11:11

6-21-95

There are many significances that can be given to 11:11. Remember, everything is devoid of meaning on its own. But the idea, in general, is that the 11:11 acts as a template for ... you guessed it ... dimensional gates, shifting from one level or frequency to another. Similar to the old word we had in our ancient language, representing reflection from one to the other, which is illi, which is also the word for mirror. And if you understand how the word illi translates into your language as il li – its very close in from to 11:11, isn't it?

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666 & Crop Circles Electromagnetheric Frequencies

Questioner: I was looking at a crop circle and it had 3 sixes in a circular formation.

B: Yes.

Q: In '94 it was bigger than the previous one. Can you give us a positive interpretation of 666?

B: You are based on what you call carbon life. You understand?

Q: Yes.

B: It is the connection to the material reality. Look to the basis of your physiological life form, the carbon atom, 6 protons, 6 neutrons, 6 electrons, 6, 6, 6; the basis of physical life on your planet.

Q: And what frequency, electromagnethericly are those crop circles being formed at? And what frequency would we have to attain to be able to witness one being formed?

B: Very good, for there is another interpretation. They will generally start at a level of 666,000 vibrations per second, go down through 333,000 vibrations per second, which is the threshold between non-physical and physical reality. And for the purpose of allowing an individual on your planet to be in proximity to when one of those patterns crystallizes down into your physical materiality from 333,000 vibrations per second downward, it would generally be beneficial if you exhibited a frequency, electromagnethericly, of course this will depend upon circumstances, of at least, minimum, minimum, minimum, minimum, 150, 000 cycles per second. But generally, it should be at least above 240, 000 cycles per second for most of them to be considered equal and safe to the vibrational frequency of its condensation.

Q: What frequency are you coming through tonight at?

B: What frequency right now?

Q: Yes.

B: It will shift and fluctuate from moment to moment but, approximately, right now, 192,000 cycles per second, but that will change in the next moment.

Q: Thank you.

B: Thank you.

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B: All right, I'll say: question.

Q: I. . . I. . .

B: All right. All right. Yes?

Q: On alternate universes- - if I want to go my own way, I keep thinking that other people have to do it with me. I mean, it's like if I want to sell my house, for instance, which I'm trying to do right now. . . I want to get a certain price for it, say next week at a certain time. I want to set it up and run my whole universe that way. . .

B: One moment! Understand that I am not saying that that is not possible. But really, in the overall idea of experiencing that reality, as you stop to think about it, there is really no need for many of the specifics that you insist upon in order to still achieve the overall effect according to your own satisfaction. Understand that there may be many variables within that circumstance that will still lead to you feeling that you have created the situation in exactly the proper way for you. And as such simply 'tis not that you have to think about every specific idea or step or method within the overall idea of the situation. Many times even what you perceive to be an overall situation may in and of itself really be a method to an even greater idea that you are not allowing yourself simply to be.

Rather, then, understand that if you have as a single idea, as you say the idea of selling your house, and this is what excites you beyond any other idea that you could unfold within yourself at the time, then understand that if you simply become that idea, feel, be and act as if that idea has already taken place within your here and now present reality, you will attract exactly all those individuals and facets of those individuals within your reality that will be more than willing to share that reality with you, and allow you to experience that portion of your reality in that way for the best benefit of all concerned, and allow themselves to experience their reality in exactly the same way.

Now, understand that if the selling of your house, as you say is a step within the overall understanding of another even greater idea of which you are even more excited, then you do not have to be even concerned about the idea of needing to sell your house to achieve that idea. Realize that in the selling of your house (- -?) portion of the best possible way to achieve that even greater idea, then that is what will happen. But if it is not, if there is a better way in your terms to achieve the overall idea, then you will not necessarily need to sell your house. And if you simply focus upon the idea of only selling your house, in order to achieve the greater idea, you will be shutting the door on the better idea. Just as in the idea of selling your house, if that is the greatest idea, which attracts you at the time, then completely needing to orchestrate the exact method by which that takes place may be shutting the door on an even better method. You follow me?

Q: Yes. That doesn‘t answer my question about the fact that other people have to go along with it.

B: They do not have to go along with you. Understand that within the interaction of All That Is, all possibilities take place, and every individual contains all the facets necessary to interact within any reality of any one individual that can take place. Therefore understand that what you perceive as individuals who seem to be going along with your newly created reality are simply the facets of those individuals, which are already experiencing that reality with that facet of you that is creating that reality.

Tis not that they are going along with anything, except that they are also partaking of that reality, even as you allow your own consciousness to focus into that facet of yourself. They are already there, just as you are already there. And that is why it is only a matter of realigning your perspective and observing your reality through another facet of yourself in which you will find all the facets of all the other individuals already existing which need to accomplish that idea.

Realize that every idea, every situation, already contains all the ingredients necessary for the unfoldment of that idea, except when you step in and make the separation between yourself and that idea, and assume that you must struggle to create that idea, that you must build piece by piece exactly how that idea is to manifest. You are an automatic creator. You need not think about the path in order to achieve the effect. Cause and effect. You may simply create the effect, and nature, yourself as the automatic creator, will supply you with more than enough cause to support the effect. You will simply be in tune with All That Is, in terms of the facets of all the consciousness and all the individuals, which are already partaking of that idea into which you now find yourself tuning in.

Q: Mhmm.

B: You follow me?

Q: Yes.

B: Thank you.

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30 Points of View

12-19-97

Canoga Park, CA

All right, I'll say good day to you, this day of your time. How are you all? Once again, we take this opportunity to thank each and every one of you for allowing this communication to occur, on this day and in this manner. We thank you for the gift that it affords our civilization in being allowed to experience all the different perspectives that your civilization has to offer, as we interact with each and every one of you individually and all of you together.

On the note of perspectives, we would like to begin this transmission with the following idea that we would like to entitle, "Thirty Points of View." Now, from time to time in these interactions, in these transmissions, we have described and explained to you that you are not always communicating with what might be considered exactly the same version of me from one moment to the next. In that our consciousness and our civilization has become, shall we say, less confined to time and space in our evolutionary state, you will find that sometimes an individual will communicate with a version of myself, of my personality structure that may be of a certain age and at other times may be communicating with a version of my personality structure that is another age altogether, somewhere else along the timeline of my entire physical life. From moment to moment, my consciousness will shift to and from, back and forth, up and down my own time line of life. Each discrete personality segment being called forth based upon the frequency and vibrations and needs and the necessities of the particular communication or question that is asked, and the particular kind of information that is required.

This sliding scale interaction, so to speak, is quite natural for my species, at this time. Many times, many of you, to some degree, are also doing this, though you may not necessarily be consciously aware that you are. But you may be dipping into versions of yourself along your timeline, to pull forth whatever the appropriate emotional state or mental state or spiritual state needs to be for the kind of interaction and communication you are having; whether it be communication with others outside yourself, so to speak, or communication within yourself. To put a linear framework on it, to some degree, for you you will find that in the average span of my physical life which we have labeled as approximately 300 years of counting, there will be 10 year time spans that will represent, more or less, discrete personality segments that are engaged in these communications, not only with your world, but with other worlds. In that each 10-year segment represents a particular level of understanding, a particular level of evolution, a particular level of growth, it is broken down that way for convenience.

And from time to time, therefore, you may be dealing with a version of my personality that comes from one or another of those 10-year spans. In that my entire life encompasses approximately 300 years, as you understand it, you will find that, therefore, in the course of these interactions you will generally be dealing with 30 different versions of my personality. All the way from what you might consider to be the 10 year old Bashar, to the 300 year old Bashar and anywhere in between. For the most part, on average, you will find that most of the interactions we have had with your society, since we have been

communicating with your society in this fashion, have involved the thirteenth, fourteenth and fifteenth versions of my personality; meaning in what you would consider to be the idea of a 130 years, 140 years and 150 years of my age.

We will, for this communication, from time to time, this day of your time, and for the sake of illustration and for a variety of other reasons, impose upon our overall consciousness further time line limitations and restrictions, so that it may be for the purpose of this conversation, this interaction, and this transmission, more evident and more obvious that you are dealing with discrete personality levels of my existence. Just to show you what the difference would be without the freedom to move up and down the timeline of my life, as is common for these interactions. So that you can begin to have a better sense, a stronger sense, of the discrete portions of the personality, that is me, that I call myself to be, as you are dealing with them in many of these interactions, but perhaps do not necessarily immediately sense, as discretely as you will, this day of you time. Because those limitations, those dividing lines, those 10 year segments are usually not enforced by my overall consciousness as strongly as they will be this day.

These 30 different perspectives, these 30 points of view collectively taken to be the personality I consider myself to be, each perform various functions, in that they each represent different stages of understanding and learning in my society, in my evolution, in my growth as a being. And by seeing these discrete compartments, these discrete 10 year compartments more strongly illustrated in this transmission, this day of your time, perhaps the resonance of each discrete personality segment, each discrete point of view, out of the 30, will help put you in touch with more and more of the segments that you have created within your own unique personality structure over the course of your entire lifetime. And by resonating to each of those discrete segments within me it might help you get more easily in touch with all the discrete segments within you, for the purpose of integrating and blending those segments within yourself and become a more holistic being, as we usually reflect to you in the normal course of these interactions.

So from time to time in this transmission you will experience this, not always, but from time to time. Therefore, let us begin, this day of your time, by once again, thanking each and every one of you for the gift you are giving to us, for allowing us to experience this interaction with you. And I ask, in return, in what way may I and all of us, all 30 of me, now be of service to you?

Q: Bashar!

B: You good day!

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B: Question.

Q: So in fact the past, present and future are equal in significance then.

B: They are also equally right now.

Q: Yes. So I'm interested in going way back into my past.

B: Why?
Q: To understand.

B: You cannot.
Q: To know

B: You are only right here and right now. You cannot go into your past.

Q: Not go. Integrating all. . .

B: Why do you feel it is not integrated?

Q: I do feel it's integrated and. . .

B: Are you sure?

Q: And sometimes I don 't. . .

B: All right. Why do you feel that you wish to come in touch with ideas that you are now creating from your present to be in your past?

Q: When you ask the question like that, ha ha.

B: All right, very good. Understand you have a little bit of a block with that idea. Now understand the reason. Understand that as you perceive the need, as you create the need, to understand your present self in terms of viewing your past, you are creating, right now from your present self, all those ideas and projecting them into your past, so that you remove them from your present in a way that you find acceptable to view – still allowing yourself to be comfortable with the idea that you may discover something in your past that will lend insight into that desire of that reality you really wish your present to be, but are not yet quite willing to allow it to do so.

Q: I am actually very willing. . .

B: All right, then understand that you are creating a little bit of the idea that without that idea projected away from your present and into your past, you will not be complete as you are. You follow me?

Q: You're saying it; I'm not. I. . .

B: Do you follow me?

Q: I do follow you.

B: Understand that everything that you are is right here with you right now. Now, I am not saying there is anything wrong with the idea of experimenting with many different ideas of yourself within the idea you call the past, and understanding yourself in that way. Simply understand that you have the ability right now to simply know the entire effect of yourself, and know that that entire effect is complete in and of itself.

If you truly believe that discovering that idea of yourself in the past will allow you to be what you wish to be in the future, understand simply that you are creating a scenario for yourself to discover yourself within that purposeful limitation, that you have created of your viewpoint by creating the idea of time so that you may experience yourself in an acceptable way that can be absorbed into your present and so allow yourself to identify with the future, right here and right now, that you want to create for yourself.

Understand that also as long as you allow any idea that you wish to be right here and right now to exist in the future, that is also where it will stay in the future. Just as any idea of yourself in the past will stay in the past, and not be allowed to integrate within your overall idea of yourself in the present. Therefore explore all you want. But understand that it will always lead you back to the understanding that you have that right now. Now, what do you wish to explore?

Q: The very beginning of all universes. . .

B: What beginning? All That Is, is. And at every point in time, as time was created within All That Is, it was always possible, and is always possible, and always will be possible, to simply say that: All That Is, is.

Q: All right. Okay.

B: Now, what do you feel about the idea expressed in your terminology as a beginning? What do. . .

(Tape change; words missing)

. . . focused so that you will be focused on one idea at a time. That does not mean you cannot simply know within you that you have the effect of all the portions of yourself operating simultaneously – to reinforce each and every one of those limited focuses that you experience at any one time. And as such you do not have to worry about losing anything. And when you allow yourself to know that idea, and that effect is always equal to you no matter what you allow yourself to experience, no matter what limitation of focus you create for yourself, you will always find yourself re-emerging from that limitation with a broader sense of understanding of a more integrated version of you.

And as such you will always allow, therefore, the momentum of yourself to always go forward, in terms of time as you know it to exist. And you would increase the momentum by simply allowing. Realize you do not have to make anything happen. You have to make an idea stay the same way. All of creation – within all of creation – the only constant is change. And if you simply allow creation to be what it is, allow yourself to be what you are, you will always change.

Q: Right.

B: That is why you do not have to make anything happen, but allow it to happen. You have to make something stay the same.

Q: Uh huh.

B: And that is the creation through your judgment of what you term to be a problem, which is simply an idea you will not allow to change shape.

Q: Resisting.

B: In a sense. But again do not judge yourself even in the resistance. You will be compounding your artificiality. Understand that if you have created the idea, you created it for a purpose. Concur with the idea of the exploration of yourself within this dimensionality, and as such you do not judge those particular viewpoints of yourself, and understand that they served a purpose. Then they will also be allowed to change– and you will always move.

Q: Thank you very much.

B: No. Thank you. Once again understand that within the idea of expressing a question, you may now understand that that too has been of service to you within the maintenance of the idea of the separation from the knowledge from yourself. But now simply understand that if you can ask the question, you have already made the change. Otherwise you would not even perceive there is a question to ask. You follow me?

Q: Yes, I do.

B: Thank you.

Q: Thank you

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B: Question.

Q: Yes. I had a stepfather who left his body a couple of years ago. And the last month for some reason I keep thinking about him. I'm wondering now…

B: Oh, so mysteriously!

Q: No, I just want to know how he is.

B: Oh, yes find. How are you?

Q: I'm fine, too.

B: Oh, really!

Q: Well (- -?) about him. Is that…?

B: All right. You are fine. Understand: that idea to you, to a degree, represents some of the transformation through which you are now allowing yourself to pass. And as such that will be a symbol for you of the idea of transformation from one level of reality to another. The changing of perspective, the changing of point of view – which is all death really is. You follow me?

Q: I do, but I don't know if that's answering the question. How is my attention on him a transformation for me?

B: Now really! That is quite a very, very obvious symbol. Again: understand that the transformation from what you consider to be life into death will represent exactly the idea of the death of a portion of yourself and the rebirth in another understanding of yourself. You follow me?

Q: Actually I only get the last part of what you said

B: All right. Understand that the idea of your own transformation – you are simply looking to the idea of another transformation, which represents symbolically to you the idea of your own transformation from one life to another type of life.

Q: Mhmm. I see; I see.

B: As you allow yourself to open your own inner awareness doorways, you will simply begin to relate, vibrate more equally, with the level of reality in a way into which individuals allow themselves to shift upon physical death.

Q: Yes, but listening to you made me think of what my attention is on. See, he wasn't a. . . he thought be was a body be didn't realize he was a spiritual being. So I'm concerned. . .

B: What does that have to do with your reality?

Q: Nothing. I'm just wondering if there's some way I can help him if he is in need of help.

B: Realize he is now helping you – acting as guide to assist you in leading you toward that portion of understanding of yourself, which he now realizes to be the case.

Q: Mhmm.

B: You follow me?

Q: Mhmm. Thank you.

Q2: I have a question... When we. . . do all of us in fact reincarnate and transform the self? And if so, where does it occur on this planet?

B: You do not have to reincarnate if you do not desire to. There are many forms of incarnation, which may take place upon your planet, which may take place in other civilizations, which may take place in a sense in other dimensions of reality. Understand that everything that you consider to be an incarnation occurs simultaneously, since there is no time. Also understand that within your terms of time there are many simultaneous incarnations even upon your planet at this time.

Q: Can you repeat that again?

B: There are many simultaneous incarna. . . do you understand the idea of counterparts?

Q: Yes. In other words – am I to understand that there are different dimensions of myself at this point in other consciousnesses?

B: All right now, allow yourself to understand that you are an overall consciousness. And that much in the same way that, as you say, your fingers are connected to your hand you project extensions of the overall self into different ideas of reality – from the one level of reality represented by your whole soul self. Many times these fingers, or extensions, will in a sense align their vibration with areas within

physical reality that to you will be perceived as past or future. Many times there will be fingers that are simply side by side within your understanding of the time frame, and as such will create counterpart bodies which will appear to you to be separate consciousnesses, separate individuals which will be connected to your whole soul self. And as such another extension of the same soul, which has extended into what you perceive yourself to be as a singular personality.

Q: Yes. Does this go on forever?

B: There is no time. It is all happening right now.

Q: So it is never-ending.

B: In a sense. But realize that there is no idea of never-ending if there never was a beginning. Do you follow me?

Q: I do. That's very exciting.

B: All right. Allow yourself to know, then, you are aligning with an idea and an effect, which has been created for you, that will always lead you to more of yourself for your own unfoldment.

So. . .

(Tape change; seems to be quite a bit missing)

If it were so mind-boggling, why do you do it in the first place?

Q: Why did I create it in the first place?

B: Yes.

Q: It's very exciting.

B: Very good! That is exactly why. Thank you. Question. . .

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B: Question.

Q: Yes, this. . . Yes, I just. . .

B: Th- th- th– One moment. Yes?

Q: There are several philosopher's here that say it's best to rid yourself of the physical universe and your dependency upon it, so that you no longer are in a physical form. Is that good or bad or. . . ?

B: Now understand there is no good; there is no bad. Also understand that you can never really rid yourself of anything, since there is no outside place to rid it to. You follow me? Any idea once created in the idea of All That Is always exists within All That Is, and as such there is no outside to All That Is to put anything. And since you are All That Is, it will always be within you. It will be a matter of your focus. Now, there is that idea stemming from the purpose of the creation of physical reality as the experience of limited viewpoint, and as such you have assumed that to experience a less limited viewpoint is better.

But really there is no better. Every experience is, for the purpose it was created, exactly the best experience it can be. And therefore it is a judgment to assume that it is the idea that you are making a comparison between a lesser reality and a greater reality. 'Tis simply the idea of different realities which are created for varying purposes of the unfoldment of yourself. And as such realize that many of the diseases created within your physical reality stem from the assumption that your physical reality is somehow less worthy than a spiritual one kind as such, it will very accurately reflect that degree of unworthiness and futility, and create disease.

Yes?

Q: Yes that answered my question that my father was being a guide at this time to give me support or whatever. I perceived you were sitting there either looking at something or waiting - - something was going on and I didn't quite get it, and my attention stuck on it.

B: Thank you. Question.

Another: I came into this body as a guest? I took this body over after my parents had raised it nicely. I feel a lot of loyalty to this body's parents. Also I feel a lot of loyalty to my people. I am a Scientology auditor for 30-some years, and I'm going off into other areas now. Many of the gifts I have, such as... I was just telling some of the people here I can talk to plants – or anything I care to talk to I can communicate back and forth with. I also can heal just by using energy; such as the energy I feel from you. Wow! I just have to say this energy I'm feeling from you is very loving, and I can take it and just pass it on and on and on.

Anyway, that's aside from the point. But what my question is: I am having to decide now on what coast I'm going to, the east coast or the west coast. I have loyalties on both coasts, and my mission here is to help people become more aware of themselves and to grow and to expand and become better. Now, I don't know the answer as to what coast I should go, and I have come here today – I know I have been guided here.

B: All right.

Q: And help me.

B: Allow me first of all to say: thought you said you could speak to anything and get an answer.

Q: Yes!

B: What about yourself?

Q: Yes, and I've done that with myself I have so may dimensh ns to myself'- -

All right. Do not illow yourself to be confused. Simply understand that you are always going i o unfold according to the purpose for which you have created your existence within this dimension of reality– exactly as you need to. Also understand that as you say, the idea of sharing your reality with other individuals will, again, always be in accord with the timing concerned within every individua s interaction within that reality. You will not have to preach to anyone.

Understand therefore that you will always always alway.c./–when you simply allow yourself ti continue to be that reality for yourself/–be serving all the other individuals within your reality in the best possible way that you can, by providing or them a reflection of that universe, of that reality that you know yourseli to be, and therefore allowing them the best possible opportunity to share that reality IF they choose to.

OEay I have becn bidi g my1i qbt, so to speak You know Ibavc been operating on this p1/me observing bow pcople act, vid then Ibave becn trying to act according t bow tbcy act so they won rcaily know that I cread their minds wd ci fl this othcr stuff I do.

What purpose did that serve for you?

I thinA so I could duplicatc what their reality was so I could raise them up to a higher level

AU right. Now, understand–

So that 1–?) doing it.

All right, then change. Live your reality, the one that you perceive to be the real reality for you.

But it would bc ovcrwbelming to c tbers ii' I dJd that.

No, no, no1 Understand they will not perceive your reality except upon the level at which they wish to share it, according to their own purpose of unfoldment. Realize you can control no one.

So–tbenlcewgooutemdbeasmucbol'awitcbaslw.

(b'a ha. lay") (5ome applause)

Now understand you will be creating for y irseff exactly within your reality any idea that you perceive yourself to be. But understand you will be creating it for yourself. Therefore I will say: if to you the idea of being a witch creates the idea of control and power and judgment and discomfort, then you will be creating all of those ideas within your own universe, and experience them for you - not anyone else.

I don't have that viewpoint, Iii, very playful you know, and a bit mischievous. But only to bring people--

All right. So are we.

Q: It's only to make people on a higher emotional level.

One moment, please! Again understand: the idea you have expressed as a mission can never b achieved by making people do anything.

I agree. That s Ii uc

Now understand that you will always be allowing any individual who wishes to share your reality to do so if you simply live your reality for yourself, not for them.

Al/right!

Otherwise you will be taking responsibility for them. And as such you will be denying responsibility to your reality. And as such you will then be equal only to an idea which will constantly allow them to feel that you have nothing to share.

Abb! Yes, I realize what I've been doing is I've been tclepatbically - well I don 't even liA to use that word– but I communicate to them on a level that tbey e not Jways aware that liii communicating to them.

Oh, but they are Oh, okay

Understand again: they are aware exactly to the degree they need to be on whatever level serves their own purpose.

Al/right.

Again understand (–?) the idea of your mission: there is not only one way. If there were on y one way, there would only be one person„ Live your life for yourself. Then you will have something to share with these other individuals when they choose to share with you. Understand they have just as valid a reality that you can share with them.

On this JJvc my Ii & Jhr myse1f’ - that Jsn why liv here.

Oh, yes it is. Again understand the idea of the paradox. You will be doing service to the entire mass consciousness by providing them with an example by living it yourself, not living it for them. If you live it for them, you will not be being yourself, and as such’they will not be able to find you.

I gotcha! (– - - ‘ Okay, yah.

Thank you. Thizck you.

Then realize you will not need to tell anyone anything. You will be your own best example by simply being that life. Then you will find all those individuals who wish to share that reality being attracted to you and saying, ‘Hey! How come you’re having so much fun? I’cr’like to have some of that fun too.” Then you may answer, ‘This is how I choose to have fun. Now, for me this is fun; maybe it wont be fun for you. Maybe you can invent your own version of my idea so you can have fun within the reality you’ve chosen.”

Always understand that within any idea of service there will first and foremost always be, to any other individual, the provision of simply being a reflection of their own reality, and allowing them to unfold within themselves to understand their own empowerment. You will not be providing them with anything that they do not already have.

You will simply, by acting as a mirror of those parts of themselves which can enjoy themselves on that level, be providing them with that reflection that then they may wish to choose for themselves. But the only way you will do that is by lying your own life that way, and not being concerned for them.

Okay.

Otherwise you are impressing judgment upon the idea of comparing what you think you have to what you think tbcy have. And as such you will be creating more and more separation between yourself and the idea you truly wisF to manifest upon your world.

Point very well ijiA-en.

Thank you.

Oh, wait a minute I have a question. Thu said when somebody’s having fun, and people ,rc at ,ractcd to them – isn‘t that a Jbrm of judgment?

Not really. Are they saying (–?A we e not ha vrng that much J’un?

They are judging themselves.

Right. All right. But understand that if you are providing the idea within your own life hat you are not there having fun to show them that they are not having un, you will simply be having fun for yourself. And when those individuals who choose to understand that they have been creating for themselves a eality that they do not like, may, within th,e example that you provide for y)urself, choose to get an idea of how they may create a reality which they do ike.

So in that case judgment is important.

In a sense. Understand that, in your terms, objective comparison between the idea of one reality that you really wish to do and a reality that you do not will be a form of objective comparison. But when you realize that each reality was valid for the purpose that it served, then you will not create the idea of the judgment between the 0ideas, and will allow you to transform more readily into tt e ther reality.

Ri bt. It just Uow.c a transformation. Yes.

Anda blending. Yes. Orc'at.

Is that what you mcby bcing transp rcnt?

In a sense. Understand that one other idea represented by that terminology will be that every situation, every idea, every undertaking, every interaction that you create within your reality will be felt overall to add to the overall momentum of your original idea of yourself—- rather than viewed as an interruption.

Yes.

This is just grcai It really is

We c having fun Lets (– –?)

Were having fun over bcrc, too.

Who else is having fun?

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Q: So in fact the past, present and future are equal in significance then.

B: They are also equally right now.

Q: Yes. So I'm interested in going way back into my past.

B: Why?
Q: To understand.

B: You cannot.
Q: To know

B: You are only right here and right now. You cannot go into your past.

Q: Not go. Integrating all. . .

B: Why do you feel it is not integrated?

Q: I do feel it's integrated and. . .

B: Are you sure?

Q: And sometimes I don 't. . .

B: All right. Why do you feel that you wish to come in touch with ideas that you are now creating from your present to be in your past?

When you ask the question like that, ha ha.

B: All right, very good. Understand you have a little bit of a block with that idea. Now understand the reason. Understand that as you perceive the need, as you create the need, to understand your present self in terms of viewing your past, you are creating, right now from your present self, all those ideas and

projecting them into your past, so that you remove them from your present in a way that you find acceptable to view – still allowing yourself to be comfortable with the idea that you may discover something in your past that will lend insight into that desire of that reality you really wish your present to be, but are not yet quite willing to allow it to do so.

Q: I am actually very willing. . .

B: All right, then understand that you are creating a little bit of the idea that without that idea projected away from your present and into your past, you will not be complete as you are. You follow me?

Q: You're saying it; I'm not. I. . .

B: Do you follow me?

Q: I do follow you.

B: Understand that everything that you are is right here with you right now. Now, I am not saying there is anything wrong with the idea of experimenting with many different ideas of yourself within the idea you call the past, and understanding yourself in that way. Simply understand that you have the ability right now to simply know the entire effect of yourself, and know that that entire effect is complete in and of itself.

If you truly believe that discovering that idea of yourself in the past will allow you to be what you wish to be in the future, understand simply that you are creating a scenario for yourself to discover yourself within that purposeful limitation ,that you have created of your viewpoint by creating the idea of time so that you may experience yourself in an acceptable way that can be absorbed into your present and so allow yourself to identify with the future, right here and right now, that you want to create for yourself.

Understand that also as long as you allow any idea that you wish to be right here and right now to exist in the future, that is also where it will stay in the future. Just as any idea of yourself in the past will stay in the past, and not be allowed to integrate within your overall idea of yourself in the present. Therefore explore all you want. But understand that it will always lead you back to the understanding that you have that right now. Now, what do you wish to explore?

Q: The very beginning of (all universes?). . .

B: What beginning? All That Is, is. And at every point in time, as time was created within all that is, it was always possible, and is always possible, and always will be possible, to simply say that: All That Is, is.

Q: All right. Okay.

B: Now, what do you feel about the idea expressed in your terminology as a beginning? What do…

(Tape change; words missing)

…focused so that you will be focused on one idea at a time. That does not mean you cannot simply know within you that you have the effect of all the portions of yourself operating simultaneously – to reinforce each and every one of those limited focuses that you experience at any one time. And as such you do not have to worry about losing anything. And when you allow yourself to know that idea, and that effect is always equal to you no matter what you allow yourself to experience, no matter what limitation of focus you create for yourself, you will always find yourself re-emerging from that limitation with a broader sense of understanding of a more integrated version of you.

And as such you will always allow, therefore, the momentum of yourself to always go forward, in terms of time as you know it to exist. And you would increase the momentum by simply allowing. Realize you do not have to make anything happen. You have to make an idea stay the same way. All of creation – within all of creation – the only constant is change. And if you simply allow creation to be what it is, allow yourself to be what you are, you will always change.

Q: Right.

B: That is why you do not have to make anything happen, but allow it to happen. You have to make something stay the same.

Q: Uh huh.

B: And that is the creation through your judgment of what you term to be a problem, which is simply an idea you will not allow to change shape.

Q: Resisting.

B: In a sense. But again do not judge yourself even in the resistance. You will be compounding your artificiality. Understand that if you have created the idea, you created it for a purpose. Concur with the idea of the exploration of yourself within this dimensionality, and as such you do not judge those particular viewpoints of yourself, and understand that they served a purpose. Then they will also be allowed to change– and you will always move.

Q: Thank you very much.

B: No. Thank you. Once again understand that within the idea of expressing a question, you may now understand that that too has been of service to you within the maintenance of the idea of the separation from the knowledge from yourself. But now simply understand that if you can ask the question, you have already made the change. Otherwise you would not even perceive there is a question to ask. You follow me?

Q: Yes, I do.

B: Thank you.

Q: Thank you!

4

Bashar:

Circa: 1986

Tape 33

Questioner: Bashar

Bashar: Yes

Q: Can you explain to me forth density and forth dimension? I've heard the two terms.

B: Primarily they are the same thing, in a sense, although you will find that forth dimension is what is usually refer to as the non-physical side of forth density. Forth density will be the last, so to speak, the highest physical dimension you can experience. And it has a physical and a non-physical counterpart. Forth dimensionality will simply be the opportunity, in a sense, to see the illusions of the third dimension that appears so solid, in the same way that you are thrid dimensional and can appear *through* the illusions of the second dimension. Allow you to use what you have termed to be a mathematical analogy, all right?

Let us say, as you have done on your planet, you create the idea of hypothetical creatures existing in a two dimensional plane, all right? Are you following along? Get a piece of paper, if you will, flat with no up or down but only side to side. All right, now, you have the idea of a sphere in your three dimensions, you follow me?

Questioner: Yes.

B: All right, that has the idea of, what you call, width, length and depth, all right? Now, if you were to take that sphere and you were to intersect the plane in which those flat creatures exist, they would only perceive a cross section of the sphere that you call a circle, you follow me?

Q: Yes.

B: Yet, to you, you understand the reality that it extends above and below their plane of existence, even though they only understand the idea of the circle. You follow me?

Q: Yes.

B: Now if that circle were to completely fill, let us say a passageway, so they find they could not get through it, you would have no problem because to you it is possible to go up and over to clear the idea, whereas they can not do that. So the illusion to them is that the symbol completely blocks their path and the circle does but the sphere does not. Do you follow me?

Q: Yes.

B: It is similar from the forth dimension to the third. What you perceive to be such solid obstacles from a forth-dimensional point of view are very illusionary and you can go through them. You follow me?

Q: Yes.

B: Will that have help explain some of the idea?

Q: Yes

B: Fourth density reality, physical reality, will begin to be an exemplification of the forth dimensional aspect, mathematically, because you will begin to see through the illusions of the third dimension in that way and recognize that you are, in fact, creating all the reality you have for so long considered outside yourselves and to find yourselves at the mercy of. You follow me?

Q: Yes.

B: Thank you very much.

Q: Thank you.

2

554455

H/ Ith Arnie I/jive aperson1il question. All right. Ar- nie. !ve been working on a project that is trying to bring about iwareness.

Trying? Irying to brh7g ibout awarencss, and– Trying! Why trying? Okiy. ft c a project brJnging about awareness.

Thank you. How bold! How exciting a project that is! Bringing about iwireness 1—?) wbid, the nitJve Americ ans 1wd their legends.

And fin meetijig ,Jot of resistijice ijid iJot ciproblenzs m

Alot of resistance? From who?

Weli bizsic&'Jy from people that- - Ith lookmg for fthai,cing hi de velopingihispro/ect. Isee. May Iaskyouaquestion? Sure

I was looking at a crop circle and it had 3 sixes in a circular formation.

BASHAR: Yes.

Q: In 94 it was in was bigger than the previous one. Can you give us a *positive* interpretation of 666.

BASHAR: You are based what you call carbon life. You understand?

Q: Yes.

BASHAR: It is the connection to the material reality. Look to the basis of your physiological life form . . . the carbon atom. 6 protons, 6 neutrons, 6 electrons 6, 6, 6. The basis of physical life on your planet.

Q: And what frequency, electromagnethericly are there crop circles being formed at? And what frequency would we have to attain to be able to witness one being formed?

B: Very good, for there is another interpretation. They will generally start at a level of 666,000 thousand vibrations a second. Go down through 333,000 thousand vibrations a seconds a second which is the threshold between non-physical and physical reality and for the purpose of allowing an individual on your planet to be in proximity to when one of those patterns crystallizes down into your physical materiality from 333,000 thousand vibrations a second downward, it would generally be beneficial if you exhibited a frequency electromagnethericly course this will depend upon circumstances. . . of at least, minimum, minimum, minimum, minimum 150.000 cycles per second but generally it should be at least above 240, 000 per second for most of them to be considered equal and safe to the vibrational frequency of its condensation.

Q: What frequency are you coming through tonight at?

B: What frequency right now?

Q: Yes.

B: It will shift and fluctuate from moment to moment but approximately right now 192,000 cycles per second but that will change in the next moment.

Q: Thank you.

B: Thank you.

667766

Q: Good evening.

B: And to you, good day.

Q: Thank you. I had a question regarding a place where I go mentally and emotionally, that I would like to go to less frequently.

B: Where is it?

Q: Well I'll describe it in just a minute.

B: All right.

Q: It's accompanied by the event of closure in almost every area of my life. So that I find myself for the moment without all my old purposes and connections.

B: What about letting some new ones in?

Q: Well just at the moment they're beginning, but there's a tremendous space.

B: A tremendous void.

Q: A tremendous void.

B: Good!! "Why does he say 'good'," she says.

Q: Yes. That's a good question.

B: Well all right. Thank you. I will answer it. Remember this: a void is not the nothing you have been taught to think it is. In a sense, the void – or what you have recognized as a void, an emptiness – actually contains 99% of all creation, so to speak.

The only part you usually see is the 1% – just an arbitrary figure that represents the reality you choose to focus on in any given moment, out of all the probable realities you could create.

So the void is not empty by any means; it is full of potential realities. Individuals, when they allow themselves to go back to that place of the void, know that they are aligning with the fundamental chord, the prime frequency of creation itself, taking themselves back to the ultimate center – out of which they can then create any reality they desire.

So first and foremost, some of the idea of the seeming constriction is only the definition you are applying to the so-called void, assuming that it is a shutdown, as opposed to a complete and total connection to All That Is. Understand?

Q: Yes.

B: Is this assisting you so far?

Q: Yes.

B: Has it rearranged your point of view of the idea of visiting that space? . . . not yet.

Q: Partially

B: Partially. In what way?

Q: In. . . if l began to play with the idea of the void containing unlimited possibilities, instead of emptiness...

B: Yes.

Q: . . . it would feel different.

B: Yes !!

Q: Yes.

B: Well, does it not feel different when you think of it that way?

Q: Yes.

B: Then it is different, isn't it?

Q: Yes.

B: Are you willing to play in that space?

Q: I guess that's the only space there is.

B: All right. Does that help you then?

Q: Yes.

B: Well, thank you very much.

Q: I have one. . .

B: Yes.

Q: . . . other part to that.

B: All right.

Q: The mental and emotional part I was telling you about was that I have this sense of holding myself together with thoughts. To contain. . .

B: Well, that's all you are.

Q: Well those feelings towards these thoughts are somehow holding together against overwhelming feelings. Do you know what I mean?

B: Yes. Look at it this way; and remember this idea: what you are as a personality is not really who or what you are ultimately. A personality is an artificial construct, an artificial projection of consciousness – of the consciousness that you are. It is composed of three things, like a prism: belief, emotion and thought. So the idea is that you are literally an artificial construct. And any time you change the idea that you are as a consciousness, you will disassemble the prism of your personality arid reassemble it.

Let it disassemble and reassemble; it will not be the destruction of your individuality. Understand?

Q: Mhmm.

B: You always recreate yourself – all the time. You don't even know you are doing it; so natural thing is it to do.

Now, simply, you are becoming conscious of the fact that you destructurize your persona and restructure it. Because the idea of this transformational age upon your planet is to become consciously aware of the mechanisms you are using to create your reality, so you can create the reality you prefer.

So just because you are witnessing now, consciously, a destructurization of your personality, do not assume that it is the destruction of your individuality. It isn't. It is simply now that you know you are a set of building blocks. And you can rearrange the idea and the definitions in any way you care to.

It is simply now that you are awake and aware during the operation because you no longer need anesthesia. You no longer have to be unconscious in order to change. At first that may seem a little unsettling to you all. Oh, but you'll get used to it. Let it flow. All right?

Q: All right. Thank you very much.

B: Thank you very much! Sharing!

1

"6th Density Sirius Energy"

Sirius: How is each and every one of you this night of your time as you create time to exist?

Audience: Perfect, great!

Sirius Energy: In this way will be the allowance of the idea of the exercise of the going into the imagination, in this way, and the forming of the crystal consciousness within each and every one of you. And tonight will be the gathering of the idea of the forming of the matrix of the idea of the crystalline consciousness so that each and everyone of you may participate in the idea of forming together a matrix that will allow you to stick to the idea of togetherness within the idea of the transference that will allow you to go within your consciousness in this way. We will decide and discover the idea that the idea of dimensionality in and of itself will be something that you attribute to the idea of mathematics and the idea of height, width and depth you will now explore the idea of the dimensionality of your existence, in this way, and utilize the idea of the structure of the matrix of be able to within 90 degrees out of phase to the idea of your consciousness, regarding the dimension of your imagination, simply another differentiation, another perspective, another idea of out of phase, the idea of 90 degrees out of phase to the reality you understand to be the dimension of your imagination. Are you all following along?

Audience: Yes! No, too fast slow down. Yes it is too fast. No! No!

Sirius Energy: Slows down tempo ... will this represent a speed at which you can fathom the idea?

Audience: Yes, thank you.

