming extremely subjective in nature of determination. For to one group or

sect, some act (and thereby the person /people doing it) was bad and to another group or sect the same act was not. This, too, then caused the eventual separations of the religion. For although many claim to be "Christian", few "believe" in or follow the same rituals, beliefs, or tenets.

We do not advocate any of these—rituals, belief, or tenets—for they do not make you a better person. Rather do they inhibit learning by locking the mind into a set pattern of behavior that cannot or should not be deviated from. This is fear, not love. This is stifling, not growing or expanding. We see no reason for these games, though we do understand the need of some to have structure and a framework in which to function. But do not let the framework limit your growth. Rather let it guide you, not restrict you.

The only choices the Christ "interfered" with, was the choice of the world to effect a change. They needed to grow into a 3rd cycle nation and globe, and were unable to break through the restrictions and structures they had placed on themselves. Therefore, the Infinite soul came to help this transition. His information, like ours, was never given to abrogate choices. But rather was it given to express what the people already knew but had forgotten. That the information was recorded after the fact some 300-1000 years later in such a way as to make it appear that man had no choice, is inaccurate. For they never make choices for you, they merely explain the realities of life, thereby allowing humanity to, hopefully, make better, and wiser choices.

As we have said regarding the ability of the information to be taken or interpreted in many ways, the Christ did speak to all on many levels. The people understood at whatever level best suited them. For a 2nd cycle will not understand at a 5th cycle level. Therefore, they spoke at all levels for all cycles and the people heard and understood only that which suited and worked for them—much as you and all those around you do still now.

The Bible was written by man for man to perpetuate a way of control over common man. The reason it can be interpreted in many ways, and understood in many ways is because it uses language. Language as a means of communication is not direct, and words change what they mean, how they impact, and how they are used. This causes the many interpretations of what is stated in the Bible and any other book. Those not there when Jesus/Christ, Buddha, or any other Infinite soul spoke and existed on the physical plane are attempting to understand what happened and what was said through a murky medium called language.

Both the Christ and Buddha spoke in a language not even used today, and was then translated and rewritten over a 1000 times. Each translation caused new interpretations as to what was being said based on many factors. For the translator's knowledge of the originating language, as well as how they are feeling that day, as well as the political climate in which they currently exist all contribute to the overall way in which something is translated and written.

When the political climate would no longer tolerate reincarnation as a possibility, it was left out of the next iteration of the Bible. When the political climate no longer "backed" or fostered the existence of certain historical figures, they were written out, also.

To say that the Bible is historic truth, is to state that all those who wrote it, translated it, and rewrote it are, and were, Tao-inspired or more accurately, representatives of Tao.

This is beyond comprehension. For the purpose was not to help mankind form a religion. It was to help them understand and grow—to understand truth and grow to another level, another cycle. For that was the period of shifting from 2nd to 3rd cycle.

Again, we reach a point where the population shifts. But whether the need for an Infinite soul is also established, has not fully been determined.

The language is what makes all statements easily interpretable by many at different levels. For language can easily be manipulated. The only true communication is pure thought. For even mathematics can be manipulated and interpreted, though not in quite as many ways as language. Music is true communication if the thoughts that created it are taken as well. For only the true originator can really understand and know what it is they were attempting to "say" through the composition, whether they use music, mathematics, or words. Unless the thoughts that created the formula, paragraph or cantata are heard, then the true meaning is "lost".



## Glossary

I'm presenting a glossary of terms, because in order for you to more easily understand Michael's teachings and philosophy, it helps to understand the terms that they use. These terms aren't special or sacred, in fact Michael insists that as time passes and our language changes, so do the terms with which he uses to express the concepts and truths they wish to tell us about.

Yet, in order to understand the information in this book, I think it would be helpful to have a list of the most commonly occurring terms. So, here they are:

**Abrading Energies:** Most people have the majority of their energy centers spinning with a clockwise motion. Therefore, when they meet someone whose energy centers spin in a counterclockwise motion the energies (or auras) will abrade. There may only be two or three centers spinning in a counter motion to the person they're meeting, but even that can be enough to abrade. Many times this can result in an instant feeling of dislike or discomfort when you meet. It is often referred to as "being rubbed the wrong way".

**Acceptance:** This is one of the seven goals. Its positive pole is agape, or unconditional love; its negative pole is ingratiating. It is used for lifetimes emphasizing love and tolerance. This goal is common for fifth cycles (see Cycles).

**Agape:** A state of unconditional love for everything. This is considered the ultimate goal of all sentient evolution.

**Aggression:** This is one of the seven modes. Its positive pole is dynamism; its negative pole is belligerence. In aggression mode, one releases one's energy vigorously.

**Agreement:** (Michael's Definition): An agreement is an understanding between essences or entities to be or do some thing or some action. If we agree to be available and support you when you seek us, then have we made an agreement of support. If we were to agree to show you the truth of the planes, then we would have an agreement for teaching. If you agree to have a child in which another essence would dwell, then have you agreed to be a mother. That is not to say that you could not have a child without an agreement, but it would be difficult and the life would most likely abort or be brief without an essence to direct the host. So always are there agreements, yet not all are fulfilled, and this, too, is alright. For to fulfill some agreements would you perhaps have to change your path or abrogate other goals, and this may not be agreeable. So the agreement is abrogated instead. Always are monads and karmic bonds more compelling than agreements. But agreements are more compelling than "normal" relationships. So to meet someone with whom you have agreements will hold your attention longer and stronger than someone

with whom you have none. As would it be stronger yet with one whom you have monadal links, and even more secure with one you share a debt.

Agreements are arrangements made between lives that offer aid, support, introductions, or other benefit. These are not binding, and they are not as compelling as karmic debts.

**All:** (Michael's Definition): All That Is. It is the awareness of being, the overall consciousness of sentience. It is the sentient energy from which all things were created—people, animals, the planet, light, heat, chairs, windows, everything. Sometimes referred to as the Tao.

**Arrogance:** This is one of seven chief features, or stumbling blocks that a person chooses when they decide to become incarnate. Its positive pole is pride; its negative pole is vanity. It is a fear of being judged.