Sirius Energy: In this way allow us to Illuminate the idea that there will be a dimension of imagination as has been expressed to you in this way. You can regard the idea of your physical reality as an expression of 90 degree phase differentiation, phase conjugation from the idea of your second density representing the idea that you are in your third ... we will start from the beginning ... represent the idea by closing your eyes, in this way, and manifesting the idea of the relaxation– through three deep breaths ... as you partake of the idea, the three deep breaths, recognize that you are breathing in the idea of the atmosphere into electromagnetic connection that connects each and every being together within the civilization you call your own. Recognize in this way that as you breath together the idea of the atmosphere you are linking within yourself the identification of your very creativity, very portion of your own individual identities. The very portion of your collective identity and the mass consciousness, in this way. You are allowing yourself the fundamental feeling of the creation of the vibration of the atmosphere in the thickening round and about you, of that which will represent the fluid in which you exist, the fluid out of which you create the reality you know to be yourselves, in this way. The idea that is the vibration of unconditional love with which you are surrounded, which immerses you in this way, which fills you in this, which you breath in and out every moment of time in which you create to exist out of the same fluid, out of which the identity that you know to be yourselves also exists. You are one and the same ideal, one and one, part and parcel of the idea of the creation of the fluid being the identification of your own consciousness out of the fluid, the identification of any idea you call reality out of the same fluid ... the projection of this reality in front of your senses as you create the illusion to

exist but always create out of the same fundamental fluid, the electromagnetic effluvium of the idea of the creation of the vibration of the fundamental primal energy that is the creation of the homogenous energy that is the primal energy itself of creation in this way. Allow yourself the opportunity as you have breath in, in and out this idea of the fluid, to simply recognize that you are just as homogenous as the fluid you are breathing in and allow there to be in your imagination for now no separation between the idea of the outside reality, the inside reality and the being that you know yourself to be. Allow yourself the opportunity to feel that you are out of the same substance, in this way, that is simply is solidified vibration of the idea, a little bit more coherent in terms of the vibration that represents the idea of your identity being where you are in time and space. But, in this way, now BEGIN to allow yourself to recognize that your are starting from this zero point identity, no dimension at all. Imagine yourselves to be a point within a void and in the void there is nothingness in this way. You exist within this point, this one single point in stretching away from you this infinity point in every 360 degrees is nothing to eternity, in this way, that you understand to be any kind of reality what so ever. You are simply in the center of a void. Allow yourselves to let this sink and soak into the idea of the fabric of creation, as you know your energy to focus as a single point for now. With three deep breaths, again, allow yourself to identify instantly that the entire universe, as you know it, exist totally within this single point and you are the single point and you are the single point, you are everything in the universe but you are always in this single point.

Now allow yourselves, in this way, to recognize that you know yourselves to be a single point, in this sense, contained within the idea of everything that exist within the single point. And now you have the recognition that you can realize an idea of being outside yourself, now that you recognized the void, the first direction and the first dimension in which you will realize yourself will be the idea and the expression from the single point outward– one direction in front of you, one direction in back of you with the forming of the idea of a single line. You will now upon this revelation, upon this realization EXPLODE into a single line stretching to infinity before, stretching to infinity aft, in this way. Becoming a single line, the vibratory energy in this way straight as laser beam in that way as you call that terminology upon your planet. Before and aft you now exist infinitely in a single dimension and recognized that all that you have contained within the idea that your were as a single point is now also contained within the idea of the line. Any point along the line is one of the many infinite eternal points that exist between the idea of any other two points upon the place of the line. In this way you can recognize that any space upon the line is infinite unto itself, contains all the infinite realities that you will understand yourself to be, and understood yourself to be within the point. Now you will allow yourself to recognize that you have phase out 90 degrees from the idea of two directions of the idea of the point that you were and now that you are aligned, stretching to infinity there is another direction 90 degrees in this way that you will allow yourself to be. You can recognize the idea of the ascension and "decension" of the idea in lateral movement to the idea spreading outward in what you call to be a plane 90 degrees in phase to the idea of the lineperpendicular to it in this way. And allow yourselves simultaneously in this way if you will receive this revelation within yourselves to EXPLODE into a plane that stretches

into infinity, in this way, in every direction according to the flat idea of the representation of the line, the many lines, the infinite number of lines now by yourselves to be 90 degrees in one direction, 90 degrees in another direction of the idea of the line that you used to be, which is only 90 degree extension of the idea of the point that you used to be in this way. And now you can recognize that within this infinite plane you are an infinite plane in this way stretching to infinity, eternally in this way, and contains the totality of all the number infinite lines that represent all the different universes in line and linear reality that have ever been are now and shall ever be in this way. And you recognize and you begin to recognize that as you recognize that as you recognize that as you recognize the idea of the time frame within the present, the past and the future in this way you begin to recognize that as you are now playing you also exist in this way as a plane reality in all infinities and contain the entire idea of many different infinities of lines in this way in all times modes, all frames of reference 90 degrees to what you have been.

Now you begin to recognize that much more readily, that much more rapidly the idea that this 90 degree phase conjugation in this way, can continue in a spiral pattern in this way always perpendicular to itself. And begin to realize that you can in this way become and

infinite series of planes filling the idea of the previous void to be a bulging which you can contain within yourself in this way. And you find that as you allow yourself the revolution of the experience in the 90 degree perpendicularity of the idea of the plane that you were, you now allow yourself to EXPLODE to the idea of and infinite series of planes above you, an infinite series of planes below you, in this way, and begin to be the third density vibrational reality that allows you to FILL the void in a spherical fashion, infinitely in every direction, you are now solidness filling the void that was previously there when you existed in the idea of the point, when you existed in the idea of a line, when you existed in the idea of a plane that was void above you, void below you, in this way.

Now there is no void in the idea, you fill the idea of the internal void and in this way you search around for you recognize that you fill the void 90 degrees in every direction, you can fill the void in the idea of your understanding is now that there is no more directions to go, but in this way, you recognize there is one, there is the idea, in this way, of recognizing that you have expanded outward and in this way you now create the reflection and reverberation of the idea of expanding inward to be the 90 degree phase that stretches into you imagination and as you fine yourself expanding inward you realize you are not covering territory you have covered, you are not retracing your steps in this way but you are actually breaking in a 90 degree parallelism, In this way, into a new dimension as you recognize this revelation, you will EXPLODE inward in this way 90 in phase to the idea that you previously were. In filling the physical dimensional void you recognize now that you have taken upon yourself the idea of MIMIKING and REFLECTING the idea of a parallel alternate crystal which exist WITHIN the crystal you have become. There is a universe that exist within the universe that you were, a void that exist within a void that you have filled and in this way you recognize that you have NOW with this breakthrough, 90 degrees within yourself, you recognize to be the dimension that you call IMAGINATION in this third density void, you have called this idea the imagination now, you recognize that as you go 90 degrees INWARD to yourself there is now the recognition and the revelation that there is an infinite number of

90 degree phase conjugations that allow you to forever and eternally go further and further inward into yourself in an infinite series of 90 degree

directions that allows you to know you are a constant spiral of energy always manifesting 90 degrees perpendicular to the previous dimension in which you existed, allowing yourself to recognize that there is an infinite amount of dimensions and densities vibrations and variations into which you always find yourself instantaneously exploding.

Now allow yourself to recognize in this way that you have become an infinite series, an infinite number of facets, an infinite number of crystals, an infinite number of dimensions, an infinite number of realities, an infinite number of probabilities and in this way you can

recognize that each and every being within any reality you experience is only a projection of the number of infinite crystals that exist within any given realities and that means you are every being in every reality and every being in every reality is you in this way and as you project the idea of an infinite number of facets, an infinite number of reflections, an infinite number of mirrors. You can recognize that all that you are seeing are only YOU reflected in different 90 degree phase variable conjugations, being reflections back to yourselves through different points of view, your energy haven taking different roughs through the infinite All That Is and coming back through the representations of the different windows of the Infinite, which is all, all the beings that surround you are, they are the windows of the infinite that reflect all the different ideas that you have become in all the infinite universes coming back through the spiraling motion to the center of your being to the phase point, the primal point you started out as being were you always find yourself to be. You have set yourself out spiraling through the idea of yourself and find yourself always returning back to yourself FORMINMG upon yourself the closed idea of the infinite multifaceted spiracle crystal that you find yourself to be. Now, eternally within and without ... now recognize what we have done in this way is allowed you to explore a certain facet of your imagination that will allow to form what is necessary for the trip to come in this way that Bashar will assist you within. For now you have formed within you a subconscious, an unconscious, an a conscious linking to each and every identity within your crystalline fabric in this way depending upon the universe that you exist within and you will allow yourself to partake in parcel of the idea of the transformation to any level of density vibration in the WAY and you will always link yourself together and transport yourself as a mass unit in this way, while still maintaining the individuality that allows you to mark yourself as one individual facet of the multidimensional crystal you have now discovered yourself to be. Recognized first and foremost that every single journal into your imagination is just as real as any other reality you have ever experienced and ever will experienced and ever will experience in this way and now we turn back the idea of the idea to the transportation of your endeavor into the space craft as you call the projection of consciousness that you call a spacecraft back to the idea identity you call the Bashar in this way. We will thank you for the sharing and the allowing of the idea to us determine on the illumination of the idea of the 90 degree phase conjugation that was your reality in this way the crystallization of your imagination which shall now as forever more eternally in the now present moment always be reflecting to you all the probabilities you can become and all the probabilities that

you are in any given moment of time. We thank you for sharing you have allowed us to partake this evening of your time and we now in this way instilled within you are projections for an ENJOYABLE experience within your imagination, in this way. We thank you and bid you a fond good night!

Bashar: How are you all doing?

Audience: Wonderful, great....

778877

Q: Hi.

B: And to you, good day.

Q: I too, have a question about some fears that are being. . .

B: All right! But do speak up and share with all.

Q: I have three fears that I. . .

B: Oh, three fears! Nicely ordered.

Q: Maybe it's one fear.

B: All right.

Q: Anyway – that have been running my life, and I'm really sick of it. And I'd like some help to overcome it and resolve it as best as I can.

B: That you have been doing what with your life?

Q: That have been running my life?

B: Running it?

Q: That I've allowed to run my life.

B: Oh, all right. Well, what do you prefer to be? What do you prefer to do? Do you know?

Q: Yes.

B: Well, what is it?

Q: I prefer not to feel this way. I prefer to. . . Uh, uh, uh.

B: All right, all right. But we did not ask you what you don't prefer; I asked you what you do prefer.

Q: I prefer to feel more empowered.

B: More empowered! All right. I was married and I recently ended a committed relationship. And the same feelings keep coming up. And it's a problem for me.

The one is a feeling of being abandoned. . .

B: Abandoned!

Q: . . . irrespective of who ends the relationship.

B: All right.

Q: And also I realize that I would like to be able to surrender more to the person that I'm committing to.

B: All right.

Q: And also I have a fear of being vulnerable, letting my inner child he vulnerable. And I feel. . .

B: Define vulnerability.

Q: Expressing my deep inner needs.

B: Deep inner needs. Why are you afraid to express your deep inner needs. You have not given me your full definition of vulnerability. What is your full definition of vulnerability?

In other words, when you express these deep inner needs, what do

you believe will be the result of that expression?

Q: I'll be hurt and abandoned, left.

B: In other words, you have a negative definition of vulnerability.

Q: Criticized; be told I'm wrong.

B: In other words, you have a negative definition of vulnerability.

Q: Yes.

B: All right. Now: would you prefer to have a positive definition of vulnerability?

Q: Very much so.

B: Oh, all right. I can suggest one; you don't have to take it. Just my suggestion.

However! To me, vulnerability is the willingness to be open to All That is in full and total trust. The willingness to be open to All That Is in full and total trust is what you are talking about when you say "surrendering." It is actually taking control.

It is not giving up control; it is taking control. That is true surrender. But the idea simply becomes effortless, and that is why many of you think you are actually giving up control, because to you, the only reason you feel you're in control is when you are expending effort.

Q: Yes.

B: Therefore, when you open up in complete vulnerability – and

understand that if you are opening up to All That Is, then you are connecting to All That Is, to Infinite Creation.

By opening up to all of it, you are connecting into it. And if you are connecting into the Infinite Creation, then you are connecting to infinite strength, infinite power, eternal power. And if you are willing to trust it in a positive way, you will then flow that infinite power through you every time you are willing to open up all the way.

That is vulnerability; that is power; that is self-empowerment. That is surrender, and that is control. It is all boiled down in the one word, trust. Trust.

The mechanism of trust, which is the absolute knowingness that you exist for a reason. And therefore, with that perspective and that attitude, you recognize that you deserve to exist in the manner you have determined you would prefer to exist. For no other reason other than because you say so.

That's it; that's all you need. Just say: "I deserve it." "Why?" "Because I exist. That's why. Because I have been given the capability to say and to know I deserve it. That's why; I don't need another reason."

And when you understand that, you will understand you are connected to everything. And when you are connected to everything, you will know it is not possible for you to be abandoned.

Now: an individual in your society shared with us a very creative interpretation of one of your languages words. This individual recognized that your word “a-l-o-n-e” could be pronounced “alone” or “all one.” Which do you prefer? All one.

All right. Then if you know that being “alone” is being “all one, you can never be abandoned. Because you are always connected to the infinity of creation itself by being fully open to it and allowing it to flow through you. It may only be the definition’s you are applying to your relationships, the expectations you have been taught to think ought to be there, rather than letting the relationship be what it is for, that is creating the difficulty you are experiencing.

For the only difficulty usually comes from the type of definition you have about a circumstance. There is no circumstance, in and of itself, that is inherently difficulty causing. Only your perspective and definition of the circumstance can cause difficulty in your life.

Q: Yes.

B: Understand?

Q: Yes.

B: Does this assist you?

Q: Yes. I’ve also chosen to grow through channeling, and I’m learning to experience as a clear vocal channel.

B: Oh, all right.

Q: My question is: how can these – how might these

issues color or filter my clear channeling process?

B: That can color if you are not willing to trust yourself. Because if you are not willing to trust yourself, then in that sense, you are not allowing yourself to be a clear channel. Because you do not think of yourself as complete, as capable, as deserving.

Q: Yes.

B: But whatever you are experiencing in terms of your agreement to experience that energy…

Q: Yes

B: …is all for the purpose of allowing you first of all to choose how you wish to define yourself.

For the whole idea is to serve you as well. If the channeling doesn’t serve the channel; if the channel is not allowed to be fully who the channel needs to be, prefers to be, then the channel cannot be of service to anyone else. It would be pointless.

Q: Yes.

B: So: again, it is simply an issue of trust. Understand?

Q: Yes.

B: Remember, as we have shared with many individuals: you do not need a special reason in order to know you deserve what you prefer. If you exist, then obviously you deserve to exist. Otherwise you wouldn't.

Infinite Creation is very clear about that.

Q: Yes.

B: If you exist, Infinite Creation must obviously believe you deserve to. Treat yourself with the same respect. Why not? Understand?

Q: Yes.

B: And be a part of the infinite whole: *be* the infinite whole – your version of the Infinite Whole. That is what all the parts are: different versions of the whole idea. You are no less that idea than anyone else. Or you wouldn't exist.

There are no incomplete creations, no extraneous and pointless ones.

Q: Hmmm.

B: Understand?

Q: Yes.

B: If you exist, by definition you must fit as you are – not that you can't change. But you must fit as you are, or you wouldn't exist.

So lighten up on yourself. All right?

Q: I got it.

B: And when you lighten up on yourself, you will be enlightened. And your energy will accelerate upward. And your vulnerability will become power. Understand?

B: Yes.

B: Well, thank you very much.

Q: Thank you.

B: At this timing, you may all enjoy a short break. We will resume contact in approximately ten to fifteen of your minutes.

– Break –

7

Q: I'm experiencing confusion in just about all areas of my life right now.

B: Good!

Q: Yah, I thought you'd say that. Some of your remarks earlier on the backdrop of one's reality – my backdrop actually has changed, and I think that's part of my confusion – I don't quite know what to do in it now.

B: Ah, very good! This is, once again, still to some extent, the limbo state in which you have unplugged from your previously conceived of structures and you have as yet to plug into the idea of the new structures. So you are still examining all the probable ways that you can create that structure to be. It may seem to be a foundering state, but that is simply because you are not used to the idea that change is truly the only constant.

When you recognize that all the changes that are going on that may make you feel as if you are in limbo is truly a solid foundation – because you are now in touch with far more probabilities that you were before – then you will be able to find solidity within it, and give yourself a sense of direction.

Now, within that limbo state, once again, the idea of orienting yourself is always very simple – very simply! – to do what excites you the most at any given moment that you are able to act upon.

Q: Well, that worries me a little bit because. . .

B: Why?

Q: Well, because I've always thought that I had to have a job – okay, my belief system says I have to have a job. . .

B: Yes.

Q: . . . and yet I either leave the job or I get fired. And recently I've been fixed, in the last 3 months, from 3 jobs. . .

B: All right. Did you enjoy those jobs?

Q: Well, actually I got a lot done, but. . .

B: All right.

Q: . . . but I also didn't enjoy being in the office space that I was in, in all the three jobs.

B: Well then? Got what you wanted, didn't you?

Q: Yah, I did. I wasn't enjoying it.

B: All right.

Q: And it wasn't. . .

B: That right there is what we are talking about. By taking that as a sign that everything is working perfectly, you got what you wanted. Your life always works – always works! When you place invalidations upon yourself, you do not see that it is working. That is the only difference.

Q: I do see that, that I did get what I wanted.

B: All right.

Q: And now I'm really concerned. . .

B: Oh, concerned!

Q: Yah, I'm concerned. I don't. . .

B: Then you are still not willing to trust that your life is working perfectly.

Q: Well, it is working perfectly.

B: Then why are you concerned?

Q: Because I haven't paid my rent.

B: So? Maybe you don't need to.

Q: No. . . ?

B: Oh, she was about to consider it just for a second. You are not as closed as you thought.

Q: That's true.

B: If you truly trust, and are willing to do what excites you the most, you will have what you need. If you need the money to pay the rent – if that paying of the rent is what will allow you to continue to be that thing that excites you the most, then being the thing that excites you the most will allow you to pay the rent.

IF you can be the thing that excites you the most without paying the rent, you won't get the money.

Q: Oh God!

B: But that means you don't need it. Because if you can be the thing that excites you the most without having to pay the rent, then you can take it for granted that that's not something you have to worry about. You will have what you need; you will be comfortingly.

Because if you are not comfortable, you can't be the thing that excites you the most. One way or another you will be made to be comfortable. It doesn't have to be *having* to

A Bestowal of Love

Q: I think I would like to direct this one to Anima.

B: Oh, all right then, one moment. . .

Anima: Good day.

Q: Thank you for coming.

A: We are, in this sense, partially in a connection, which you will recognize, to some degree in your interpretation, as a fifty-fifty bridge, for we are engaged with another civilization simultaneously with this interaction as well. What do you wish from us at this time?

Q: Another friend here has asked for a push. I would like a hand or a lift or something? I would like a little boost, some assistance.

A: We then shall reach into your heart and reach into your soul and shall reach into your consciousness to whatever degree is appropriate, honoring and respecting the space you have decreed yourself to be. We shall do this; fear not. Our love to you. Good day.

B: Sufficient?

Q: Thank you.

B: Thank you.

A Cat-Like Race Of Beings

Q: In this life, persistently, I have known that I do not have good control of the body I am currently presenting tonight.

B: Oh, you have *known* that, have you?

Q: The control I possess, at its best, is...

B: Is flawless.

Q: Yes, but it is also that of a giant cat in my form – upright, two feet, short legs, with a *magnificent* tail – that comes from a race of warrior cats. More humanized than... and I can still feel my tail. I have the distinct remembrance of being captured and the tail being cut as a degradation for my losing the war. But tonight, I can sit here tonight and still feel the muscles that would wrap that tail around my neck.

B: And how does this association *serve* you?

Q: Well, I'm looking for my people. I feel those were *more* my people than where I'm at *now*.

B: Again, that is not possible.

Q: And are those people still here?

B: Yes, of course. All universes are right here, right now.

Q: Then I can return to that people if I choose?

B: You are there now. And you are *here* for a purpose. You are not here to run away.

Q: Oh, I have no intention of that... but I feel myself more as a teacher on this planet.

B: And a learner, every teacher is a learner.

Q: Yes, it's continual learning.

B: Then simply make the association so that you exist in both places at the same time. So you can bridge the connection and allow yourself to be of service in both areas, simultaneously.

Q: Then there was a cat race, or there *is* a cat race that you know of, that's more humanoid than what we would consider cats?

B: It is not exactly what I would call a cat, but I know what you mean.

Q: Ok, but the body is very real to me as my own personal body.

B: Yes. Yes, there *is* and *are* such races. But again, it is not that they are, in your terms, *derived* from the idea of a cat, but there are similarities.

Q: Well, I have the feeling of a lion that walks upright, more like a man. A large mane, hands...

B: To some degree, yes.

Q: A warrior teacher caste...

B: Yes.

Q: ... or type of people.

B: Yes.

Q: And my tail was a symbol of my pride and my authority.

B: That dimension and that race within that dimension *exists*, and it is right here, right now.

Q: Thank you!

B: Thank you. Sharing!

A Guided Meditation

While you are beginning to relax, I will share several more analogies before the meditation to allow these principles to begin to sink into you softly. But before that, take three deep breaths and feel every portion of you relaxing. Feel your cares melting away If your conscious mind doesn't want to let go of them, then just tell it, "All right, you can get them buck in a few minutes, but for now, let them go." Just relax and play along. That is what we are doing, learning how to play again. Playing is one of the most creative acts.

As you continue to breathe and continue to relax, listen to the following analogies. When we talk about the idea of different dimensional realities all being Here and Now, the best way to explain this is perhaps in the following ways.

The Radio Analogy: Each and every one of you understands the device that you have upon your planet that you call a radio. you know that you have a dial on your radio that you can use to tune in to any particular program you desire. Now, just because your dial is tuned to one program, you do not start thinking that all the other programs cease to exist and go away. You know that all the other programs are still there but you do not get them because you are not tuned into those frequencies.

Film Strip Analogy: Your reality can be analogized to a roll of film, with Its many different frames. Each and every frame represents a small portion of an overall action. Now, the characters within each frame only exist within that single frame and do not experience the next frame. For the characters in the film to experience any Sense of movement, the film must move. However, to the film projectionist the *entire* film exists right now – the beginning, the middle and the end. You can see all the frames at once when looking down on the strip of film, even though the characters on the film

must experience their reality one frame at a time. Physical reality is analogous to the strip of film. Your higher, non-physical visionary selves are like the projectionist that can see all the frames at once.

All Situations Are Neutral: The idea now will be to also remember the neutrality of all situations. You could look at any one particular frame on that film and not necessarily understand what is being said or what is going on. Only from the creation of continuity, from the flow of the film, do you pick up the context. But each and every situation in life is like one of those frames of film – it does not have any meaning that is apparent on the surface. The meaning you choose to give it completely determines what kind of a story you create from that picture.

The Stage Analogy: The idea is to look at every single situation in your life in the following way: imagine that you are sitting in an auditorium looking at the beginning of a play. The curtain has just gone up. All the actors are standing still on the stage. All the props are there, ready to go. But, let's assume you did not read the program. Let us assume you have heard nothing about the play, so you do not know who these characters are, or what they will do or say. You have no automatic expectations about them at all.

Now, one of the characters on the stage might be standing off in a corner with a very strong frown on their face. Because of what some of you have been taught you might choose to automatically assume,

"Oh, well that must he the bad fellow." However, some of you might assume, "Well, maybe he is frowning because he is upset at the bad character and he is the good character." The surface appearance tells you nothing. The whole situation is neutral. Everything, including the actors, for now are simply props and have no built-in meaning.

Now, we apply this principle to your own lives. But first, three more deep breaths; and understand, as you take these breaths, you are taking yourself to a deeper level of relaxation. A deeper level of self-acceptance and self-love. A deeper level of wisdom and curiosity about exploring who and what you are. And a deeper level of conviction that all experiences in your life can be used in a

A Joyful Life

(Circa 1989)

Q: I would like very much to know in what ways you have changed, and what you have been doing for the last year or so?

B: Thank you very much. On the first day, I... (Audience laughter) ... oh, not an itemized list? (More laughter) All right, generally speaking, always one of the things that excites me the most is to be in communication with various civilizations, to do with them the same kinds of things we are doing with you, in that way. So that I have, in your terms, continued to do.

Q: Okay.

B: Also, there was a particular preparation that took place on one particular planet as you say, one particular civilization, wherein there was what you would call a celebration. The celebration was for the remembrance of the coming together of that civilization and many other civilizations, what you might call an anniversary of the creation of an Association of types. It was a very beautiful celebration. The vibration of that celebration is still radiating outward, and each and every one of you who wishes to partake and join in that celebration vibration can do so.

Allow yourself also to feel that, what you call, the overall Association has expanded since last we spoke, (one year ago with questioner) by approximately seventeen civilizations, and that has kept me very busy ...(Audience laughter)... most of the time.

Also, I have composed two hundred and forty seven pieces of music.

Q: Wow.

Audience responds with more sounds of appreciation.

B: And I have had a great deal of fun with that. Also, I have made five repairs on my spacecraft. (Audience laughter) Which just goes to show you that we have things to learn.

Also, I spent some time immersed in a liquid environment, not water as you understand it, as a type of preparation for a new civilization that I will be contacting soon. And so, in that sense, I also go to school to learn different ways of communication. And this immersion in liquid changes the vibration of my being so that I become more like unto their dimension of existence, so that we can communicate. And therefore, I spend some time, as you would say, each day, immersed in this liquid which is not water.

Q: Is it similar to the one on Sirius?

B: Not exactly, it is thicker, not quite as ethereal. It is what you would call a physiological substance, but it does have quasi-planar attributes.

Q: Right.

B: Has that answered you question sufficiently?

Q: Yes.

A Joyous Discovery

Questioner (child): I want to ask you about another dream I had.

B: All right.

Q: A nightmare I had.

B: A nightmare, how exciting!

Q: Its like... in a neighborhood that's made out of cardboard or something.

B: A neighborhood made out of cardboard.

Q: Yes, and I'm walking around, and it seems like... like I'm metal or something.

B: Very good, very good, very good. This is very exciting, very exciting. Sometimes, even when people on your world are awake, they will all of a sudden be walking down a street and all of a sudden everything will seem to be "made out of cardboard." Not real, not solid, not dimensional; flat, like a movie prop, like a backdrop. They will seem to be the only thing that is real... made out of metal, made out of something more solid.

This happens when you get an insight, when you gain an understanding that everything outside of you, that you call the physical world, is actually only a dream. And therefore, when all of sudden you recognize that the physical world that had seemed so solid and so real is a dream, it seems to become less real, less solid, made out of less solid stuff. In your case you created the analogy of cardboard because cardboard to you, tells you that something is fake, not real, just an illusion, just a prop, just a movie. You understand?

Q: Yes.

B: So, you are beginning to learn that you are actually creating that reality. And that in that reality, in a sense, you are the only thing made of metal, you are the only thing that is real. All of that reality is simply your imagination, projected outside of you, like on a movie screen. And it is yours to do with what you will; you can recreate it in any shape or form you wish. This is not a nightmare, this is a joyous discovery!

You are beginning to awaken into the fact that the physical world is a dream, so that you can have the same feeling and the same degree of creative control over the physical reality, that you have in your dream reality. Understand?

Q: Yes.

B: Does that help you?

Q: Yes... but there's another part to it though.

B: Go right ahead.

Q: Everything seemed to be going real fast and I...

B: Yes.

Q: ... and I squeezed my head...

B: Yes.

Q: ... and when I woke up and people were talking... it was going real fast...

B: Yes, yes.

Q: Like ooohha, whoa!

B: We understand. This is a very common symptom upon your planet now, because your energy, the energy of all of you is speeding up. You are accelerating faster and faster and faster, and therefore, that is the “squeeze” you are feeling right now. It will not remain that way for long, it will not feel that way for long, it will not feel uncomfortable. As soon as you adjust to the new speed, everything will make sense, everything will fall into place. You are simply going through a transition time where you are getting used to the new rate of energy. You’ll catch up... it will catch up to you. You understand?

Q: Yes.

B: Give it time... the way to allow yourself to relax into it, to allow it to catch up most easily, is to simply assume that it is happening for a positive reason, and to relax and play with it. Play along, go with the flow. If you fight it, it will feel more constrictive, more tight. If you go with it, you will become the same energy. You will go at the same speed, and when you go at the same speed, everything will seem perfectly calm. Nothing will seem to be going faster than you. You follow me?

Q: Yes.

B: Does that help you?

Q: Yes.

B: Many individuals upon your planet are feeling this way now. You are not alone. It is just a sign of the times, everyone is speeding up so that they can be more aware of more things that much more quickly. You follow me?

Q: Yes.

B: Thank you very much. Does that help you?

Q: Yes.

B: Our love to you and... pleasant dreams.

A New Beginning

Q: Wonderful to have you back.

B: I have never gone anywhere.

Q: Oh. I know that; I know. I have a couple of things. One: I was wondering if you perceived any difference in the energy, or whatever happened, when you channeled through the channel when he was in Hawaii.

B: Of course.

Q: Could you talk about it?

B: Thank you! In this way, our immediate perception is that there was – let us say – a type of gluing together of the different shards, or the different facets of the multidimensional crystal that you are collectively. That particular energy in that area of your planet functions as a type of adhesive or cohesive energy, to allow all of the facets to function as a unit, by providing the appropriate tempo or pace for it to be able to do so. It is as a thickening of energy, in a sense. Do you follow me?

Q: Yes, fascinating. I had a. . . this morning I was thinking about the evolution of. . .

B: Oh! One moment, if you will. May I remind each and every one of you present this night of your time, in this interaction, that there are no accidents, and that every single thing that an individual has to ask, share or say may have relatively different degrees of importance to you. But it is no accident that you are hearing it, and you can always utilize what someone else is saying as a reflection for yourself to see how, in fact, you do relate to what is being said. If you are willing to take that opportunity, then no matter what is said, you will always be able to learn more about yourself by utilizing it as a reflection that you have heard not accidentally.

You all follow along'!

Q: Yes!

B: Thank you. Then it will be more participatory, rather than thinking that what is going on has nothing to do with you. For everything that you can perceive has to do, to some degree, with you, or you would not perceive it at all. Do continue.

Q: Okay. Before I continue, I wanted to say your introduction on communication was marvelous; I just loved it. I was thinking about the evolution of the mass consciousness this morning. And a thought occurred to me that I thought I'd like to share with you and see what you say.

B: All right.

Q: When I first heard about the triad and. . .

B: Do you mean Earth, Essassani, Sirius?

Q: Yes.

B: All right.

Q: I always imagined it as a mental kind of thing.

B: All right.

Q: And this morning it occurred to me that the sharing that we are doing could perhaps be the beginning of a new mass consciousness. . .

B: Oh, yes, yes.

Q: we might start a new. . .

B: Yes, yes.

Q: somewhere?

B: Yes. Very good.

Q: Well, I never thought about that before. . .

B: Now you have!

Q: ... and I thought, gee, that's exciting.

B: Oh, yes. Now your ability to conceive of it means you are functioning within that reality.

Q: Uh huh. Can you talk. . . well, one. . . I don't know exactly the shape that. . .

B: You will. You will.

Q: 's going to take, but. . . oh, I forgot what I was going to say.

B: Good! Then you are in it; for you are in the moment, and do not need to connect into the past.

Q: Right. But it was exciting, anyway. . .

B: It still is.

Q: It is exciting.

B: I know.

Q: I wanted to share that with you.

B: Thank you.

Q: Thank you very much.

A New Habit

Canoga Park, CA

11-21-97

All right, I'll say good day to you, this day of your time. How are you all? Once again, we take this opportunity to thank each and every one of you for allowing this transmission to occur, through this particular method and on this particular time. Once again, each and every time you allow our civilization to communicate with your civilization, in this manner, it affords us an opportunity to experience, through each and every one of you, that many more perspectives of the Infinite and we thank you for this gift of expansion and sharing.

We would like to begin this transmission, this day of your time, with the following idea. We remind you that a new habit is in order, a very important new habit in your behavior. We have discussed this several times, but it will not hurt to remind you again because it is so important for you to develop this new habit; so remind you again, we will. Until such time as you make this part of your day to day personality, until such time as this is second nature for you, we will always be willing to discuss this, to remind you, to implement and incorporate this notion in your behavior, because it will assist you in making the changes that you wish to make in your lives, on a day to day pragmatic level.

And so, we remind you that this new habit is simply the habit of not automatically, nor immediately, no matter how the situation looks, assigning or ascribing a negative connotation to it. To give yourself a moment to look at what is going on and to learn to see it as a neutral circumstance before you see it as negative or positive or anything in particular. But particularly in those circumstances where you may have been taught to, more often than not, automatically assign a negative connotation, a bad feeling, colloquially, if you wish to put it that way. Then, even more importantly, can you take the time to incorporate and instill this new habit of neutrality within you so that you can get more out of the situation. Learn how to change and transform the situation in a positive way, rather than simply, automatically assuming it must be negative because of how it looks, based on how you have been taught.

Now, of course, we are not talking about ignoring your feelings, glossing them over, covering them up, pushing them down, suppressing them. By all means, if feelings come up, you should pay attention to them; but the idea is to understand why you have them. They are not automatic, and certain situations do not necessarily need to automatically generate those feelings in you, but if they are there, then you must pay attention to the fact why they are there. And generally, as we have said, they are there because you have been taught definitions about the situation that make those feeling seem to be the only logical reaction to have, when in fact they are not.

Again, we remind you, all situations are neutral. And if you learn to balance yourself and look at them, first and foremost, in that way, then you can gain more information, more discernment, more

enlightenment from the circumstance as it has unfolded, no matter what it may be, *no matter what it may be*. And in remaining neutral, at least for a few moments, you give yourself the opportunity to learn to assign new meanings to it that will be relevant for you, regardless of what anyone else's intention in the circumstance may have been, regardless of what you may have been taught in the past to think about such circumstances, as you see them.

Remaining relatively neutral at first, will give you an opportunity to gain greater insight, more depth of understanding as to how the circumstances came together, what they are based on in terms of the definitions that are going on in you and in others, in your society; and give you an opportunity to learn to replace those definitions in such a manner, so that in doing so, and in assigning new perspective and new meaning to the circumstance, you can then glean from it new impact, new effect, new meaning, new feeling. And learn how any situation can serve you in a positive and constructive and creative and expansive way, rather than continuing to live your lives assuming that certain situations must only, and can only be capable of generating negativity in your reality.

You are, you are the one that is generating the reality you experience, and even though someone else may be involved, it is your perception and your definition of it that determines the effect you personally extract from it in your life. Learn the new habit of taking a moment to pause and not automatically assign a negative meaning to circumstances, but give yourself the opportunity to see it as simply a neutral set of props, a neutral set of equations, a neutral circumstance that has come together for a variety of reasons, and in looking at it as a nexus point, you can then begin to assign new meaning by exploring the definitions that are within you, that have given it the meaning it already seems to have. For remember that these meanings, these feelings, these reactions to circumstances do not come with the circumstance; no circumstance carries a built in meaning. The meaning, the feelings, the reactions you have are already built within your consciousness, based on the definitions of life you have been taught. Learn the new habit of letting them go, and not automatically assuming that those definitions are definitions of an absolute reality, for there is no reality except the definition you give it, and that's what reality is.

So learn the new habit, it will serve you, day to day, in practical and pragmatic ways. And we will remind you of this as many times as is necessary for it to become a part of your daily behavior and personality, and when it is, I guarantee 100% you will see a difference in your lives. And you will see that you have more ability to determine exactly in what direction your lives ought to go and what it is you are capable of believing, that is possible for you. And also, simultaneously, in looking at circumstances neutrally, you will become more capable of understanding how it is you may be of assistance to others who may be caught up in their own definitions, and unable to see a way to break out of the situation and circumstance, and unable to understand that it is their own definitions that have made the circumstance seem so iron clad, when in fact it is made of nothing but tissue paper definitions.

Learn that reality is only the product of your strongest beliefs and that is the only thing that makes it

seem so solid and so immutable in that sense. Transmute these things by changing your definitions, by changing your awareness. It does not necessarily mean that you have to see cosmic consequence in every thing that happens to you, though on one level, of course, there always is. But nevertheless, it will give you insight, like what you would call an x-ray vision, into the nature and structure of synchronicity and circumstance and will give more ability to understand how circumstance hinges upon the strongest definitions you have been taught to believe are true.

We thank you for allowing us to share this notion, this perspective with you this day. And in return for the gift that you are giving our civilization in allowing this communication to unfold, I ask now, in what way may I be of service to you?

Q: Bashar! Bashar! Bashar!

B: You, good day.

A New Template for World Peace

Q: I would like to know if the Essassani representative with the Association of Worlds could speak of the relative time frequency of... 1997 in the Middle East and the years 2013 and 2014.

B: Yes, thank you very much. Very briefly, the idea is that at approximately what you would call – now understand, this is how we perceive your energy now, things could change, but it seems like the momentum in this direction is unlikely to swerve, at least from the general ideas of which we are now about to speak – a*pproximately*, in what you would call, as we perceive your energy now, your year of 1997 there will be what you may call a tumultuous interaction in your Middle East concerning their social and political and religious understanding that will allow them to re-examine *all* that they believe in. There may be *some* warfare in that area, there may be some strife in that area; but at the same time, it will form a crucible that will allow a certain soul to shine very brightly, very hotly.

And our perception is that, within a very short period of time, before your year of 2001, there will be such a *major* transformation in that area, that a new light, a new understanding, a new model, a new template for how your entire world can develop a government will come, will issue, from that area; a collective understanding of how all of you can intermesh and interact in love and in peace.

The idea is that this will seem, from our perception, to be accomplished – this laying down of the foundation of what you would call a world government – will approximately be accomplished by your year of 2011 to 2013. From that point forward, there will be a speed- up of interaction between your civilization and many of the civilizations that are observing your planet now. There will be some revelation of our existence... but there will be a far more direct speed-up of interaction after your year of 2013, because you will have finally allowed yourself to form a trinary, or what you may call a triumvirate association of what you now call your three major powers: your United States, your Soviet Union and your Peoples Republic of China.

And *together,* as the triumvirate, they will set the stage as a leading example for the proposals upon which the rest of your civilization can form its own world peace, world government. And from that point forward the idea of national boundaries will begin to dissolve, over a period of the next hundred of your years. Does this answer your question sufficiently?

Q: It seems that we are going to be in quite a limbo state for a while.

B: That is up *to you*. Remember, limbo states are not only collective, they are personal; and if you find yourself in a personal limbo state, while you can recognize that you can exist in an overall bubble, a collective bubble, you can *still,* as an individual, do many things within that overall bubble that will allow the overall bubble to not necessarily remain as long as it might have, had you, as an individual, *not* acted. Do you follow me?

Q: Yes.

B: In your own personal world things will change. Just because there is a collective limbo state, it doesn't mean that you cannot have what you desire in your own personal reality now. The more you create the reality that you desire to live in *now*, the faster you will represent a living example to everyone else as to the type of reality *they can create collectively too*. And that will speed up the whole process. So it's really still up to you, it is in your individual hands.

Remember, one individual can have an impact over the entire planet. You've seen it done many times. I thank you for your sharing.

Q: Thank you.

A Shifting Perspective

B: All right, I'll say: question.

Q: Can you tell me what Cleopatra's goals were during her reign, in association with Caesar?

B: No. Question.

Q: I would like to ask you a question.

B: One moment, please. . (Pause).

Q: I was curious...

B: One moment, please.... you may understand one idea, in that the choices of that being, that personality at that time, were directly responsible for finding an emotional foundation which allowed that being to be the channel of expression for a particular portion of the emotional idea of an overall mass consciousness represented by that civilization, with regard to its wishes to expand into contact with other civilizations round and about it; but through that level of emotionality rather than mental interaction. Do you follow me?

Q: Yes.

B: Will that do for now?

Q: That will be great. Thank you.

B: Thank you. Yes?

Q: Yeah, I have a question. Just to understand better the mechanics of the channeling: if I or somebody else would ask a question in another language – in French or in Spanish, would you understand? Or because the channel...?

B: You will find that in a sense we will understand; however, we do not speak your language. Realize that we are utilizing – as the channel allows us to do so – the channel as a translation device. Therefore, in a sense, the understanding, as you say, of a particular language must be within the translation device,

within the channel. Realize that the concepts will be understood, but there will be no way for them to telepathically emerge.

Q: Mhmm. I understand.

B: Realize that this is because a channel, seen always as having free will, still, on some level, is always aware of exactly how they are functioning. And as such you will find that only when in very limited circumstances – depending upon the channel's own willingness when they allow themselves to defocus almost totally from their reality – will they allow themselves to supercede the idea of language and become telepathic themselves. And as such, thereby, they will be able to function in a way as *that* type of channel – when language does not mean anything.

Q: Mhmm. Thank you.