**Artisan:** This is one of the seven roles. Its positive pole is creation; its negative pole is artifice or self-deception. Artisans seek originality. (See Roles)

**Astral plane:** (Michael's Definition): This is one of the closest planes to our own, the Physical Plane. The focus of this plane is emotionalism. The frequency of this plane is faster than our own, so when we perceive images they are perceived as ghostly or gaseous vapors. There are seven layers or frequencies to this (and each) plane.

**Attitude:** This is one of the overleaves. The attitude is a person's primary slant on life. The seven attitudes are stoic, spiritualist, skeptic, idealist, cynic, realist, and pragmatist. (See Overleaves)

**Aura:** (Michael's Definition): This is a bubble of 7 energies surrounding our physical body. These 7 layers of energy are part of the true us, the spirit, the essence that is us. These energies, which come together to create the physical form we call a body, link us to the other 6 planes, as well as to the All.

**Buddhic plane:** (Michael's Definition): This is one of the fastest vibrating planes. Its medium is pure or abstract kinetic energy. We experience the Buddhic plane just before fully refocusing our awareness in the All.

**Cadence:** (Michael's Definition): A frequency or energy pattern found by the combining of certain frequencies or tones. For example, you (the global you) are the cadence that comprises your role, position, cycle, and entity—this then, gives us the cadence. It means little except to essence, for in physical form the translation to numbers, although informational, means little to the physical mind.

**Cadence Companion:** (Michael's Definition): Someone who shares a sympathetic/complimentary cadence vibration. Due to their role and placement in the entity and other tonalities, their overall vibration is compatible or complementary enough that you "automatically" feel comfortable and at ease with them.

**Cardinal:** Relating to the large or general picture; catalytic. The positive pole is lucidity. The negative pole is activity. (See also "Ordinal.")

**Cadre:** (Michael's Definition) A subset of a cadence, a cadre is a group of 7 entities. We also refer to a grouping of those students who would study with us as a cadre. That is because there are usually 7 entities represented within each study group.

This is 7 unreunited entities while a cadence is those entities who are already re-united.

**Cadre Companion:** (Michael's Definition): This is similar to cadence companion in as much as it indicates some fragment with whom your vibratory frequencies are similar. Someone whose vibrations complement yours and make you feel comfortable. One with whom you would share the studying of that information which we provide.

**Caution:** This is one of the seven modes. Its positive pole is deliberation; its negative pole is phobia. In caution mode, one releases one's energy carefully.

**Centers:** (Michael's Definition): Another term for the energy centers distributed across your person. Each energy center links one layer of your aura to your physical form. Each person has seven centers: emotional, higher emotional, intellectual, higher intellectual, physical, moving, and instinctive.

A person's primary center is the aspect of self from which he dominantly experiences life and responds to stimuli—either the emotional, intellectual, physical, or moving center (or rarely, the instinctive center). The part of center is where his secondary responses originate. The higher intellectual and higher emotional centers are rarely if ever dominant in most people's experience. (See Chakras)

**Channeling:** The merging of a non-physical being with one who is physical.

**Chakra:** One of 7 major energy centers in the body. These are the primary connectors between your physical body and your essence. They also connect you to the 6 different planes and the All.

**Chief feature:** One of the overleaves. The chief feature is a person's primary obstacle, the focus of his fears and illusions. A person can also have a secondary chief feature. The seven chief features are self-deprecation, arrogance, self-destruction, greed, martyrdom, impatience, and stubbornness.

**Cording:** The act of establishing a cord or connection with another person that either draws energy from him or adds energy to them. This can be done with or without the other person's permission. With their permission, the cording is done on the front of their aura. Without their permission, the cording will appear on the other person's back.

**Cords:** (Michael's Definition): The terms cords, links, and threads are very similar and are many times used interchangeably. The only subtle difference, is that (most times) cords or cording refers to a non-agreed to energy connection between 2 people. That is, one person, without the permission of the other, attaches part of their energy/aura to someone else's aura/energy field.

**Cynic:** This is one of the seven attitudes. Its positive pole is contradiction; its negative pole is denigration. Cynics view the world in terms of what isn't, or of what won't work.

**Discarnate:** Not incarnate; not in a physical body.

**Discrimination:** This is one of the seven goals; called "rejection" in Yarbro's book. Its positive pole is sophistication; its negative pole is prejudice. It is used for lifetimes emphasizing critical faculties.

**Dominance:** This is one of the seven goals. Its positive pole is leadership; its negative pole is dictatorship. It is used for lifetimes that emphasize "winning" and helping others win.

**Ego:** (Michael's Definition): This is the blending of those traits chosen and those traits learned or enculturated.

**Emotional center:** This is one of the seven centers. Its positive pole is sensibility; its negative pole is sentimentality. This is also akin to saying the heart chakra. The heart chakra is your emotional energy center. (See Center)

**Energy:** The fundamental substance of everything in the universe. Our very essence is energy.

**Entity:** A collection of essences whose purpose (to experience and grow) are similar in intent. They support and help each other, for their vibrations and energies are similar and sympathetic.

**Entity Mates:** Some one/some fragment with whom you share the entity. Some other fragment from the same entity as you.

**Essence:** The true you. The energy, awareness, and sentience that is you.

**Essence Contact:** Occurs when the personality makes a direct connection with either its own essence or the essence of another person. Essence contact is necessary in order for spiritual growth to occur. It can be a powerful and life-changing experience, or relatively mild.

**Essence Twin:** (Michael's Definition): Essence twin or soul twin is that fragment whose energies are most like yours, due to being identical in all instances except personality, cycle and entity. For you are never of the same entity, but are always the same role, cadence, essence type. For scholars, their twin may be any other role, though they much prefer kings, warriors, and scholars. Their ability to shift frequencies allows them to twin with any of the other roles. The other roles do not share this ability, so twin only with those of the same role. So, warriors are always twinned with warriors and kings with kings, servers to servers, and artisans and sages to artisans and sages, in that order.