B: Thank you. Question.

Q: I have a question. In each individual, each consciousness creates her own reality. And if it involves another consciousness...

B: Then that is a shared reality, agreed upon between the individuals. The portion of that reality to be shared and experienced by both of them – or all of them – as your physical planet is a mass agreed-upon reality, to a degree. Realize there are many individuals in your system that share only portions of your reality; you call them insane. They are experiencing other realities of which you are simply not willing to view.

Q: Oh, okay. Yes. So what can we do to better integrate that? Because when you're dealing with another consciousness, they have their own reality, their own experience, and if you want to have the feeling of love there...

B: Realize that all you need is to integrate yourself, since each and every one of you is your own universe, is the universe. By allowing yourself to fill that universe with total integration of self, and therefore, perfect self-love, you will be filling the universe with love, and that love then can be shared by all those that are willing. When you allow yourself to radiate as a beacon of love, then you will be doing the most you can possibly do to share that feeling with anyone else who wishes to – but they have to wish to.

Q: And if they don’t, then...

B: Too bad! The minute – the second, the instant – you wish to force that upon them, you are removing that love from your own universe.

Q: Ooh! Yes, that’s right.

B: That is also what occurs in judgment. Realize that in order to judge, you must become that level. You must be equal to that which you are being condescending towards – to understand it. And as such, you become judged by yourself instantly.

Q: But there is nothing wrong with becoming it, because you become ideas – right? But it’s...

B: In that sense, yes.

Q: But it’s the judgment then that acts upon you, because in order to be equal to it, you have to become it.

B: Thank you.

Q: Okay. Good.

B: Question.

Q: I have a question.

B: All right.

Q: What happens to the consciousness of the person when they die and to the body, as we know it on this planet? What happens to people who die?

B: All right. (Whispering in a very small, strained voice, mimicking the person asking the question) Where you (–?) very strange and mysterious things – are you sure you want to hear this?

Q: Yes.

B: Are you sure you are not afraid?

Q: No.

B: Are you sure you're not awed by the mystery?

Q: Are you making fun of me?

B: I am having fun with you. Allow me to say: 'tis no big mystery, 'tis really quite simple. Realize, in very many ways, what you term to be death is no different than life, 'tis simply another viewpoint. You may understand that you have shifted your focus – shifted your perspective, turned 180 degrees in another direction – and are now viewing life from another viewpoint, 'tis that simple; 'tis like stepping through a door into another room.

'Tis very simple, I will say there are mechanics of vibration involved, yes. But the overall effect is simply that you are still conscious of yourself; you are still aware of your consciousness.

You are, in a sense, giving yourself a different perspective, one that allows you an overview of physical reality. In your terms, it will be like standing on top of the hill, and being able to see all of the inhabitants of the valley, whereas the valley is restricted in a sense to simply viewing the valley, and not what is on the other side of the hill. But both the hill and the valley are part of life, and there is an exuberance in being on top of a hill, but not in a judgmental sense. Simply that you can feel the wind, the wind of your own consciousness, and you can see in which direction it flows more easily, 'tis simply a shifting perspective, very simple. What do you think?

Q: What do I think? I think that was a terrific answer.

B: Oh no, no! Not what do you think about what I think – what do *you* think? "What do I think, little insignificant me, compared to your grand majesty?"

Q: That's a very great Indian accent. You really want to know? Okay, I'll tell you.

B: No!

Q: Okay.

B: Yes. Rather I would say: what do you feel?

Q: Okay, I'd like to share that with you.

B: Thank you. I knew that would. . .

Q: In the work that I do very often I get a clear sense of entities which have supposedly passed from the body. They are very much present, and very much wanting to share information with the people that come to me. So my sense was that there is definitely existence beyond the body, and it's nice to hear it confirmed

B: Realize, first of all, that the body and the spirit are really simply different manifestations of the same energy. It is simply a projection of the soul in material form, in a sense. Not that your soul has arms and legs, as it needs none; but it is a projection of an idea, projection of consciousness.

Now, one of the situations – which you call problems – that many of your individuals create within their body, in disease, is simply that they consider the physical form to be separate and less than the spiritual form. And as such, your body very obediently becomes less. When you understand yourself as an integrated being, and that spirit and body are one and the same idea, simply from different perspectives, then your body will reflect the absolute perfection of that spirit and never be dis-eased. Question.

Q: When you say, "dis-eased" are you saying that in the sense of sickness?

B: Yes. Dis-ease is all that disease really is. Question.

Q: I have a client of mine who has a dis-ease of being very allergic. She is allergic to everything – almost everything – and she has to taste food. I'll make sprouts for her, or I'll bring her some food and she tastes it and she has a reaction to it; it makes her sick. What can I do to help this person?

B: All right. First of all allow me to say a few things. Realize that many individuals have chosen certain diseases, and will remain within those diseases for the entirety of their physical life, because it will for them express an idea which they are wishing to learn, to fulfill a viewpoint about themselves. Therefore, they will never allow themselves to rid themselves of their disease. It will be all right.

I will say, however, that you may find that, for the most part, it will be a reflection of having bought into certain belief systems when those individuals were within their childhood state. And bought into ideas

and beliefs which allow them now to view themselves as being very fragile, being tossed around by the wind, hither and yon, to and fro, as you say. And needing to be, I'll say, sympathized.

Now realize that though we share many ideas with you, one idea, which we do not believe in, is the idea of sympathy. To us that is the most destructive thing we can do for you. We choose to simply allow you to be expressing a portion of your overall consciousness, and allow ourselves to send you the vibration that you can, if you wish, change your belief. Give yourself choice, not remain focused in the disease by reinforcing that disease with the energy of sympathy.

Q: Mhmm. Right.

B: Therefore, the first step will be to become unsympathetic. Now, you will find that many of your individuals will consider this to be emotionally cold.

Q: I believe that. I believe that no sympathy should be given, because then they would enforce that sickness.

B: All right. Rather you may simply express creative compassion for those individuals. Allow them to feel their own creative compassion for themselves. Allow them to realize that they can achieve whatever they need to achieve by allowing themselves a fuller sense of self. By realizing that when they believe themselves to be less than the elements of nature around them, separate from the elements of nature, less worthy of existence than nature itself has decreed that you should be, then their body will react that way.

Q: Right.
B: Do you follow me?

Q: Yes, definitely. Question.

Q: Does that have to do with weight? Overweight?

B: In a sense.

Q: What else? Can you go on a little bit about that?
B: You will find that many individuals will simply, rather than doing, they will wait. Do you follow the analogy?

Q: I'm mulling it around.

B: All right. Don't wait too long.

Q: Because I had put it on – like, in a month, I put on 20 pounds – and haven't been able to take it off.

B: Because you are trying to?

Q: Well, I bad a physical problem; I've been working on getting a physical problem. . .

B: A physical what?
Q: Kidney – my liver.

B: A physical what?
Q: Problem.

B: What?
Q: Situation.

B: Thank you. Realize that if you allow yourself to really feel the change in that vocabulary, you will feel the change in the vibration, which the word symbolizes. If you allow yourself to feel the change in vibration, you will allow yourself to become that vibration. Not a problem. "Problem. A situation. Oh, situation! An experience. Experience is doing, doing, doing. Therefore, I will do something else."

Once again, realize that 'tis to a degree – although there may be reasons for it in terms of your overall understanding of what you feel you should teach yourself about yourself in your lifetime – for the most part, I will say, 'tis simply that you can show yourself that all you need is to be willing to live. You do not need to wait to do anything.

You may simply do whatever you will; everything is valid. Realize that what excites you the most is the most valid thing you can do. And when you are very excited, and always in motion, you will do very little "waiting." As a matter of fact, you will be quite weightless (wait-less).

Q: Thank you very much.

B: Thank you.

A Story About The Physical Universe

B: You have in your civilization, what is called a particular story, you may call it a joke... we will relate it to you: You have what you call an individual, who in your terms says, that they believe in the power of God, and that they do not need to do anything *but that*. God will provide. Do you follow me so far?

Audience: Yes.

B: All right. Do not stop me if you have heard this. (Much laughter from audience) Therefore, this individual lives in his or her house, and one day some individuals come by and they say: There is a great flood coming, you had best jump in the car with us and we will take you to safety. No, no, says the individual in the house, I will

stay in my house where I belong... God will save me, will provide.

All right, they say, and drive off.

The flood comes and the individual is in the house and the waters are rising so the individual climbs onto the roof to avoid in this way, getting wet. Along come individuals in what you call, your boat and they say: Oh look, you are stuck on top of your house, come along in this boat and we will take you to safety. No, no, I am fine. My faith is that God will provide. All right, they say, and go off in the boat.

The waters continue to rise until there is only the very crest of the roof left! And the individual is standing upon it and along comes one of your helicopters. And in this way, the individuals in it spy the individual on the house and say: We will lower a rope to you, we will take you to safety. No, no, I have trust that God will provide. Thank you very much, you may be on your way. All right... and off they fly.

The waters rise... the individual drowns.

The individual, now in non-physicality, creates for themselves the opportunity to communicate with the concept of his, or her, God, and says: I put my faith in you and you let me down. God says: What do you mean? I sent you a car, I sent you a boat, I sent you a helicopter, but did you listen!? (Much laughter)

The so-called, moral, is that in a physical universe, the idea of creation is that creation works through what exists in the physical universe... for nothing is anything less than a miracle. Thank you very much.

Audience: (Laughter and appreciation) Thank you.

ABORTION

Q: What does it mean when beings don’t have the fortune to be born, like abortions?

B: They choose that. It is not a fortunate or unfortunate thing. They recognize that on your planet that certain decisions are made that do not necessarily always allow, and again, we are not talking about rightness and wrongness, good or bad or any of that. From the souls point of view everything is infinite and everything can serve a purpose of growth and learning. We are not saying that it has to happen in that way on your planet. And, more often than not, the idea of abortion usually comes about because you are **not** in touch with your timing, you’re not in touch with those other beings, and don’t understand within yourself what is going on within your own timing.

However, when it does happen, nevertheless, the soul and the spirit can still take advantage of it. And sometimes there actually are literally souls you don’t need to spend that much time in physical reality. Actually, in recognizing that there is such an idea as abortion on your planet, choose to go to the ones that make such a decision, because then they know they will not come fully into physical reality because that’s not their choice to do so. Make sense?

Q: Yes, thank you.

B: Thank you.

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ABUNDANCE

Abundance seems to be an issue that absorbs much of your attention and has seemed to absorb much of your attention for quite some time. Let’s address the notions of abundance so you can understand attracting abundance into your life is quite a simple matter and does not have to be in any way the struggle you may have created it to be. Many of you have been told that abundance is certain things, but is not other things. Many of you have become wrapped-up in the definitions that create abundance, or an apparent lack of it. Allow us to address the notion and make very clear in your understanding that it is only...ONLY...your definitions of abundance that prevent you from experiencing it in your lives. There is absolutely nothing inherent in the idea of abundance or the experience of abundance that is difficult to attain. Only your definitions of abundance make it seem to be beyond your reach.

If you only see abundance as "money" very often you don’t see abundance in its other forms. You’re blind so to speak, abundance-blind. Because "green" is the only color you allow abundance to come in. But abundance comes in a total spectrum.

The idea is to understand you must relax your insistence that "It must come in this certain way or I won’t accept it. I won’t recognize it if I don’t see this and this on such and such a date, to the penny. Otherwise, I’m not abundant. What’s wrong with me? I can’t attract this amount of money by this date because I need it for this and I need it for that. What’s wrong with me?" Again, these are just definitions.

If you allow yourself to understand that abundance is simply whatever way, shape or form your automatic synchronicity can attract into your life what you need, to allow you to do what you need to do when you need to do it, then you will begin to realize that you are very abundant and have been for quite some time. When money is the strongest way a particular kind of abundance can be fulfilled, the money will be there. You’ll attract the opportunity to give you the money. But when money is not the simplest way, when it is not the path of least resistance, that may be the last way it will manifest. You may be receiving many other ways that abundance is manifesting in your life, or I’ll say, attempting to manifest in your life. But you may not be allowing it to, again, because of your definitions.

Now, there are many ways to change those definitions; many ways....

Abundance And Assistance

Q: All right. Wow! I had something hit me today with a lot of force – that I've had a lot of attention on for, like, the last hour. And I think that's what you're picking up on.

B: Go ahead.

Q: I became aware of a situation where someone – possibly a friend – had stolen quite a bit of jewelry from me over a long length of time. And I could be wrong about that, but that is when, I guess, it came into my head. And when it came, it came with great force and great shock; and I immediately interiorized on it, and tried to figure out what it is that I did to pull that in.

B: Oh, 'tis very simple. Now, it may be one of the ways, as you often do on your planet, to attract yourself to understand something. And you may enact it out through the auspices of yourself and other individuals, who may act the scenario out through the lack of integrity. But still, the scenario can be acted out.

And what it can do is begin to attach you to your connections, to your own perceptive abilities, through what would force you to recognize those perceptive abilities the most: the fear that something was being taken from you, the fear of the loss of your stable abundance. So that you would force yourself to have flashes of instant insight and connection that are beyond what would normally be a very staid and/or sedentary attitude about abundance.

Q: Right. Okay. Instead, some ideas of: "Oh, it's all these hidden things in the past that I'm not confronting, coming up…"

B: Yes, instead of that.

Q: …which is an old way reacting that I kind of slid into.

B: All right.

Q: Okay. And the second part of that is, that becoming aware of it involves another terminal, another person.

B: Yes.

Q: And I'm very willing to learn what I need to learn out of that, without judging this other person.

B: All right. First of all, do recognize that you can never really lose any portion of your abundance, no matter what the symbols are that may be physiologically removed from your reality – or trans-placed, so to speak.

Q: Right.

B: Nothing can be transplaced far enough away for you to truly have to believe that you are not connected to it any longer, in terms of the symbol it represents to your abundance. Because there is nowhere for it to go that could possibly be far enough away to actually take it away from you.

Q: Okay.

B: Therefore, what you may have done is to allow that individual – even though they may be representing what you need as a reflection, through their lack of integrity – to still serve you as a

reflection for being the one to remove that idea, so that you can increase your diameter of abundance and to know that you still include that idea, because now you have to go outward for it.

Q: No kidding!

B: Thus, in this way, what you are doing is allowing yourself to express the belief that, while you can always feel intimately connected to your abundance, you have an innate belief that if you do not force yourself to move in some direction, you may become complacent about your abundance.

Q: Right. Okay, now, about the terminal...

B: Yes.

Q: What do I do about this person? I don't want to... number one: I don't want to run a negative number on them. Number two: I don't want this person to continue taking things from me and be subject to the crack in their own universe as a result.

B: All right. There may be many different creative ways and imaginative ways that you can go about this. Perhaps you can leave a little sign on every article that you have: "Hi there. Yes, you may borrow this for a while, if you wish." Now, that is one way.

Recognize, also, you can simply get in touch with the idea that you never really lose anything. And many times, when individuals in your society – particularly at this point in your transformational age – are truly on the verge of recognizing their unlimited abundance, they will, in one way or another, create a little bit of a vacuum so that something else can come in and fill it, so that you can start to generate a flow.

Once you acknowledge that you have the flow of abundance, then that scenario that originally created the original vacuum need not continue. Because then you are willing to make the flow happen yourself.

Q: Ah! So I don't really necessarily need to do anything about this terminal.

B: Not really. If you find that when you acknowledge the flow within yourself, you co-create a situation where you can interact and share the idea that they no longer have to do that, then perhaps, that will be a part of the process. But it does not mean it has to be that way.

Q: Okay.

B: They may be needed elsewhere. (Much laughter) Now, if it is your opportunity and your gift and your joy to find yourself sharing the idea with them, then all you need to do is share with them that, once again, everyone is as self-empowered as they need to be to have anything they want in life, without having to hurt anyone else or themselves to get it.

Teach them of their own self-empowerment; teach them of their own abundance that allows them to know that they already have access to everything they need.

Q: Only if that situation comes around...

B: Well, obviously, if it doesn't come around, you won't have an opportunity to say this, will you?

Q: No. There's another short thing I want to ask you.

B: All right!

Q: Longer than that.

B: All right.

Q: There is this being that came into my space a couple of weeks ago: a very young being, and a very unaware being – of his empowerment.

B: Ah! One moment.

Q: Yes.

B: There is a pattern here. . . I see. Basically, what we perceive is that you are functioning as an attractive magnet for individuals that are, quote/unquote, lost. . .

Q: Yes!

B: . . . within exploration of their integrity – of where they are, who they are, and what their self-empowerment is.

Q: Yes.

B: Thus, you are acting as a conduit and attracting energies around yourself on all levels, physical and non-physical – those that may still be closely connected to the earth plane, but may be confused as to their whereabouts or their situation.

Q: Yes. I've noticed that, and I've even wondered about how come I'm pulling in these people. . .

B: It is all part of your signature vibration, your willingness to be of assistance to allow others to move on in empowerment. It is the way you can be of service.

You are showing signs of the old frame definition of what is classically referred to in your society as an exorcist – the idea being a spiritual psychologist to allow individuals to know that they are not trapped in the scenarios they think they are trapped in, and can move on to something more expansive. Whether that is a physical person or not does not matter; you will attract many clients.

Q: Yes, I have attracted non-physical and physical.

B: All right. Then simply radiate your love; radiate your abundance; give them something to pick up on as a beacon, so that they do not have to feel they are wandering the endless seas of grey fog. They will see your shining light; they are attracted to it to begin with.

But organize it in a way that lets you consciously know you are being of assistance to them, so they can sense the pattern within the light that you are. So they can drink deeply from it, allow themselves to energize themselves, and recognize who and what they are in the reflection they see within you. All right?

Q: Yes.

B: By knowing you are self-empowered, and are completely, totally expanded in your abundance, then you can show them that they are too. And allow them to move, and not create apparent cycles of repetition – apparent cycles of repetition.

Q: Right, one last thing.

B: Yes.

B: This young thing that I was telling you about – there was a tremendous cycle that occurred with him that was horrendously a growth situation for both of us.

B: Horrendously a growth situation.

Q: Horrendously.

B: All right.

Q: Magnitudinous.

B: Yes. Oh!

Q: And it was absolutely marvelous.

B: Yes. All these things!

Q: Yes, indeed, and then this person just disappeared out of my universe, and I wasn't finished helping them, and I was really mocking up all these things that I. . .

B: You weren't finished!

Q: No. And it just popped in, popped out, and I went: "Well, Jesus; you know, here I am and I'm ready to help some more." And the being disappeared, and I couldn't figure out why the being disappeared.

B: You can't? You do not think you already helped them?

Q: Yes, I do. I do think that I've already helped them.

B: Well, then?

Q: But I was just surprised that it was such an abrupt. . .

B: Well, that is the instantaneousness with which things can occur when you allow yourself to harmonize with your non-physical and physical self - rather than simply rely on all the physiological attributes to be gathered together before you will allow something to occur.

Q: Right. Okay. Thanks.

B: That is another idea of abundance, as well. Waiting. Gathering all the physical symbols you think need to be there before you will allow something to occur – and not simply allow it to occur when it is ready.

Q: Right. Beautiful. Thank you.

B: Thank you.

Abundance and Believability

Q: I'm perplexed and curious.

B: Well, all right. Exciting states to be in, states of discovery.

Q: Yes, about a particular relationship situation with a person that is one of the owners of the company that I work for.

B: All right.

Q: I would very much appreciate anything you could tell me, share with me.

B: Well, what is your definition of the situation?

Q: Mmmm. The definition of the situation is that one of the owners of the company has a very strong reaction to me. I'm one of the top performers in the company. No matter what I do, periodically – at least once a week – he has an outrageous outburst of anger.

B: All right.

Q: Now, I know that in some way I co-created this at one point…

B: Well, yes. But that doesn't necessarily mean that when you interact with someone, that what *they* do is an absolute on-to-one reflection of what *you're* doing. It may simply be a co-creation to allow them to see in the situation what they need to see. And you can get out of it what you need to see. But the idea of certain situations doesn't necessarily mean that it is relevant to each of you in the same way, or to the same degree. Understand?

Q: I would really appreciate it if you could enlighten me in any way.

B: Have you discussed this with that person?

Q: He's threatened to fire me three times, in front of the entire company…

B: Have you asked a reason?

Q: Mmhmm.

B: And?

Q: I don't get an answer. Because the thing is, there's no real reason.

B: All right. Do you desire to remain there?

Q: The truth is, no.

B: Well then?

Q: But I do desire to stay there for a while.

B: Why?

Q: Well, it's my income.

B: So?

Q: And…

B: So?

Q: I've got fairly high expenses.

B: What makes you think you will not be able to attract yourself into a circumstance that will be equivalent? Or even more expanded? Are you going to allow him to take the responsibility of pushing you out the door, when you know you want to walk?

Q: Well, he can't push me out; I'm one of the top performers.

B: Well, but you are creating a symbol that could create the friction that would then force you to leave under negative circumstances, instead perhaps of allowing yourself to learn from your own symbol that you are being given an opportunity to realize that you actually prefer to be somewhere else. This is a suggestion. How does it ring within you?

Q: Well, I'd know that I would prefer to be somewhere else.

B: Where?

Q: I don't have a clue.

B: All right. Will you give yourself the opportunity to see the more expanded version of what you would prefer to do, if you were not in the company you are in now? Can you have – or do you have in your imagination – a picture, or a play, of what you would prefer to be doing in a more expanded way? Can you see yourself doing something that you cannot do in the company you are in now – somewhere else?

Q: Absolutely.

B: Now, maybe. . . maybe what you mean is: "I can't believe what I see." Maybe that's what you mean. How does that sound?

Q: I'm having. . . I can believe it; I can't quite get the timing.

B: Oh, the timing! All right. I love this technique! This excites me a lot to use this technique – called the "threshold of believability." Are you willing to be very honest and very direct?

Q: Yes.

B: All right. Now: recreate the image of the ecstatic, abundant, spontaneous, carefree artist that you are. All right?

Q: Got it.

B: All right. Now: do you perceive that you will be able to be that *you*, beyond a shadow of a doubt, no problem, in ten of your years?

Q: Yes.

B: All right. Now: do you perceive that you will be able to be that you, beyond a shadow of a doubt, no problem, in ten of your years?

Q: Yes.

B: All right, five of your years?

Q: (Pause) Yes.

B: Why did you hesitate?

Q: I had to really get five. I mean, it's a lot of abundance for five, from what I am now.

B: All right. Would you like to try that again? (Giggle) All right. Do you, beyond a shadow of a doubt, know that you are capable of creating that reality in your life in ten years?

Q: Yes.

B: Why are you so sure that you can do it in ten years?

Q: I don't have a clue. You asked me not to think about it, and that's the answer that came out.

B: Very good! But in other words, you simply *know* that is sufficient time for you, yes?

Q: Yes.

B: No problem, more than enough time. Easy as pie, as you say. Is that what you are saying when you say: "I just know."

Q: Yes.

B: All right. Do you feel, therefore, that nine years is sufficient? If ten years is sufficient to create that life style, is nine years sufficient?

Q: Sure.

B: So you believe it?

Q: Yes.

B: All right, fair enough. So you believe seven years is sufficient?

Q: The shadow of the doubt is there – the shadow.

B: At seven years?

Q: Yes, the shadow.

B: All right. What does that shadow look like? What is the little voice that says: "I don't know if I can do this in seven years?" What allows you to believe it would take longer than seven years? What came in? What was the doubt?

Q: Hmmm.

B: All right. Go back to nine. Go back to ten years. No problem at ten years.

Q: Mmhmm.

B: What is the difference between doing it at ten years and doing it at seven? What is the definitive difference between the two scenarios in your mind? What do you see yourself capable of doing at ten years that you don't see yourself capable of doing at seven?

Q: Well, I'm not so sure. It's the economics and the timing.

B: Economics and the timing. All right. Can you be more specific? You are saying to me – as I interpret what you are saying – that you cannot imagine that you will be economically abundant in seven years, but that ten years is enough. Is that what you are saying?

Q: Well, once you said it like that, I'm not quite so sure. . .

B: Oh, all right. What are you saying? What is the difference between seven and ten years – in your ability to be that image? All of you can be applying this to yourselves and what excites you the most.

Q: I'm sorry to be so hesitant and take so much time.

B: I beg you pardon! Sorry?

Q: Mmhmm.

B: Did I ask for an apology?

Q: No. (Strawberry, from the audience: "Yeah, you said you begged her pardon.")

B: Thank you! Now we're on the track. See what happens when you get born all over again. You start being as much of a smart aleck as me, and I love it! Thank you for speaking to me as a Sassanian would.

All right! Now that I'm no longer begging and you are no longer sorry – can you define the difference? Are you creating within your mind an assumption of a particular type of structure that you think you need in order to have the economics at ten years, that you can't have through that same structure at seven? Is it the structure of how you think you have to get the economics?

Q: No.

B: All right. What makes seven different from ten – aside from three? The sooner you all become equal, the more I shall have to pay close attention so that I am not surrounded by smart alecks.

Q: The more you talk, the less difference there is.

B: The more I talk, the less difference there is. I'll take that as a compliment!

Q: Absolutely. Please do.

B: Do you understand you're only listening to yourself, however?

Q: Yes.

B: All right. Now: it isn't necessarily a matter of analysis. But the more willing you are sometimes to talk about it – what you are saying is that the more equal everything becomes.

Q: Yes.

B: And those definitions are not chiseled in steel. You are not using definitions that represent the fundamental laws of creation. You are only making definitions and creating definitions that are simply the results of your society's beliefs, and the beliefs that you have bought into. You don't have to buy into them. You can buy into other ones. Sell those; use the money to buy another belief. You'll get a fair price for them. Someone, somewhere, will want that belief, the belief you no longer need.

So the less difference you create there to be, in terms of the idea of time and space, then the more flexible you are at any given moment in your ability to create whatever you really want right now. Understand?

Q: Yes.

B: Pay attention to the scenario you have created. You have seen yourself as an ecstatic abundant creator. That *is* you. The only thing that separates you *here,* from that you *there*, is assuming that *that* you is, in fact, out there. And not right here.

All you have to do is be that *you*, act like that *you*. Do the things you see that *you* doing in your imagination, and you will be that *you*. And because you will be of that frequency, you will have the life of that person. I guarantee it. Guarantee it. Because any frequency you are is the reality you experience. It can be no other way.

Q: I understand that.

B: All right. So you also do not have to berate yourself for however long it does take. That's your understanding of your timing. And however you do it will be just fine. So simply recognize that you do have the ability, however, to go wherever you really want to go – right now! Understand?

Q: Yes.

B: And all you have to do is act in the clear way that represents the *you,* you imagine yourself to be – now. Clear?

Q: Yes.

B: Does that serve you?

Q: It does. Can I ask you one more thing?

B: Yes.

Q: It's just my curiosity about this relationship, which triggered the information and sharing you did with me – which I appreciate very much. But I still. . .

B: The being is throwing a tantrum. The being has been one of your children.

Q: Thank you.

B: You are welcome.

Q: Thank you very much. Is that all?

B: Yup!

Q: It's been great.

B: Thank you.

ABUNDANCE II

Let us discuss a few notions and allow us to add a new perspective to some of the ideas we have been discussing in your awakening of consciousness. Let's begin with what you very often call, "The Big A: Abundance." Abundance seems to be an issue that absorbs much of your attention and has seemed to absorb much of your attention for quite some time. Let's address the notions of abundance so you can understand attracting abundance into your life is quite a simple matter and does not have to be in any way the struggle you may have created it to be. Many of you have been told that abundance is certain things, but is not other things.

Many of you have become wrapped up in the definitions that create abundance, or an apparent lack of it. Allow us to address the notion and make very clear in your understanding that it is only – ONLY – your definitions of abundance that prevent you from experiencing it in your lives. There is absolutely nothing inherent in the idea of abundance or the experience of abundance that is difficult to attain. Only your definitions of abundance make it seem to be beyond your reach.

Here comes another new definition. Are you paying attention? All right. Abundance is the ability to do what you need to do, when you need to do it. Period. "Hey, he didn't say anything about money. He left out money. What good is abundance without money?" Well, what good is money without abundance? Again, allow yourself to understand the basic definition of abundance: the ability to do what you need to do, when you need to do it.

Now, yes, on your planet we understand you have one symbol of abundance called money. Yes, it's valid; yes, it's creative; yes, it's going to change. But that's all right; it is still valid. It is just as creative as any other way to represent abundance. "What do you mean, any other way? What other way?" Well, many other ways; many other ways. And that's the difficulty in your definition.

If you only see abundance only as money, very often you don't see abundance in its other forms. You're blind, so to speak, abundance blind, because "green" is the only color you allow abundance to come in. But abundance comes in a total spectrum. The idea is to understand you must relax your insistence that "It must come in this certain way or I won't accept it. I won't recognize it if I don't see this and this on such and such a date, to the penny. Otherwise, I'm not abundant. What's wrong with me? I can't attract this amount of money by this date because I need it for this and I need it for that. What's wrong with me?" Again, these are just definitions.

If you allow yourself to understand that abundance is simply whatever way, shape or form your automatic synchronicity can attract into your life what you need to allow you to do what you need to do, when you need to do it, then you will begin to realize that you are very abundant, and have been for quite some time. When money is the strongest way a particular kind of abundance can be fulfilled, the money will be there. You'll attract the opportunity to give you the money. But when money is not the simplest way, when it is not the path of least resistance, which may be the last way it will manifest. You may be receiving many other ways that abundance is manifesting in your life or, I'll say, attempting to manifest in your life. But you may not be allowing it to, again, because of your definitions.

The Rich Person: I'll give you an analogy. This analogy keys directly into the concept of fundamental unconscious belief systems. When they are growing up, many individuals on your planet hear many stories, many parables, as you call them. And perhaps one day you hear the parable of "The Very Rich Person." And in being a small child, being open to all information, you sit there and absorb this parable. And this parable says, "This person is exceedingly abundant." And at the same time, "This person is an exceedingly mean, nasty person." So your little budding mind says, "Oh, abundance equals nastiness," and it joins the two. The two ideas marry and fuse in your consciousness belief matrix. So one day, when you've forgotten that you ever heard that parable, you grow up and say to yourself, "You know, I would really, really like to be abundant. I'd really like to be rich." But then, all of a sudden, somewhere deep down, so deep down that you can't even hear it, a little voice says, "but if I become rich, I'm going to become nasty and I don't want to do that – so I'm not going to let myself become rich."

Now, when you begin to delve deep in your meditation, when you are quiet within yourself and dive back through your own personal history and discover what the beliefs are that you have about situations in life, including abundance, and where you got those beliefs and why you have them, then you can recognize how you may be sabotaging yourself, constantly short-circuiting yourself by having "piggy-backed" belief systems that have no business being joined together.

When you understand that you may have beliefs like the one just mentioned, you can then clarify the issue by saying, "Ah, but now I understand a person can be rich without being mean. Now I understand that. But I had to understand that I believed it was not possible before this point. I equated nastiness and abundance as one concept and, therefore, would not allow myself to be rich, because I did not want to he nasty. I did not want the whole picture of what I thought it meant to be rich. Now, how would I prefer to believe it is to be rich?" Redefine; rewrite your own personal definitions. Once you understand what the definition is, rewrite it. Use your imagination. Rewrite the belief the way you prefer it to be. "I am a loving, kind, beautiful, artistic, creative, rich individual. That's the kind of individual I prefer to be. And I now know I can be, without in any way, shape or form having to hurt anyone else or myself – whatever I want to be. That's how powerful I really am." That's true power.

Power: When you understand that you are already as powerful as you need to be – without having to hurt anyone else or yourself – in order to create the reality you prefer, then you know True Power. Power is not "control." It is not "domination." It is not "attempting to try" to make your reality conform to your will power. No. Will is simply focus. It is simply clarity about whom and what you are; what it is you prefer. And clarity about what it is you believe you deserve. That's a big issue, deservability. Big issue, especially with regard to abundance, "Do I deserve to be abundant?" But again, it is the actions themselves; it is the reality itself that says it all. Are you willing to believe it to the point where you're willing to be it? Are you willing to act it out, to be that person, that abundant person than can then attract that reality to themselves?

As long as you trust that you are not avoiding something you need to look at, you must trust that your excitement is the thing to follow; then act in that direction.

The Dream House: Imagine you are very excited about having a beautiful dream house. "I would love to live in a house. Oh, look up on that hill, like that one. That's my symbol. That's my model. I want a house like that. It is my all-consuming passion to live in a house like that. Well now, how can I live in a house like that? I can't afford that. I don't have the money. I guess I'll have to go get a job. I'm not really excited about getting a job, but it's the only way I can think of. I'll have to get a job. I'll have to work very hard. I'll have to save a lot of money, and maybe, in a few years, maybe, I can have a house like that one on that hill. So I better go get a job."

So you scan your papers. You don't really see anything exciting, but you see a house that is, oh, tolerable. You say, "Well, it's worth it, because I'm going to get the other house someday. It is worth it to suffer now, because I'm going to get rewarded later." That's a big one in religion. Which by the way is quite unique to your planet. Back to the house. So now you're walking down the street with the paper under your arm, ready to go on that big job interview, to get the job that you know you're not excited about. "But it's alright. It's okay. It's a living." And then you run into a friend. "Well, hello. How are you? Why don't you come and join me for lunch?" "Well you know that's an awful exciting proposition compared to what I'm about to do. Definitely more exciting than going on this job interview. But no, I don't have time. I've got to go. If I don't go on this interview I'll miss the job. I won't be able to make the money. I will never get my house and that's what really excites me." "Well you've got to eat. You can't have work if you don't keep up your strength." Well, all right, you say, "Good argument. I'll spare a little time. Because it is more exciting. I'll spare a little time, but I can't be late. I can't be late."

So off you go. You follow your excitement. The most exciting thing you were offered at that moment. Out of all the things you could act on, you took the one that excited you the most at that moment. And you went and had lunch and you were having such a good time. Oh, as you say, "Where did the time go. Oh no! Oh no. I missed the job interview. Now I'll never get the job. Now I'll never get the money. Now I'll never have my house. Oh, no."

And as you sit there bemoaning your fate, a friend of your friend comes along, sits down and says, "Well hello, nice to meet you. But why the long face?" "Well, it's a long story." But you go through the whole thing anyway because misery loves company. And you wind it up with, "Now I'll never be able to get my dream house. And I would love to have a house like that. You know that one up on that hill on such and such a street. I would love to..." "What? On such and such a street? You mean up there on top?" "Oh yes. I would love to have a house like that. I would love to live in a house like that. That's what really excites me. Not the job. The job didn't excite me. But now I'm never going to have that house. I don't have a job and I don't have any money."

"But wait a minute," says the new friend. "That's my house. And you know what? I was very happy to see my friend here because I'm leaving for about three years to go on an extended trip; I was going to ask if he knew of anyone who might want to stay in my house and take care of it for free." "You mean if I had gone to the job interview I would never have made this lunch, and I would never have run into you, and you would never have offered me the ability to stay in my dream house for free? Oh, I get it."

And now, here comes the panel of cynics: "That's a fairy tale. Life doesn't work that way. That's too good to be true. It's just a coincidence. Never happen in a million years. One in a million chance. Oh, what are the odds against that?" All right, thank you cynics. You had your say. Good-bye. Life does work that way, all the time, every moment, every second, when you allow it to, by following the thing that excites you the most; by allowing your positive synchronicity to work for you in the same way you've been allowing your negative synchronicity to work for you. Yes, they are coincidence, but they are not accidental. The idea of "missing the boat" is negative synchronicity, because it is a perfectly timed reflection of your fears and doubts.

Fairy Tales: Perfect timing is something you always have. It's simply a matter of whether you have perfect timing in the things you do or don't prefer. That's all. Your timing is always flawless. What it brings you is utterly based on The Third Absolute: What you putout is what you get back. Following your excitement allows you to stay on a level of high energy and high positive synchronicity. So, the reality you get is very much like what you call, "a fairy tale." It's magical. It's miraculous. Remember, a miracle is the rule; it's the natural order of things. When miracles don't happen, that's the exception.

Allow yourselves to begin to realize that you are miraculous. You are magical. Nothing is too good to be true. Nothing. Zero. Zip. It is all real, it is all true. That's the most astonishing thing you are discovering, and that many people are going to discover in this expansion age upon your planet. It's that what you have been taught to believe "is nothing but a fairy tale," is actually reality. You're going to wake up into a new dream, a dream of consciousness. Absolute.

Now, understand that when you start along that path consciously, when you wake up and start seeing things, many things begin to happen. First of all, as we have just illustrated, you begin to recognize that abundance comes in many forms. Sometimes you can simply be given something or make an exchange, or provide a service for, or receive, in a variety of ways, the things you need or want to do. The ability to do the things you need, when you need to do them. If that individual had insisted on the money, it might have taken them years to get the house. Because they didn't insist, because they followed their excitement, they got the house now. No money down. No money needed ever. They got the experience they want, the experience.

Do not insist that the situation has to be in a certain arrangement. So, that's the first thing you learn about abundance, that there are many forms of it. Let them come to you; do not shut the door. Let them come... by following your excitement. The next thing you learn is that as soon as you start rolling, you must then continue to roll. You must continue to act on the opportunities that come to you, that you attract into your life.

Understand that when you are focused in a negative way, opportunities are invisible to you. You literally don't see them. But when you open up to the idea that you are automatically aligned and synchronized with everything that you need, you start to see the things that have always been there but could not see. And so you must act, at any given moment, on the thing that excites you the most that you have the highest degree of capability of acting upon. Sometimes situations will present themselves that you are

equally excited about doing. Act on the one that has the highest degree of ability to be acted upon, because your ability to act in the various directions of what excites you will never be exactly the same. They will never be equal. Act upon the excitement that you have the highest degree of ability to act on. Now, seeing more than one thing, which excites you equally, tells you there might be an overall, all-encompassing category into which these things fall, which if taken together represent the most exciting thing that you choose to do. And these equally exciting things are simply different manifestations of the same one most exciting thing. Let that be your clue into the thing that excites you the most.

You don't have to have a life-spanning career in order to know what excites you most at the moment. You can take it a step at a time. What is the thing that excites you the most – right now? Stay in the moment. Staying in the moment is the best way to fulfill a life spanning career anyway. Doing the thing that excites you the most, at any given moment that you are capable of acting upon, will lead you automatically, effortlessly and abundantly into the next situation that you need to be led into, to provide you the ability to do the next most exciting thing that you could possibly do. So follow that thread. Excitement is the thread. Follow it. You laid it out; follow it. It's your thread.

Now, many of you have begun to follow your excitement in life. Many of you have begun to act on the opportunities that you attract into your life. And many of you have now arrived at a new threshold, which I will now address. Sometimes you say, "Well, I have been doing the thing that excites me, and I have been recognizing that opportunities have been coming to me, and I have been acting on them. And all of a sudden something stopped. I started to see pieces of opportunity, but no whole opportunity. No whole direction makes itself obvious or apparent. Now what's happening? Am I slipping back into my negativity? What's happening to me?"

All right. A very important threshold to remember. You are a creator and at a certain point you are going to be expected, in a sense, by your actions to act more like a creator. And what this means is this: as you create the ability to act, to trust, to be excited, to follow your dreams, and as you attract opportunities in whole form, there will come a time when, all of a sudden, you will shift from attracting opportunities, to being expected to create the opportunity. To create the opportunity, literally, as you say, "from scratch." That's where you really have to be bold, where you really have to be inspired. Where you really have to use your imagination and your full creativity to actually invent, to create, to manifest from nothing, the opportunity that you can then act on. Now you're pulling yourself up by your own bootstraps.

At this point, you are actually creating the stepping-stones that you take the next step on. You're not just waiting for them to come after you take a step, do an act, or see the opportunity come. Yes, up to a certain point. But after that point you must actually build the next step before you can take the step. You will understand what I mean about this if you have arrived at that point or when you do, because you will. But that's where your full blossom and full power of creativity is expected to come to bear. Where you have to look at things like you've never looked at them before and see the ability in "nothing" to create an opportunity. To see things that might be completely disassociated to most people, but see how

they connect and then connect them. To create a new third thing that is an opportunity nor only for you but for all individuals involved in the connection. Then you are really high powered. Then you're really beginning to take the first baby steps of true creation.

True manifestation: Now, just for a moment, let us use what you have to springboard you to the next level. So what you have experienced now is but one infinitesimal atom of the ecstasy and the abundance and the flow and the synchronicity that you could experience in your life. Do you think you could stand that much ecstasy? Or will you just explode? All right then, do not say you do not know how to proceed. You do. All you have to do is use your imagination in the very same way you use it this day of your time, in whatever direction you so desire. There are no limitations. There are no limitations.

Create the reality you prefer. Create what your imagination is most strongly and magnetically attracted to. Go and be with the people that you feel are representative of the vibration you want in your life. Let them rub off on you. Be that person now. Act like the person you want to be, now. Do the thing that person would do, now. Be as bold in every endeavor that excites you as you have been this day of your time. You have given yourself the perfect example, you have created it yourself. You are in no way lacking in creativity and generation of flow, as you have very strongly illustrated. So, from this point forward, when you express that you don 't know how to proceed, I will not believe you.

Thank you for a most pleasant and enjoyable, ecstatic, synchronistic and abundant exchange. [Audience applause] Your applause is for yourselves completely. Thank you for appreciating who you really are and what you really can do when you finally decide to align.

Abundance III

B: All right, I'll say, how all you all this evening of your time, as you create time to exist?

Audience: Great. Fine. Etc.

B: We will begin the idea of the interaction, this evening of your time, by illuminating a little bit further the idea you have been exploring, many of you, this time of your time, the idea of your own abundance.

Recognize, in this way, there are many ideas that exist within the society you have created yourselves to be about the idea of abundance, which, in this way, are part and parcel of the *structure* that you have created your society to be, and not intrinsically definitions of abundance. You, many of you, attach the idea of abundance to the specific symbol of what you call your monetary exchange. Now it is not that your monetary exchange can not represent the idea of abundance, but abundance is far more than that idea, though many of you will not allow yourself to perceive abundance as being such. And in this way, many of you *limit* the idea that you are already very abundant, in exactly the way you need to be, because you *assume* that you are not abundant because you do not have the monetary symbolic representation of this idea.

Recognize that the basic, primal definition of abundance, in a sense, in your terms, more closely, is simply being able to do what you want to do when you want to do it. This does not always. . . and I'm sure your imagination is able to come up with many examples. . . it does not always mean that you must have money in order to fulfill that definition. For recognize there are many ways, many connections that can be formed, many doorways, many opportunities, many interactions, many relationships, many situations that can bring you the opportunity to do what you want when you want to, without money ever changing your hands from one to the other. In this way, as you restrict yourself into the assumption that it is ONLY through money that you can allow yourself to achieve abundance then you are closing all doors through which many opportunities that will allow you to express your abundance may manifest. Recognize many of you feel in this way, that because you do not have enough money, more money than you have, you cannot do some of the things you would like to do. Things that excite you in that way, things that you know are the vibration, are reflections of the vibration that represent the things you most desire in your life, but, as you say," woe it is," you do not have enough money.

Now recognize, many of you make the assumption that individuals in your society that you call *rich* have more than enough money to do anything they want. . . they do not. An individual you see as rich has exactly just enough money, but they have just enough money to fulfill the idea of themselves that they have. You, if you will stop and think about it, usually always have just enough money to do what you want to do, one way or another. "I always have just enough, but I never seem to have more than just enough." (Audience laughter) But simply recognize, an individual who is also rich always only has *just enough* to do what it is they have allowed themselves to realize they are capable of doing.

Therefore recognize, the idea of the *scope* of the symbol of abundance is directly proportional to the degree to which you believe you are capable of expressing the being that you are, the idea that you are. Being willing to be *fully* the idea that you would like to think you are will expand you to the point where

you will then attract automatically to yourself all of the individuals, opportunities, and situations and relationships that will provide for you a directly proportional means of expressing the degree of the idea you are willing to be. Nature works automatically in that way, functions quite automatically. It will always supply you with exactly the degree of the tool that will go into allowing you to express the degree of the idea you are willing to be. Are you all following along with this idea?

AUD: Yes. Yes.

B: Also, many of you feel, in this way, that being rich is to hoard the symbol of money. Recognize again, that while it is not, in your terms, impossible to do this idea, all then that has been done is the compilation of the symbol – money. And in this way, it is not the fundamental *activity* of abundance; it is simply a pile of money. In this way recognize that, again, if you will look at it, many of the individuals upon your planet who are truly, let us say, *functionally* abundant, *functionally* rich, are not prone to be able to say, "come to this room, I'll will show you all my money" . . . as you say, their money is *doing things* for them.

Recognize, therefore, that another idea, another aspect of abundance is not that it sits, is that it flows. When you create a flow, when you put out the idea of yourself in this way, and are willing to be equal, to know, to trust, without fear, beyond a shadow of a doubt that the idea of putting out an idea of abundance will allow there be a vacuum and allow there to be the vacuum filled to create a flow in that way, then the idea will be understood that those that are expressing abundance are not stockpiling, they are allowing abundance to flow through them to do things in that way. Therefore recognize, that is why many individuals upon your planet coming from the assumption, from the beliefs that abundance is *holding on* to the riches in this way, when they come from those beliefs and are about to experience the idea of abundance, many times they will, because they are not willing to do willingly, they will, in a sense, attract a situation that will force them to release a part of what they now know to be their, so called, abundance, to allow a greater abundance to come in, because of the flow that will be created by the release.

Many of you will create this release through your reluctance, by having something stolen from you. That is why many individuals who are very, very accelerated in the exploration of abundance will automatically find that many times they will have objects stolen from them. Because they will attract an individual, in that sense, who is powerless in their own right and willing to be attracted by those, in that sense, who are exploring the abundance but not willing to release. They will attract that individual to uncork the plug for them, in that sense, and allow there to be now recognition, if you are willing look at the situation in a positive light and not a self pitying negative light, you will then recognize then that that has been a release that now allows the waters of abundance to flow through you, for a gap created will be a gap filled. There can be no vacuum in creation in that way. You follow me?

AUD: Yes.

B: There are many manifestations of different ideas of how individuals may allow their own abundance to become paramount and recognizable in their lives. But, also, as we have said, recognize that

abundance is not just your monetary symbol. Anything, any situation, any opportunity that allows you to simply *function* as the being you know yourself to be is an expression of your abundance, and many times you can create a situation whereas you previously thought you required money for the manifestation of that situation, but now that you are functioning within trust in your abundance, you can recognize that many times you will attract situations that will automatically grant you the same circumstances that will allow you to function in the way you wish to function, regardless of the definition.

For example, many of you will say, “well I am looking for a place to live, therefore, I need money for a place to live.” But recognize, as long as you focus on the idea that you may ONLY get a place to live if you have the money, then you may not allow the ecstatic explosion of coincidence to occur where a friend comes up to you and says “I happen to know someone who is going out of town for five years and wants somebody to watch their house, will you do that free of charge, in that way, and have a place to live? “ These things can happen and do happen all the time when you *allow* them to happen; you will find (yourself) walking into exactly the right place, at the right time, interacting with exactly who you need to be interacting with, because they are providing a service to you, and you are providing a service to them and you are trusting that the universe, when you let it, *works* that way and works that simply *all the time*. You follow me?

AUD: Yes.

B: Sharing!

Abundance Scenarios

Q: I became aware of a situation where someone – possibly a friend – had stolen quite a bit of jewelry from me over a long length of time. And I could be wrong about that, but that is when – I guess – it came into my head. And when it came, it came with great force and great shock. And I immediately "interiorized" on it, and tried to figure out what it is that I did to pull that in.

B: Oh, 'tis very simple. Now, it may be one of the ways – as you often do on your planet – to attract yourself to understand something, you may enact it out through the auspices of yourself and other individuals, who may act the scenario out through the lack of integrity. But still, the scenario can be acted out.

And what it can do is begin to attach yourself to your connections to your own perceptive abilities, through what would force you to recognize those perceptive abilities the most: the fear that something was being taken from you, the fear of the loss of your stable abundance. So that you would force yourself to have flashes of instant insight and connection that are beyond what would normally be a very staid and/or sedentary attitude about abundance.

Q: Right. Okay. Instead, some ideas of: "oh, it's all these hidden things in the past that I'm not confronting, coming up. . . "

B: Yes, instead of that.

Q: . . . which is an old way of reacting that I kind of slid into.

B: All right.

Q: Okay. And the second part of that is: that becoming aware of it involves another terminal, another person.

B: Yes.

Q: And I'm very willing to learn what I need to learn out of that, without judging this other person. . .

B: All right. First of all, do recognize that you can never really lose any portion of your abundance, no matter what the symbols are that may be physiologically removed from your reality – or translated, so to speak.

Q: Right.

B: Nothing can be "transplaced" far enough away for you to truly have to believe that you are not connected to it any longer, in terms of the symbol it represents to your abundance. Because there is nowhere for it to go to that could possibly be far enough away to actually take it away from you.

Q: Okay.

B: Therefore, what you may have done is: allow that individual – even though they may be representing what you need as a reflection, through their lack of integrity – to still serve you as a reflection; for being the one to remove that idea, so that you can increase your diameter of abundance – to know that you still include that idea. Because now you have to go outward for it.

Q: No kidding!

B: Thus, in this way, what you are doing is: Allowing yourself to express the belief that, while you can always feel intimately connected to your abundance, you have an innate belief that if you do not force yourself to move in some direction you may become complacent about your abundance.

Q: Right. Okay, now: about the terminal…

B: Yes.

Q: What do I do about this person? I don't want to – number one: I don't want to run a negative number on them. Number two: I don't want this person to continue taking things from me and be subject to their crack in their own universe, as a result.

B: All right. There may be many different creative ways – and imaginative ways – you can go about this. Perhaps you can leave a little sign on every article that you have: "Hi there. Yes, you may borrow this for a while, if you wish." Now, that is one way.

Recognize, also, you can simply get in touch with the idea that you never really lose anything. And many times, when individuals in your society – particularly at this point in your transformational age – are truly on the verge of recognizing their unlimited abundance, they will, one way or another, create a little bit of a vacuum – so that something else can come in and fill it, so that you can start to generate a flow.

Once you acknowledge that you have the flow of abundance, then that scenario that originally created the original vacuum need not continue. Because then you are willing to make the flow happen yourself.

Q: Ah! So I don't really necessarily need to do anything about this terminal.

B: Not really. If you find that when you acknowledge the flow within yourself, you co-create a situation where you can interact and share with them that they no longer have to do that, then perhaps that will be a part of the process. But it does not mean it had to be that way.

Q: Okay.

B: They may be needed elsewhere. (Much laughter.) Now: if it is your opportunity and your gift and your joy to find yourself sharing the idea with them, then all you need to do is share with them that, once again: everyone is as self-empowered as they need to be to have anything they want in life, without having to hurt anyone else – or themselves – to get it.

Teach them of their own self-empowerment; teach them of their own abundance that allows them to know that they already have access to everything they need.

Q: Only if that situation comes around…

B: Well, obviously, if it doesn't come around you won't have an opportunity to say this, will you?

Q: No. Thank you for your assistance.

B: Thank you.

1

“ABUSE”

From Gravity

Thousand Oaks, CA

12-12-97

Q: Last time when Pamela was talking about the woman whose children are being abused.

B: Yes.

Q: By a cult.

B: Yes.

Q: And you wouldn’t talk about it, but you did say that you are there for her.

B: Yes.

Q: You were being specific for Pamela for the moment.

B: Yes.

Q: And I assume that you are there for all of us that are helping her.

B: Yes.

Q: I was wondering what you mean by, “there for us,” in what sense are you there for us?

B: I will give you **one** level of it. Remember that many of the strongest interactions that we and other beings such as ourselves, and or spirit beings, have with many humans is in what you call the dream state. In many dream interactions we are having, already, what you consider to be on going contact, conversation, communication, interaction. In so far as you are willing, many of you stretch out in your dream state to see what it is you can do about changing your physical reality, once you reconnect to it in what you call your waking state. We are there with you in those dream states discussing, planning, orientating, teaching, reflecting, learning and sharing the myriad of ideas that can be applied into your physical reality; that you think is best to apply for the purpose for what is best for all concerned.

And on that level that is one way that we are **there** for you.

But when you wake up in your physical reality, in that many of you still understand this physical reality game on earth to be one that requires a bit of *random unknown* in order for it to function in a way you prefer it to, then many of you will simply, empirically forget many of those conversations consciously. You will push them into a level of yourself that you typically call the subconscious, so that it can run on automatic and simply allow **you** to direct yourself towards certain events in a spontaneous and creative way. So that it simply doesn’t become robotic or automatic in terms of how you fulfill what it is we have discussed in the etheric dream state realm. Because then, you allow yourself the spontaneity of creation as to how to transform these things, and it simply isn’t the rote practice of simply repeating the steps we are talking about, because there will always be a new factor when you are connected to a different reality such as physical life, there will always be the spontaneous moment to moment creation that you have to take into account. So, in order to do that in the way that is best, you allow yourself to forget some of the

things that we discussed, not that you will not implement them, but you will implement them according to how it is appropriate for the physical reality you have reconnected to. Does that make sense to you?

Q: Yes.

B: Does that answer your question?

Q: Yes, I have more.

B: Yes, all right, I figured that was the case.

Q: Are there more alien groups than just yours that are helping her and us?

B: Oh, yes. yes, yes, yes, yes.

Q: Can you name any of them?

B: Well many of them you know, or some of them you know, in the sense of what you typically call the Pleiadeans and the Orions, and the Sirius group. There are several and there are some we can not name at this time.

Q: But some of those groups are specifically helping this woman, this situation?

B: Some individual members in some of those groups are specifically helping the woman you are referring to and many other people on your planet with regard to this particular issue which is a very important issue on your planet at this time since it is time to break the chain on your planet of those situations and circumstances that have created much of the disfunctionality in many of the adults, or the so called adults, that exist on your planet at this time.

Q: Are you referring specifically to pedophilia or satanic. . . .

B: All forms of what you typically call abuse. All forms of what you typically call the devaluation of the soul.

Q: Is there also Angelic help involved?

B: Yes, but that is not what we call an extraterrestrial being per se, in the way you classically mean it.

Q: Right. And what is an Angel and how does it differ from a spirit guide?

B: The Angelic consciousness is, as we refer to it, the level of consciousness that is the first differentiation from the One. It is the first level of split off from the undifferentiated whole of All That Is. The first reflection, the first moment of awareness, just to speak linearly, that what you call God or All That Is, had that it was self-aware, caused a reflection. In order to see Itself as self-aware, that automatically implies a segregation, a separation, a self-reflection. That self-reflection, because God is God, created differentiated consciousness. That first split off, reflective differentiated consciousness is what you call Angelic Consciousness.

So to put it colloquially the Angels are the first level down from the One. The first differentiation of the One into the Many. Then from there it goes down, down, down to different levels of Oversoul consciousness and into differentiated personality structure consciousness, such as spirits and souls and so forth. We are skipping a few levels but you get the point. Does that help you?

Q: Yes. I wonder, you earlier at some point some months ago, you mentioned a person that would come along this month, December, that would embody aspects of Lady Di and Mother Teresa, and some of us who know this woman in question are wondering if you were referring specifically to her?

B: You have made a misinterpretation. What we are saying is, not that there can not be specific embodiments that might reflect more or less the qualities you are referring to, but the idea of the passing of those individuals requires now the embodiment of those qualities in **all of you!** They have now, in a sense, left the physical realm by showing you the kinds of things that need to be done so that in leaving, you are forced to take those qualities into your own hearts and express them in your own way, rather than simply letting them do it for you. It is the time of self-responsibility, self-action and this is one of the reasons why many of those that act as symbols and reflections are going to leave so that it is up to you to embody those concepts and qualities within yourself and become your own version of them, so to speak. Does that make sense to you?

Q: It does and I would like to tell you that the woman in question is here tonight and I was wondering if she wants to ask a question of you now or later?

B: You may wonder all you wish, but probably you will get an answer if you ask.

Q: Would you like to ask Bashar a question now or later?

Q: Later.

Q: All right a little later. Thank you Bashar.

B: All right—You good day!

Accelerating Interactions

Q: Today I was thinking, um. . .

B: I see. (Audience laughs)

Q: I thought I'd mention that. . .

B: Thank you. (More laughter)

Q: Pat myself on the back.

B: All right.

Q: The Pleiadian tape that happened in Switzerland about ten years ago left an awful lot of information with evidence and messages, or things that could be studied.

B: Yes.

Q: And then it just seemed that it ended, it finished. I know that you said that he has continued his contacts telepathically or. . .

B: To some degree.

Q: To some degree, right. But what I wondered is this, since you said that they are going to be the first race that are going to land en masse with us... and I've added to that that they look so much like us, that it will be less of a cultural shock to talk with them coming out of the spaceship than something that looked like a Hollywood creation.

B: All right.

Q: I wondered. . . I began to think why wouldn't they speed up these. . .

B: Because it is up to you, not them. What has been done with the information you already have?

(Audience Chuckles)

B: That is your answer, thank you. SHARING!!!

Accelerating to Match the Template

Q: I'm not as nervous this time as I was last time.

B: We thank you very much for transforming your nervousness into excitement.

Q: Okay. I'm very sad that you're not going to be doing this.

B: Why? After what has just been said. Do you not recognize that you are giving to yourself, and that you have the capacity to connect in – by being in equality with us to all the energy that we have at our dispensation and disposal? Do you realize you are not cut off? Do you realize that you are becoming one?

Q: Well, having the capacity and being able – with you being there – and the key to tuning into that vibration. And like having your tapes and listening to you all the time, it's like you're a friend at that highest level. . .

B: You shall never lose our friendship. And we are not done interacting with all of you. It is simply that we are now commencing a different format. And in many ways, you will understand the wisdom of this, for we have done this with many worlds. We know what we are doing.

If you wish, I will put it in the following way – and I do not mean this in the fashion you would call egotistical – but if you are reinforcing to me that you trust who I am, and that is why you are sad to, quote/unquote, lose that friendship, then understand that the choices we are making in changing the timing must also be something that you trust.

Q: Okay. I do trust that.

B: Thank you.

Q: Okay, now. . .

B: Then be of joy that we are now changing, because the change is representative of the changes within you. We do not make these changes arbitrarily. We make them because we see within you the growth, and the fact that you do not need us in this way.

The idea also is to remember that anything and everything you have all always felt from us has actually been your own energy. And now we are giving you an opportunity to understand that you can recreate that feeling any time, anywhere, on your own, because it has always been your own energy that you have felt. Not ours directly.

We have given you a template to match; we have given you a challenge to identify with. If you have felt our energy, it is because you have matched it. And it means you can match it any time, any place. So do so. And in that sense, we will be there. But you will be more fully there, and that is more important.

Q: Okay. Now, could I have one more little quick question?

B: Absolutely!

Q: Okay. I wish I'd have had an earlier time that I could have asked this, because it doesn't seem like the right night. But it's pending with me, so. . .

B: All things are perfect in their timing. Do proceed.

Q: So, it's regarding the idea of definitions again.

B: Yes. Definitions.

Q: Right. So, I always felt that if I understood who you were, like what you really represented, I would really know who I was. It's not easy for me to know who I am, but I figured if I would understand what you were. . .

B: Yes.

Q: So, anyway, it seems to me that if everything is definition, then the channel is defined. . . I know you say you're the channel's future self. . .

B: It is one way of looking at it, yes.

Q: But it seems like you would be a definition in the channel's consciousness of his higher self. And then as... his symbols... you, as the entity, are created as the channel's symbols.

B: In many ways that is so. Because understand, once again: the reality that your world has always called real – the physical reality – is a particular vibratory wavelength. The vibratory wavelength that your reality has always considered to be unreal is actually the level we exist in. The level of dream, the level of their energy is our solid reality.

Therefore, we are very intertwined with what you call your imagination, with your archetypal energy. To some degree, this is what we will be discussing later on this evening of your time. But yes, you have already unveiled a portion of the legacy.

We are very much representative of your archetypal stream of consciousness. That does not mean we do not have our own existence. It is simply that your society is beginning to truly understand that what for you has been a fantasy realm is our real substantial dimension of existence. And that you are now accelerating to meet that dimension of existence, where you will, in a sense, become someone else's dream, someone else's fantasy to their reality, respectively.

Yes, I am concocted out of all the ideas of the symbology of the channel's mind. That is how you experience me in your world. At the same time, I have my own existence. And in very many ways I could say – though it doesn't exactly parallel the way it happens for you. . . I can also say that I know that you and your civilization are concocted out of my symbology.

For in many ways, I know right now that all I am doing is talking to another aspect of myself. Just as you are speaking to another aspect of you. Does this help?

Q: It's great. . . yes, it does.

B: Thank you very much.

Q: Um, I don't experience unconditional love; but as best as I feel, that's what I'd like to express to you.

B: Thank you very much! It is felt.

Q: Thank you. (Applause)

B: And by the way, the admission, in that sense, and the owning of anything you feel, goes into the creation of it being unconditional. Sharing!

Acceptance and Denial of ET Information

Q: The Giza Plateau really fascinates me…

B: Oh, all right.

Q: … it seems like there is a lot of stuff going on there.

B: Of course.

Q: And the doorway that is pointed towards Sirius…

B: Yes.

Q: … supposedly they are going to open it up.

B: Yes.

Q: If you don't want to tell me what is behind the door, could I make some guesses, and then could you tell me if I am accurate?

B: One moment… say what you wish to say.

Q: Is it possible that behind the door is evidence of our extraterrestrial origins?

B: It is possible. (AUD: laughter)

Q: How probable is it?

B: It is more probable within the chambers under the Sphinx. However, within the structure of the pyramid itself is all the information that allows you to know that there have been interactions with extraterrestrial societies.

Q: Is this information going to be made public?

B: It already is.

Q: But I'm saying en masse, where people actually want to have this information. Because a lot of times…

B: There will be, again, a doorway of timing, most likely between your year of 2005 and 2013 when the majority, as you call it, of individuals upon your planet will have access to this information. Whether they choose to believe it or not is another issue.

Q: So it won't be until then, because it is scheduled to be opened soon?

B: That means nothing. There will be many individuals who will be able to absorb that information and there will be other individuals who will deny the information, and there will be a majority of individuals who won't even know that such things exist.

Q: Of course.

B: Again, look at the idea that everyone lives in their own reality and sees exactly what they want to see, and certainly, does NOT see what they DON'T want to see. Look at many of the things that are already occurring on your planet, such as what we were talking about before – what you call the idea of the crop

circles. How many individuals upon your planet know of their existence, even though it is an absolutely tangible phenomenology that anyone can go to and witness?

Q: Right. Well for some reason, this society, and I don't mean to be judging it negatively, but it seems very asleep – it is like you say something really exciting five times, and it is still not heard.

B: Yes. That's why we are excited to say it over and over again, because for us it is always like the first time. (AUD: laughter) And we know that sometimes hearing something for the, as you say, umpteenth time may make all the difference, because it will finally click with you. You understand?

Q: Thank you.

B: It is called critical mass. Therefore, every time is the first time for us, even though to many of you it may sound like the umpteenth time. And therefore, when you understand it from our perspective and actually hear it as if it really is for the first time, you will get it.

Q: Thanks.

B: Thank you.

Accepting the Love of All That Is

B: Allow me to say that in all the ideas we have shared with you, many times we will assume, if we may, that on some level you feel that you are allowing us to assist you in becoming cognizant of your own self-empowerment. Yes... no? Maybe?

AUD: Yes.

B: All right. In this way, therefore – again, not that anything we have to say is anything more than you can say for yourselves – but may I ask *you* a question?

AUD: By all means. All right. Yes! (Laughter)

B: Oh! Thank you. Do you know that we do, in fact, love you?

AUD: Yes.

B: Do you think that we, in any way, shape or form would be the type of society that would choose to love you if we did not feel there was a reason?

AUD: No... Yes. Possibly. Yes.

B: Oh really?

Q: I think you would love us without reason.

B: All right. Why?

Q: Why not? (Laughing)

B: Is that not a good reason? Yes? No? Why is that not a good reason?

Q: Do you have to have a reason?

B: Thank you. The point...

Q: Do *you*?

B: No. (AUD: laughter) The point, basically, is to allow you to understand that, many times, even though you are very willing to recognize, as we have suggested, that you are equal to us, you still, many times, will trust our love of you more than your own love of yourselves.

Therefore, see the paradox within that, and allow the paradox to assist you. For if you are willing to trust us more than you trust yourselves – and you know we love you unconditionally – then at least if you're going to trust us, trust that we have a good reason for loving you unconditionally. And therefore, trust in our trusting you. And know that if we feel that you deserve unconditional love, then why not trust that you do? It is up to you. Do you follow me?

AUD: Yes.

B: Now, we simply say that – again, not because our opinion of you is better than your own – but simply that if you are going to allow yourselves to trust that we do love you, then at *least* trust that we know what we're doing when we do. (AUD: laughter) And that you do deserve all the love you can get.

Feel *all* the love that is given to you from all civilizations and all levels of consciousness that interact with you at this time. We all love you *very* much. And we believe that you deserve that love.

Now it is up to you to decide whether you believe you deserve that love. But we believe you deserve that love. So recognize that, no matter what you may decide to feel about yourselves at any given moment, you are always being sent unconditional love, regardless of what you choose to do with it, or think about yourselves. Do you follow me?

AUD: Yes.

B: We will always thank you for allowing us to experience the gift that you have given to us by allowing our love to be felt by you.

Sharing!

Accepting Who and Where You Are

Q: My needs are tearing me apart against my preferences. There are physical needs to do things... I tend to run ahead, run away from those things. I understand what you're saying, as in the action of go ahead and do the exciting things and feel the ecstasy, etc..

But my needs – I feel grounded, I feel. . .

B: Why do you think they are needs?

Q: Well, I tend to try to ignore them. That's why...

B: Tend to try? Does that mean try to try?

Q: I try to try to ignore them.

B: Who says you have to ignore anything? Ignoring things is what allows them to become overwhelming.

Q: Okay. Let me describe, in a way... like, I don't really want to work to make a living – to be in a physical body, to be in physical time. . .

B: Now, one moment. You are a physical body in physical time, so you can allow one thing to be obvious, if you are where you are, you obviously chose to do so. Therefore, first of all and fundamentally, allow yourself to recognize, as long as you remain physical, you obviously still think there is a reason for it. The second, the microsecond, you truly no longer believe you have a purpose in being physical, you won't be. So as long as you continue to remain so, take it for granted that you think you need to be so for some reason.

Q: Well... okay, thank you for that. The feeling I get. . . I feel as though the awareness that when I'm here in the physical body, this one here... I feel in pain. I feel like I'm more of an energy unit or something – more of a – just another space; I feel I am another space.

B: You are your own space and your own time.

Q: It doesn't fit... okay. It doesn't fit here... I don 't feel like I fit, and I realize...

B: We understand what you are saying; but again, by definition, if you truly didn't fit, you wouldn't be here. So take it for granted that you obviously do fit, otherwise you would be somewhere else.

Q: Yeah. Okay. I appreciate that, and. . .

B: The idea of fitting, however, doesn't have to mean conforming.

Q: Oh, yeah. I acknowledge that. I feel as though I'm attenuating – to end on a brighter note –I feel like as though I'm attenuating, like something... like you say, accelerating.

B: Yes.

Q: l'm getting toward the last little upward spiral – the little thing – before I'm no longer involved in that dichotomy of myself.

B: All right. But do recognize that the paradox of the situation is, in order to experience what you are talking about, the first thing you need to do is become fully involved where you are, in the moment. By

being in the now moment, where you are, is when you connect to all that you possibly can become – and then become it.

Q: I'll improve on that.

B: You will simply be different.

Q: Thank you. One moment. . .

Q2: I had a realization about that concept of the idea of complete willingness to be an earth person.

B: Yes.

Q: And many of us, I know – that down through the years – have been unwilling. . . have an awareness of past and future, other planets, other civilizations. . .

B: Yes, yes, yes.

Q: having the unwillingness to be – and since we are here, we very much are earthmen. . .

B: (In a female voice: and women. Much laughter.)

Q: That's why l said earth person the first time. And it's a complete willingness to contact the moment. And this is something I'm working on.

B: Yes! For this is just as valid as anywhere else you have ever been, or could ever be.

Q: Exactly.

B: If it isn't, then you invalidate everything else you have ever done as well, for they are all here now. Thank you!

Q: Thank you.

1

2

Bashar: Channeled by Darryl Anka

From "Tipping the Scales"

1-9-91

ACCESSING INFORMATION

Q: When you tell us to "wait a moment," and you seem to tap into an information source...

B: Yes.

Q: ...can you tell me what that information source is?

B: It will be different things at different times. Sometimes it will be other members of the Association of Worlds, sometimes it will be a direct tie-in to the World Spirit that is your collective consciousness on Earth. Sometimes it will be a direct conversation with your Oversoul, sometimes it will be a conversation with your guides, sometimes it will be a conversation with beings from other dimensions for various reasons, because, perhaps, I have business elsewhere at the same time; it will be many different things.

Q: And how do you determine what it will be, is it just...

B: Because it happens.

Q: It just instantly comes forth?

B: Yes, it’s an automatic spontaneous thing.

Q: Do you tap into the Akashic Records?

B: Sometimes.

Q: And how are we able to tap into the Akashic Records?

B: How?

Q: Are we able to?

B: Well, of course, and you very often do.

Q: Is there some way to accelerate that for myself?

B: There are many ways. Your imagination is a direct key to tapping into what you call the Akashic Records, since it is only the collective understanding that you have created in your reality dimension universe. Use your imagination to stretch your understanding of what information is, for it isn’t really anywhere else but within you. The Akashic Records are not outside of you; there is nothing outside of you. That’s the first key to tapping into the Akashic Records – is recognizing that the records aren’t outside of you, that you are the records. So that, if you become the records, you will know what they say. Can your imagination provide you with some sort of a visual meditation to allow you to become the Akashic Records?

Q: I can visualize a computer.

B: All right, that will be a good analogy. What happens on the computer? Does information appear on the screen?

Q: Yes.

B: Then that will be one way to tap into the knowledge of the Akashic Records. There are many ways – some individuals will see it written down in stone, on paper, glowing letters in the sky; some people will simply know what they need to know, when they need to know it. Some people will hear voices in their ears or in the middle of their head; some people will get it through dream contact. Some people will see information spontaneously or synchronistically in their physical reality, in the form of books or papers or signs. Information stored in the Akashic Record collective consciousness of your fabric of existence can come to you, can be unlocked in many ways. Each and every one of you will have an individual way to tap into this idea, even though there may be ways that are generally workable for many of you. But use the way that seems to work best for you by creating the symbols out of your imagination; it is not a difficult thing to do. All it takes is being quiet and listening, once you ask a question. All right?

Q: Thank you very much, Bashar.

B: Maybe sometimes taking a warm shower will help you listen. Your baths and showers are very good meditation booths. Thank you very much. Next sharing.

Accessing Skills from Simultaneous Lives

Q: I once had presented to me a concept that from a past life one could pick up a skill that one had learned, like playing the piano, for instance, or another language; to pick up the facsimiles of that and plug them into the motor controls of the body and do that again.

B: It can be done, yes.

Q: Can you give me any... can your people do that?

B: Yes.

Q: Okay, how could I go about...

B: Understand, first of all, that you may remove the concept of past, present and future, and recognize that all your lives exist simultaneously, and in the moment you can become any one of them. You can be that identity, that personality. Allow yourself to channel yourself, all your possibilities; allow yourself the freedom to flow as your imagination will lead you. Do not worry if at first you find that there are still blocks, and that it does not, quote/unquote, sound correct. You will be able to feel it out.

Q: Good, thank you.

B: Thank you!

Acclimatizing to Fourth Density

B: Allow me to discuss the idea we have discussed in previous weeks, in the sense of the energy which is being created round and about you at this time by your willingness to allow the various portions of your consciousness, as you have created them, to catch up to the other portions of the consciousness which are beginning to be in touch with the transformation, the elevation of your vibration to the new transformational idea of yourselves.

Realize, at this time, there will be felt, in many cases and in many instances, a general idea which we will call the thickening of the atmosphere in that way, round and about you. It may be, to some degree, what you term to be melancholy, lethargy – the slowing down in that way. Understand that this will represent, in a mass conscious sense, the overall idea at this time of forming what we have termed to be a buffering zone of energy. A slower momentum in which things may happen then – paradoxically – very rapidly, but safely.

Understand that they are simply merging into this thickening atmosphere, as you, in a sense, psychically and physically breathe in and out of this new thickening atmosphere. It will then be representing the idea you call the next density vibration, and to you now, there will be the seeming thickening. For you are now perceiving the difference between the vibration of the light-body, fourth density, higher vibration, as it now perceives the idea that you call the thick, denser, third vibration.

You are now allowing yourselves to become accustomed to the actual raising of the vibration by the creating of this atmosphere of thickening – this warmth. It will be then understood, in some way, shape and form, to be similar to the idea of the nurturing, protecting birth fluid, which now forms round and about you; so that you may make the transformation into fourth density with ease and smoothness, in that way. To prevent the idea you call friction, tension, ulceration, and disruption and disease in the transformation, by allowing yourselves to be cushioned, safe in that way from shock of transition. Do you all follow me?

AUD: Yes.

B: Then there will be the rejoining of all portions of yourself and the ability to feel the more light-body density, the ability to sense *consciously* the momentum that is carrying you through the transition, through the transformation into fourth density.

Q: That sounds like our transition to fourth density is happening right now?

B: As the idea you express here of, in a sense, a miniature mass consciousness, then those of like mind, those of like vibration, who are now willing to be in tune and in touch with that which you call fourth density are for the most part allowing themselves to vanguard ahead, yes.

Q: Oh, great. And also I've been feeling a lot of even stronger energy in the last few weeks.

B: Yes.

Q: Does that have anything to do with the essence we talked about?

B: It will have to do with your willingness and ability to be more in touch with the overall

transformation, thereby sensing every idea within it to which you are connected. Therefore, for you, the idea of the essence will also be prominent and paramount.

Q: Yes. I also want to share an experience that I had.

B: All right.

Q: Well, I went to a meditation and I just felt extreme joy. And I just couldn't smile wide enough, it was just... amazing. And it wasn't joy for any particular reason, it was just joy. Pure joy. I had my eyes closed, and I was in this kind of wooded area, and I heard the noise of a squirrel, kind of stamping around in the dry leaves and stuff, as I had my eyes closed. But when I opened my eyes, the squirrel was right at my feet, looking right up at me, and I felt this immense joy. I felt like he had tuned in – like we were one.

B: Yes! Understand, as we thank you for the sharing of your gift, that within this transformation from third to fourth density, you will be allowing animal consciousness, which is already conscious of itself in fourth density, to recognize the emergence of *your* consciousness, *consciously*, into fourth density, and then recognize the opportunities to communicate with you – openly.

Q: Yes, thank you.

B: Sharing!

Q2: Would it be too redundant to ask you to explain briefly the third and fourth density and this transition? I presume that others here have already heard the story but this is my first time and I wonder if it would be too much of a redundancy?

B: Never! Understand that the willingness to share, the willingness in that way to have a conviction, to share, to speak that which strikes chords within you, will never be less than fully enjoyable for us. Do you follow me?

Q: No.

B: In other words, simply, anything, which interests you, is a joy for us.

Q: Terrific.

B: Therefore, simply understand that the idea of your entire existence is symbolized by what is termed to be different vibratory rates of consciousness. Do you understand the concept?

Q: Yes I do.

B: Understand that, as a mass consciousness at this time, what has been referred to in your vernacular as old to new age awareness, exemplifies the idea of the vibrational rate of your overall civilization from a more, in a sense, slow vibration to a higher vibration. Represented, in that way, symbolically, by what we term to be third to fourth density shift. Third to fourth dimension, in a sense, from the idea of third density – which is the recognition of limitation and separation of the self from All That Is – to one that recognizes integration and connection of the self *as* All That Is. Do you follow me?

Q: Yes. Does the heat we've been having the last few days have anything to do with this transition?

B: In a sense, understand that, always, what you term to be weather will be determined by the overall emotional mass consciousness of any particular group in that area. Do you follow me?

Q: I remember once being told that weather is actually a manifestation of the Earth itself as a being.

B: Both!

Q: Yes.

B: Understand that you are the Earth, and the Earth is you. There is both the idea of the Earth as its own self-aware being, and a recognition by itself as a collective consciousness made up of all of you.

Q: Okay.

B: You share on every level. But as you define yourself as a separate being, then your participation in that creation is through your emotional mass consciousness. Which is also the method of communication between you and the Earth crystal. Do you follow me?

Q: Yes. Thanks.

B: Thank you!

Acting It Out

4 Feb 88

B: All right, I'll say, how are you all this evening of your time, as you create time to exist?

AUD: Good. Great. Etc.

Allow us to lay down a few foundations for this interaction this evening of your time. If you wish, you may use the entitlement, "*Acting It Out.*"

We have discussed, many times with many of you, the idea of your imagination being utilized as the template to design the reality you prefer to have over the one that you no longer prefer. And we have discussed many times various methodologies in utilizing that imagination as a blueprint – in order to see how you can bring that blueprint into physicalized manifestation.

We have discussed the idea of junctioning with your imagination, creating in your visualization capability the you you prefer to be, and then junctioning all your senses into it – knowing what it would be like to think as that person, to feel as that person, to act as that person, to have the attitudes of that person, to smell, taste, touch, see, hear as that person would. And thereby to acquire those patterns for yourself, to become that person you see in your imagination (that) you say you desire to become.

This patterning, this identification, this mirroring, this mimicking, this copying – a very strong technique, a very impactful technique – well, we would like to carry that a step further if we may at this time.

You are, as of course we have acknowledged many times, physiological beings in a physiological world. You relate – still in many ways very strongly – to the idea of the presence of what you call a physiological solid object, what you say you can touch with your hands, see with your eyes, hear with your ears. These ideas, therefore, have a great deal of impact. These physiological symbols, these tools, these representations of ideas in physical form, have a great deal of impact upon your nervous system, your electrical conductivity. You place a great deal of importance upon the idea of physical solidity. Therefore, let us use that importance, let us use that idea, to further the impact of your ability to create the reality you prefer over the one you do not.

Therefore, in acting it out, in junctioning with that imagination you, that *you* you prefer to be, after conjuring up, as you say, an image of who you would like to be, as opposed to who you believe you are right now – in conjuring up that image, in watching how that person, that imagination you acts, the kinds of things that imaginary you does as opposed to the things you have been doing in your past that you no longer want. Remember: everything is vibration. Actions, attitudes are indicative of certain vibrational frequencies, and the life style that is representative of those vibrational frequencies will be the only life style you can experience, the only circumstances and situations you can experience in your life – if you only have the frequencies and attitudes and vibrations of the person you would rather be, rather than the person you would not rather be.

Now, to help physicalize it all the more, we have talked about, many times, the whole idea of, "act on it; act it out." But again, how many of you have taken that quite literally? All right, a few here and there,

but how far? How deep? We have talked about the issue that many of you already realize, the idea that life is a stage; you are actors. But how many of you really act out – in any way, shape or form you can – what your imagination tells you is who you want to be, is who you are? Really physically act it out.

Some of you have, perhaps, other terminology for the same idea. Some of you say "mock it up." But sometimes that only means a mental exercise. Perhaps the idea will be more precisely said in, what you may call fear terminology, "block it out." Not meant in the idea of suppression; the idea of having a stage area and, as you say, blocking it out. Deciding where things are, where physicalized objects will be, where your props in life will be... to aid and assist in the play that is unfolding.