The essence twin is a mirror image of oneself-not in personality, but in essence and role. For it is the closest to true acceptance that one can find in the physical plane. The essence twin has the same color and frequency. The same innate qualities that make you 'you', are also what comprise the twin.

Many essence twins will actually come into the physical plane as twins so that the love and support can last the entire lifetime. Others will come together later and remain together. For the bond is always there. Even when the essence twins never meet or are not both incarnate the bond of loving, accepting, and support is still there.

Essence twins, when incarnate or when only one is incarnate, are usually linked at all centers, but are always linked at the thorax, heart, brow, and tao. For this allows them to love, accept, and support one another whether they ever physically meet or not. It is also why one essence twin can, in personality, sometimes display attributes not normally theirs. For the twinning keeps them so attuned to each other that when they do meet the rapport is instantaneous.

Essence twins are always the same in essence, but of different entities. Only the scholar, who can shift frequencies with little difficulty, may have a twin that is not necessarily another scholar. For a warrior would not find the frequency of a sage or artisan compatible, nor would they be the same color or easily comfortable with one another; therefore, a warrior is always twinned with another warrior, and a king with a king, artisan to artisan, etc.

Often the meaning is mistaken for that of soul mate, for the term "soul twin" is another way of stating essence twin. A soul twin or essence twin, can be a soul mate, but does not necessarily have to be. Some essence twins can become overly frightened by the compatibility, by the mirror image, and will actually turn away from the twin, while others simply enjoy the refuge. And not all essence twins are of the opposing sex—many are essence twins even to the sex of the physical body. We have seen essence twins who appeared more as brothers than did their actual siblings.

The purpose of the essence twin, as we have stated, is to give you closeness and comfort and acceptance. For even if you never meet, the vibrations and the links still are there, and the essence still can gain the energies and comfort it needs from the essence twin.

**Causal plane:** The central, neutral plane of creation that interconnects the other six. On this plane the primary pursuit is the study of truth—individual truths, planal truths, dimensional truths, and pandimensional truths. Within the Causal plane are the mid-causal, upper-causal and lower-causal.

**False personality:** False ego; the part of self motivated by fear. This is also referred to as overleaves, personality, or ego. It is the part of you that most people think of as their true selves since they don't recognize essence or their soul as a viable being.

**Final Cycle:** (Michael's Definition): This is the last life to be experienced by a particular soul. They have chosen to complete their physical plane experiences, and, provided they have achieved balance, they will no longer return to the physical plane. (The channeler for this information was a final cycle soul.)

**Fragment:** (Michael's Definition): What we mean by this, is one piece of the overall essence that is you. For you exist in more realities than just this one. And in each, there exists a "fragment" of the essence that is you within each physical form. For reincarnation merely represents the probabilities in a time context, that is, portions of yourselves that are materialized in (to you) a historical context.

**Frequency:** Rate of vibration of the soul on a scale of one to one hundred. It gives the essence its "consistency." Slow frequencies feel more solid, medium frequencies feel more liquid, and fast frequencies feel more gaseous. Each plane of existence and each alternate reality vibrates at a different frequency. That is

why we cannot always see or perceive the other realities or planes of existence that are occurring around us.

**Goal:** This is one of the overleaves. The goal is a person's primary motivator. The seven goals are reevaluation, growth, discrimination, acceptance, submission, dominance, and flow.

**Greed:** This is one of the seven chief features, or obstacles. Its positive pole is egotism; its negative pole is voracity. It is caused by a fear of not having enough of a particular thing, such as money, food, sex, or attention.

**Groupings:** (Michael's Definition): We could use "pod", perhaps that would clarify. From version to fragment, to essence to entity, to entity enjoined, to cadence, to cadence enjoined, to oversoul, to oversoul enjoined, to tao. An entity enjoined is a grouping of seven entities enjoined but not "merged"; linked but not blended. A "pod" of entities, would be seven enjoined entities. A "pod" of oversouls, would be 7 oversouls enjoined.

Envision a ballroom. Now see it with barriers set up dividing the one huge room into smaller "artificial" rooms. That is a fragment. Now remove 1/4 of the barriers, and you have an entity. Remove another 1/4 and you have a cadence. Remove the third fourth and you have an oversoul. Now remove the last of them, and you have the tao.

"Cadre" is but another term to describe an enjoined entity. The patterns and configurations of joinings is endless, and we name but only a few. For there are more than an infinity of such configurations. This is why all experiences are unique for never have the same configurations of fragments, essences, entities, cadences, and oversouls been together. Each event is unique, and each configuration of "groupings" is unique.

**Growth:** This is one of the seven goals. Its positive pole is comprehension; its negative pole is confusion. It is used for lifetimes emphasizing learning new things. People in growth seek stimulation.

**Growth Cycle:** Michael's Definition): Growth Cycles and Levels (these pertain only to the essence, not the physical body). There are 5 physical plane cycles with 7 levels each. Not 7 life times, but 7 levels. It may take many life times to complete a single level for a single cycle. Each of the cycles is:

- 1st Cycles are terrified of almost everything. If they perceive the world as hostile, they will either respond with violence or by completely withdrawing. They truly do not know the "rules" of life, but they can learn. They are very attuned to the other planes of existence and to the All.
- 2nd Cycles lack understanding and depth, but are very aware of society's and life's rules, and will try very hard not to vary from them. Viewpoints that differ from theirs and what they perceive as right, will cause them to respond with confusion and belligerence. They have begun to lose some of their "other worldly" connections as they turn their focus on the world in which they now reside.
- 3rd Cycles are the most attuned to the physical life. They perceive the world as a challenge and the objects such as money, fame, possessions, as the ultimate prizes to be won. They have little or no appreciation for or connection with any world beyond the one in which they live. Death is to be avoided because it interferes with the pursuit of the physical life.

- 4th Cycles are more concerned with family and community. Their focus is turned more inward, away from the physical world and they begin to see the competitiveness as less important. They have begun to reconnect with the other worlds and with the All. They feel a longing but are unsure as to what it is they seek.
- 5th Cycles are concerned with being and the search for truth. (Truth is different for everyone, but they usually search for the universal truths, not the personal truths.) They usually seek the path of least resistance, and realize that most problems are only those caused by personality. Most late level 5th cycles can see the games and so avoid the dramas. They are reconnecting with those no longer incarnate.

**Growth Cycle Levels:** (Michael's Definition): Each growth cycle has 7 levels:

- 1st Levels respond at essence without any real perception of the nature of their actions.
- 2nd Levels begin to learn response and comparison.
- 3rd Levels begin to consider the consequences of their actions. They learn discernment and evaluation.
- 4th Levels begin to gather all their knowledge together and build themselves a foundation.
- 5th Levels start to integrate all of their experiences and learning from previous levels.
- 6th Levels become aware of the many obligations that they have—whether it be karmic or other types of lessons and agreements.
- 7th Levels remember and reflect on all that was learned and begin to teach others.

**Idealist:** This is one of the seven attitudes. Its positive pole is coalescence; its negative pole is abstraction. Idealists view the world in terms of how it could be changed for the better.

**Impatience:** This is one of the seven chief features, or obstacles. Its positive pole is audacity; its negative pole is intolerance. It is a fear of missing out—they never have enough time to do everything. (This is sometimes confused with greed.)

**Imprinting:** Training, teaching or conditioning by parents, education, religious groups or society in general.

**Incarnate:** Living in a physical body as in incarnate soul.

**Infinite soul:** (Michael's Definition): The infinite soul is that compilation of souls that usually come from the messianic plane to institute changes of a cosmic nature. They change not just the social structures, but all of the underlying "structures" within and without the physical realm. For their very presence causes the vibratory patterns to shift and become more balanced. They seek to awaken and make more aware those dwelling in the physical realm. Some are awakened by their (the infinite soul's) very presence, while others require "tricks" and messages proving and proclaiming the greatness of the infinite soul.

**Instinctive center:** This is one of the seven centers. Its positive pole is atomic; its negative pole is anatomic. (See Center)

**Intellectual center:** This is one of the seven centers. Its positive pole is thought; its negative pole is reason. (See Center)

**Karma:** (Michael's Definition): The abrogating of or the adding to of someone's life choices. Karma is a lack of balance—not a punishment. Intention must exist, for otherwise, it is most likely an accident. For accidents are very real in your plane. The car crash with the server Diana was an accident. There was no intention to do harm or remove choices. The driver had a chief feature of self-destruction; however, the choice to "die" in the crash was the server's and her task companions, so karma was not a result. It truly was an accident for them, and they used that opportunity to end their physical existence. They will complete what they want and need to in another life.

Karma is an imbalance in energies caused through the addition or abrogation of another's life choices without their permission. If you have an agreement to kill someone, but you make it more painful than was agreed to, you have created an imbalance. If you give someone a million dollars when they planned on a life of hardship, you owe them, for you have now given them choices they did not plan for. This, then, is karma. To balance the energies entails understanding of how the original situation went "wrong" and a replaying of that situation in reverse. So, the other person now gives you choices that you did not plan for. The other way to reconcile the imbalance, is to understand and acknowledge the original situation, and understand and acknowledge how it created imbalances and agree to let it go. The energies will then move back into balance without the situation being actually "lived" again in reverse. This acknowledgement may not be on a conscious level, it may only occur at essence level, but if both truly understand, then the lesson is learned and balance is restored.

It is the moving of energies, back and forth, from balance to imbalance and back that is karma. It is also the understanding of how and why those energies move that comprise the full lesson. For it is not enough to know that there is imbalance, also do you need to know how and why the energies move for the lessons of the physical plane to be completed.

**King:** This is one of the seven essence roles. Kings seek mastery, which is its positive pole; its negative pole is tyranny.

**Lessons:** (Michael's Definition): Lessons are life situations in which you agree to participate with someone. If you take the position of student (as in the teacher/student lesson), then the next time you will be the teacher and the other person will be the student.

The key to everything in life is balance—emotional, physical, mental, and spiritual balance. Therefore, you need to experience all of life from every possible aspect, so that you experience all the extremes and all the nuances in between.

**Life plan:** The overall blueprint for our life. We design our life plan before incarnating. It includes such things as our life task(s) and overleaves. It also includes agreements with other souls to be our guides, parents, or children; to complete monads or karmas with us; and to otherwise help them and be helped by them. It is like a project plan, but may be completely ignored, or only loosely followed once the person becomes incarnate.

**Life Goal:** The "centerpiece" of our life plan; the most important thing we want to accomplish in a given lifetime. This may be a major lesson or a karmic debt. There can be one major task, or several.

**Links and threads:** These imply that the connection is because of a karmic, monadal, or agreement bond. These are bonds that the participants have consented to (usually) prior to incarnation, and the bonds are a way to keep track of who, what, where, and (sometimes) when. The size and strength of the energy bond depends on the type. Those of an unwanted, unacknowledged nature, are usually light, tenuous, and easily "broken" and/or removed. Those having to do with agreements are more similar in nature to "thread"; being stronger and more stable than those of the unwanted or unknown kind. Yet, they can also be "broken" or "removed" with little consequence. Agreements are simply arrangements that you make with others to facilitate some task or action that you want to do in the life/incarnation you're planning. They can be agreements (facilitations) for meeting the person you want to marry, they can be for employment, or for parents, or for support (mental, emotional, whatever). But unlike conventional Earthly contracts drawn up by courts and lawyers, there's no binding clauses or punitive damages or anything if you don't wish to partake of some or any of the agreements that you made; other than the fact, that those you made the agreements with may not want to make any with you in any future lives if you're constantly blowing them off.

Links due to monads are akin to a heavy gauge rope to ensure that all parties will meet and, so at least consider completing the lesson. Karmic bonds are the strongest, for they must overcome the fear that causes many to attempt to avoid those with whom they need to reconcile and re-establish balance.

**Martyrdom:** This is one of the seven chief features, or obstacles. Its positive pole is selflessness; its negative pole is mortification. It is caused by a fear of being unworthy. Many controlling mothers are suffering from martyrdom.