So when you get an image, a vision of the *you* you prefer to be, physicalize it to the best of your ability. Physicalize it in physical objects. Let us say you have a great desire to be president of a multi-million-dollar corporation. All right, fair enough. It exists on your planet. The idea, therefore, to assist you in accelerating your ability to be that individual – as we have already said, do all the things you can do; act upon all the things you can act upon that really excite you. Because excitement – as it is connected to the ultimate idea, the ultimate goal, the ultimate picture that really excites you – anything that comes along that is the most exciting thing you can possibly do is connected to that idea, and will get you there, will lure you there – if you act on it with integrity.

But the idea of acting on it doesn't necessarily mean that you have to just wait for an opportunity to come along. You can *create* an opportunity. And it doesn't even necessarily have to be a physicalized opportunity that is connected to anyone else. Create the opportunity!! Create the atmosphere; create the scenario! Find a space, a place; fill it with all the props you can – whether they are the "real" objects or not.

Draw a picture – literally! Paint a picture, draw a picture, of you in that reality. The more you can physicalize what is in your mind's eye, the sooner you will get into the habit of acting in that vibratory state. Paint a picture, or even take it one-step further, make it three-dimensional, as you say, since you live in a three-dimensional world.

Perhaps you can find a friend who already has an office; and perhaps when they have gone to lunch, you can play-act in the office. Get in touch with what it would feel like to put your hand *on your* desk, to walk *your* floor, to look out of *your* window over your multi-million-dollar empire. Get in touch with that; learn to play as a child plays. That's how they create the reality they grow up into anyway to begin with. That's how you used to do it. What stopped you? When did you forget you created the reality you have?

You were talked out of it by many of the assumptions that your society has. Remember it; relearn it. Learn to play again. It is very constructive; it is very impactful, and it is very accelerating. In any way, shape or form you can block it (out) as a prop, even if it is not the actual material you ultimately will be in touch with physically, create as many props as you can; create the scenario and the atmosphere to the extent you can.

We understand, we are not saying that you have to necessarily do it in front of other people who might

think you have "slipped a cog," as you say. But talk it out; go through the motions. *Literally* talk it out. In other words, if you are in your corporation office, and you are now responsible for the comings and goings and interactions of many different individuals, and you have a particular project in mind, then act it out. Get all the information together you already have the ability to get together – all the scheduling, all the ideas that would be exciting to you, pulling the projects together.

And imagine – go through imaginary dialogues – with all the types of individuals you believe you would have to have hired to work with you, who would be willing to assist you. "All right, you do this. And then this needs to be done. And here, I think this probably would be a good time for this." Act it out literally, all the way through, as if you were reciting a play, it is the play of the life you want to live. Act it out as fully as you can, in any way, shape or form your imagination can bring it into physical blocked-up reality. Create the props.

Do that, and very swiftly, the more you dissolve into that, the more you become that idea, you will find that those props will very rapidly be replaced by the true symbols, the real event. You will become accustomed and acclimated to being in that vibratory awareness, and you will no longer have the habit of someone who is not. You will acquire the habits of someone who is used to being in that environment. And that is what will radiate from you and attract the true situations in your life – to give you an opportunity to play it out for real.

But play it out for real while you are doing the play. It *is* for real. Get into those habits; allow yourself to acquire the traits, and you will *be* that person. And when you are that person, you will attract that life style. So you cannot have anything in the universe except a reality that is representative of the vibration you are. And you cannot have a reality that is vibration you are not.

When you change the vibration that you are, and surround yourself with all the representations of the things that really reflect who it is you say you want to be, you will be that person, and that person will then have absolutely no other ability to attract all the things in your physical reality that are truly representative of that person, of being that individual. So act it out! Get involved. Pick up your building blocks – once again – the ones that now are represented to you as adult building blocks. Use that imagination, and physicalize it in any way, shape or form you possibly can.

If you will take some time perhaps, if it is of interest to you, you may recognize, in what you may call some of the personal histories of some individuals on your planet who have achieved high levels of abundance, in your terms, high levels of recognition; that that is exactly how they got there. When something excited them, they took the time, on their own – perhaps if there were friends present who could help them, then that is of assistance too. But they took the time to, as best as they could, as you say, block it out, set up the props, and get into the habit of actually doing that thing – by surrounding themselves with the physical representations that would kick off the neurological responses in their bodies. So that there could be no other way their reality could be, that there could be no other truth for them at that time. It will work; it always does.

We thank you at this timing for allowing us to illuminate and reflect to you one more methodology, one

more way that you have of creating yourselves to be the way you prefer to be. Remember that there is no one right way; there are many ways as there are individuals. That is why there are as many individuals as there are. There are as many facets to the multidimensional crystal as you can possibly imagine. That is what being an infinite creator is all about: Infinity!

At this time, in return for allowing us to interact with you in this way, in return for functioning as ambassadors and representatives of your civilization, in return for allowing me to function as an ambassador and representative of our respective civilization – in return for that gift of sharing, I ask you now, in what way may I be of service to you?

Acting It Out

1

Acting On What You Prefer

Q: Hello.

B: Hello.

Q: I've followed some of your tapes, and I'm very happy to be here.

B: We are also enjoying interacting with you.

Q: I wonder, how do you perceive me? Do you perceive me as an energy?

B: We perceive you as an overlapping continuum of probabilities, and now and then one of these will stand out more than any other. It is this that we act upon synchronistically, and assume that what we perceive most strongly is the particular area in which we will involve our conversations with you – the area that will represent the best service and benefit that we can be to you.

Q: Uh huh. I would like to ask you about some experiences I am having these days. I am baffled by the feeling of being lost…

B: Baffled by being lost!

Q: Yes.

B: Lost where? Lost how?

Q: Not knowing what direction to go…

B: What direction! Any direction will do as long as it is the direction that excites you the most. Is there something that excites you more than any other thing that you are not doing?

Q: Right now it looks like no action is what I see as the best action, but I…

B: No action! Does that excite you the most, to have no action?

Q: Yes.

B: Why?

Q: Because I think that I was going into too many directions and taking too many actions. And now…

B: All right. So now instead of scattering yourself about, you feel that you can collect yourself together and then proceed as a whole unit in whatever direction makes itself obvious in your life that represents what excites you the most. Is that what you are saying?

Q: Yes.

B: Do you have, at this point, any inclination at all about what it is, besides the idea of non-action—although that is an action itself—that does excite you the most, or will excite you when you collect yourself together?

Q: I have a line of work that I enjoy very much, but even in that I feel that I need to receive more direction from inside me, or guidance as to what is important, or where I should put my energies.

B: All right. Again, the idea is to simply recognize that anything that excites you the most *is* the most representative of where your energies can be utilized most efficiently and most effortlessly.

Do understand: excitement is your physical translation of the vibratory energy that represents the path you chose to be. Excitement is what tells you this is the thing that is most *you*. This is the thing that you will actually be able to accomplish in life most easily, most effortlessly. This vibration, this thing that excites you—because it excites you—represents the thing you can do most easily. This is you; this is what you are all about.

So, at any given moment act upon whatever opportunity excites you the most that you are capable of acting upon. And realize that anything that does excite you can be created in your life in such a manner that it does not contain any portions that do not excite you—by definition. The idea that any overall scenario could contain things that have nothing to do with you is not a possibility in creation.

So if you are willing to recognize that you do not have to attract, within any given scenario, any pieces of that scenario that are not exciting to you, then you will tailor-make, tailor-attract the scenario that will contain only those ideas that excite you the most. And if there is something within that scenario that needs to be done that does not excite you, you will attract an individual or a situation, or a circumstance, that will be able to take care of it—for whom that situation *is* exciting—if it is not you that finds it so. You follow me?

Q: It's very hard. I'm trying…

B: Why is it very hard? It is not very hard. You are making an assumption that it is hard, based upon what you are thinking is your past experience. But your past experience has absolutely nothing whatsoever to do with the idea you choose to be now. You are making a connection to a past experience. You are saying it is hard because it has *been* hard. But just because you have created it to be hard in the past in no way has anything at all to do with whether it is going to be difficult *now*. You follow me?

Q: I hope so.

B: Oh, you do not have to hope.

Q: Okay, I've come to an idea that I'm carrying a belief that I do not want to have anymore. So all I have to say is: "I don't want to have this belief anymore"...?

B: Do you understand that the belief no longer works for you?

Q: I see the result and I don't like it.

B: All right. All you need to do to replace it, is to act upon whatever does excite you the most.

Q: Okay, I got it.

B: That will fulfill you, and take the place of the old belief—because you will express willingness and trust and desire and action in the direction that you *do* prefer. And when you do that, it will automatically replace what you don't prefer, because the two cannot exist in the same place at the same time.

Q: I see.

B: Does that assist you?

Q: Yes. Thank you.

B: Thank you. Sharing!

Action – Reaction

B: All right, I'll say: how are you all this day of your time, as you know time to exist?

AUD: Good. Great. Perfect.

B: We will begin with questions.

Q: I have a question. We have had a physicist in history – I believe it was Sir Isaac Newton – he said for each action there is an equal and opposite reaction. Is that true in your culture?

B: All right, understand, first of all, there will be many ideas and interpretations along that line, as you understand that idea to exist. First of all, realize that we are, in many, many ways like you, firm within the overall idea of physical dimensionality. Therefore, understand that to that degree there will be, within the expression of our reality, as you know it, that action/reaction idea.

Understand, however, that within terms of what you would call it to be our space technology, we utilize quite a different form of the understanding of the universe, as you understand it. Within its own flow of momentum, within its own sense of formation within the idea of the viewpoint of the holographic, as you would say, version – or perspective of the universe as you know it.

Therefore, there will be, as within the usage of your rocketry with respect to gravity, not so much the use of the action/reaction principle, but simply the idea of the transformation or identification principle with regard to the (–?) property inhabiting and forming the idea of an object; and that object's existence within any space or location within the universe at any particular point within that universe. Are you following me?

Q: Somewhat.

B: All right. Understand, simply, that in terms of your immediate physical dimensionality, there will be that principle. Also understand there will be more that principle of action/reaction, mostly within the metaphysical or non-physical universe, with regard to how you create your reality. Understanding that for every action that you identify with, that you find yourself to be equal with, there will be the reaction of the creation of that universe 'round and about you. Do you follow me?

Q: Okay. All right.

B: Understand that in terms of physics there will be action/reaction for every action. In a sense there will simply be a manifestation or transformation of reality, according to the type of that action. But understand that to us, what you call action, in many ways, and a reaction, are quite the same act.

Q: Yeah. Okay. I get that. Can I ask you also. . . last week I asked you about why in nine of our years there will be a mass landing. And from what I understood your answer to be, we will be more on an equal plane or an equal level with you. Is that correct?

B: All right. You will be at that time. Then understand it may not be mass, as you understand mass landing, but the opportunity will manifest to the degree to which you are willing to be equal to the vibration of that encounter between your mass consciousness and the mass consciousness of other civilizations.

And at that time, therefore, being equal to that idea, you will be acting within that idea and, as such, you will find the reaction will be the creation of that reality – which will allow for that manifestation to take place.

Q: Yeah. So does that mean that in nine of our years we will, to a great extent, have caught up to the gap (–?) that you see as a 300-year gap?

B: Only in part, understand there will be many ideas which at that time of the formation of the identification – the equalization of yourselves with that idea, to a degree – you will still be in a sense forming an equalization, an identification, with still a portion of the mass consciousness as you understand it. You will be at the beginning of the ability to allow yourselves then to create more of that understanding of your future selves.

Q: Mhmm.

B: Do you follow me?

Q: Yes, I do.

B: Thank you. Question.

Q: On the mechanics of the space shuttle, you talked one time about something rotating at 2-1/2 times the rotational rate of the Earth, and that would he a very slow rotation.

B: Yes.

Q: About once every eight hours, because. . .

B: No. No-no-no-no-no-no. Understand that what is being described is a rotation approximately for your own planet of 2,300 times per your minute.

Q: 2,300 times a minute.

B: Which will be 2-1/3 times the idea of your rotational speed upon your axis – not translating literally. You follow me?

Q: Yes.

B: In revolutions per minute, it will be that number representative of 2-1/3 times the rotational speed per your hour. (–?) 1,000, in terms of your miles.

Q: 1,000 miles per hour? You mean the surface of the Earth goes 1,000 miles per hour?

B: Yes.

Q: Okay, so the outside of the device has to go 2,300 miles per hour.

B: Per minutes. Not miles; revolutions. Simply understand that will be one phase of initiation. Realize there are many, many, many different levels of revolution per minute, as you understand time, that will accomplish different effects. You will find that that particular rotational speed at this time will relate primarily to your Earth crystal within a specific dynamic ratio, which will allow you to observe many of the effects that you need to observe within the beginning of your understanding of that particular effect. You will find that as you allow yourself to expand your understanding, there will be opportunities for you to achieve rotational speeds of many million times per your minute, depending upon the idea you wish to accomplish. You follow me?

Q: Mhmm, I think so.

B: Understand simply, that at the slower rotation you will be able to experiment with that idea that you have labeled anti-gravity. Understand that as you increase the rotation and effect a combination of rotations within the various portions of the craft, sometimes to a degree within opposite rotation of certain components, you will find yourself creating variations within the field ‘round and about that craft, which will be generated by that rotation. Which will enable you not only to move about, as you say, within one dimensionality of your understanding, but within many different dimensionalities, including that which you call time. You follow me?

Q: I think I do. Would it he a good idea to experiment with rotating vectors (?) of 2,300(?)

B: Yes.

Q: Thank you.

Action-Reaction and Mass Landings

B: All right, I'll say: how are you all this day of your time, as you know time to exist?

AUD: Good. Great. Perfect.

B: We will begin with questions.

Q: I have a question. We have had a physicist in history – I believe it was Sir Isaac Newton – he said that for each action there's an equal and opposite reaction. Is that true in your culture?

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Understand, however, that within terms of what you would call our space technology, we utilize quite a different form of the understanding of the universe, as you understand it within its own flow of momentum – within its own sense of formation within the idea of the viewpoint of the holographic, as you would say, version, or perspective of the universe as you know it.

Therefore there will be, as within the usage of your rocketry with respect to gravity, not so much of the use of the action-reaction principle, but simply of the idea of the transformation or identification principle with regard to the property inhabiting and forming the idea of an object. And that object's existence within any space or location within the universe at any particular point within that universe. Are you following me?

Q: Somewhat.

B: All right. Understand simply that in terms of your immediate physical dimensionality there will be that principle. Also understand there will be more that principle of action-reaction mostly within the metaphysical or non-physical universe with regard to how you create your reality – understanding that for every action that you identify with, that you find yourself to be equal with, there will be the reaction of the creation of that universe round and about you. Do you follow me?

Q: Okay. All right.

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Q: Yes. Okay, I get that. Can I ask you also – last week I asked you about why in nine of our years there will be a mass landing. And from what I understood your answer to be, we will be more on an equal plane or equal level with you. Is that correct?

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Q: Mhmm.

B: Do you follow me?

Q: Yes, I do. Thank you.

B: Thank you.

3

Activating the Eight Sense of Knowingness

Q: Last time we interacted we talked about the substance for the seventh and eighth sense…

B: Yes.

Q: eighth sense of knowingness.

B: Yes.

Q: And you said that it was not in the consciousness of the channel. I was wondering if anything had happened in where that information has become available? And I would like to suggest: cactus, aloe vera; and some other substances like sun chorella and things of that nature.

B: One moment. One moment. The information to some degree is there, but at this time because of, shall we say, the wide variance of belief systems in this particular group, we are not allowed to discuss it for it may be highly misinterpreted. But, let us say, that we are allowed to suggest that it is in a sense a, quote/unquote, actual plant derivative. Thank you very much.

Adjusting to Planetary Fluctuations

Before we continue allow us to address something we feel is of concern to a few individuals. There are many fluctuations going on in the electromagnetic field of your planet at this time and many individuals who are becoming increasingly sensitive may feel this energy in their bodies in certain ways that are painful from time to time.

If it will ease your fears, by all means, seek your own medical practitioners' advice to make sure nothing is wrong with you. But if you are simply becoming increasingly sensitive to that energy, in all likelihood they will not find anything wrong with you. Learn to center yourselves with the idea that you do not have to experience the fluctuations as pain. But now and then, you may. Simply understand there are many things your civilization has to process through itself, and therefore, sometimes it may manifest as pains and aches here and there, especially in the heart and the head. As the new energy comes through, if you are not used to it, you may believe it will cause you difficulty. Your uncertainty and your doubt can cause the energy to translate in your body as pain.

Relax. Allow yourselves, once again, to breathe easily, breathe fully of life. Always take heart in the memory that you are choosing to change in this way; the more you remember it is your choice, the less painful it will be. Because the more you remember it is your choice, the less uncertain you will be. We will radiate a soothing energy throughout this interaction; you may use it in any way, shape or form your imagination desires. Some of you may simply require, what is called, "grounding." This can be accomplished in a number of ways; of course, your imagination can always be a flawless guide to tell you what will work best for you.

Three other ways we will suggest. One is to avail yourself of the mineral called "hematite." It is very magnetically grounding. Sometimes when many of you begin to deal with higher energies your feet have a tendency to leave the ground. When you break that connection, when you imbalance yourself in that way, that can also cause extra sensitivity and pain.

The second way is to simply identify more strongly with the Nature around you – take walks in the woods, in the streams, in the earth. Become grounded in your physical experience, with your senses, breathe in the air, feel the earth, hug a tree.

The third way is to allow yourself some enjoyable physical action that can very much help focus you in physiological meditations of a different type. One that you may find works very well – and we do not mean to exert yourself – is to do the following thing: take a very nice large thick piece of wood, take a lot of nails and pound them with a hammer into the wood in whatever pattern you desire. Become involved in the physical action and feel the flow of the physical activity. Or, perhaps, sexual intimacy will do. We can now continue with questions, if you like.

BASHAR: Channeled by Darryl Anka

From: "Without Expectations"

12-95

Adjustments

Questioner: Good evening, Bashar.

Bashar: And to you, good day.

Q: Very nice to be with you again.

B: It is nice to experience you as well.

Q: I had a really full emotional week.

B: Oh well, congratulations.

Q: I don’t know. Yesterday was my birthday...

B: Happy birthday.

Q: ...my mother passed away suddenly...

B: All right.

Q: ...and last week, three days in a row, I was awakened in my room. Once by ... it was a very strong blue and white spiral shape passing through my room. The second night something very geometric and the third night, some type of adjustment was going on.

B: Did all these things happen to occur sometime between 3 and 4 AM?

Q: Probably earlier than that.

B: Such as?

Q: Maybe one night between 1 and 2 AM, the next night between 2 and 3 AM, definitely between 2 and 3 AM, because I get up at 4 AM in the morning to go to work, so I’m up early.

B: And so? What about all of this?

Q: I feel pretty clear about my mother going, although my belief systems are different than hers and it was a surprise. Thus, I want to know if she is okay?

B: Of course she is okay.

Q: And reunited with those she wanted to see?

B: Individuals that are already in Spirit will always greet those coming over.

Q: And then my question would be, what was going on the week prior?

B: Defining as what?

Q: When I woke up and was clear about what I saw in my room, I didn’t understand whatever communication was trying to be relayed or whatever adjustment...

B: It was not so much that communication was trying to be relayed, it is simply that energy work is being done, adjustments are being made in your frequency to help you evolve, to help you acclimate to the changes in your life, to the shifts that you need to go through. You understand?

Q: Yes, there are a lot of shifts going on.

B: Yes, this is the age of transformation on your planet. You don't want to lag behind do you?

Q: Most certainly not.

B: Well then?

Q: I hear that Uranus is going into Aquarius on January 13th?

B: If you say so.

Q: I'm asking you.

B: Why? It's your discipline, this Astrology.

Q: Well, I'm feeling certainly more acceleration than I've already been feeling.

B: Remember, the things that you call, astrological are REFLECTIONS of what's already going on in the collective consciousness of your species. It is not a control, it is not a trigger ... it's a REFLECTION of what's already there. The timing, the timing of those things, the timing of the planets, the timing of the alignments is a reflection of a change already in progress in the consciousness of your world. It is not causing it, it is not bringing it about, it's a reflections of what's already happening in you. Make sense?

Q: Absolutely.

B: Does that help you?

Q: Yes. I guess my question begins with what happened to me last week.

B: Yes.

Q: Even when that happens again.

B: Yes, and it will.

Q: So, that is simply just an adjustment to keep me...

B: You can recognize that there is contact being made, that you are having different kinds of experiences, yes. But there a many different levels to the agendas of these interactions. Some of it has to do with making fine tune adjustments in the level of your energy to help you acclimate to the kinds of energy shifts going on in the collective consciousness of your world and the transformation of your planet. It is a part of what you would call evolution. It's just that evolution takes place in a very different way than your people think, and involves many more levels of consciousness than you are willing to be aware of at present.

Q: And what if I'm willing to be aware of who I am in the present?

B: Well, ASK yourself! Are you?

Q: I think so.

B: Is there any fear?

Q: Then that would come up at that time...

B: Yes, it would.

Q: ...and it does when I can't quite get it....

B: Remember, there is a fundamental fear that most of you feel in these interactions and it is this ... when you understand that you create your own reality. Yes?

Audience: No answers.

B: YES!

Audience: Many yes answers.

B: Understand that you also do so collectively. You have a collective, consensus reality. Yes?

Audience: Yes.

B: Well, so do other beings and when their reality, their collective reality is at a higher reality than yours and it starts to interact with yours, it can feel a little bit overwhelming. In other words, one whole collective universal reality is being dissolved by another to create a

third reality in which both can exist. But because of the way that you have been taught to think about yourselves as physiological beings, you experience this dissolution of your universal reality as actual death of the ego structure. And so you go into survival, panic, fear mode because you think you are dying. You're not, but that's what happens.

You follow me?

Q: Yes.

B: The more you allow yourself to expand and know that you are the reality in which you THINK you exist, the easier it will be for you to assimilate and accommodate other realities as an equal and then you will not have that basic fear. Any other fears that remain may be simply reflective of your individuated agendas of definitions you have within yourself that need to be integrated within your understanding of who and what you are. But yes, you will deal with them as they come up, be open to them. Make a friend of the unknown, it's the only place that you are ever going to be anyway. Audience laughs You know that no matter how well you plan, you're always in the unknown. So it might as well be a place to enjoy, because it's the only place that exists. You follow me?

Q: Yes.

B: May I wish you pleasant dreams as well then?

Q: Oh, thank you.

B: And remember, ASK for consciousness. ASK for assistance in some fashion, even though it maybe be a fashion your mind doesn't always immediately recognize or understand; it will be given. So ask. All right?

Q: Yes.

B: Thank you.

After-Death States and Christ Consciousness

Q: The white light that people see or experience when someone dies, and you can see them moving towards that white light...

B: Yes?

Q: ... what is that, where...?

B: To some degree, it can be many things. It can be the collective energy of your own higher consciousness. Usually, simply because of the civilization that you are now in and the beliefs that you hold, usually there will be imprinted over the surface of that collection of your own recognition of your own creatorhood, some symbol to which you can immediately relate. The Christ, the Buddha, whatever you wish, perhaps a long lost uncle. Do you follow me?

Q: Yes.

B: Now understand, it is only in that way the energy of yourself as the source. You are talking simply, in a way, if you wish to form any separation at all on a simple level, to the collected consciousness of the idea you call the Creator – but only as a symbol. Do you follow me?

Q: No, I don't.

B: You are viewing, if you wish, the fabric of consciousness in a still somewhat symbolic form, that of light. You are viewing, if you wish, the source of creation, but when you begin to communicate with it, you will find that you are reflecting back to yourself. Do you follow me?

Q: Yes, in other words, are you saying that we have chosen the Christ as a symbol to relate to?

B: Some individuals will choose that symbol, some will choose other symbols according to their own belief system upon your physical planet. Very quickly they will understand that they are simply creating a symbol and will simply see the light for what it is: the reflection of the gathering collectedness of their own overall consciousness; that which you would call All That Is. Do you follow me?

Q: Yes.

B: Are you sure?

Q: Yes, it's bringing up another question.

B: Oh, all right, go ahead.

Q: Well, about Christ.

B: Yes.

Q: Christ *was* on this Earth.

B: Now realize that the terminology, Christ, will mean many things. What you term to be Jesus, *was* upon your Earth. There was the connection to the idea energy, in that sense, that your civilization has

come to label as the Christ Consciousness. But understand that the Christ Consciousness or that type of consciousness, a representative of which will be, quote/unquote, the aspect you call “Christ” will pervade an entire density dimension of reality, and will be many places at many times. Do you follow me?

Q: Yes.

B: And when you choose to use that symbol, you are simply allowing yourself to reflect an idea that was presented in a way not completely understood in the way it was created by that individual you have called Jesus, in his own recognition of himself as vibrating at a higher level – if you wish, higher level of consciousness. But offering the idea to all other consciousness within your civilization that that vibration *was also theirs,* to vibrate in accord to, if they wished.

Understand that that individual never sought, nor required, followers; but only offered that each individual could be *as* he was. Experiencing the vibration in total communication with the idea that you have called the Christ Consciousness. You follow me?

Q: Yes.

B: Then, because of the separation that was within your society at that time and still to some degree is the simple recognition of the energy of that dimension of reality you call the Christ Consciousness was then applied to the one being who simply knew he could exemplify it. Therefore, he became the Christ, but only by your appellation, not directly by his own.

Q: So, we created “Christ.”

B: Very good; very, very, very, good. Therefore, understand that that energy comes from *you;* you are also the Christ Consciousness, if you wish, you are the creator. You are your own Father, Mother, Son, Daughter. Thank you.

Q: Thank you.

Afterlife Communication and Relocating

Q: My father-in-law died about a year ago. And my mother-in-law has been sort of in limbo, I suppose you might say. I'm wondering: is there any way that my husband and I could assist her in sort of transforming through this stage of her life?

B: It is our perception that perhaps what can assist her greatly is the literature that already exists in your society dealing with the idea of what you call life after physical death. If she can familiarize herself with the idea of what that, shall we say, terrain, is all about, she will open herself to sensitivity – to sensitize herself to have her own communications in a more conscious way.

Q: Would she be willing to trust her own dreams?

B: Yes, but the information can come in a more conscious fashion, more in the form of a conscious meditation as she is absorbing the information in those books that already exist.

Q: Okay. I have one more question real quick. Why is my dog acting so strangely?

B: Strange in what way?

Q: She's just. . . she's really upset, and she's walking around the house, and she's looking for something and not finding anything. And she just seems to be generally disrupted.

B: Are you contemplating, in any way, a physiological move?

Q: Oh, not real. . . not soon in the future.

B: Have you contemplated any particular place that you might be moving to?

Q: Yes.

B: Where?

Q: Olympia/Seattle – or near Washington. Washington State.

B: Why?

Q: We just thought we might experience the Pacific Northwest a little bit more deeply.

B: Why?

Q: We wanted to. . . my husband and I just like the idea

B: What is the energy you know is there? How does it feel?

Q: It feels good; it's green and clean and. . .

B: All right. Green and clean. All right. In your terminology, when will you go?

Q: A year and a half? A year?

B: Is that a question?

Q: I'm not sure.

B: Two questions, all right. Are you going in six months?

Q: I'd love to go in six months.

B: How about three?

Q: Six months.

B: All right. Why six?

Q: I think there are some things I've started at this point that I should finish before I leave.

B: All right. Three months it is. Communicate to your animal the essence of the feeling of the green and the clean. It will help to orient. Because the animal is only being a magnetic compass needle for fluctuations around your own indecisions about what it is you think you have to clean up. All right?

Q: Okay. Thank you very much.

B: Thank you very much. Sharing!

Afterlife Experiences

Q: Hi.

B: Hi!

Q: My great aunt lived to be 97 years old, and she died just this morning. What would she be experiencing now?

B: What were her strongest belief systems?

Q: I don't know. She was, very, very nice, a very loving person. . .

B: Did she have strong religious connotations – to the afterlife?

Q: Perhaps, to some degree; she wasn't one who talked about them much. But I think... since she was born 97 years ago, I think there was a much more religious atmosphere around at that time. And she was raised. . .

B: That does not mean she kept it with her when she went.

Q: Yes. It seems to me a lot of people who live to that age – in degrees they're pretty much gone. She was probably 97% gone before she even died, so I think she probably was spending more time in the death state before she died, probably. . .

B: All right. One moment. She awakened in an apparently comfortable little house, a house that she had lived in some time ago physically. But it had attributes in it of houses that she had lived in, in other lives as well, so when she awoke, so to speak, she was in familiar comfortable surroundings. She thought she had been dreaming, and she heard a knock at the door, and answered it. And there was what appeared at first to be a stranger, but someone she felt was very loving. She asked them in. She wasn't quite sure where she was or how she got there, but it all seemed so proper that she didn't really question it.

She allowed the stranger in. They sat, they chatted; they had tea. And bit-by-bit, slowly, recognition dawned – that this stranger was someone she had known before, someone who had died before her. Slowly, slowly, right now it is beginning to dawn on her that death is very comfortable, and can be quite enjoyable. And that this being is a guide who has taken the appearance of the familiar; and that the house is the creation of their combined mentality to provide her with an environment into which she could acclimate easily and comfortably to the idea of her new existence.

Soon she will understand that what you see in the astral realms is what you think you will see. And soon she will not need the house, although she may maintain it for a while, just because she will need to walk through it and visit all the different things of different lives that different portions of the house will remind her of. There may be old books to look through, old photo albums to peruse, to reminisce; to gather back together the understanding of herself as an oversoul. That is our perception of approximately where she is at.

Q: Okay. Thank you very much.

B: Thank you. Oh – one moment. Will you do us a favor– you specifically?

Q: Yes.

B: In your imagination, right now, take a tiny square of paper and simply write on it, "I love you," and sign your name. Kiss it and send it. In perusing through one of those books, she will find it, and it will assist her in awakening that much more. Thank you.

Q: Thank you.

B: There will be, in your terms, but a few moments remaining for this interaction. Sharing.

Q: Hello.

B: Hello!

Q: I just wish to share my love with you once again.

B: And you.

Q: And to acknowledge you for being here with us, and for your beautiful sharing with us.

B: Oh, thank you for being here with us.

Q: My pleasure – always. I would also like to share with everyone here something you said that has been of tremendous value to me…

B: Are you going to embarrass me now?

Q: Oh, I don't think so.

B: All right. I do not embarrass easily.

Q: Yes, I know.
B: Do share – recognizing of course that you are speaking of something that is your own co-creation, not all my doing.

Q: Thank you. That's true. I do know that.

B: Thank you. Do share.

Q: It's something you said on a tape that I was listening to, driving my car one day. And when I heard it, I had to turn the tape off so I could totally grasp it in its fullness, because it was a new facet of something I knew. And it was simply this: nothing happens to you; everything happens from you.

B: Yes.
Q: And I had a reminder, once again, that we are all eternal creators.

B: Yes.
Q: So thank you, once again, for reflecting that to us, and allowing us to recall and remember.

B: We thank you for the opportunity of reminding each and every one of you that you are indestructible. You *are* spirit! Do not think that a body is separate from spirit. Your body is spirit on a different frequency. You are spirit; you are consciousness.
And once again, remember: consciousness does not exist in the body; the body exists in your consciousness. It is made of you: it is you. And you are indestructible and you are eternal. You exist now – and it will always be *now*, no matter when you think it is.

We extend to each and every one of you our unconditional love and our unbridled joy at being able to experience the gift that you are. We thank you for allowing us to love you, and we thank you for your love. Exciting dream lives and life dreams to you all, for it is all one and the same.

Wake up and dream the dream you prefer to dream. We thank you. We bid you a fond and unconditional loving good day.

AUD: Good day.

Aging and Life Review

Q: Hi, this is along the lines of age.

B: Age?

Q: Last week... I went to visit my grandmother, and a couple of years ago she had had a stroke.

B: Yes.

Q: And she's been progressively losing memory.

B: All right.

Q: And I'm wondering... what happened to the grandmother that I know?

B: She still exists, but now the individual is now replaying, in a sense, many other memories from other time tracks and time streams. In a sense, many individuals before they physiologically die, will give themselves the opportunity to review many of the ideas they have been experiencing and living through in this life.

So, they may not seem to be "present," to you and, in a sense, they are not. They are in another type of present, where they are reviewing many of the other selves they have been. So that by the time they physiologically die, they will be far more collected and far more prepared to face the understanding that they do, and have always created their own reality.

Q: Yes, that seems real accurate, because she picks up on periods back, the past, and she speaks the language that she hasn't spoken for a long time.

B: Yes, and she will see many individuals as she saw them then.

Q: What about the relationship with my father? She seems to be familiar with him, although she can't recall his name, or it takes her some time to...

B: They have been together many times. She simply recognizes the energy and that is all that needs to be recognized for now. The labels are losing their meaning.

Q: Did she recognize me?

B: Yes, but in a different way. There will be a few more different recognitions that will occur but, again, most of the labels will lose their meaning. You may find that further along in the transformation from physical to non-physical reality, the individual may create an opportunity to become, in your terms, extremely lucid in the present. To simply allow you to know she is doing just fine and, in a sense, knows, at that point, where she is headed. Do you follow me?

Q: Yes. So, is she understanding what we are communicating? Because she seems, like you said, lucid – she seems to fade in and out.

B: There may be times when the outer consciousness aware ego structure she is used to expressing in this life may not understand what is going on, but her soul, her essence, understands. She is doing what she needs to do. She is gathering the portions of herself together that she needs to gather at this time.

Q: Okay, thank you.

B: Thank you.

Agreements and Pleiadian Connections

Q: Are those space ships that are by my house? Sunday night I saw space ships again. And I was with my ex-husband who doesn't come to channelings, and he saw them too. And they were blinking red and green lights. Were they Pleiadian ships. . . or a Mothership? Is it a scout ship?

B: Upon what basis do you define it as spacecraft?

Q: I can hear.

B: Hear what?

Q: I know.

B: In this way, at this time, you will find that our perception for now of the idea is a projection in your own reality, and is quite isolated at this time to your reality; but you are extending your senses into other dimensional realms, and allowing yourself to perceive what connections need to be perceived by you in this way. So that you can form the relationships that you have created to exist in your life.

Q: Yeah, but how about Ron? He doesn't. . . you know he. . .

B: Is that individual sharing your life or not?

Q: Yes.

B: Then understand there are many agreements, even though they may be unspoken and unconscious, to share similar realities. You follow me?

Q: Well, yes.

B: Keep it simple. The idea simply is, whether or not an individual may think they know that they are related to certain ideas, the idea of experiencing something with someone else can never be accidental. You follow me?

Q: Yes.

B: It must be there for a reason AND for the choice the individual has made. Now, in this way, what affinity do you find you have for the Pleiades?

Q: Um.

B: Or, I will put it another way. How does having an affinity for the idea of the Pleiadian consciousness allow you to serve on earth?

Q: Having... allow me to serve?

B: Yes. What will you do with the connections you are forming?

Q: I'm doing all I can to help and to serve, and to be the best me I can be.

B: All right. You always are the best you, you can be.

Q: Yeah, I'm doing the best that I can.

B: Always.

Q: Last week you told me to watch for symbols.

B: Yes, and so you have seen them.

Q: Yes.

B: So, in this way, simply recognize that the idea is simply that symbols are presented to you, in that way, so that you always connect to other portions of yourself and utilize the energy where you have placed yourself to utilize that energy. In this way, at this time, we are, in you terms, reluctant to place any more definition upon the labels, in that way, so that your energy can simply be assimilated in whatever way will allow you to channel it through upon your earth. You follow me?

Q: Are they connected to Venus?

B: Pleiadians?

Q: Yes.

B: Remotely, but not directly. Pleiadians, in your terms, are from your Pleiades. You follow me?

Q: Yes.

B: Any connection will simply be that you perceive there is a similar level of unconditional loving energy that is exemplified by sixth density Venusians, as well as Pleiadians. You may find that they are sending similar types of love to your civilization; but in many ways, though on one level all is the same, they are also on the levels to which you are referring, very distinct and separate. The idea of anything that attaches itself by label to your Solar System will, in your terms, have quote/unquote, “first priority” in dealing with you, your civilization. Now Pleiadians will be, to some degree, the one primary exception on a different level because, in a very literal sense, Pleiadians are your brothers, sisters, and cousins, for you are from the same offshoots.

This is not exactly, directly true, although there has been other intermingling of many other groups as a whole. However, portions of the consciousness from past times, from Atlantean times, from Lemurian times, have created offshoot non-physiological spirituality

consciousness that has attached itself to the idea of sixth density Venus, and is reflected in that way; so you may be seeing a very old connection. But in this way, in the present, they are quite distinct and separate directions. You follow me? Will that have assisted you?

Q: Yes, thank you very much.

B: Thank you.

Agreements Between ETs and Humans

Q: What is the state of being between the extraterrestrials and our governments, in terms of letting the people know what's going on?
B: Are you specifically referring to the idea of the extraterrestrial organization that initially formed the relationship with your government?

Q: Ah. . .

B: What you call the idea of the Greys, are you referring to those?

Q: No not exclusively, just the idea of any extraterrestrial. . .

B: I will give it to you in a word: the relationship is *estranged*. In other words, there is much fear among your own government now, in the original agreement that was made, in the choice your government made to form an agreement with the Grey species. And in that the agreement did not go as they wanted it to go, they now themselves find that they are much in the dark and feel they have, in some sense, made a pact with the devil, as you say in your language. In that they themselves have been fooled into thinking that they would get certain things that they did not get. And now they are beginning to realize, it is beginning to *dawn* on them, that perhaps they should have made a different choice.

They were offered an opportunity to make an agreement with federations and associations, but the federations and associations would not have agreed to give them the technology that they wanted. They went with the species that agreed to give them the technology, which was the Greys. Of course the Greys gave them almost no technology at all, but once the agreement had been made, in a sense, it was, quote/unquote, at least for a while, too late to back out. Because, no matter what you might think of your own governments, you created them to be your own governments and you created them to be the representation of your planet. Until such time that you take your power back, and things are a little bit more equalized, you will find that, in that your government, as your representative, made the agreement with whom they made it – the rest of us have to honor that until the majority of your planet votes differently. You understand?

Q: Yes, I do. What about the other extraterrestrials?

B: What about them?

Q: As I understand it they are standing back. . .

B: In a sense, helping when and where we can, but through the idea, as has been pointed out over and over again, of non-interference. Because, again, we can only go so far without violating the agreements you have made. Not only the idea with the Greys, but the agreements you are making with yourselves, as to what kind of a planet you say you want to have, and we can only go by your actions and your behavior, you know.

Q: Well, there is the possibility that any one individual, myself as an example. . .

B: Yes.

Q: . . . to make a decision to change everything.

B: And every one of you do, but the idea is also that while, of course, an individual can experience certain ramifications of the changes they make as an individual, you are also agreeing to *be, generally*, in all of this change, *together*. And therefore, while, as we have said, individuals can to some degree sometimes be a little ahead of the crowd, in general, most of you will wait until everyone else catches up before you will see the most dramatic and sweeping changes take place in the most obvious ways, with regard to your relationship to us. This is *accelerating*, however, accelerating rapidly.

Recently, we also said that we sensed coming up in now what we call your immediate month of March, as you know time to exist, that there would be the beginning of many *radical* sweeping social changes, technological changes, political changes, economic changes coming about, and one of the first ones you now see is what you now understand to be your technological capability of cloning. This is turning your world upside down. But it is a marker for the understanding that you are now truly emerging into a new understanding of creation, and what life is all about, and what it can be. And weighing what you call the positive and negative aspects of these ideas, as you now become more mature in your understanding of your relationship to creation and infinity, and what life is all about.