**Maya:** This is a fear-driven illusion or false belief, particularly on the essence level (as opposed to false personality). It is a Hindu term referring to the transitory, illusory appearance of the physical world that obscures the spiritual reality from which it originates.

**Mental plane:** This plane's energy is about wisdom and enlightenment. The infinite soul who incarnated as Lao-tzu taught from this plane.

**Messianic plane:** The energy here is focused on agape. Jesus, as a man, was linked to this plane and many of his early teachings were greatly influenced by this link.

**Mode:** This is one of the overleaves. The mode is a person's primary way of operating. The seven modes are reserve, passion, caution, power, perseverance, aggression, and observation.

**Monad:** (Michael Definition): These are a framework and guide for those on the physical plane. Each causes the fragment to experience the physical world from a different perspective, yet allowing them the freedom to select for themselves how they will handle the experience. Once completed from both sides they need not be experienced again unless the fragment wishes to do so.

They also allow the essence to "monitor" the type (difficulty as well as whether it is relationships, man rules ("right" vs. "wrong"), basic living/surviving skills, etc.) of experience gained.

For the "lessons" or monads are divided into types of experiences to be gained, rather than your concept of 1st grade, 2nd grade, 3rd grade, etc. Rather do we have relationships, survival skills, internalized or self-lessons. For all lessons not geared toward survival are geared toward some type of relationship—whether it be a relationship with a person (mother, friend, daughter, co-worker) or with a physical plane concept (relationships with companies, money, power, fame, etc.), or they are "relationships" with self—fat/thin (body type disgust or fascination/fixation), smart/stupid (intelligence fascination), pretty/ugly, etc. These, then, are your primary monads or lessons, and it is through these that all of physical life can be experienced.

**Moving center:** One of the seven centers. Its positive pole is enduring; its negative pole is energetic. (See Center)

**Observation:** This is one of the seven modes. Its positive pole is clarity; its negative pole is surveillance. In observation mode, one releases one's energy neutrally.

**On Vectors:** This indicates that two or more people are following their links towards an agreed upon meeting. The meeting might be for an agreement, a monad, or other life lesson.

**Ordinal:** Relating to the small or specific picture; receptive. The positive pole is responsiveness. The negative pole is passivity. (See also "Cardinal.")

**Overleaves:** (Michael's Definition): These are the traits chosen by the fragment for the life being lived. Rarely are these plainly seen, but more are they viewed through a blending, and are therefore, ego.

Personality traits that "overlay" the essence. They are usually chosen before a lifetime begins in order to facilitate the purposes of that lifetime, and operate for that lifetime only. They include the goal, mode, attitude, center, and chief feature.

**Oversoul:** (Michael's Definition): The oversoul is a **\*\*Large\*\*** range of frequencies or tonalities. The cadence a smaller one (compared to the oversoul), entity even more compact, essence (again) even more limited, and fragment limited even more. So do you see, it is merely a way of expressing how the overall collection of frequencies are narrowed to one small portion of the overall. Much like a computer image that you focus on until all you see is one lone pixel out of the entire picture. You are not just that pixel, you are the entire picture—we are the entire picture—but you see only that one pixel, while we see only one square inch.

That there is some awareness in dogs, cats, birds, etc., is true. But rather are they directed by several oversouls, those sentient beings being comprised of well over a million entities, and who wish to participate in the physical plane but not as fragments. So do they instead direct one or more species, or the planet itself, or its weather or other parts of the "set" that complete the "play".

**Parallel universe:** An alternative reality similar to this one. A reality created when a person, country, group, world makes critical choices. Then at least one fragment follows the alternate path(s) opened up.

**Passion:** This is one of the seven modes. Its positive pole is self-actualization; its negative pole is identification. In passion mode, one releases one's energy boundlessly, downward and outward.

**Perseverance:** This is one of the seven modes. Its positive pole is persistence; its negative pole is immutability. In perseverance, one releases one's energy steadfastly.

**Personality:** (Michael's Definition): This consists of those traits learned and enculturated through schools, parents, family, churches, and society.

The essence is the real you, and does to your perception, have little in the way of "character" or uniqueness, except that its uniqueness is recognized by its overwhelming emissions of love.

Personality is drama. Personality is a way of looking at and participating in the world. Without personality, there would be no experiences. For it is personality that focuses your perceptions and frames your actions and reactions. Without personality, none of you would \*Do\* any of the actions, or participate in any of the "plays" you call life.

When one of you—that is someone participating in the physical and astral realms, manifests through essence and not through pure personality, it indicates that personality has been "recognized" as that which colors the perceptions. It is those traits, those characteristics that make you the person people recognize as you. It becomes like a pair of colored-lensed glasses that you then can look through or remove as you wish, because you recognize it for what it is. Personality distorts events so that you will gain experience by selecting some action. Essence sees both the scenario and the possible reactions as part of the "unreality" it is and makes the choice(s) through love not fear. Those in essence, remove the glasses and decide. Personality leaves the glasses on.

Personality is still there even though a person is living through essence. This only indicates that they have personality perfectly balanced—there is no fear and so all choices come from love. Most will manifest only at about 80%. For personality still comes through, and most often goaded by chief-feature. Only those from the higher planes manifesting as human or cetacean do not have a "personality". For they come for a short duration and only wish to create a change—not to experience the dramas of physical life. It is this "pureness" of essence that draws the people and makes them either accept and love/adore that person, or fear and try to destroy them, as it was with the one you call The Christ. For he was both adored and feared. Those nearing the end of their physical lives will many times manifest mostly essence and it is this that attracts many people though they may not understand why. They feel the pull toward essence and the joyousness of the love, but do not understand why for years they may not have cared for the person, and now they think the person is wonderful. That is not to say that all people you suddenly find yourself liking are manifesting essence or dying, we did not mean that. We simply mean that they become themselves, the person you have always known, but without any of the "harsh edges" of pure personality. Some may not lose the harshness or personality until the day or hour of death,

while others may be without the harshness for 2 years. It is partly due to soul age and perception, and partly due to the nature of the lessons wanting to be learned by the fragment. If the lessons have to do with death and dying, then the personality will remain strong until the very end, for most times this is the best way to gain the lesson. For others the lessons are best learned by releasing personality and allowing essence to lead.