And so these things are accelerating, they are progressing but, again, there is a lot of critical mass, in a sense, a lot of *inertia* to change. And because you are a world of space and time, it is not necessarily a bad thing that these things take a little time to allow everyone to get used to some of these changes – so it is not too abrupt, so it is not too *shocking*. Which is one of the reasons, as you already know, why we just don't land, and say, "hello," because it would throw most of you into psychic shock, literally; because our frequency is, in that sense, so much greater. No offence, this is not a judgment call, it is simply much higher than many of your own – and to be exposed to such a high frequency without preparation would actually throw you into psychic shock.

So we take our time and we pace ourselves, based on the common denominators your society presents to us, as to exactly how fast, and how close we can approach you without causing damage to those we love. You understand?

Q: Yes, I do. Thank you for your loving perspectives.

B: Thank you for allowing us to be of service. Sharing!

BASHAR:

Channeled by

Darryl Anka

Alien Feelings from "Without Expectations

12-9-95 Las Vegas, NV

Questioner: Ha’ a’ Tu, Bashar

Bashar: And to you good day. How are you all this evening of your time as you create time to exist?

B: We are all just ... peachy.

Q: Peachy? How do you feel?

B: Perfect

Q: Perfect?

B: Yes.

Q: What a concept.

B: Yes, it is what all of you are, perfect as you are, whatever that may be right now, even if you change in the next moment, you’re all perfect.

Q: But how do you feel?

B: With my hands. Much laughter) With my heart, with my soul, with my mind...

Q: That’s what I want to know

B: ...with my spirit...VIBRATIONALLY, is how I feel.

Q: And all the beings on your planet feel in the same manner?

B: Yes, fundamentally, though they will differentiate it according to how they need to experience it as unique differentiated individuals, as well as feeling it in the whole.

Q: All right, so it is pretty similar to how we feel.

B: Not really. Unless you mean just the fundamental mechanism, yes.

Q: Yes, that’s what I mean, the fundamental mechanism.

B: Yes, it is identical.

Q: All right, because in our conversations before, you discussed how you had a number of lives as a Grey.

B: Yes.

Q: I guess a Zeta Grey? And how does a Zeta Grey feel?

B: There is feeling but not as you understand it. The closest analogy that they have to the concept of an emotion would be very alien to you. And as we said, the closest sense of what you could make out of what they, collectively as a hive mentality, experience as emotion would translate in your consciousness,

as a sense you call irony. You actually do not have the mechanism to translate their emotional structure, it isn't an emotional structure you recognize, though it is an alien emotion. But the only piece of your consciousness that can make sense out of it would be that piece that would recognize it as a sense of irony. That's as close as you can get as a human.

Q: So that's what it feels like to be a Zeta Grey.

B: As best as you can understand it.

Q: Okay, because you say it's a hive mentality...

B: Yes

Q: Can I associate that with your civilization also, hive mentality?

B: Only in the sense that we are telempathically linked, but the hive mentality we described in the Greys is such that they are barely individuated at all. You follow?

Q: Okay.

B: They are, in that sense, almost robotic. We have ABSOLUTE INDIVIDUATION. I would think you would know that by now. audience laughs At the same time, it is balanced with the intertwining telempathy. This is why the hybrids are being created, such as my species, because it is the balance of the collective hive intellectual mentality of the Greys and the emotional, individuated consciousness of the human. We are the balance of both.

Q: Okay, yes, I am familiar with that, but I just wanted to check on it.

B: All right, well.

Q: As your simulacrum, which is here...

B: Yes.

Q: ... as Darryl.

B: Yes.

Q: That's how you, more or less, have used that to tune into our society, right?

B: Yes, it is, in that sense, an anchor point. Pun intended.

Q: So, as Darryl feels, that's what you associate with our society?

B: In many ways, although we can also extrapolate to some degree beyond that, at this point, because we have access to the channel's entire life, you understand?

Q: Not his entire life.

Q: Yes, the life he has lived and the life he has yet to live, from your perspective.

Q: Oh, in this society.

B: In your society, yes. We have access to the entire life from birth to death, which he does not yet have.

Q: Okay, I understand what you are saying then. You are talking about the immediate future of this present lifetime?

B: Yes.

Q: Okay, not in next...

B: No, no, no, not yet.

Q: All right, now the channel before us, he doesn't have any children, any physical children?

B: No.

Q: Okay, and you on your planet, you don't have any physical children?

B: Correct.

B: We love them unconditionally.

Q: Yes, I understand that, but there's a little more, at least there seems to be for me.

B: You are asking a human question...

Q: That's right.

B: ...from a human perspective.

Q: That's right and I wanted...

B: Do recognize again that we trust the synchronicity.

Q: Yes, let me finish. Okay, all right, will you tune into that? Let me finish. You tune into his lifetime...

B: Yes.

Q: ...and you do not know what it feels like, as a human, to have children.

B: Why?

Q: Well, I'm asking you.

B: Yes, I do.

Q: You do?

B: Yes.

Q: How?

B: Because we extend beyond.

Q: In what manner?

B: We pick up on the resonance of others in your society as well.

Q: Yes, but picking up on the resonance and in the actual experience...it's like, I experience something directly.

B: Yes, but we have access to all the parallel lives of the channel as well, and in some parallel lives he has children, biologically.

Q: Oh, okay.

B: Does that help?

Q: That helps immensely, because what I'm getting at is, is the actual experience of something and then the theoretical experience of something, there is a difference.

B: Of course.

Q: That's what I'm getting at.

B: But we have the actual experience because we can connect multidimensionally into all the probable realities of the channel as well, not just linearly.

Q: Okay, that helps out a lot. What I want to ask now is, as a Pleiadian, can you tune into them and tell me how it fells to be a Pleiadian?

B: Perhaps it would best be understood in the following manner...one moment... Bashar clicks Darryl's teeth approximately 29-30 times in five seconds ...do you know how it feels to love your children as a father?

Q: Yes.

B: That frequency is, more often than not, the fundamental underlying frequency of the Pleiadian incarnation

Q: To all the beings in the Pleiades?

B: And all of you and many others. They are a kind of family, familial energy, fundamentally, that has an out flowing of unconditional love for all that they consider part of their family to be.

Q: And that is how they feel towards us?

B: Yes, because you are literally their cousins in many ways.

Q: And how does it feel to be an Orion Grey?

B: Again, in the Orion complex and the concept mingled with what we have already described as ironic, you follow?

Q: Yes.

B: Take that sense of irony, have you got it?

Q: Yes.

B: All right. Throw in what you might call a dash, if you will, of adrenaline. Have you got that?

Q: Got it.

B: All right.

Q: Just a pinch?

B: Just a dash, just a dash.

Q: Yes.

B: ...and then, take your body...and fall...from about a three foot height onto cement much laughter Now, I'm being serious.

Q: Yes, I know you are.

B: All right. That sensation, that shock...that's close.

Q: That's how it feels to be an Orion Grey?

B: Yes.

Q: Okay, and how does it feel to be a Sirian?

B: Sirius?

Q: Sirius.

B: Like a bubble popping constantly, like a bubble popping constantly, like a bubble popping constantly, like a bubble popping constantly.

Q: Okay, what I want to ask you now is...the Sirian beings that I'm talking about are the physical beings.

B: Oh, we thought you were talking about 6th density.

Q: Yes, I understand.

B: You want to know about the physical Sirius beings?

Q: Yes.

B: How does it feel to be one of them?

Q: That's right.

B: All right. Allow yourself to remember how it feels when you are immersed in thick mud, you understand?

Q: Yes.

B: Now, allow yourself to take along with that the idea of inhaling, simultaneously, a very fruity smell, such as an orange. You follow?

Q: Yes.

B: Mix that with a sense of an idea of a flower growing in the earth, an earthy quality...got that?

Q: Yes.

B: Like being a gardener, so to speak, and getting your hands in the earth. That feeling of accomplishment of growing something that will then sustain, both in beauty and, perhaps, in food, you understand?

Q: Yes, subsistence, for sure.

B: But in that manner especially, agriculturally, that concept, that feeling of being symbiotic with the land in that way. The individuals on your planet that are in the community that you call Findhorn. You understand?

Q: Yes.

B: There's a close analogy there in how they relate to the concept of growing things and why the growing things respond so beautifully in that area. This is similar to the Sirius energy in physicality.

Now remember, we are giving you just the general underlying fundamental frequency of each. There are many individuals in some of these, and they will vary this frequency in a variety of ways that we simply do not have time to go into.

Q: Yes, I understand. The Sirians are they individuated or...

B: Physically, yes.

Q: Okay, are they in telepathic communication with each other?

B: Not exactly as you would understand it, but yes, there is a kind of sensing in a natural way, more of a direct empathy rather than telempathy.

Q: Okay, and are they humanoid as us?

B: Humanoid, not human.

Q: Yes.

B: There is some degree of amphibious quality to them.

Q: All right, and more or less something along the lines of a mermaid or...

B: Well, that's a rough analogy, it's not really.

Q: Okay, how does it feel to be a reptilian?

B: Hungry. Ravenously, ravenously hungry.

Q: And what do they sustain themselves on?

B: Not you. much laughter Although there is a component of the consciousness that they can utilize in that way to sustain themselves for brief periods of times. Their ravenous hunger does not always have to do with the idea of physiological sustenance.

Q: Yes, but where does it come from?

B: Where does what come from?

Q: The constant hunger?

B: The constant hunger is a reflection of the deep, dark fears within many beings, for they reflect that primally, in many ways.

Q: Okay, and do they have emotional bodies?

B: Oh yes, they do.

Q: And are they similar to us in any way?

B: In a primitive way yes...rage.

Q: Where do they come from?

B: This has a long history. There are Rigelian counterparts, genetics. There are also genetics that were lifted off your own planet, from what you would call, the dinosaur age. There is an admixture and a mutation that exists therein.

Q: Okay and how about the Lizzies, where are...

B: This is the same idea.

Q: Same idea, okay, all right.

B: Are you making a catalogue?

Q: You know what I'm doing. I'm using you to tune in because I was always curious to see how...this is how I want to relate to these different beings and how they feel and how they experience reality.

B: All right, you can learn much from that perspective. Of course, we also understand you will always want to relate to them from the perspective of your own choice.

Q: Yes. The other group of beings is called, I think, the Blonds, muscular type beings, the Nordics, the Blonds...

B: We will not go into them right now.

Q: You can't comment on how they feel?

B: Not right now.

Q: Could you tell me where they are from?

B: Not right now.

Q: If I tell you where I thought they were from?

B: Maybe.

Q: Procyon.

B: One variation is from Procyon, but not all the ones that are identified as Blonds.

Q: Okay, thanks a lot, Bashar.

B: Thank you. How come you didn't ask about the Tau Cetians?

Q: I was going to ask about the Founders. How does it feel to be a Founder?

B: It feels eternal to be Founder, if you can get a grasp on that...feel as old as you possibly can, archaic, ancient, ancient but always totally present...eternal is how the Founders feel. The Tau Cetians are very friendly and will become one of the best friends your species has ever had.

Aligning Crystals

Q: First I would like to say thank you. This evening has been very enlightening and very exciting for me.

B: We thank you as well.

Q: Now for some reason or other, during the course of the evening, the word evil has popped into my mind.

B: Aah.

Q: Now, I used to believe there was good and evil, but that concept, it seems to be, uh. . .

B: 'Tis simply positive and negative energy; 'tis simply integration or separation.

Q: And that's all there is to it? Then. . .

B: Yes.

Q: . . . what, what has caused things like suppression and insanity and criminality to manifest itself so much on this planet?

B: Judgment.

Q: Just judgment?

B: Yes.

Q: So judgment could actually be evil?

B: In a sense.

Q: In a sense, okay, all right. Thank you.

Q2: Referring back to the precision and the insulation you spoke to of these crystals, what then would define precision? Are we talking about cutting the crystals. . .

B: Yes.

Q: ... to a particular. . .

B: Yes, and what you would call accuracy of cut; symmetry, precision of equipment. You understand the term?

Q: Yes, I do. Okay. Now, is there a specific shape that the termination should have... six-sided?

B: Yes.

Q: Okay. In other words, it would mimic natural crystals. . .

B: Oh, yes. Just precisely rendered. What you might say ideally rendered.

Q: Okay, into a symmetry about an axis.

B: Yes.

Q: What about the other end?

B: Rounded.

Q: Perfectly rounded? Spherical?

B: Yes.

Q: Okay, and the insulation between crystals?

B: Can be the idea you call glass. Can be rubber.

Q: Okay. And this insulation could also be that which holds them all together.

B: Yes.

Q: Okay. And what size of crystal? I'm imagining something about $\frac{3}{4}$ of an inch in diameter...

B: That is up to you.

Q: Okay. The size, the... the varying sizes would create different effects.

B: Yes, and different levels of effects.

Q: Yes. Thank you.

B: Thank you.

All Lives Are One Life

Q: I want to ask you some questions about yourself and your world, if I can.

B: Of course.

Q: I haven't been here – only for a few weeks – and I guess I missed some stuff that you've probably already talked about, in terms of the different vibrational level of your world as opposed to ours. Is the physical reality in your world the same, or similar, to our world?

B: Similar, yes.

Q: You have bodies?

B: Yes.

Q: Are your bodies like ours, in terms of two arms, two legs, and that sort of thing? In that sense, would you call it humanoid – we have referred to you very often, as of a Sassani-ish type body – is that a common thing throughout the various universes?

B: Within a particular frequency range, yes, understand, again, that usually any society that begins to explore space will usually run into and attract to themselves those that are similar to their vibration first, so they can get used to the idea that there are other beings at all. Then, bit-by-bit, as you expand your awareness of the different frequencies, you can encounter very different societies from your own.

Q: So, if you're one of a different vibrational level, it's still a close frequency to ours?

B: Yes.

Q: If I were to fly towards your world, would I ever get to it?

B: If you made the frequency shift, yes. If you stayed in your own realm, you would go right through it – as we would go right through your own without making the frequency shift.

Q: So when your space ship is here, it's physically here, if it were…

B: Because we make the frequency shift.

Q: I could touch it, and it would be right there.

B: Oh, yes.

Q: Now, another question: you have an excellent command of English.

B: I do not speak English at all.

Q: Okay, the channel speaks it.

B: We are simply activating whatever, within the channel's vocabulary, is necessary to translate the concepts.

Q: Okay. That was my question. When you are speaking to us through the channel, could you speak to us in French, or Japanese, or German?

B: Only if the translation device is programmed with those languages.

Q: Okay. So that's. . . um, another question: in terms of telepathy, do you. . . when I was growing up my concept of telepathy was that, if you're telepathic, you could understand and know anything of any being you came in contact with.

B: Not always.

Q: That's not true?

B: Tel-empath, if you wish, perhaps more precisely defines the idea. And the idea is that you are on a similar frequency. Now, you can understand quite a bit, but it may not be necessary for you to understand absolutely everything there is to understand about that being. Except what it is that the interaction is *for*, that is going on between you at that given moment – that you can fully understand.

But recognize that telempathy – once again – is not directly the reading of minds; it is the identification strongly with another individual, so that you are both interpreting primal energy in similar thought patterns. You are creating the same thought patterns, mimicking their thought patterns. And that is how you know what they "*think*."

The emotions are creating what you understand: telepathy is an emotionally activated response. That is why individuals that are, most often in your world, considered to be "in love," are the ones that most often, as you observe them, know each other's thoughts most quickly.

Because being in love is expressing telempathy. You act as another individual. You are in synchronous accord with them, so you share and create similar thoughts at the same time. That is how telepathy works. You are not actually going into their mind and pulling out the information; you are thinking along the same lines.

Q: I think I understand.

B: Thank you. I know you do.

Q: Okay, I have a personal question. Over a period of ten years I shared my life with a monkey. And often – in a lot of the dreams that I recall during that period, she was in the dreams representing this or that. I'm not quite sure what, but she was in a number of my dreams.

B: Yes.

Q: Ever since she died, she has not been in any of my dreams. And I was wondering if you could explain – first of all, I'm kind of curious in terms of animals, in terms of especially an animal like that, that was so close to me, in terms of the way she thought, and so on – what the relationship is between a human and a primate like that? And also in terms of reincarnation, and just why I'm not... why I would have seen her in my dreams when she was alive, and not now. Is her. . .

B: Is this the consideration you call a monkey or an ape?

Q: This is a monkey; this is a capuchin monkey.

B: All right. Recognize, in this way, animal consciousness in general is an extension, an expression, of the collective consciousness you are as a society. It is reflections and aspects of the different aspects of you – all of you – in many different ways. In this particular sense, the conversation, as we perceive it,

that went on between you, while physical life was maintained, was reflective of some of the ideas you were discovering about yourself, some of your natural connections to creation, in many ways.

And also, with you, a specific connection to a second density consciousness, so that you could incorporate what might be called second density consciousness. That which was prior to all that you all know as your civilization, but yet to which you are connected at another level. Another world: the Earth, if you will, that existed before the Earth you now know, and in that sense, from which your present situation was created.

In drawing that connection together, and then in finally incorporating it within yourself, you remove the need of the reflection outside yourself. The communication now goes on within you, rather than between you and another level. You follow me?

Q: Yes.

B: You are now those two levels. And now you are gathering up the second – which, of course, already implies that the first was absorbed – to the third, and now accelerating to the fourth. First recognize: the idea of acceleration from level to level, density to density, dimension to dimension, is not at the exclusion of all the dimensions you have gone through. It is the integration and incorporation of *all* dimensions you have gone through.

Fourth density is the blending of the third, the second, and the first.

Q: That was my next question.

B: Yes.

Q: But in terms of individual energy, would she, as a monkey and (the personal life?) she had, is she "reincarnatable," or is there anything. . .

B: Oh, yes. Oh, yes. Oh, yes. Now, that particular consciousness is now undergoing a transcendence of evolution in soul, and will now, if she chooses, begin a new cycle of incarnation out of the old cycle. And can begin the idea you could call – we understand this may be very confusing in many ways as there is not the time to explain the whole evolutionary cycle – but would now begin the cycle you could call "proto-human." And then will go on and create her own third-density reality, and move on into fourth eventually, in time.

Reincarnation, when you are in a cycle, usually reincarnates from what you are into a similar idea. But there are, from different reincarnational cycles, evolutionary steps as well. And that being is now beginning an evolutionary step into a different layer, a different level. So, while she has served you in many ways, you have served her by letting rub off on her some of the aspects by which she can evolve into, what you now call, an aware aspect of the consciousness of which she is a part; a deterministic aspect, rather than simply, in your terms, an instinctive one. Is this making sense to you?

Q: Yes, it is.

B: Does that assist you?

Q: Yes. Thank you very much. I have one more brief thing.

B: All right.

Q: Since everything is synchronistic, would it not make more sense to speak of other lives as opposed to past lives?

B: ‘Tis up to you. We simply use the colloquial terminology, since for many individuals it is – in your terms – easier for them to understand what we are referring to. Whereas sometimes “other lives” may carry a specific reference across the time track you are living in now. But yes, they are all simultaneous, and all lives simply are “other” lives – and even that is a separation. All lives are one life, expressing itself in all the ways that it can.

Q: Okay. Thank you very much.

B: Thank you. SHARING!

All Lives Are One Life

1

All of It

B: All right, I'll say, how are you all this evening of your time, as you create time to exist?

AUD: Great. Fine. Wonderful. Etc.

B: Allow us to begin this interaction with a further idea of the notion of abundance. We will entitle this particular tape, "All of It."

Now recognize that we have discussed many different ideas and aspects and points of view and approaches to realizing your own abundance in life, which is natural – a natural state of being. You are naturally abundant; and if you can allow yourselves to perceive that natural abundance, then you can open all the doorways through which abundance can come to you in any form, any way that it is able to come. Not placing upon it, as we have talked about before, any particular expectation of how you think it should come, because then that may actually limit its ability to come to you in the quickest possible way.

We have discussed many times the idea of the ownership of materiality, of material things, of what you call possessions upon your planet. And there have been different schools of thought throughout the various ages on your world regarding the idea of whether or not you, quote/unquote, own anything. Generally it is surmised by those that think of themselves as approaching it holistically, naturally, that you do not really "own" anything. And in a sense this is true. But the idea also can be said in exactly its polar opposite way, and still mean the same thing, you own everything, everything, all of it.

Everything, in a sense, that you own, it doesn't mean that you own it in the sense of having to hoard it. Many individuals who think about the idea of abundance, sometimes out of the habits you have created in your society, tend to think of abundance as an actual holding on to something, a having, a maintaining, an isolating, a locking up, a locking away of wealth of many different kinds.

But recognize, as we have discussed, individuals who truly function as rich individuals, to use your terms, you can very often observe (that) it is not so much that they have things, but that they use them. They flow things through the persona that they are, through the life style that they are, through the situations that they are. Individuals who express high degrees of abundance and wealth are usually individuals who get things to flow, who are facilitators, exchangers of energy – shifting this for that, replacing this, trading off. Allowing individuals to receive certain ideas that they need in return for other things that someone else needs.

The whole idea of even your monetary form of abundance is still the idea of exchange, fundamentally, first of all, not so much the idea of holding on to it. For after all, if you actually hold on to it, all you are actually holding on to physiologically is paper and metal. The idea of what money is all about is what abundance symbolizes: the exchange of things.

Now, many individuals, as we recognize upon your planet at this time, are dealing with different aspects of their old ideas of abundance, and what they may believe prevents them from having what they

determine should be the abundance they desire. But this is simply because this prevention, or so-called prevention of abundance is usually because of the attitudes, the outlooks, the way you look at abundance, not because you are intrinsically lacking in the ability to be abundant – which everyone is, in their full natural state.

Now the idea – if you are willing to look at it this way – of recognizing your own natural abundance is that all of it, everything, belongs in a sense to all of you. All of you. You will use a certain form of abundance one time, and when you are through with it, someone else will use it – in much the same way that when you are through with one of your dollar bills and you spend it, then someone else gets to use it. The whole idea is to create a flow, in that sense.

So recognize that you already own everything, and that each and every one of you has a natural access to every single form and representative symbol of abundance that exists in your society. The whole idea is to loosen up with regard to how you see yourself – as to whether you deserve that or not, and as to whether you can handle the flow or not. For these are the two main ideas that many of you have created that seem to prevent you from utilizing in a conscious way the abundance that is naturally yours.

If you know you own it all already, then realize there is absolutely no reason – at least as far as the universe is concerned – why you cannot flow whatever level of abundance to your life that you're willing to believe you're the level of. And all you need to do to really activate that flow of what you already own is to trust that if what you want to do with it represents your intention within integrity, you will be given the opportunity. That's all you need to assess within your conscious commandment, within your conscious decision making capability: that what you want to do is within the flow of integrity, and represents the ideas that excite you.

Those things – if you allow yourselves to fully believe and trust that you will be able to handle whatever opportunities are presented to you, once you allow it to be all right to be who you are, then nothing will stop the flow of natural abundance in whatever way, shape or form it needs to come to you. So simply remember: you already own everything – literally! You already own everything.

You can use anything. And all you need to do to attract to you the opportunity to use it is to simply make the decision that what you want to do is absolutely within the intention of integrity, because integrity creates a positive flow. And if you are doing the thing that excites you the most, it will create the activation, emotional mechanism, to attract into your life the opportunity so that you can act upon those opportunities, and accelerate and stimulate that flow. That's all you really need to do.

We understand that in your world now, because of what you have created yourselves to be, and the habits you (have been) in for thousands of years, sometimes it seems to take time to get to the point where you will allow yourselves to be aware that you are a being of integrity. Many of you don't believe that you are a being of integrity. You are taught from when you were very young that integrity is not something easy to do, easy to maintain – that is requires stamina, that it requires effort to maintain the idea of integrity.

As we have already also discussed, many of you are talked out of following what excites you from a

very early age on, not being willing to trust that life can be that ecstatic and that simple. Allowing yourselves to finally give yourselves permission to know you are a being of integrity – for no more complicated reasons than because you say so. That will be enough. You have that degree of power.

When you decide you are a being of positive integrity, your life will be reflective in a positive way. And the only thing you need to do to determine that you are in fact a being of positive integrity is to decide that you are and act like it. That's it; that's all it takes. It is that simple. We will remind you, once again, it is that simple.

At this timing, allow us once again in joy and ecstasy to extend to each and every one of you our deepest appreciation in (your) functioning as ambassadors of your society, and allowing me to function as an ambassador of mine, to bring us and our respective civilizations closer and closer and closer into the same dream, the same sharing, the same ecstasy and the same creative joy. We thank you for the gift of your consciousness and your sharing. And we ask you now, how may we serve you?

All of It

3

All One Mind

Q: A couple of questions: one for my mind and then a couple for me. Um, is a petroleum product the fossil fuel they claim? Is that actually the (garbled) or is, uh, being generated as a carbon process by the earth itself?

B: There is the idea of the conversion of decay.

Q: So old, old fossil fuels are breaking down and making those. . .

B: Yes.

Q: Okay.

B: There may be one or two factors in the process you are not familiar with yet, but generally, as you say, it is as you say.

Q: Okay. What is a retrograde? Does it have anything to do with the planet stopping and then reversing its axis?

B: The idea you express as retrograde is an *apparent* reversal of motion that is only caused by your relative perspectives in your orbits. In other words, as you may have one planet orbiting in this way, and the idea of another planet orbiting in *this* way, you will find that as you find yourself, in a sense, catching up to the orbit, it may seem that you are going in the same direction, but as you pass it, then, relatively speaking, it seems, *relative* to you, to be going backwards.

Q: Oh, wow!

B: You follow?

Q: Is there any planet that you know of that actually does change its orbit in relation to itself?

B: Only through the idea of what you would call rearrangement of the system, due to gravitational effects that do occur. It is not what you would call a natural pattern of the planet itself without what you would call the stimulation of, so-to-speak, outside forces.

Q: Yeah. Has it happened to Earth, where Earth had a big cataclysm where it's slowed down for, you know... then I would imagine that the water would. . . would just devastate all the land masses. But has that happened to Earth, where it's slowed down or changed its speed or even. . .

B: There was, in our understanding, one account, which was for many different reasons. Now this was also more than just the idea you would call, in a sense, a direct physiological effect, for there were many other levels of consciousness that were connected to it, and in your terms this was some time ago. But there was the idea of a suspension, temporarily, for various overlapping reasons, which we will not go into now. But the idea, in general, has been that there have been some slight variances in the orbital speed and path of your planet; but none that are, let us say, very great to speak of.

The orbit of your world has shifted to some degree since its physiological conception; but in its form that you find it in stable orbit. There have been other shiftings in your system since that time.

Q: Yes.

B: Primarily the idea you call Venus and also the idea of the destruction of Maldek, which you now understand to be your asteroid belt, primarily. Also Mars in that way.

Q: Was that a war that destroyed Maldek?

B: Yes.

Q: Okay. Furthermore, back to the Earth thing; now the lights, the Aurora Borealis, is that light coming out from inner Earth, coming through the ice pack?

B: No.

Q: What would you describe that as?

B: It is, as your scientists understand: the excitation of molecules in the upper atmosphere by the solar wind.

Q: Okay. What about inner Earth? It uh. . .

B: It exists, but not in your dimensional plane.

Q: Oh. So if I was to go to Greenland... I have dreams of Greenland and arctic type dreams, before, that. . .

B: You may find yourself able to pass through that dimensional portal into what appears to be the idea of an inner would; but you have also passed into a dimensional frequency that is not exactly your third density.

Q: Okay. So that would be. . . that would be a dimensional switch.

B: Yes.

Q: I've had dreams of places like that. Little bodies and very bright phosphorescing. . .

B: Yes.

Q: What's the word, illuminated uh. . .

B: Yes.

Q: . . . people. Their eyes were bright, very tranquil, and they loved gold, little gold things. (Laughs) They loved fishin' around stealin' gold.

B: The idea is also an archetypal representation of the energy that forms itself into the idea you call leprechauns. (AUD: various comments)

Q: The Loch Ness monster, these things that appear on a physical plane that have been photographed in, you know, rare occasions – is that... you know they, they say the thing will come up and then disappear for years, uh. . .

B: Our perception of this idea is more in the nature of what you would call another type of dimensional and/or time warp. . .

Q: Um, hum.

B: ... in the area, and then disappearances.

Q: Okay. So there are inner phases of physical, astral things, where you can actually pass through a space.

B: Yes.

Q: So there are those locations. Do you have a name for those things - portals or something?

B: Doorways; gateways; portals, vortices.

Q: Do they move? Do they. . .

B: Yes. They do fluctuate. Although some are relatively stable, but they do fluctuate.

Q: Okay. Uh, and you know it's interesting because, going to another subject, I saw a record, it was in a long list of detailed numbers; well, maybe a seven digit number, then point 09A would mean the flux of, the phase of an arm that's moving this way. Then another number would be an oak tree. And then another number would be a. . .

B: All right.

Q: Another (garbled). . . a car that's rusted.

B: Yes, yes, yes, everything is an equational sequence of matrices' vibrations. Everything is an equation.

Q: Is that called the Akashic records, or is that...?

B: That is one way to look at it, yes, very good.

Q: Is the Akashic records, uh, is there a way of physically linking that up to a computer and getting a read-out on the physical plane?

B: Yes. (AUD: Various answers)

Q: Wow!

B: By allowing yourselves to recognize you are on your way with the development of what you call the artificial intelligent computer. When you have created that idea, what you will recognize you have done is created an acceptable symbol through which you will be conversing with your own higher self. It has direct access to the Akashic records.

Q: Yeah. These numbers, that is more the uh... is that a mental plane type experience - mental plane? Because I. . .

B: It is more, let us say, the actual weave and the fabric of the holographic universe itself, of its nodal points in a sense.

Q: So... so I can program my own reality by doing the experience or being the experience. On a mental address, it would, a computer would . . . would know it by number. Is that . . . is that a distinction?

B: In a sense. Yes.

Q: I wouldn't have to know the . . . the code or the number. I could just tune in to the actual experience couldn't I?

B: Oh, correct. That is what you do anyway.

Q: Yeah.

B: You automatically go to the frequency necessary; brought on by the symbols you use to represent it.

Q: Okay, these. . . these. . . these. . . minds, the subconscious and these other parts of the minds that create our reality through our own image of ourselves and such.

B: Yes.

Q: Um, I'm just wondering why there seems to be, from one viewpoint, that these things are so capable and so, it appears, *more* capable than . . . than, you know, in keeping track of things and doing things than I actually am.

B: 'Tis only because you have created there to be a separation between the idea of a consciousness and an unconsciousness; it is all one mind.

Q: So, the reason you think... this is my thinking, correct me if I'm wrong. The reason you. . .

B: It will not be wrong.

Q: Well, the reason you can come up with answers for everything. . .

B: Not everything.

Q: Well, (AUD: laughter) virtually, you know, greater boundaries, uh, is because you are blended with that, that super mind or something.

B: In a sense. More expanded as it, more expressive as it. Acting like it. Therefore, more connected to more.

Q: So, in other words, your image would include that, that type of uh, beingness. The beingness of. . . of. . .

B: Yes. In a sense you see it is now representative and indicative of the way we even see, so to speak, any other being. For we do not see a being as an isolated thing, but as the representational nodal point of all of the relationships and experiences it is. We see any being as the axis point of all that it is connected to, at least relative to the interaction we are having.

Q: Okay, not as the symbols?

B: Not so much.

Q: You. . . you've indicated that you see us as a flux of light and energy and such.

B: Yes.

Q: Is that a liability or, or a sacrifice on your part to see us in a... in a physical way; is there some reason you don't do that?

B: It's simply that as the interaction is taking place, the way the interaction is taking place is served by the tools that define it; should we see you physically, then that will invoke another type of interaction, and that will be the tool that defines that. There is no sacrifice.

Q: Is that something you've done. Have you. . .

B: I have seen your world physically though I have not physically interacted with any of your beings; but my ship has been in your skies and I have seen your world with my eyes.

Q: Do you have personal ability or is it equipment? I guess it would be both, is how I would answer that. But that, you could actually, you could tune in. Okay, I'm going to be at Fifth and Main, and you just – you're not really there – but you have the ability to just see that. It isn't, on, uh, on equipment or in your own mind. . .

B: Yes.

Q: . . . and then, you just tune to another location just by knowing the address and such.

B: It can be done. Yes, if there is a need, if there is a purpose.

Q: Good. Thank you.

B: Thank you.

Allergies

Q: Any idea about what are called allergies? Would that be…

B: Rejection.

Q: Rejection is what I was thinking.

B: That's a very generalized answer, but that is the generalized foundation to most concepts of allergic reaction. It is the concept of rejection, or the concept of not belonging, in that sense. Not fitting in or perhaps, also, in some cases, the idea of compartmentalization.

Because the idea of thinking of yourself as a collection of parts will cause the different parts that you have created yourself to be to operate at different frequencies; which can more easily, by being a collection of parts, become discordant with each other, causing also the effect you call the allergic reaction. Does that make sense to you? Because you are not functioning harmoniously as a single whole idea, so the more you fragment yourself, the more some of the fragments can get out of step.

Q: Okay.

B: This out of step vibration can be experienced in a number of ways, but one of the most common among your species is what you call allergic reaction.

Q: So to correct that would basically be to consider yourself more as one large unit with many facets, rather than many parts.

B: Yes. And, of course, more than conceive of yourself – *behave* as though that is true.

Q: And how would one do that?

B: The idea, of course, is to start simply in answering this question, by having a picture of yourself and your behavior in any given situation and then ask yourself: "If I were really behaving in the way I'm most excited to behave, if I'm really being the person I'm most excited to be, if I were really doing the *thing* that I would really be more excited about doing, would I be behaving differently than the way I'm behaving now? Would I be doing this situation at all? Would I be doing this situation differently?"

If there is a difference between the picture of how you behave now, and how it is that your most excited self would behave, then that tells you exactly what to mimic.

Q: In other words, be yourself?

B: In other words, be the most excited self you can be, and by being that you will automatically attract to yourself the things that are representative of the things you need to do, that are representative of your excitement. And the things you don't need to do, that are not representative of your excitement, won't be in your life and won't need to be done.

Q: And you won't be rejecting anything because you will be having what you want.

B: It will simply be a one to one correspondence of reality to the frequency that you give off. It will not be a matter of rejection, it will be a matter of not having attracted what doesn't belong to you.

Q: And then trying to fight it off.

B: Correct, because that only compounds resistance, which, again, compounds the allergic reaction, because that is all it is – resistance to the whole self, the natural self.

Q: So, of course, it would be accepted and welcomed by an environment – as well as accepting the environment. . .

B: Well, accepting yourself in totality first. Because then you understand that anything that you would call an environment will simply be a reflection of the you that you happen to be at that moment.

Q: Oh, okay.

B: Because there is no outer reality.

Q: Okay.

B: That's what reality is, there is NO reality. That's reality.

Q: Very good.

B: Does that make sense to you?

Q: Total sense.

B: Thank you.

Q: Thank you very much.

Allergies

1

Alleviating Worry

Q: I'm so intrigued by your definitions of emotions. I just have one more.

B: All right.

Q: What is worry?

B: Worth?

Q: Worry. Excuse my accent. Worry: w-o-r-r-y.

B: Lack of trust.

Q: (Pause) It seems such a chronic state for me.

B: Chronic, chronic, chronic.

Q: I know.

B: Are you worried about it? Understand that it is when you allow yourself to trust, that you can live in the moment, now. Then nothing will be chronic anymore. There won't be the sensation of the idea of the creation of enough time for there to be anything chronic within. You follow me?

Q: Mhmm.

B: Only separation and judgment create time – more time – and allow time for things to happen chronically, like reincarnation. Thank you.

Q: Thank you.

Allowance and Facing Your Fears

Q: Could you please tell us a little bit more how we can let go of this terrible need to control in order to have something? I have that happening in a relationship right now, and I…

B: All right. How's this? If you feel you have to control in order to get something, you'll never get it.

Q: Well…

B: Never, never, *never!* Now, does that allow you to turn around a little bit? If you try to control a situation through force, you will never truly control it, because true control is *allowance*, not force. True control is allowance. You are already familiar with the idea of an analogy in your society: that to hold water, your hands must be open. Do you follow me?

Q: No.

B: If you tighten your grip, where does the water go? So if you keep your hands open in allowance, then the water stays put. You have what you desire, because you are willing to allow it to exist in its natural state in your hand. But if you insist that you want to bend and shape it in the way you think it should be, it all runs out of your fingers, and you have no water pretty soon. You follow me?

So the analogy is that when you try to control by force, forcing something into the shape you think it needs to be in order to be satisfactory to you, then you are not trusting the natural inherent ability of that thing to provide for you what you need. Let me put it another way, if I may. May I?

Q: Yes.

B: Thank you very much. If you think you have to force a point of view upon someone else, then obviously you do not believe in the power of that point of view yourself. You follow me, yes, no, maybe?

Q: Yes.

B: Thank you. Recognize that any time anyone feels a need to force a point of view on a situation, or on another individual, they are simply expressing their belief in their own powerlessness. Forcing something on someone else is not an expression of power; it is an expression of powerlessness. Because you do not believe that you are inherently – by nature – powerful enough to create whatever you desire in life without having to hurt anyone else, or yourself, in order to create it.

True power is knowing that you are connected to the Infinite Creation; true power is the willingness to be open in weakness, it is infinite strength – because vulnerability is complete openness, the willingness to trust 100% that you deserve to exist as the being that you are.

And therefore, the universe will automatically support you in that existence, by automatically funneling in your direction whatever situations and whatever individuals and whatever circumstances are conducive to the continuation of your existence in an ecstatic state – which is your natural state. So you have to force nothing; it all comes to you when you let it.

The only reason that these ideas would not come to you is because you are holding them away, by not creating a receiving shape. You follow me? If water is what you need and you are dying of thirst, and

water is pouring all around you, then you do not clutch at it and try to force it down your throat. You open you hands in allowance, so that they will fill with the abundance you require to continue living. Is any of this sinking in?

Q: Yes.

B: Has this assisted you?

Q: Yes, thank you.

B: Anything else?

Q: I'd like to know more about the fear – how to let go of the fear, the terrible, gripping fear. . .

B: Oh, terrible! Oh, gripping!

Q: . . . (–?) your heart.

B: Oh, all right. How exciting! First of all, recognize that there are many reasons for why you create fear. Sometimes it is because you have become so complacent that the only way you will allow yourself to have an exciting life in the moment is to create fear. But that is only because you have been taught that that may be the only thing that is exciting to you. You will find something to excite you one way or another – positively or negatively.

Generally speaking, however, fear occurs in your life when you have been taught to believe – and you buy into the belief – that there are portions of yourself that you might discover that can do you harm against your will. There *is no such thing!* No such piece of yourself.

So when you are afraid to face the things that come up in your life; when you do not pay attention to the messages that you deliver to yourself, then the messenger portion of yourself, in attempting to deliver that message, will become louder and louder and more and more obnoxious until you pay attention.

If you are willing to listen to the message when it is first delivered, it will come in subtle ways. But the more you are taught to ignore it, the louder and more scary it will get to attract your attention. So that you can pay attention to the things you have told it you want it to deliver to you; so you can integrate that experience into your being; so you can grow as a being.

Fear usually only brings you a recognition of a portion of yourself you have not been willing to face up to that point. All you need to do is face the fear and acknowledge that if you are fearful, you chose to believe in the need to receive the message in a fearful way.

And once you allow yourself to recognize why you would have chosen to receive it in a fearful way, your curiosity and your fascination will take over and you will explore the idea of what the message is that is being delivered. And before you know it, your fear has dissolved, because now you are paying attention to the message it has delivered. And as soon as the messenger delivers its message, it doesn't need to stick around.

As soon as you say you are ready to accept the message quicker and quicker and quicker, then the next time it comes back, it won't come as fearfully as it did the last time. Because now it finds that you are

willing to receive the message sooner – and before it truly had to shout to get your attention. Do you follow me?

Q: Yes.

B: Has this assisted you?

Q: Very much. Thank you.

B: Thank you very much for your willingness to explore that particular facet of the multidimensional crystal that you are. Sharing!

Alpha Deyo the Reptilian Speaks

AD: 8 –10 Shrill sounding grunts, purpose of interface is reconciliation. (Several coughs, connection is broken)

B: A moment, a moment. . .

AD: (Coughing) Thus shall communication be, thus shall communication be, with wave, the first and the second, between the first and the second installations, matrix substance, for the bringing forth of procreated sentiency vehicle. And the utilization of sentiency vehicle for purposes of those that watch adjustment made, adjustment made, adjustment made first.

First level, first level, first level, first level. . . adjustment, moment, moment, adjustment, make adjustment, make adjustment, moment, interface, interface, interface, interface, adjustment. . . one moment, one moment, one moment. . . adjustment made. . . communication receiving question. Communication receiving?

AUD: Yes.

AD: Receiving communication.

AUD: Yes.

AD: We receiving communication then. . . convince, convince one, one, convince. . .

Q: May we ask where you are from?

AD: Earth.

Q: And you said you came for reconciliation, can you give us any. . .

AD: No, no reconciliation in interface, adjustment required, reconciliation requested, requested. . .

Q: Are you Martian?

AD: No.

Q2: Are you from our future?

AD: No.

Q: But you are from Earth?

AD: Yes. We are the first, the first, the first. . .

Q: Are you Reptilian?

AD: Yes.

Q: I thought so.

AD: The first, the first. . . you are the second, the second, the second. . .

Q: Who is?

AD: You. The Humans are the second. We are the first.

Q2: Dinosaur?

AD: Taken from genetic make up.

Q3: With the Greys and the dinosaurs?

AD: Yes.

Q: Greys and Reptilians.

AD: Yes. We are the first. You, you remained. We are out, out, out worlders.

Q: Ah.

AD: We are taken out world, you remained.

Q: Some of us feel very connected to that species, is it possible that maybe we had a choice at some point and. . .

AD: Connection is from various times of information. . .

Q: What is your agenda for interacting with us?

AD: I am not of the agenda, I am not of the agenda, I am... I ask, I ask you children to assist in providing communication so that you and I can discover similar position outside of certain agendas. I am of mind similar to human, in being not of the matrix. Human not work, not work.

Q: I don't know what that means?

AD: Human not work.

Q: Human work?

AD: Human not. . .

Q: So you are not doing the work for the Greys? You have a higher position?

AD: Different, different. Our mind.

Q: So you are underground right now.

AD: No, ship.

Q: In present time with us, in our linear time?

AD: Now for the purpose of this bridge now, yes, for availability.

Q: This is wonderful that you are talking like this.

Q2: Are you the bridge for our hybrid children?

AD: No, no. No, no, no, no, no, no. Your hybrid children are the bridge for me to you, yes.

Q: Bashar?

AD: Yes. That entity functions and has the capacity to allow this to take place outside the normal agenda.

Q: What is your agenda?

AD: My more similar to human agenda. Self-realization. Not part of the first. Not part of the first wave of sentient vehicles.

Q: So which entities are we interacting with primarily, like when we have interactions with the Reptilians?

AD: First wave, first wave.

Q: First wave. And do you know their agenda?

AD: Not their agenda, Grey agenda is their agenda.

Q: Oh really. So there're just assisting the Greys?

AD: Not assist, support.

Q: Are they enslaved?

AD: First wave.

Q: But you are not?

AD: No. First wave.

Q: Are enslaved somewhat, I mean, supported. . .

AD: Designed to support, designed to support.

Q: The hybridization process, right?

AD: Yes.

Q3: How many are there of your wave and are assisting you?

AD: I am of three. I am of three.

Q: One of three beings?

AD: I am of three.

Q2: Can you describe how you look?

AD: Hands, body, legs, feet, head, eyes, mouth, feet. . . (laughter) model of one Grey dream.

Q3: Do you eat and sleep?

AD: I eat, I sleep.

Q: What do you eat?

AD: Similar to you. . . fish.

Q3: Do you know the Martians?

AD: Not meet.

Q: Not meat.

AD: Mars, not meet them.

Q: Oh, he hasn't met them.

Q2: Do you eat meat?
AD: Fish.
Q: How about the Reptilians that are underground with the Greys, do they…
AD: This is in another…
Q4: Dimension?
AD: Yes.
Q2: Why are there only three of you?
AD: Three known.
Q2: Do you feel lonely?
AD: Alone, alone.
Q: Do you interact with some of us personally?
AD: First time now.
Q2: Do you have a name?
AD: None.
Q: No name.
AD: None.
Q2: Non is your name?
AD: None.
Q: We want you to visit again, we have many questions about your species.
Q2: How does it feel for you to look at the Earth and see how it has changed from when you lived here?
AD: Not left Earth.
Q3: How old are you?
AD: Asking, asking… future child says Earth time seventeen.
Q: You are seventeen?
AD: Future child say.
Q2: Do you have plans to procreate?
AD: Not find.
Q2: So you are the last of your kind with the other two?
AD: Not last…
Q: First?
AD: No. Not designed to procreate.
Q3: Are you highly telepathic?

AD: On specific…
Q3: Levels?
AD: Restricted bandwidth.
Q3: Are you in communication with the dolphins or the Tau Cetians?
AD: Not know.
Q2: Are you a member of the Association?
Q3: The Federation?
AD: Not know. Others, first wave.
Q3: Are you supported by them?
AD: Not in my, not in my, not the three.
Q3: Are you considered a rebel?
AD: Rebel, rebel, similar, similar.
Q: So the other two of you are from Earth?
AD: Not from…
Q: I mean here now.
AD: Same earth. Ancestor.
Q4: So your ship is under water, right, the ocean?
AD: With future child.
Q2: You are on Bashar's ship?
AD: Future child's ship.
Q5: Are there like three of you that are resisting what is going on with the first wave?
AD: Yes.
Q2: Why are you resisting?
AD: Frequency, frequency malfunction.
Q2: Frequency malfunction.
AD: Bandwidth.
Q4: You are stuck in a certain bandwidth.
AD: Leak, leak, leak in bandwidth to human vibration.
Q: So you feel connected to us.
AD: Curious.
Q2: Curious? (laughter)
AD: Not family.

Q6: Is there anything that you want to know about us?

AD: Sighs and heavy breathing. . . Future child, future child say later.

Q: Thank you so much for coming.

Q2: Are you going to stick around a while?

AD: No.

Q2: You have to go back?

AD: Yes.

Q: Thank you for visiting, thank you.

Disconnects.

———-

B: We extend to each and every one of you our appreciation for the allowance of the opportunity of that being, of a moment of your time. It was a request of his for quite some time.

Q: Did he enjoy himself?

B: Yes. Shall we say that, in your language, he is, in some senses, beside himself.

Q: (Audience laughs and giggles) Can you give us an idea of why...why he came through? It was...well...it was challenging communicating, but we were doing....

B: It is the timing of, what you would call the “dark moon," and as we have said, there is an opportunity for things to be still, and in those doorways things can be communicated that otherwise, then, would not be heard by others who may be listening. Do you understand this?

Q Oh, I see. Was there a risk?

B: In a sense, as you call it, yes, for him.

Q: We were ready.

Q: Where does he live?

B: Do you mean the three?

Q: Yes.

B: The three, in that sense, are in refuge.

Q: They seem very lonely, didn’t they? He seemed lonely....

B: In their own concepts, in a sense, they are.

Q: So you can’t tell us where they live?

B: I cannot.

Q: Now, is he in jeopardy, from the first wave?

B: Not in the sense that you would understand, in jeopardy; of what you might call, an overwhelming urge to return.

Q Will he be able to?

B: Be able to do what?

Q: Return.

B: They do not want to....

Alpha Deyo, the Reptilian Speaks

Altair

Q: Hello.

B: And to you, good day.

Q: Shakanasha! Altair has been coming up lately, and I've gotten some information about the civilization. I wanted to clarify a couple of things with you.

B: All right.

Q: One of the things that I've felt is that there are underground environments. They might be considered to be zoos, or almost like biological labs. And they take representatives from other worlds and bring them to their own planet, and visitors can come and visit those environments.

B: You are looking at something that is more of a holographic representation. It does contain essence of the actual individual's energy, but it is not something that is actually physiological. It is more of a holographic projector that does, in fact, contain true essence of an individual's energy, in that it seems as if they are really physically there. But they are not really physically there. It is an etheric projector, so to speak.

Q: Okay.

B: A system that allows them to tap into the essence of the understanding of any particular individual, but not at the expense of the individual's physicality.

Q: Okay. But there are environments, so to speak. . .

B: Yes. . .

Q: . . . of other worlds?

B: . . . energy atmospheres created for examination, for understanding, since they, in many ways, function as a gate. And they are doing their own research and exploration of the many different conduits and expressions of reality and civilizations that exist within many of the galactic realms as well. As other civilizations do. That is their way: they bring the issue *to* them with their etheric projectors.

Q: Okay. That's what I thought. And so they have visitors that come to these environments?

B: Now and then.

Q: Mhmm. So they don't physically travel? They travel through. . .

B: Not so much, no.

Q: ... through consciousness.

B: One... now this is not going to necessarily make a lot of sense to you. . . one aspect of their consciousness does physically travel. One moment... the analogy, the analogy, the analogy. . . would be similar – not identical, but similar – to the idea that you were busily involved in a project, and one aspect of your personality was out flying around somewhere in a spacecraft observing other things. But it

would only be *one* aspect – that you would consider to be an aspect – of your personality, not something that you would necessarily consider to be a being on its own.

You would perceive that, from them, to be a being on its own, but that being on its own, physiologically represented to you as traveling in a ship, is only one aspect of their personality. . . while they are busy focusing on something else. It is more like a probe of consciousness that manifests to you as a physiological being in a ship. Understand?

Q: Basically.

B: All right. Will that do?

Q: Uhhhh. . .

B: Not really.

Q: No. Oh, yeah, one other thing about that: would they be considered, like, record-keepers?

B: All right, yes. You can consider the idea of those etheric projectors, and all the holographic matrices that they have created to observe these ideas, as a type of holographic storage memory. In that sense, yes. Let's put it this way: you can say they have found a way, on some level, to somewhat, in ethereal matter, solidify the Akashic records. Understand?

Q: Ahhh! Yes, yes, very much.

B: Does that help you?

Q: Yes, it does, very much. Okay, one other thing about that. Is their civilization part of the positive/negative split-off from Lyra? Is that their origination?

B: No. Not directly, no, they have a completely different idea of connection in that linear sense.

Q: Okay.

B: Thank you!

Q: Thank you, very much.

B: And Shakanasha. Sharing!

Altair

3

Bashar:

Channeled by

Darryl Anka

From "Belief, Action"

2-26-94

Alternatives to Government

Questioner: I've been a little bit worried about the path of this nation, the U.S.A.

Bashar: All right.

Q: And where it's going.

B: Yes.

Q: We seem to have some outside influences from Big Money, things of that nature, that are controlling our destiny.

B: Yes, but these are not outside influences; this is what you have created your particular country to be; this is how you have all structured it.

Q: Okay.

B: This is exactly what it is.

Q: Do you have any ideas on how we can best combat these ... I would call negative influences?

B: Yes, my strongest suggestion is that you do not combat them at all, because you only strengthen them by doing so. The idea is to transform yourselves and act more like the reality you wish; take back your own self-empowerment, recognize that you are the government, not separated from it. And that as you act as such, you will then create alternate systems that will be more reflective of the reality you prefer to be. And then when the other systems, perhaps, break down under their own weight, as the world becomes more integrated, then you will have created alternate systems that everyone can veer over to, and will be more representative of the idea of everyone functioning as their own self-empowered individual, and act collectively as such. Which then will give you, not so much a government but an organizational body, a networking body that will interlink everyone in a manner of service; and utilize the idea of everyone's skills and abilities and knowledge, instead of the arbitrary medium of exchange that you utilize now.

Q: Okay, thank you.

Always Connected to All That Is

Q: Recently you said that all pain, mental and physical...

B: And spiritual and emotional.

Q: ... was as a result of some kind of disconnection from All That Is.

B: Yes.

Q: Uh, can you recommend any process by which a person can get more in touch with All That Is?

B: Process?

Q: Well, I don't know...

B: Now, we can recommend many processes; but recognize that your imagination will alter them to fit you and your vibration accordingly. But again, the idea, the idea of believing that a process is necessary is a continuance of the separation; because you are not saying that you believe that you are connected now.

Q: I see.

B: And you are. It is trust that is necessary. Knowing that you are connected, acting like you're connected, acting like you believe you're connected. Then you will be.

Q: Yeah, I get it.

B: Thank you.

Q: Thank you.

Always Connected to All That Is

BASHAR:

Channeled by Darryl Anka

"Amalgam Removal?"

Questioner 1: In dental work when the doctors who are having the best success rate in removing the mercury amalgams. . .

BASHAR: Yes.

Q: find that they have to be taken out in a sequential order. Starting with the most negative, going down to neutral and then going to most positive and then coming back down to neutral again, for it to be most successful.

B: All right.

Q: Is there a reason for this?

B: Obviously there is. Can your imagination not see the idea that your body is a living battery, and thus as the amalgamations have been originally implanted in your body it throws your magnetic field, as you would say, off kilter. If the idea of the pattern is not recognized as being an electromotive force, an electromagnetheric field and care is

not taken to allow it to always remain in balance, as different things are removed that were implanted, then they can create another, shall we say, off kiltering of the magnetic field. So the idea is similar, similar to the concept of defusing a bomb on your planet. Certain

things must be done in certain sequences, otherwise, the effect will be, relatively, just as detrimental as simply allowing it to explode to begin with. You follow?

Q2: I just spoke with my dentist about two weeks ago about having my amalgams removed.

B: All right.

Q: I guess I was fortunate in not having that done.

B: It is not fortunate or unfortunate, the idea is to simply be aware that if you find that you are working with someone that does not do it in any particular sequence, then you yourself, as you go through it, must provide the balancing energy, no matter what the sequence is. There is a sequence where you yourselves don't have to focus so strongly on that. We are not saying that they can not be taken out, out of sequence, simply that you must provide the balance energy if they are.

Q: Okay, my real question is, in terms of me personally. . .

B: All right, let's say you personally.

Q: How much is it throwing my battery's energy off having these fillings, and is it worth me having them removed?

B: For most of you, you will find that there is anywhere from approximately 11 to 27 per cent fluctuation in your electromagnetic field, because of the inclusion of those highly conductive materials, in that way. Does that help you in terms of a translation?

Q: I guess so. I can assume that I'm somewhere between those ratios…

B: You are about fifteen per cent right now.

Q: Okay.

B: Fifteen per cent out of alignment in that particular pattern of your electromagnetic field, yes.

Q; Is there a recommendation that you could give that people could use to realign themselves without having their fillings removed?

B: You can always do this through the electromagnetheric meditation of envisaging the idea of blue/white electromagnetheric light functioning through your body, flowing through your body in a cohesive and a coherent manner. But again, you may find that because of other belief systems within you, it may just grow, as you would say, out of alignment again, in time, if they remain.

Q: All right. Thank you.

B: Thank you.

Bashar:: Channeled by Darryl Anka

From: Theology Class

11-17-87

Amplifying Telepathic Communication with Dolphins

Q: Bashar?

B: Yes.

Q: I've been doing some telepathic communicating with dolphins. Can you give me any guidance that would help me amplify that?

B: Absolutely! At your soonest opportunity, go and physically play with them in your ocean. Learn their environment; let them learn yours. Really become friends, in that sense. Really interact in every way you can. Let them rub off on you. All right?

Q: Thank you.

B: Thank you very much. And at this timing, allow us to project to each and every one of you, once again, our deepest appreciation, our unconditional love, and our ultimate ecstasy at being granted this opportunity to interact and share and co-create this dreamtime with all of you. Remember that you are all dreaming right now! Wake up and live the dream you prefer to, because your physical reality is only what you dream it to be. We thank you for this gift; our love to you all. A fond and pleasant good day.

An Unbroken Wholeness

B: Allow me to say that within each and every one of you, at this time, will be found that seed core self that you know has ALWAYS existed within you. That you know you have sensed when you were more willing, as you would say, within your childhood, to sense this core within each and every one of yourselves; to know that each and every one of your selves has this idea that you call, the strengthening of the core.

You can then rely upon this idea so that you can always know that *you have always known* that you have always been on what you term to be the "right path" for you, and that in that way you have never really wavered.

And you can also realize that there is within the creation, at this time, of the idea you call your life as it is manifesting, that in every situation, every incident there may always be recognized – if you will allow yourselves to rely upon this feeling that you know you created when you were recognizing it through your childhood – this idea of your central core, your INDESTRUCTIBLE SELF, in that way. And in every situation you give yourself, within your here and now present understanding of your life, you can *always* still rely upon that core.

Realize your life will continue in the same way as when you were a child, to unfold and to manifest in such a way as to always continue that way. Realize that you do not deviate from that path. You are never off track and never out of control – except as you wish to create those situations within your life to give yourself the feeling and the idea experienced, from a physical perspective and point of view, that you can separate yourself from the idea of your central core, from the idea of the source of yourself. And as such, "play" at being out of control and play at being off track.

You may now begin to recognize within your mass consciousness, at this time, that you are only playing at this idea. For now you are integrating yourselves to recognize that you have this central core, and that you are always on track. You are now consciously being able to rely upon this idea as a REALITY for yourself, and not something you have ascribed to fantasy nor to the imagination that you have heretofore previously termed to be "unreal" in yourself.

Now you are beginning to realize that, as you remove the separations of the various levels of your consciousness, that your imagination is right there with you, a part of the entire reality – your dream reality, your physical reality, all existing as the real reality for you, as ONE reality; an unbroken wholeness that you are all beginning to experience now upon the civilization you call your planet Earth.

You will begin to recognize many more manifestations, in that way, upon the entire civilization as having quickened an interaction within the *entire* civilization – some idea, shape or form that each and every one will feel connected to, involved within. And you will wish to express your idea of the ramifications of the manifestation on *your* physical life, as you allow it to unfold in that way.

You will then find yourselves connecting to many different situations within the entire civilization of your planet, which you heretofore deemed to be isolated to certain portions of your planet – as having had nothing to really do with you. But now you will begin to see that it will not be that you will be

forcing yourself or making anything happen, but you will be allowing yourself to recognize the connections that you have to every symbol that is created within the overall mass consciousness self of many different cultures upon the surface of your planet, in that way.

You will find yourselves identifying, not only as individuals to individuals, but as individuals to mass consciousness culture, in that way. Allowing yourselves to also recognize that you have your own mass consciousness within many of the individuals with whom you associate in that sense.

And that as a mass consciousness – in other words, to use your terminology and vernacular: as a group – you yourselves will also begin to identify with other groups, as you recognize that the original idea within your civilization of the blending of individual with individual is now extending to the idea of blending group to group, and mass consciousness to mass consciousness, as you allow for less and less separation and more and more integration in the ENTIRETY that is your civilization. Do you all follow me?

AUD: Yes!

B: Very good. Sharing!

Analogies of Dimensional Realities

When we talk about the idea of different dimensional realities all being Here and Now, the best way to explain this is perhaps in the following ways:

The Radio Analogy: Each and every one of you understands the device that you have upon your planet that you call a radio. You know that you have a dial on your radio that you can use to tune in to any particular program you desire. Now, just because your dial is tuned to one program, you do not start thinking that all the other programs cease to exist and go away. You know that all the other programs are still there, but you do not get them because you are not tuned into those frequencies.

Film Strip Analogy: Your reality can be analogized to a roll of film with its many different frames, each and every frame represents a small portion of an overall action. Now, the characters within each frame only exist within that single frame, and do not experience the next frame. For the characters in the film to experience any sense of movement, the film must move. However, to the film projectionist the entire film exists right now, the beginning, the middle and the end. You can see all the frames at once when looking down on the strip of film, even though the characters on the film must experience their reality one frame at a time. Physical reality is analogous to the strip of film. Your higher, non-physical visionary selves are like the projectionist that can see all the frames at once.

All Situations Are Neutral: The idea now will be to also remember the neutrality of all situations. You could look at any one particular frame on that film and not necessarily understand what is being said or what is going on. Only from the creation of continuity, from the flow of the film, do you pick up the context. But each and every situation in life

is like one of those frames of film, it does not have any meaning that is apparent on the surface. The meaning you choose to give it, completely determines what kind of a story you create from that picture.

The Stage Analogy: The idea is to look at every single situation in your life in the following way: imagine that you are sitting in an auditorium looking at the beginning of a play. The curtain has just gone up, all the actors are standing still on the stage, all the props are there ready to go. But, let’s assume you did not read the program. Let us assume you have heard nothing about the play, so you do not know who these characters are, or what they will do or say. You have no automatic expectations about them at all.

Now, one of the characters on the stage might be standing off in a corner with a very strong frown on their face. Because of what some of you have been taught, you might choose to automatically assume, "Oh, well that must be the bad fellow.” However, some of you might assume, "Well, maybe he is frowning because he is upset at the bad character and he is the good character." The surface appearance tells you nothing. The whole situation is neutral. Everything, including the actors, for now, are simply props and have no built-in meaning.

"ANAMATHA"

From Robert 1-16

Tape #2 Side one

Circa 1995 SO. CALIFORNIA

Q: Currently I've heard some information that there was civilization on our planet 500 million years ago, is that correct?

B: On your earth?

Q: Yes.

B: But, it was not your human civilization. There have been many civilizations that have existed on your planet, extraterrestrial in nature or ultra-dimensional in nature that have come and gone. There have been many. What you know of as "history" is a very small slice of the history of your world.

Q: Is there a name for that civilization–500 hundred million years ago?

B: Anamatha.

Q: And how far back do the whales go in our civilization?

B: In what you would recognize as their present form, they go back not really so much farther than 150 million of your years.

Q: And you talked about how 300 thousand years ago the Anunnaki came...

B: Yes.

Q: ...and they helped with some genetic mutations to form our present civilization in Africa.

B: Yes.

Q: Did that civilization go down because of a pole shift?

B: There have been some civilizations, such as the Lemurian civilizations, that did succumb, to some degree, to some of the electromagnetheric and geological changes that have occurred on your planet from time to time. Yes, now and then.

Q: When Lemuria went down, did some of the individuals go to a place on Atlantis called Udall?

B: There were migrations to what you call the Atlantean Islands chain, we do not recognize the vibration name you have stated.

Q: How many islands were there on Atlantis?

B: At different times there were different amounts, originally there were about...two large landmasses and a few very small islands. Then it was broken up over time and geological changes...into about five and then, actually, at one time there were about seventeen. But there have always been about three major landmasses for about the last 50 thousand to 70 thousand of your years.

Q: Was there any blending between the Atlanteans and the Lemurians when Lemuria went down?

B: Well...yes, and Atlantis was a colonization offshoot of Lemuria to begin with.

Q: And they eventually ended up in South America, as well as other places?

B: Yes, Egypt, South America, North America, and Northern Europe.

Q: Did they form the Inca race?

B: Inca is of much later offshoot and an admixture with other things, so is Aztec. Some of the earlier, earlier, earlier forms of Mayan were more closely related to some of the original Atlantean stock.

Q: And was the grain quinoa or amaranth Atlantean or Lemurian grain?

B: Atlantean...as was maize, as is the present form of domestication of the animal and the breeding of the animal you recognize now as a cat. This was begun, this kind of breeding, into the arrival of the domesticated form in Atlantean times as a cat. Thank you.

Q: Thank you.

Ancient Civilizations

Q: Besides Atlantis and Lemuria that sunk, are there any other landmasses under the ocean?

B: There have been, in that way, many more what you term to be minor areas which have sunk and risen, sunk and risen. In the terminology of the idea of civilizations, there have been many civilizations which have existed upon land surface, which is still land surface, but has been, in your terminology, obliterated by other means other than submergence.

Within the area you call Himalayas there was a great civilization in your language called Dowi. This will be mostly what you term to be buried under a deluge of sand. You are constantly discovering civilization remnants within the areas of overgrowth in, what you call, South America. There are a few within the area landmass you call Africa, still as yet quite undiscovered in the central mass of the continent. There is yet an extension of one idea off what you term to be the Isle of Mann, in the area you call British Isles.

And there are certain ideas which have yet to be discovered which as it stands now, will not yet be discovered for quite some time in what you term to be the polar regions. Does that answer your question?

Q: Yes, thanks.

Ancient Knowledge and Amalgams

Q: Going back ten thousand five hundred years ago, was that the time of the sphinx?

B: Ten thousand four hundred.

Q: Ten thousand four hundred?

B: Yes.

Q: It has been said that that was the time when Virgo was transitioning into the age of Leo, is that what the Sphinx was marking?

B: Yes, among other things. The idea is that it had to be built in a reflective pattern to the reflection of the leonine energy for it to take its place in the collective consciousness in the appropriate way.

Q: And Orion was due east in relation to that?

B: Yes.

Q: And what is the relationship between and the Sphinx and the Markawasi plateau, which has a face, facing upward, similar to the structure on Mars?

B: There are many interconnections between ancient civilizations that have left very few traces on your planet. Those are a few that represent a very strong similar strain of very, very, very ancient people with ancient knowledge.

Q: What was the time frame on the Markawasi Plateau?

B: Fifty, sixty thousand years of your time ago.

Q: And the face on Mars?

B: Six million years, at least.

Q: And in dental work, one of the doctors that has the best success in removing the amalgams. . .

B: Yes.

Q: amalgams, they find that they have to be taken out in a sequential order, starting with the most negative, then going down to the neutral and then with the most positive going back to neutral again. . .

B: All right.

Q: it to be successful. Is there a reason for that?

B: Obviously there is, can your imagination not see the idea that your body is a living battery, and thus, as the amalgamations have been originally implanted in your body, it throws your magnetic field, as you say, off center. If the idea of the pattern is not recognized as being an electromotive force, an electromagnetheric field, and care is not taken to allow it to always remain in balance, as different things are removed that were implanted, then they can create another, shall we say, off-kiltering of the magnetic field. So the idea is similar, similar to the concept of diffusing a bomb on your planet. Certain things must be done in certain sequences; otherwise the effect will be relatively just as detrimental as simply allowing it to explode to begin with. You follow?

Q: I see.

B: All right.

Q: Is the timing auspicious for any other Essassanians to speak to us tonight?

B: We will see. Thank you.

Q: Thank you.

Ancient Memories

Q: Where did the idea of Lucifer come in?

B: The idea really is a recognition of two different levels: one, the archetypal level of the collective consciousness of your planet, when viewed through a negative matrix. The other being the recognition that there were among the Anunnaki disagreements, discrepancies about how things were being done and one band was cut off from the home world and left upon the earth, and thus represented the concept of the fallen god, the fallen angels. You understand?

Q: They were Anunnaki?

B: Yes.

Q: And what about Satan?

B: Again, more that that is the representation of the archetypal construct of the collective negative consciousness of your entire planet. Which of course, now has many admixtures both from Anunnaki and many other civilizations that have chosen to be born upon your planet and add their collective consciousness energy to the World Spirit, both in the positive and the negative side.

Q: So these weren't actual, when you refer to Satan, individualized beings, they are more of a collective…

B: The concept is more of a collective archetypal representation of your entire world consciousness. Although the concept of Lucifer has a little bit more personification in its connection mythologically to the fall, so to speak, or the cutting off, of that branch of the Anunnaki.

Q: Was there one particular being that led that excursion?

B: There were different beings at different times. You must understand that the excursions of the Anunnaki to earth in the beginning covered many hundreds of thousands of years and many different excursions. But toward the latter part, about three hundred thousand years ago, or so in your terms of counting. One of the final excursions was the one in particular that was cut off and all of the mythologies basically stem from that particular excursion.

Q: Was the Anunnaki…would they be called Lyrans?

B: Yes. Anunnaki is simply the name given by the earth beings to that branch of Lyrans named after one of the prominent representations called Anu in the Lyran language.

Q: What does the Association call the Anunnaki?

B: No. The Association is something quite a bit different.

Q: No, no. What in Association nomenclature is the Anunnaki referred to?

B: Well, they are recognized as Lyrans. Of course that word is not used, but they are recognized simply as offshoot Lyrans.

Q: Offshoot Lyrans?

B: Yes. The seed of what you call the humaniform being in this general sector of the universe, most of the genetic seed of the humaniform being stems from and originates from the original Lyran stock. Ours, yours, Pleiadian, Orion, even some Sirian, though there is slightly different offshoot to that. Tau Ceti, Barnard Star – to some degree. Many of the humaniform beings go back from this sector to original Lyran stock.

Q: How many members currently are in the Association?

B: Four-hundred and fifty-four.

Q: And what is the closest civilization vibrationally to planet earth right now, as far as frequency? Is it Barnard Star?

B: Yes. . .

Q: What about Tau. . .

B: Tau Ceti is very close or I'll put it this way, you are closing on them.

Q: What about Wolf 359?

B: Wolf 359 has no indigenous life that you would recognize in your plane of existence. There are colonies, exploratory bases from many different civilizations in that system for a variety of reasons. Wolf 359 harbors no indigenous evolved life as you would recognize it in your particular plane of existence.

Q: Just observers?

B: Yes. It would be the idea of simply making an analogy between your earth and your moon, your earth would be said to have indigenous life, your moon does not. In a similar way your particular

Solar System has indigenous life on earth, had indigenous life on Mars, Wolf 359 is in your physical dimension a relatively barren system and has no indigenous life, at least not on a level that you would recognize.

Q: When earth catapulted out of the asteroid belt, what was the name of that planet that exploded?

B: There are many nomenclatures that go along with tagging that event: Tiamat, Marduk, Maldek, all of this is a reference to that *event* which allowed there to be the creation of the shifting of your Solar System, and the primal bodies of earth and your moon and a variety of other things that occurred that is now know as your asteroid belt.

Q: Did the moon actually come out of that?

B: Eventually, to some degree, yes. Though in a different way.

Q: Was it towed into orbit?

B: No.

Q: It is an actual occurring orbit?

B: Yes and no. The idea is that vibrationally it had to wind up where it did because of the vibrational signature of earth at the time. Towed not in the mechanical sense, but place by the vibrational

synchronicity of what was being laid down as the foundations of life on earth, and what would be necessary for future understanding and playing out of agendas.

Q: Is there a consciousness connected to that?

B: There is a consciousness connected to everything.

Q: In the sense of actually manipulating the event?

B: Not so much in the way that we think you mean that.

Q: It was more of just a random…

B: The idea is this: in what you may call the early stages of your Solar System when consciousness began to manifest non-physically and recognize the potential of physical manifestation, for a variety of reasons, it laid down a vibrational foundation throughout the Solar System that allowed certain events to come about that would allow things to wind up in certain places so that certain energies would be where they needed to be, by the time certain ideas and agendas would need to be played out. So the arrangement was done in Causal levels.

Q: Are those the beings that we call the Founders? Is that another reference?

B: The Founders are *connected* to *some* degree to that idea, to some degree, and here it can seem quite complicated because the Founders exist on a level where it is difficult to differentiate between what you would recognize NOW as THEM and yourselves, and the Anunnaki and every other species. The Founders are foundational on a level wherein all beings that you know of, or have heard of, are in some senses an aspect of the Founders.

Q: In the Higher dimensions?

B: Yes. And the Founders are the direct precursors of the Lyran seed. But they were not as you understand it physiologically in your dimensionality. They did however project a portion of themselves into physical dimensionality and took on the humaniform aspect for the purpose of that experience.

Q: What time frame?

B: Millions, upon millions, upon millions, upon millions of your years ago. Many, many, many, many, perhaps as much as you would recognize, even perhaps half a billion of your years ago, perhaps even more so.

Q: When we say earth is 4.5 billion years old, is that about the time of the explosion of Maldek?

B: Oh no, no, no, no, no, no, no, no. That occurred much, much, much more recently again only about 6 of your million of your years ago. Some of the things that happened here and there, in your Solar system over a wide span of time. The idea of your earth coming out of that area did in fact happen long, long, long ago in its origination point of the way the balance of the Solar System works out how planets were formed. But in terms of the actual destruction and the explosion of the planet that was in that area, that only occurred only about six million years ago long after your earth was formed. But many, many many, many of what you call the events in your Solar System have their fulcrum pointing in that particular

plane, in that particular orbit. It is like the Central Belt, the Fulcrum point of your Solar System, which is why you find smaller planets on the inside and the larger planets on the outside of that point.

Q: How many planets are there now in our Solar System?

B: Ten.

Q: What is the tenth one? Has it been named?

B: You haven't named it yet. You haven't found it yet.

Q: In Egypt it is said that the Sphinx has in the neck a sphere in it that is going to be uncovered. . . Is that true?

B: There is a crystalline sphere within the structure of the Sphinx but you will find that like the chakra system there are actually several, one in each chakra point.

Q: Is there a tunnel that contains the right Eye of Horus information? Sacred Geometry?

B: There is. There is an underground chamber that is accessible by a tunnel near the right shoulder and the right paw of the Sphinx, and that chamber underground contains many different forms of information including information written down in Atlantean.

Q: Was there an Atlantean library?

B: Oh, there were several.

Q: And how many of those artifactual deposits still exist on earth?

B: There are quite a few.

Q: In various locations?

B: Yes. There are some in Egypt, some in what you call your Yucatan Peninsula. There are a few remnants here and there and other places. Some in your European area, some have been found and not recognized for what they are, not recognized for belonging to the Atlantean culture. Perhaps it is simply assumed that they may have belonged to an early Phoenician or Greek culture, or other Mediterranean civilization.

Q: Were some of the pyramids poured?

B: In the early, early times some aspects of the pyramids were poured, as you call it, through the softening of the granite material, yes; but not the later ones.

Q: How about the Great Pyramid?

B: The Great Pyramid has certain aspects wherein some of the stones were poured, in a fashion, but mostly that was the foundation stones. Many of the other ones were simply cut by a variety of methods and many of them levitated into place.

Q: Who was mostly responsible for the production of those artifacts, were they Atlantean?

B: Are you talking about the Pyramids?

Q: The Pyramids, yes.

B: The early ones, yes. The later ones more the declining Egyptian culture, that had already spent a long time being its own culture, until Atlantis impacted it more strongly. But then, later some of the Pyramids were attempted at being replicated but, as you would say, poorly.

Q: They came into the existence after the fall of Atlantis?

B: No, some of them, the early ones, existed before the fall but all the later ones existed after. The Great Pyramid predates the destruction of Atlantis.

Q: Did the Atlantean's recognize Egypt as one of the areas that would survive above water?

B: Yes.

Q: Thank you.

B: Thank you.

7

7

Ancient of Days

Q: Can you explain what is meant by, in the Biblical reference, as the Ancient of Days? One group said that it was a being from Venus?

B: No.

Q: Another group said that it was a…

B: No! Stop! Stop! Stop! We have already remarked that somewhere around your year of 2005 you will be made aware of the fact of the existence of individuals that exist upon your planet who are of extreme ancient age, this combined group is the Ancient of Days. That is all we will say at this time.

Q: Thank you very much.

B: Thank you.

Q: I would like to ask you about the god Thoth or Thothe?....

–

B: Thoth (tot).

–

Q: Thoth.

–

B: Thoth.

Q: Thank you. Some individuals say that he was an Atlantean that had....

B: The origination of that idea was connected to some degree to Atlantean culture, yes. And that there was, at that time, an actual individual that was to some degree aligned with that energy and did merge with the archetypal representation of that energy. But that energy also existed before the connection or its connection to an actual individual historically.

Q: Right, because my next point is, in a book I'm reading by Sitchin which shows a picture of Thoth behind what is supposedly his father creating a human being and he states that Thoth, not being the god of wisdom and knowledge, but actually of science and medicine....

B: Yes.

Q: ...and that his father was the person that created...he was one of the Anunnaki that created one of the first humans.

B: Yes, but this is allegorical, not literal because you are talking tens of thousands of years between those events.

Q: Right.

B: So the idea is recognition of a lineage and the recognition that they are a direct offshoot of that lineage in Atlantean time, and that they lead directly back to the time of the Anunnaki.

Q: Oh, okay, so it's just representative; that's what I was getting at, whether he was actually an Anunnaki or whether he was an Atlantean?

B: Again, the idea is represented by both, to some degree literally but more allegorically. There were real people that did represent those symbols; that did represent what the symbols stand for, but in terms of the idea called Thoth and the idea of Thoth's father it is an allegorical representation of two different cultures, although at times there were literal individuals in those cultures that were perceived as the embodiment of those concepts. Do you understand the difference?

Q: Yes.

B: In the same way as it could be said that, what you call, the individual, your George Washington, could be seen as a literal individual that represents the office of what you call the political presidency,

literally; but also symbolically stands simply for the whole concept of the office of presidency in your society. Do you understand?

Q: Yes.

B: Does that help illuminate the idea?

Q: Yes.

B: Anything else?

Q: Oh, yes, most definitely. Um, as far as the Anunnaki are concerned...

B: Yes.

Q: ...I understand that you said something to the effect that the reptilians were a genetic experiment, I believe, of the Anunnaki and some dinosaur species?

B: In that sense, what you would call dinosaur DNA was utilized in the creation of a hybridization and a creation of a species that you have come now to recognize as the reptilian by the Anunnaki, yes.

Q: Were they the first? I'm sure they did lots of genetic experimenting....

B: They were the first from your world.

Q: Okay, and how many were there, would you say, as far as not just simple experiments but ones that really branched out into major life forms. How many did they create here on earth?

B: Three.

Q: Which were us, the reptilians and what were the third beings?

B: 'Tis, 'tis, 'tis 'tis, it is not time...one moment...one moment...one moment, we must have dialogue to see what door may be open in this direction, based upon the overall timing of your consensus reality.

Q: Well, my next question is...

B: One moment, one moment, one moment...that which has to come to be known as Sasquatch. Do you understand?

Q: Yes. That makes sense to me too.

B: It is, in that sense, a precursor to your own people.

Q: And actually, the Sasquatch...is it true that they're much more telepathic beings?

B: Yes.

Q: Was that done for a reason?

B: Well, in a sense, yes. Let us say, in effect, yes. They are not literally more telepathic than you are; but they allow themselves to use it more naturally than you have allowed yourselves to use it in your modern society. Although there have been times when in your past history, it was expressed more naturally by those on your planet.

Q: What DNA did they use?

B: Similar to your own, in the sense of simian, but it is another generation altogether. After that changes were made, thus resulting in the idea of typical humaniform that you now recognize or at least more closely so.

Q: So they were before us then too, obviously?

B: Yes, they are the second; you are the third.

Q: I'm sure you probably discussed this before, but I'd like to ask you that....

B: Do you understand what that means?

Q: What that they were before us?

B: This whole idea with regard to the whole concept of sentiency and sentient species on your planet.

Q: No, be more specific, please.

B: The actual, shall we say, native sentient species are the Dolphins and the whales. Because they, in that sense, did come from your planet in its natural evolution.

Q: Oh, wow, I heard that they came from another planet.

B: No.

Q: So they naturally became sentient on this planet?

B: Yes.

Q: How?

B: What do you mean how?

Q: Well, I mean, what made them sentient?

B: Consciousness.

Q: But, I mean...what caused the actual change when they became sentient, they just ...do you see what I'm getting at?

B: Yes.

Q: Typically what happens?

B: What you would call the appropriate amount of connections in, what you would call, the neurological net.

Q: I'm confused.

B: A specific architecture in the brain.

Q: Okay, I got that but I....