The individuality is not "lost" when essence is manifest. More is it the fear that is lost. The person you know and recognize as "your friend" is still there. However, they may no longer enjoy gossiping or making every event in their life a dramatic crises. Rather do they have quiet, what to others may appear boring, lives. For they do not see the need to create activities or drama and so have very uneventful lives. And again, not all who lead quiet, "boring" lives are living through essence. Some are simply avoiding life. Those avoiding life are filled with fear; those in essence are full of love. This is your primary difference. Someone in essence will do something just because, while someone in personality does it with the thought of "what's in it for me?". Always does personality want something whether it is recognition, a pat on the back, or a return favor. Essence seeks only to ease the fear and maintain the balance of self and all those around it. This is the "love". They accept all and do not try change anything, for they recognize the "rightness" of the world as it is.

The whole of personality is fear-driven, though the character traits one associates with personality give the fragment its perspective on the world. So, there are really two aspects to personality—the fear and the way in which the fragment views the world in which it lives. The more fear there is, the more the fragment operates from the negative poles. The more balanced one is the more essence tends to lead. Personality can be pleasant and operating from the positive poles, but it is still operating through fear. It is only when personality is balanced and without fear that essence is more predominant.

The younger souls have a harder time finding that balance, as do some combinations of personality traits. To operate from positive or negative poles means you operate from fear. To operate through essence is to achieve balance. This may be momentarily and only for one event, or it can be for the entire lifetime. Many who are "preparing" to die operate from a balanced perspective, or from essence, so have no fear when death actually comes. Others know nothing but fear their whole lives, and so operate from personality always.

Fear is subtle. You may say "But I'm kind and pleasant, how can that be fear?" But if that person you are pleasant to asks you do something for them, what is your response? Do you say to yourself, "But I'm tired", or "It's so far!", or any other excuse? That is fear. Essence has no need of excuses. That does not mean that you must like everyone or be willing to do anything. It only means that essence would be willing to recognize the truth. We did not say that you must say to someone "I do not like you", but to yourself you would. To yourself you would be honest. You would not need to find excuses for you would already know.

You fear that working through essence is the equivalent of having no personality. That is not true. Working through essence, simply means that the life is relatively "uncluttered", for there are no longer any interests in the "dramas" of the world. The life becomes easy, or perhaps "boring" to some observers. But that is the difference then of fear-driven and no fear. Those with fear-driven lives are experiencing all the extremes and this is what they wish to do. Those living

through essence are "walking through their parts" with no motivation to participate.

Many will have moments when essence takes over and these will seem like bright flashes of insight or intuition or wisdom. But then personality takes over again and the dramas continue. Those whose lives are fairly calm, live in balance of personality and essence. For they retain their "characteristics" and "traits" that you recognize as them, but they do not suffer from all the fears that most others do. That is not to say they never fear anything—we did not say that. But their fears are most internalized as are their dramas. They suffer more from the fear of rejection, or self-worth, not the fear of gaining employment, or of the wife finding out they are having an affair, or of the boss finding out they have embezzled the funds. Their dramas are more individualized and less flamboyant (for the most part). That is not to say that they cannot be flamboyant, for they can choose to act and react in any way to their own situations, but most tend to choose less obvious means of coping and/or reacting.

To truly be of essence would require someone to be from the Causal, Mental, Buddhic, or Messianic planes appearing in physical form. For they would take no personality, but just a form so that they could function within the physical realm. They truly are "acting in essence" for there is no personality at all. There is no fear—not of the physical realm. For their understanding goes beyond that realm and so is not cowed by any experience to be had there. So there are those who are completely personality-driven, those that share essence and personality almost equally all of the time, and those with no personality (though they are rare indeed).

**Physical center:** This is one of the seven centers. Its positive pole is amoral; its negative pole is erotic. (See Center)

**Physical plane:** The densest of the seven planes; where we presently reside. On this plane we learn lessons that can only occur in this realm.

**Planes:** (Michael's Definition): We on the Causal plane study truths—personal, global, universal, and pandimensional truths. This then is also what we attempt to teach you—the recognition and validation of truth within yourself and within the physical plane, as well as for all other realities and planes. For it is only once truth is recognized do the choices become more clear.

On the Mental plane they study thoughts in all their various forms; forms you would not recognize or conceive of as thoughts. But thoughts, like everything else, are energy and so can be used to create art, realities, trouble, and beauty.

In the Messianic plane they study dreams—the creating of, connecting of, and manipulating of all other realities. It is on this plane that they experiment with reality and perception, with putting thought and emotion together to get something beyond words to describe.

The Buddhic plane, being closer still to the All, uses lights, sound (music, tone) to experiment within and in the creation of the different realities of that plane. They combine these with the creations learned while on the previous planes. There is a certain joyousness to be found in just being that much closer in frequency and to blending to the All. So for them to "look down" and watch the "plays" taking place on the physical plane is not common. It draws their "attention" only when

the balance within your plane and those physical realities become so off-key that they must somehow intervene and re-establish that balance across all the planes, and all the realities. This then is when either the infinite or transcendental soul comes to the physical plane. For through their vibrational frequency, they shift the focus and increase (raise/heighten) the vibrational frequency of the physical plane and all things within it, thereby bringing balance to that plane and all planes and realities.

Physical, astral, causal, mental, messianic, buddhic, All. There are seven planes and seven levels within each plane. Each is a different layer of color and sound; each has a different vibrational rate. Each layer of the astral plane is within a specific vibrational range, just as each layer of the physical plane is within a specific vibrational frequency. It links them all together, while keeping them separated from each.

**Poles:** Two aspects of an energy. The positive pole is an energy's true or love-based manifestation. The negative pole is the distortion or constriction of that energy by fear.

**Position:** (Michael's Definition): When we refer to "position", it is a reference to the vibratory pattern used in the physical plane. Certain portions of that pattern resonate at different frequencies. Dividing that pattern into 7 positions indicates along which part you will find the vibratory frequency of each of the roles. Therefore, the server's vibratory pattern or frequency can be found in the 5th section of this overall pattern, and the scholar's in the 4th.

**Power:** This is one of the seven modes. Its positive pole is authority; its negative pole is oppression. In power mode, one releases one's energy strongly.

**Pragmatist:** This is one of the seven attitudes. Its positive pole is practicality; its negative pole is dogma. Pragmatists see the world in terms of what works best or most efficiently.

**Priest:** This is one of the seven essence roles. Its positive pole is compassion; its negative pole is zeal. Priests seek the higher good.

**Psychic Talents:** (Michael's Definition): What you term "psychic senses" is to us normal precepts. All will follow the pull of threads (vectors) whether awake or not. Those who are awake enough may begin to understand what the "pull" means, while others may even have an "inkling" of it before it happens. This is a natural process of being—of becoming aware of oneself as more than just a physical being.

As to emotions, all those considered empathic and many who know no better, send links from the heart to everyone around them, thereby allowing them to experience and know another's emotions. Others may leave their heart chakra too open, putting themselves out of balance and allowing everyone else's emotions to override their own.

Thoughts are energy, as are the emotions, and as such they can be "received" by others who are either in complementary vibration with the thoughts and the one sending them, or by the receiver linking to the other's thought center.

What we mean by psychic talents are those talents that allow one to consciously and with awareness on all levels, go in and manipulate the energies—not only on this, the physical plane, but on all other planes, as well. It is this awareness combined with the ability that gives one the talent for healing (whether it be physical, spiritual, mental, psychical, or emotional), and it is this same combination that allows one to "look" at other's lives and see the threads that cause the vectors and to "read" when the vectors will most likely become active. They were at times called sorcerers, wizards, magicians, and witches. Whatever term is used, matters not to us. More is it important that they exist, for they are the ones that put balance back where the energies flow unevenly or are blocked—whether in some one, some thing, or some where/when.

We do not mean to imply that they are better than the man who builds bridges or the person who cares for flowers. For all talents and all skills are needed. For the experiences gained are what adds to our overall creativity.

The talents you speak of as psychic could be taught to anyone awake enough to learn. But the psychic talents we speak of must be chosen and honed throughout the lifetime.

**Realist:** This is one of the seven attitudes. Its positive pole is perception; its negative pole is supposition. Realists view the world in terms of what is; they focus on a situation's objective facts.

**Re-evaluation:** This is one of the seven goals; called "retardation" in Yarbro's book. Its positive pole is atavism or simplicity; its negative pole is withdrawal. It is used for lifetimes spent processing past experiences.

**Reincarnation:** The idea that our soul lives multiple lifetimes, gaining experience through them.

**Re-integration:** (Michael's Definition) This first occurs on the astral, where you (the you I am speaking with now) re-unites with all those fragments of "you" that you created to fill all the possibilities and probabilities. Once this integration is complete, lessons and growth continue. The integration on the lower causal plane is of all the fragments from your entity. This blending is even more fulfilling than the blending of all the you's that occurs on the lower astral. For you now truly begin to realize and sample of all the experiences gained. To complete the samplings and understandings and experiencings that accompany integration can take upward of years in your time frame, but we know no such limitations and simply enjoy the experiences.

**Rejection:** (See Discrimination)

**Repression:** (See Reserved)

**Reserved:** This is one of the seven modes; called "repression" in Yarbro's book. Its positive pole is restraint; its negative pole is inhibition. In reserve mode, one draws one's energy inward and upward, in a contained manner.

**Retardation:** (See Re-evaluation)

**Role:** (Michael's Definition) Each fragment selects one of 7 roles and retains that role for each of its incarnations on Earth. The roles are:

- The scholar, at the neutral, is the searcher, the recorder. They seek knowledge and like librarians or historians they store it away for reference later on. They are the 4th position.
- The 5th position is the server. They strive to bring comfort and to help. They have an innate sense of what is needed to be done and they will do it.
- The priest is in the 6th position. They seek and strive to serve but on a global scale. They wish to bring the world into their point of view.
- The sage is in the 3rd position. They seek enjoyment and entertainment, either to view or participate in. They cannot tolerate tedium, and will manifest drama if it does not already exist. For them life truly is a stage.
- The artisan is in the 2nd position. They create—atmosphere, art works, moods, outlooks, everything. They bring innovations to light and life.
- The warrior is in the 1st position. They strive to conquer. They see everything as a contest or war to be won, and everyone not in their "camp", as someone to be conquered.
- The king is in position 7, and they are as the title suggests—rulers. Regal in bearing, they draw together all the others. For their ability to delegate and determine the best course, to listen and make positive decisions attracts all, and gives them (kings) the "power" and "authority" to "rule their kingdom" (which may be the home, the workplace, the neighborhood, or the local pub).

It is a vibratory range that affects the way in which the essence experiences the physical world.

**Romantic Relationship:** (Michael's Definition): We define romance as the idealization of one by another, and that once the true nature of the other is realized, does the relationship inevitably deteriorate. That many relationships can have romantic moments is true, but those based only on romance will not survive. For romance sees not clearly, and knows the other not truly. For the only vision is that of one who is beyond reproach, who is without flaw, and who once placed upon the pedestal of perfection, inevitably falls.

**Sage:** This is one of the seven essence roles. Its positive pole is expression; its negative pole is oration. Sages seek insight.

**Scholar:** This is one of the seven essence roles. Scholars seek knowledge, which is their positive pole; their negative pole is theory.

**Self-deprecation:** This is one of the seven chief features, or obstacles. Its positive pole is humility; its negative pole is abasement. It is a fear of being inadequate.

**Self-destruction:** This is one of the seven chief features, or obstacles. Its positive pole is sacrifice; its negative pole is immolation. It is a fear of losing control.

**Sentient:** Self-aware, choice-making consciousness. Humans and cetaceans (dolphins and whales) are the two sentient species on earth.

**Sextet:** A configuration of six souls who work together over many lifetimes. The positions of a quadrature are love, knowledge, power, support (or compassion), eccentric, and integrator. The first and fourth positions are strongest.

**Server:** This is one of the seven essence roles; called "slave" in Yarbro's book. Its positive pole is service; its negative pole is bondage. Servers seek the common good.

**Skeptic:** This is one of the seven attitudes. Its positive pole is investigation; its negative pole is suspicion. Sceptics view the world with doubt.

**Soul:** (Michael's Definition): What we mean by this, is one piece of the overall essence that is you. For you exist in more realities than just this one. And in each, there exists a "fragment" of the essence that is you within each physical form—as you term it, the soul. For reincarnation merely represents the probabilities in a time context, that is, portions of yourselves that are materialized in (to you) a historical context.

**Soul Mate:** (Michael's Definition): A soul mate is that one romantic person/fragment that you wish to participate with in one or several lifetimes. These are usually someone with whom you have a good rapport and instant attraction to, however, they are rarely ones with whom you will spend a lifetime with. The whole concept of soul mates is based on quick passion and extreme emotions. The concept is best described in the story by the sage Shakespeare. For he was the one that depicted quite accurately the actions and passions of most soul mates. Soul mates can be, but rarely are, also your essence twin or soul twin. For if soul twins are both 4th cycle sages in self-destruct with passionate natures, then the soul mate scenario is almost guaranteed.

Soul mates are usually those fragments with whom one has agreed to marry for a particular monadal lesson, whether it be the partnership monad, the husband/wife, lover/lover monad, or some similar monadal lesson. Most overly passionate romances explained and told of in your novels are those of flamboyant, drama-ridden 4th cycle sages and/or artisans, usually in a passion mode with a chief feature of self-destruction. This would include your Romeo and Juliet (who actually were also essence twins—for the story was taken from real events that your Shakespeare had witnessed and heard tales of), Cleopatra and Antony, and Heathcliff and Kathy. Star-crossed lovers are rarely essence twins; more are they overly dramatic fragments seeking attention and creating melodrama in everything they do. As we have said, melodrama and maya are very prominent in the lives of most 4th cycles, and especially those of sages and artisans.

Those with whom you have mate agreements may instill that type of reaction if either or both are in passion mode, and/or the body type attraction is exceptionally strong. Otherwise, most, even 4th cycle sages, will simply have comfortable attractions and couplings. That is not to say that there cannot be grand passion without a soul mate, we did not say that and we do not mean that. We do mean, though, that most grand passions, especially those that result in death caused by suicide, are due to a soul mate type monad wherein both participants are in passion mode with a goal of self-destruction. But "grand passion" like all other terms is open to interpretation by each individual, and what may seem passionate to one couple, may seem dull to another.

Another definition of soul mate is that one fragment with whom you are most comfortable with for mating agreements, and so arrange mating agreements with them for life after life. This is not wrong or right, it simply is.

**Soul Twin:** (Michael Definition): Essence twin or soul twin is that fragment whose energies are most like yours, due to being identical in all instances except personality, cycle and entity. For you are never of the same entity, but are always the same role, cadence, essence type. For scholars, their twin may be any other role, though they much prefer kings, warriors, and scholars. Their ability to shift frequencies allows them to twin with any of the other roles. The other roles do not share this ability, so twin only with those of the same role. So, warriors are always twinned with warriors and kings with kings, servers to servers, and artisans and sages to artisans and sages in that order.

They are your mirror opposite. If you are a sage, then they are a sage. All soul twins are the same role, except for those paired with scholars. Since scholars are the neutral role, they can pair with any other role.

Also known as soul twin. It is the closest bond an essence can have because they vibrate at almost the same exact rate as you do.

**Spiritualist:** This is one of the seven attitudes. Its positive pole is verification; its negative pole is faith. Spiritualists view the world in terms of its possibilities.

**Stagnation:** Also known as "relaxation" and "equilibrium", this is one of the seven goals. Its positive pole is suspension or free-flowing; its negative pole is inertia. It is used for lifetimes of rest or of learning to let go.

**Stoic:** This is one of the seven attitudes. Its positive pole is tranquility; its negative pole is resignation. Stoics view the world with serenity, feeling that outer events aren't of primary importance.

**Stubbornness:** This is one of the seven chief features, or obstacles. Its positive pole is determination; its negative pole is obstinacy. It is a fear of change.

**Submission:** This is one of the seven goals. Its positive pole is devotion; its negative pole is subservience. It is used for lifetimes that emphasize supporting a greater cause.

**Tao:** (See All)

**Tasks:** (Michael's Definition): We call them tasks, for they are actions requiring limited amounts of your time that were agreed to prior to incarnation.

**Task Companion:** (Michael's Definition): A task companion is as its words suggest—a person who aids you in some task. That each person has one or two set task companions for all of their life, is not true. There are those who will agree to be task companions life after life, but in one life may the task be small while in another might it take the entire life time. Some individuals may have no task companions for any of their lessons, for it is their choice.

But more is a task companion one who would help with a very defined lesson or event in the life. The companions for tasks are rarely chosen lightly. For much thought is usually given not only to the task, but also to those best suited (in role, overleaves, enculturation, and locale) to accomplish this specified task. For to complete the task of creating a library, would you not want to include a scholar with a goal of stagnation in observation with a chief feature of self-deprecation, for you would find they contribute little if anything to the enterprise. So do you

see, that much comes into play. For the energies blend like a symphony, creating a synergy unlike any other allowing the work to flow easily and smoothly. But the harmonics are a combination of both the task and those working on the task. If one aspect of the overall was changed, then most likely will the harmonics be not as clear and the synergy not as precise. So, then might the task perhaps not go as easily (as it could have). That is not to say that the task cannot be done, we did not say that or mean that. We only state that the further one is from that point of balance within a task and with the task companion(s), the less will all feel the ease with which they fulfill the task.

**Transcendental Soul:** The incarnation of a reunited entity. Gandhi was such a being. The transcendental soul is a catalyst for social change.

**Vectors:** This indicates that two or more people are following their links towards an agreed upon meeting. The meeting might be for an agreement, a monad, or other life lesson.

**Warrior:** This is one of the seven essence roles. Its positive pole is persuasion; its negative pole is coercion. Warriors seek challenge.