B: Allowed consciousness to be expressed on your planet in a way that you recognize as sentiency. Every thing and every life form on your planet is consciousness expressing itself, but it always does not express itself in a way that you recognize your own consciousness to be expressed. The idea, this doesn't mean that yours is better or worse or anything like that, but the idea is that the dolphin and the cetacean, whale life forms express sentiency and consciousness similar to your own. And this began to

be expressed in that way when the neurological net, within idea of the brain mass, arrived at a certain density where a certain number of connections were made that allowed the consciousness to express itself in a certain way, in physical terms. Does that make sense to you?

Q: Yes, is that like a template in the universe to where life exists on a planet where there will always be one species that will....

B: No, not always, not always. The template does exist.

Q: Most of the times.

B: It depends, you cannot necessarily say most of the time either, because you are talking about infinity.

Q: Yes.

B: There is no way to measure that.

Q: Yes, as far as the Egyptian gods, to get back to Egypt.

B: Yes.

Q: I was wondering if the reason why....

B: One moment...to clarify and close before we continue, this does not mean that your dolphin or cetacean species does not have extraterrestrial connections, but in terms of what you typically consider to be an evolutionary process, they were not the product of genetic manipulation in terms of that which then resulted in their bodily form in the same way that humans' forms work.

Q: Yes, that is what I was going to ask you before, but then you went on. So there was no alien intervention or divine intervention or anything that actually, not jump-started them, but, like, did something to add....

B: Only they themselves as a non-physiological consciousness of spirit jump-started the idea of creating a vehicle for them to express themselves as physical beings.

Q: Okay, and now the Egyptian god....

B: All right, back to meet you. (This sentence doesn't make sense)

Q: Thank you. Is the reason why the gods are depicted with different animal faces... I was wondering if maybe that, once again, it dated back to some of the genetic manipulations that the Anunnaki did and these were like....

B: It is to some degree representative of some of that idea, but not in many cases. Most of it is simply representative of the archetypal energy of different concepts that the Anunnaki represented to the early peoples on your planet and what portions of the collective conscious they symbolize.

Q: Ah, they did some pretty strange animals.

B: If you say so. You simply need to look at them in a different way to understand them clearly. Some of your confusion may simply come from what you now call your modern context, instead of looking at them as a way that individuals on your planet used to look at them.

Q: Because that was what they were mostly in contact with, I guess were those that were those types of creatures.

B: Yes, yes.

Q: As far as the chambers, now that they are getting ready to open...I don't know, maybe you already know that they have already opened them and gone into them.

B: They have not.

Q: They have not?

B: No!

Q: Can you give us an idea of what's to be found and will it be released to the public in the near future?

B: Eventually it will....

Q: In the near future?

B: Eventually it will.

Q: You can't be more specific?

B: No, because you have not created more specificity for me to pick up on within your consensus reality. You are still at war with yourself over many different ideas of what you think of as detrimental information to the structure of your society. I can tell that, at the outside, that information will generally be available usually no later than 2010; but it could happen much sooner, maybe about 2005 and maybe sooner still. But there are many, many, many different belief systems still creating conflict and paradox with one another and thus muddying up the ability to see any clear momentum heading toward any particular year. Do you understand?

Q: Yes.

B: The idea, of course, is that the more individuals on your planet communicate in a clear and creative way from all the individuals involved then you yourself can determine a sooner date. It is not impossible that this could come out even within the span of one orbit. It depends upon your willingness to co-ordinate, to communicate creatively, in a clarifying manner, to become involved and participate and co-create. You can do it; so the timing is really up to you. It can happen, we can sense that it can happen within one orbit, but it depends upon your participation, do you understand.

Q: Yes, it seems like that for individuals, even yourself, for predicting events that are...or outcomes of the future are getting harder and harder, it seems that reality is on a total....

B: It depends upon the thing. But, again remember that there is no such thing as a prediction of the future. There is only a sensing of the energy that exists at the time the prediction is made and if that energy does not change, then you can say the event has come to pass and that a great prediction of the future was made. No such things occurs, you only sense the energy that exists now! And if there's enough momentum behind that energy then it is likely it will not change, and you can say it will come to pass.

Q: That’s what I mean but the energies are changing so much....

B: It depends upon the thing. In certain things there’s a great amount of momentum and it is unlikely you will change it. In other things there is not as much momentum in one direction, there is still an undecided vote and thus in that sense it is fuzzy. You understand?

Q: Yes.

B: But in every moment, at every MOMEMT you change the momentum. Sometimes allowing it to continue as fuzzy, sometimes allowing it to become crystal clear. It just depends on how willing you are to be more of yourselves. That, as an absolute certainty, will allow things to become crystal clear very quickly. The more willing you are to be yourself, the easier it is to understand what the natural outcome of being yourself would be. You follow?

Q: Yes, thank you.

B: Thank you.

Audience: Bashar! Bashar! Bashar!

Angelic Expressions and Dolphins on Essassani

Q: A couple of weeks ago a friend gave me a psychic reading, as a gift. And when I was there and the channel was bringing through the information, one of the first things that she said to me... well, she said that I am surrounded by, and have, a very angelic energy.

B: Yes.

Q: And I realize that's something I have been told, over, and over, and over again, and I'm not really sure that I know what that means.

B: It means that you can spread your own wings and fly as high as you wish to. It means that you are, in that sense aligning your vibratory energy with what is colloquially referred to as an angelic level of consciousness. Which generally refers to levels of consciousness that have never experienced physiological reality.

So, if you wish – now, this is all, in a sense, a metaphor, an analogy – it has some literalness to it, but you do not have to take it completely literally in order to get the essence and the energy out of this. In a sense, let us say, you decided to "incorporate" yourself, even though you have very strong attachments to levels of consciousness of which the majority have never experienced incorporation in physical materiality.

So you are functioning, in a sense, as a probe, on your own behalf, out of your own choice. And are able to siphon back some experiences of physical materiality to those beings on that level that have never experienced physical materiality. And in return, they send their loving vibration to you, to act as a guideline, to always allow you to know the power that is within you for creating the reality that you desire. But you are, in that sense, as many of you are, as all of you are really, quite angelic, in that sense, so that you can spread your wings. You can fly and elevate yourselves to the highest levels of creativity within the physical realm. Do you follow me?

Q: Yes, I do. And in turn, would they send back some ideas of other realms that would come out in my work?

B: Yes. You have the capability of actually physiologically manifesting, in many different creative ways, ideas that are acted out on non-physical realms, but have no physiological counterpart to express them by. So you can, in a sense, create a representative physiological counterpart for many expressions of consciousness that have not, to this point, expressed themselves in physical materiality.

You can be their hands, to sculpt out of the electromagnetic energy of physical reality, a particular type of sculpture through which their spirit and idea and essence may be representationaly living in your physical reality. Do you follow me?

Q: I like that.

B: It is, in a sense, an "art," and that is what we perceive you can project. Very strongly, very clearly and very purely with pure lines, in any way, shape or form you desire, through movement, through physical mass, through color, through light, through sound.

Express the angelic art of the utilization of energy itself, in that way. Breathe life into those “works.”

Q: And are there beings that are like guardian angels and that kind of thing? They’re in our mythology...

B: In a sense, yes.

Q: ... and in our religious documents.

B: Yes, in a sense. But again remember that guides and guardians do not live your life. They simply nudge. (Audience laughter)

Q: Right. Reflect, right?

B: They reflect, they hint, they tap, they remind, ever so subtly and ever so lovingly.

Q: Thank you. Oh, and by the way, how are the dolphins doing on Essassani?

B: They are perfectly fine.

Q: Will they be put back to earth one day? Are they being programmed, in a sense... not programmed but...

B: Many of them do not want to go back. (Audience laughter)

Q: I can understand that! (Laughing)

B: Oh, not for the reasons you may think. Simply that they are content to await the idea of the transformation to a certain point, where they know they will be joined by others of their kind, and by you. So that they also will be able to welcome you to “foreign shores” with something that you might recognize as familiarity.

Q: Oh, I like that. But some will come back to help in our transformation?

B: Oh, telepathically, all the time.

Q: Telepathically.

B: They do not have to physiologically come back in order to be of assistance.

Q: That’s true.

B: They are sending from where they are, quite strongly.

Q: That’s great.

B: Thank you!

Q: Thank you very much.

Bashar: Channeled

by Darryl Anka

From Manifestation

2-12-95

Q: Can you explain the difference between Angels, Masters – Ascended Masters, and ET's?

B: What you typically refer to as Angelic consciousness is the first, shall we say, split off reflection from the Infinite – has never manifested in physiological reality at all. Does that make sense to you?

Q: Yes.

B: Ascended Masters are those that have allowed themselves to go through all dimensions of experience, so to speak, in at least certain linear modalities; and have learned and grown and arrived at a certain frequency state that allows them to, in a sense, transcend all of the negative aspects of the path that they have walked. Extraterrestrial energy is simply that consciousness which was not born on your planet. Is that a simple enough definition?

Q: I think, yes, for me it is.

B: Thank you.

Anger As An Opportunity For Alignment

Q: I want to talk to you about anger.

B: Oh, all right.

Q: You know how the psychologists say, or the theory is, that you pick people that are like a mirror for you. Right?

B: Yes.

Q: Well, I picked this person.

B: Yes.

Q: And it's my girlfriend, and I live with her, and I'm always seeing how angry I get. And all the time I'm asking myself, "Okay, how is this serving me? What is there for me to learn that I don't want to look at in myself?" I try and apply all these things. I ask myself, but I don't know...

B: May I interrupt you? It is not always a *literal* reflection. The idea of individuals you attract into your life that are there to reflect ideas to you does not always mean that what they are doing is a completely literal reflection of something *you* are doing. It simply is an opportunity to recognize that you may be being of service to them, and they may be being of service to you, in different ways on different levels. It is not to say that it has to be a direct "one to one" reflection.

Q: How do you tell the difference?

B: You simply can understand, as has been expressed, that if you cannot figure out what a one to one reflection would be, then begin searching all the different levels.

Q: Okay, I see what you're saying, but I just notice that no matter what the situation is, I wake up in the morning and go, "Okay, I'm going to be more patient and more accepting."

B: More patient?

Q: Yes.

B: Patient? Why do you need to be patient?

Q: Because I feel like I'm going to be angry.

B: Do you think that patience is going to relieve any of the strain that you feel?

Q: No, because it doesn't work.

B: Correct. Understand, you are only impatient because you think you need patience. Living in the moment and enjoying everything you are in any given moment makes you enjoy your life far too much to have to be patient. Patience says that you are not enjoying what you are.

Q: Well, sometimes I feel that I don't want to enjoy being in an anger mode, because...

B: Nobody says you have to be.

Q: All right, well just let me finish my statement.

B: Oh, all right!

Q: Because you see, I feel like it crushes her spirit – because she's an expression totally different than me. I'm intellectual and intense, and she's flighty and very mellow. And so it's interesting that this combination is happening, right? I don't feel like I want to squelch her expression but I feel like that's what I do, because I'm too intense. It's like I'm always getting angry at her expression. And I'm trying to learn about myself, I'm not blaming her, I'm just trying to learn about myself.

B: Yes. Yes.

Q: And be a little more like a duck, and let the water go over my feathers.

B: But in this way, being a duck does not mean that you do not stand up for what you are. Now recognize, in this way, that anger is only judgment of what is true for you, because you think that what is true for you should not be true for you, with regard and in comparison to what you think is true for someone else.

Anger is an alignment, and never needs to be experienced negatively. What you are used to thinking of as anger never needs to be experienced that way, if you allow it to be alignment. In other words, you see someone in your life that you have attracted, and you recognize that their reality is their reality, and that it is different from yours. And seeing their reality allows you a stronger alignment with *your* reality, with what you know to be true for you. That *alignment*, in of itself, will never produce a negative feeling. Judgment and resentment of that interaction is what produces the anger.

You have been given an opportunity by that other individual to see what you are aligned with, and what is true *for you*.

Q: Okay, I feel like this is hitting home. So, a person gives you an opportunity to know where you stand.

B: Yes.

Q: And so, say that person leaves the iron on all the time and, for me, I see how important it is to turn off appliances – that's a simple thing.

B: Yes.

Q: Okay. Once you get that, how can I let her expression be hers and know where I stand without inflicting it on her?

B: 'Tis very simple. Now, do remember that you can always discuss something without needing the other person to change because you think they are "less" than your idea. You can discuss it as an equal, in this way, and simply share your expression of your understanding.

At the same time, recognize that when you are willing to acknowledge that it is a reflection for you and an opportunity to be a reflection for them equally, then, if you are "meant" to stay in the situation, you will. If it is a reflection that you should part, then an opportunity will come along for you to part. Do you follow me?

Q: So are you saying... like, how I'm trying to work with her now is seeing – by discussing things after the anger and all of that – is seeing that her point is just as valid as mine. She's just coming from... she's a different crystal, right?

B: Yes.

Q: And trying to understand that it's not that I have a better way, or a more precise way – it's a different way.

B: Yes. For in this way, you are only making assumptions – although we understand the idea you are discussing – you are only making assumptions that what you think is going to be the result of her actions will be true. And they may not be.

Q: What do you mean?

B: In other words, many times when you judge another individual, you are only doing it based upon the assumption that you think that their actions will lead to certain results – and they don't have to.

In other words, you are being given an opportunity to examine what results might occur if *you* took the action you are seeing them take. But not necessarily an indication of what results will occur just because *they* performed the action.

Q: Right, sometimes I think, "God, if I was in her shoes, I would have been dead twenty years ago." (AUD: laughter) And for her that may be fine, but for me..."

B: Yes.

Q: So then anger... okay, sometimes I want to be less angry because I find that it hurts me to be so angry all the time.

B: That is because you judge the alignment. You will always be aligning. You will always see reflections around you that will give you an opportunity to align with what you know to be true for you. It is only the judgment that creates the negative feeling.

Q: Isn't that where patience comes in?

B: No.

Q: Well, I mean you've said patience...

B: No. No.

Q: Okay, well, you're aligning and centering yourself...

B: EVERY SINGLE TIME you realize that you are being given an OPPORTUNITY to align and integrate more and more of yourself, then it is such – at least from *my* point of view – an ECSTATIC experience that you do not need patience. Because patience implies that you are waiting for something better to come along. But what could be better than the ecstasy that you are feeling in the moment of alignment?

Q: Well, do *you* have anger?

B: Not in a negative way, WE ALWAYS HAVE ALIGNMENT. But not anger, as you understand it.

Q: Well... my alignment is expressed in a negative way.

B: That is because you are judging your alignment. Now, if you do not PREFER to have it expressed in a negative way, you don't have to. You can simply take it as the JOY and ECSTASY of being given the

opportunity to align and, therefore, RADIATE BACK your point of view, without judgment, upon the other individual: JUST YOUR POINT OF VIEW.

Q: I'll try that. That's great, thank you. I mean... I know I said "try," but it's...

B: It is all right. We understand. Thank you.

Q: Thanks.

Anima

Old Friends – New Friends

4-16 87

Our greetings to you on this day of reunion. Our joy is sharing the inter-action that we can with you this day of your time. In this terminology we have always, from the moment of re-inception of our communication with your civilization, been sharing those ideas with you, with each and every one of you, that will allow each and every one of you to facilitate the blending within each and every male of your species, the feminine side of yourself. Within each and every female of your species, the masculine side of yourself. The idea now of the polarization is at an end. The idea of the many lifetimes in which you have kept segregated from one another, barred from one another the beauty of the interaction, of the marriage of your feminine and masculine selves within each and every being, is at an end. Each and every one of you now will begin to participate within the beauty and the joy and the fragrance of the marriage of the polarities of that energy within each and every being. To allow for the full celebration of the beingness that you are. The full flower, the full expression of the seed of each and every one of you. The full fruition, the full planting, the full ripening of your soul. The full blending in harmony and love, the ecstasy that is yours, that is your birthright, is within you, fully encased – has been encased within a seed ? that is now ripe and ready to bloom, burst forth and give full flow to the juices of your creativity.

In the marriage of the relationship of the female and the male within each and every being upon your planet, there shall be the celebration and rejoicing as to which you have not known for many thousands of years of passage upon your world. We share and rejoice with you at this time, in your willingness to discover once again those sweet and succulent aspects of your life. Those sweet and delicious potions of your soul, those beautiful, beautiful, perfumed, brilliant, sparkling, delicious drinks that are the energy, the reserve you have yet to tap. The ones that have been being encased in casks, in your terminology aging for tens of thousands of years and has now achieved a delicious degree of ripeness, ripe for the drinking. In this celebration you shall become in this way, not so much disoriented in a negative sense but drunk upon the ecstasy of your soul, upon the ecstasy of your love. And you will revel and swim deepest in the ocean of unbridled release upon your world.

Let this flow and wash over the surface of your planet in this way and it will soak and sink deeply into the fertile soil of your planet, and give birth to new children who will share and bring with them the favors to the celebration. Bring the light and illumination to the heart and soul and mind of the wearied and the tired among you in this way. They shall enliven and refresh you, even as they show you how to refresh yourselves by the act of drinking so deeply in the very essence and structure of life, the very energy that flows from your own mother Earth, your own father universe in this way as you chose to symbolize these ideas upon your world – as the very stars shine down upon you in this way. And recognize in the reflections that you see in the heavens that the very stars that you see are mirrors, for as you look up into the heavens you are seeing only but your own faces united, shining and smiling back at each and every one of you. With the absolute, pure potential of the true joy of ecstasy, the true stellar

qualities, the true astral spark that each and every one of you are.

Blend together and know and rejoice that in blending together it will not be as you have said at the loss of your individuality. Truly each and every one of you will stand out as the stars against the heavens do. But together you will paint the panorama, the jeweled beauty, you shall decorate yourselves with the stars and they shall be the light that illuminates your inner knowingness, your inner being, your inner spaces, for truly remember that all that you consider outer space to be is but your own inner space, illuminated before you. Our deepest abiding joy and love to you all for allowing us to share , *to share*. . . . in the warmth, the depth, the feeling , the smoothness, the softness of your love. *Feel* that your hearts are touched by Creation. *Feel* that your hearts are touched by the stars and as they touch you, feel your reach stretch to infinity. For truly you are only reaching back from the future you are creating, and touching yourself. Follow your lead. . . .you will find friends waiting there for you. And simply remember that many of the friends that are waiting there for you. . . . will be you.

We thank you for allowing us to share the idea and the notion of the love that you are. Allowing me to cherish the idea that you may and that I may, consider you as you perhaps may choose to consider me . . . .an old and dear friend who loves you *very* much. We thank you for the opportunity to have expressed this to you, and now we will in this way allow for an understanding and a new friend to share another aspect of the mirror. Sweetest dreams to you all . to continue see Grey 4-16-87

Animal Consciousness

Q: Could you talk about what happens with animal consciousness?

B: Animal consciousness in general, can be many things. It is very primal; in a sense, it is an extension of your own mass mind, human consciousness. Although, hu-man, in this sense, I use loosely as a term. It is an offshoot of your oversoul consciousness, although it is an identity unto itself. Animals are reflections for you, different aspects of your own consciousness that sometimes you are not capable of seeing in physical form because of the ego structure that humans have built.

They reflect many different aspects of your emotionality to you. They are loving beings, in and of themselves, and are sentient in their own way but very different from what you call humaniform intelligence. They are attached, in a sense, to families of energy, spiritually, in that sense. Orbiting around those families, reincarnating with those families very often, over and over again. To act as guides, as instructors, as supporters, as children, as parents – for many of the aspects that you are not consciously in touch with about yourselves

They provide a balancing system for many of you. They give you the opportunity to experience a totally different dimension of yourselves, if you would only see it that way. They are not really separate from you, in many senses. They are created; they are consciousness created, truly directly, more directly, of the primal medium in which you are all immersed, out of which all beings are created. They are to some degree, closer to the Source.

You can pattern yourself in many ways after them. Sometimes they will pattern themselves after you to reflect to you issues that you

need to work on. Sometimes they will exhibit, within their bodily forms, ideas that you need to work through. Sometimes they will

take on diseases for you, so that you do not necessarily have to experience the full brunt of the physical disease.

They will do many of these things for you because they are a reflection of absolute unconditional love, and absolute, unswerving primal creation. You can learn a lot from them, in that way, it can put you in touch with the center of your being. Sometimes all it takes is the focusing of the idea of an animal, looking into its eyes, feeling

its energy that will bring you right back to your center of your true natural beingness.

This is where this whole idea, very, very misunderstood in your society, of “magicians and their familiars,” comes from... and why they had animals around is because they knew that in pure

form, the identification with animal consciousness allowed them to reclaim, in a sense, their godhood, their direct connection to creation. Because, here is a pure reflection, an absolute pure reflection, literally in many ways, more directly, the eyes of god looking at you through animal eyes. Nurturing you, loving you, watching you, helping you, being with you – constant companions to you.

Q: So then, of course that’s part of the reason why it’s so extremely painful when they leave.

B: But they do not leave, they simply change form. They know this: the pain is all in *your* assumption of what is happening.

Q: Right. Thank you.

B: Thank you.

2

Bashar: Channeled

by Darryl Anka

From "You are an Eternal Being"

3-21-97

Animal Reflections

Q: I had dinner with a reporter a couple of days ago and we talked about ... we're both big "tier" lovers ... and we talked about...

B: "Tier?"

Q: Animal lovers, sorry. I'm speaking in German, sorry. We're animal lovers, and he was telling me that he's a witness to a lot of cruelty towards animals...

B: All right.

Q: ...as his job as a journalist.

B: Yes.

Q: And we talked about it, and he couldn't understand how come we humans are so cruel to animals all over the world, from China to Russia.

B: Oh that's easy to answer.

Q: And how...

B: You want the answer to that first, before you go on?

Q: Yes ... how are animals feeling?

B: Yes? No?

Q: Okay, yes.

B: Thank you, then you may continue. Let's keep this simple, a step at a time. Even though you have on your planet this understanding of, what you call, a Golden Rule, you understand? "Do unto others as you would have them do unto you."

Q: Right.

B: In actual fact, even though that is in itself a truth, a more fundamental and precise way to understand that principle is as follows, in that, " you will do to others what you are willing to do to yourself." The self-loathing, self-anger, self-hatred, and self-devaluation that humans on your planet have been taught ... the judgement upon the self that makes humans think they are "less worthy than," will make them, in that sense, jealous of anything and everything they deem to be pure; and, in that sense, they will hate it and take out their aggressions upon it. Animals, in that sense, will be a good target for them in their minds, because your society does not necessarily deem them, in general, to be conscious beings, and therefore, there is not as many repercussions about taking out your frustrations on animals as there is taking them out on humans. Do you understand?

Q: Yes, yes.

B: I'm not saying that they are less equal, but your society in general thinks that, and because it hates itself, or such people hate themselves, they will strike out at anything that reflects to them a reminder of that self-hatred. And when they see something perfect and pure as an animal, full of conviction and absolute power and love, they will strike out at it. Because it reminds them of what they believe to be a true weakness within themselves, even though it isn't actually true; but that's what they have been taught to believe about themselves, that they are not natural and so they hate everything that is of nature. You follow?

Q: Yes, I do.

B: That's why they do that, psychologically.

Q: How do animals deal with it? With all this pain and cruelty?

B: Well, they deal with it as best as they possibly can. The idea of course, is that animal consciousness – not in any way, shape, or form, meaning to condone these actions on the part of the humans towards them – but animal consciousness is unconditional in its love, and in its expression and conviction of self, and, in that sense, they will deal with it simply by being what they are, and that is pure reflections of creation. Whether they remain physical or translate into Spirit, they will deal with it as pure, unconditional reflections.

Now yes, many animals will, of course, take upon themselves the reflective traits of those doing the abuse, and may strike back, of course. That is only, also in its sense, natural, as a reflection of the consequences of the actions of the humans that may be perpetrating the abuse against them. But the idea is, nevertheless, that they are not doing that out of vindictiveness, they are only doing it out of natural reflection and consequences of behavior and action. And it is still in unconditional love, which they carry within them, that allows them to be connected to humanity in such a way that they are willing to participate with you to show you these ideas. So that, perhaps, one day you will understand how much humanity has learned to hate itself, and perhaps can ultimately learn to love itself as much as the animals reflect that unconditional love of the Infinite to you. That's how they deal with it, you understand?

Q: Yes.

B: They know that they are eternal, no matter what you do to them. Again, this doesn't excuse the behavior, but they know they are infinite, they know they are eternal and they also, on some level – not exactly in the same way that humans understand this idea, when they do – but on some level, they understand it is all part of one particular dance of evolutionary learning to not need to do that, and to learn to love the self.

Q: Okay.

B: And in some senses, to put it in a very simplistic basis, if any animals on your planet exhibit the idea of predation, of predatory nature, and attack and such, it is mostly a reflection of the collective consciousness of the planet. To put it simply, animals are predatory on your world, because you are. You follow?

Q: Yes.

B: On our world they are symbiotic, they do not prey on each other to the extent that they destroy each other. It is a reflection of our understanding of wholeness; and the idea is that they can, in a sense, get what they need from each other without destroying the animal in the process. You follow?

Q: Thank you.

B: Does this answer your question sufficiently?

Q: Yes.

Animal Reflections And Guidance

Q: Hello.

B: And to you, good day.

Q: I'd like to talk to you about my dog, Mu(?) ('Moof') who…

B: Dog. All right. Can you all hear this individual?

AUD: No. No.

Q: Sorry. My dog Moo is about 12 years old.

B: Yes.

Q: And I've spoken to you before, a long time ago about him – and he's reflected a lot to me. But he's at a point now where he's suffering from incontinence… well, he's not suffering actually.

B: We understand.

Q: And it's been going on for about 4 months.

B: All right.

Q: And I'd like some help with what it means, what it's reflecting…

B: Well, first of all, it may simply be that that guide, and that reflection, obviously is now able to begin to move on, the more you have absorbed what he has reflected to you. The more you take it internally, the more you become the idea that was being reflected to you by the animal consciousness, the less need there is of the animal in that format.

So it can now move on and transform itself into a new state, a newly energized state that can then re-enter your life on a more equal level. Rather than one that has to support the idea of the things you were facing as lessons in your life.

So send your unconditional love to the animal to allow it to know it can move on if it wishes to. It doesn't have to hang around to make sure you've got all the ideas you need to. It doesn't have to reflect uncertainty, hesitation. It can, as you say, make a clean break. Understand?

Q: Okay. Yes, I do.

B: Send your unconditional love, your trust that the animal has served you; and therefore, it can now transform into a more equal energy, because you now have incorporated the idea of that being within yourself as a reflection, as a guide.

You are now willing to take the responsibility of creating those reflections to yourself, so that the animal can simply share your joy of equality and play with you, by transforming into another format that you may discover very soon.

Q: Okay. Thank you.

B: Well, thank you very much, but I have done nothing. Sharing!

Animal Reflections II

B: You!

Q: Obviously it is possible to be the idea of a lot of different things at the same time. Right?

B: In a sense, yes.

Q: What do you mean, in a sense?

B: In the sense that if you know you ARE an idea that contains the opportunity to do many different things, then they will simply flow into your life in a manner that will allow you to accomplish them in sequential form.

Q: Ahh...

B: So it is not exactly that you will be doing them at the same time; but you can be the idea all at once.

Q: Okay. That was what I was asking. One of the ideas that I have been creating for the last number of weeks, months is to be a fourth density atmosphere in my backyard.

B: All right.

Q: And as I was sitting thinking about what that entailed, I thought, oh, I have those king snakes and if the king snakes don't get a gopher or squirrel once in awhile, they won't live; and if squirrels, you know, don't eat whatever, and the earwigs don't eat plants, they will die. This whole, and even if I, you know, don't pull weeds, which kills the weeds, other plants can't, and so that, uh, I don't know exactly how to think about...

B: Do you mean that you cannot imagine that you can sustain all within your realm upon the energy that you vibrate? That they cannot partake of the manifestation of the energy of your eternal consciousness and so remain in a state that always allows them to know they are sustained in whatever manner they need to be?

Q: Can I do that? I mean...

B: You tell me.

Q: Well. I. . .

B: Do you believe that you can?

Q: Yes, I do but...

B: Then you have done it.

Q: I think that there's, you know, the lady bugs still eat insects and, and uh...

B: That is your choice. You are creating third density definitions of what. . . (AUD: cough-making word garbled).

Q: I realize that.

B: Then simply redefine the idea that they can exist in the state that they are in by simply receiving direct energy from you. Then they will simply lose the urge...

Q: Oh, that’s wonderful. Okay what, what happens...

B: For in this way, once again, remember that the animals upon your planet are territorial because you are. (AUD: various comments).

Q: I’ve been communicating with a lot of the animals in my backyard.

B: Yes.

Q: And I think, you know, uh, it seems to, they seem to pick it up, and I mean they...

B: Of course they do.

Q: But, but. . . (AUD: laughs)

B: They will always, however, only reflect the degree of willingness that you express in your own beliefs. Therefore, they function as a very accurate barometer for you.

Q: So, for example, if those king snakes that are up there remain in my backyard, they will not kill squirrels and gophers, but if they go...

B: They do not have to.

Q: If they move somewhere else they will?

B: Perhaps.

Q: Oh. What do the animals on your planet eat?

B: In this way, again, it is mostly energy, and it is mostly through the exchange you call symbiosis.

Q: Oh.

B: At times, in what you call the past, so to speak, there used to be some predatory forms; but no longer. Anything you would now perceive as a "predatory form" always leaves its prey alive, taking an exchange of energy in a certain way that benefits both. (AUD: laugh).

Q: Oh! I can do that in my backyard too, can’t I? (AUD: laugh)

B: Yes.

Q: Oh, wonderful! I love it!

B: As an example, there is a being, a creature, an animal, as you would call it in this way, that would be similar, as we have described it, to what you would refer to as a slug-like creature, but it will be a bit more flat. It will have upon the topside plates for the direct

conversion of sunlight into another type of energy. As this creature crawls upon the skin of another being it will convert the sunlight into a type of energy that, when it is projected into the cellular structure of the being it is on, will release a type of energy that the slug feeds but the conversion will also regenerate and rejuvenate the cell of the creature it is on.

Q: How wonderful. (AUD: laugh).

B: So it is symbiotic in that way.

Q: Yes. Oh that’s great. Thank you very much.

B: I thank you!

Animal Reincarnation

Q: You've talked about animals being guides – could you talk about in what sense they are guides?

B: They are willing reflections of all the ideas you are exemplifying within your different strata of consciousness upon your planet. They are reflections of how you see yourself. Understand, for example, animals on your planet are territorial because you are. Do you follow me?

Q: Yes.

B: They are always willing to act as a mirror for your emotionality. Always with unconditional love and support for whatever you are willing to do. They will die for you.

Q: Is this true of insects as well as other animals?

B: Yes. It is true of plants, minerals, everything. You and the life forms you call cetacean, whale and dolphin, are the only two groups upon your planet that are karmically reincarnated. All other life forms on your planet are simply reincarnated, and exist in any life within conscious knowingness, not within any idea of the process of analyzation or thought or judgment or separation.

And to a great degree, the dolphins and the whales have not really chosen to experience very much of this separation either.

Q: Could you clarify how animals are reincarnated, as you have referred to?

B: Simply in the manner that you are reincarnated physically, it is simply that they do not do it out of a sense of karma. They do it out of a sense of the idea of attachment, of being a reflection, a loving reflection, of whatever you need them to be here for.

Q: Do their individual consciousnesses then reincarnate much as ours do, only without this idea of karma?

B: To some degree, yes, but it is more connected, in the sense that they see themselves not only as individuals, but primarily as a series of relationships to every other being in their reality. They see themselves *as* relationships to other things, more than as an individual.

Q: What about pets, especially pet dogs and cats? Are they not more individualistic than other kinds of animals?

B: They take on and reflect the individuality of those they are reflecting. They themselves are not intrinsically more individualized. They are perfect mirrors reflecting the individuals around whom they congregate.

Q: How do pets feel about their bodies once their consciousness leaves – once they die? Does it matter what we do with their bodies?

B: No.

Q: Well, we have such a tradition with humans.

B: All right, but allow me to remind you that when you leave you physical body you will not care either.

Q: I thought not. So, why have a funeral?

B: You can have whatever you wish. (Audience laughter)

Q: (Laughing) Okay. Well, I've been wondering about how we have this tradition, and a lot of times these traditions do mean something more than just a tradition.

B: You may always implant symbolic interpretation into any tool or ritual. It will be viewed quite differently from your non-physical perspective.

Q: Right.

B: It will not be judged, it will simply be viewed differently.

Q: Aren't rituals very much for the people who are remaining alive?

B: Yes.

Q: That's what I thought, okay. Thank you.

B: Thank you.

Animals and Hematite and a Generator Device

Q: After the last time I spoke with you I had a dream, and in that dream I was down by the ocean and an elephant washed in from the ocean, and came charging out. I have a really strong feeling about what that is about in my terms, of me owning my own power. . .

B: All right.

Q: . . . seeing it as something...

B: And remembering it.

Q: Uhum. (Much laughter from Audience)

B: It is your own symbol. You never forget! (Even more laughing)

Q: Okay, that idea brought another idea. . .

B: Yes.

Q: . . . a question about animals in general.

B: Yes.

Q: I know that cats move between the third dimension and fourth dimension and can pop in and out between physical and non-physical. Do most of the species on this planet, elephants included... that's why I started thinking about elephants and what they were?

B: Yes, in a sense. Even *you* do, all beings do – they all exist on every level there is to exist upon. Depends on whether you remember that or not. Since you know elephants never forget, it is

a good bet that they also know it. (Laughter)

Q: And. . . okay. I was having this feeling about some animals that kind of stay here, that stay in their bodies, that stay three "dimensionalized" and other ones that go physical and non-physical.

B: Again, in a sense, but there is no need to *limit* it, in that way. You are only looking at particular *facets* at any given moment. Understand the totality of the creation; everything is everywhere all at once. You follow me?

Q: Yes.

B: Thank you.

Q: Thank you, one other question. You were talking about gold earlier. . .

B: Yes.

Q: . . . there is a another mineral here called hematite. . .

B: Yes.

Q: . . . and my experience with it is that it dramatically changes the electromagnetic spin, of say, my chakras or the vortexes that I experience in rooms; I'm wondering if you can share anything about that mineral?

B: It has an electromagnetic gyroscopic effect, in that way. There are applications possible with that material. In thin sheets, sandwiched as you say, between crystalline sheets, that could create a particular type of electromagnetic field. And there is an aspect that can be utilized in the detection of what you have for so long referred to as *animal magnetism*, in a sense, to coin your phrase.

It is susceptible to the deep vibrations of nature, of the earth, of minerals, of plants, of animals, in recognizing the patterns and vibrations which exist within the electromagnetic field of your planet; and can be created in this form to be a detector of some of the different variations of the stream of those vibrations within your electromagnetic field. That is one application, there can be others –explore and experiment.

Q: Thank you.

B: Now, you recognize the idea of a spiral, yes?

Q: Yes.

B: You recognize an idea of an overlaid doubled spiral: one this way, one *this* way – much as you find exhibited in what you call nature, in what you call the Fibonacci series of numbers. What you call the Nautilus shell, the center of the sunflower, the pinecone. The way things grow takes place in that particular mathematical spiral as a reflection of the vibratory patterns *of* the helix, *of* the vortex in which energy flows. You have to but simply observe this pattern, this double spiral in many aspects of nature, in that way.

Now: the gold, that we discussed earlier, in strands, can be overlaid into an interwoven double spiral, in that way, simulating the idea that you call the heart of a sunflower. In this sense, you may find that there may be, not that it comes to a center, but that there is a hole in the center. Allow there to be the double spiral created, in that way, very tightly interwoven of gold thread, in one particular circular plane with a hole in the center. In the center, allow there to be a spherical quartz crystal exactly on the equatorial plane.

Allow there to be through the center of the crystal, perpendicular to the equatorial plane of the double spiral matrix, a gold rod extending above and below the crystal and coming to a point at either end. Allow there to be an insulator, it can be crystal. Two disks of crystal, above and below, sandwiched on top and on the bottom of the central double spiral flat matrix of gold. And then on top of that a shell, a flat disk of gold; and on the bottom a flat disk of gold which you call a hemisphere. Hollow on the top hemisphere, hollow on the bottom disk, through which the gold rod from the central crystal will protrude up and down and be in contact with the gold top shell and gold bottom shell, which forms the top and bottom layer.

Then there are two layers of crystal, or some other isolative material; then the gold woven spiral in the middle that touches and penetrates the crystal, to touch in this way at a few points, at least four, the golden rod penetrating through the crystal sphere.

You will have within this device something that will attract the electromagnetic field and be a type of generator such as you have never experienced upon your planet, and you can draw energy from it for

many different applications.

Foundationally this is the heart of the flash matrix that is incorporated into our, what you'd call, engine structure aboard our spacecraft.

Q2: Can you give us some of the respective dimensions as far as the large ball?

B: A one-inch sphere, a six-inch diameter disk, will be good for a start, with an eight inch rod diameter.

Q2: As before.

B: Yes.

Q2: How about the filaments of the spiral? Flattened out?

B: Wire like, as you would call it – interwoven.

Q1: What gage?

B: Approximating the idea can be what you call anywhere from thirty-second to sixty-fourth of an inch.

Q2: Braided?

B: Each strand interwoven into the entire double helix, not that each strand is braided.

Q2: Oh, I see.

B: Each strand being it's own wire.

Q2: Starts through center and works out in the Fibonacci series as far as the dimensions and other stuff?

B: Yes.

Q2: Okay.

B: Then at the outer boundary of the net, allow each wire to remain as a single wire, do not curve them back upon themselves, allow their ends to be exposed in the center of what you would call the sandwich. You follow me?

Q2: Outside the insulating material on either side of the spiral?

B: Coming to same diameter, but simply exposed – the ends of the wires.

Now you can experiment with other material as long as it is, in your terms, conductive, and you will get effects.

Q2: Copper?

B: Yes. Also what you call steel.

Q2: Um, that's not easy.

B: You will observe the effects of the generation, simply understand that the gold will include other types of properties into it, which will increase and enhance the effect many fold.

Q2: Do the rods have to be pointy?

B: Yes.

Q2: How do we mount the device?

B: Upon any insulating material, in your terms, it will function much like a condenser, compiling a build up of charge. . .

Q2: How do we tap it?

B: If you get too close you will tap it.

Q2: So therefore there is another device, which does so?

B: There can be many devices that do so, depending upon what the device is – how you design it will be the way in which the energy can be used. It can simply be in proximity to... your body; in that way is also a device. Your body will use the energy in whatever way, shape, and form it needs to.

Q3: It is like a Tesla machine that he made?

B: To some degree, it is not dis-similar, although that particular configuration was never created by that individual, other variations of the idea were, yes.

Q: Coils. Thank you.

B: Thank you.

Bashar

Circa 1995

Questioner: You mentioned that the Anunnaki, when they originally came to our planet, were searching for gold.

B: It was one of the things that were part of the overall process of some of the things that they were doing. As we have all ready intimated, when you understand the concept of the element called gold and the energy that it really contains, you will see how strongly it is connected to the light force of your system and how it can actually be utilized in like force to imbue your genetic structure with a great longevity. You understand?

Q: I was. . .

B: This was part of the reason why they required it for the things that they were doing,

Q: Was it for their biological presence that they needed it?

B: To some degree, to exist within your particular dimensional reality, it assisted them by having this element around to stabilize their physicalized projections into your dimension. It allowed them to exist in that dimension to do what they needed to do and, at the same time, it was also an important ingredient, the energy of that element, in the utilization of the rearrangement of the genetic structures upon your planet for the purpose of the creation of the human form on your world.

Q: During those times were there any beings around who could alchemically produce it?

B: Yes and there always has been.

Q: And the Anunnaki weren't able to?

B: To some degree, but again, they simply relied upon the idea that they would find what they needed in the area in which they were going and knew that there was an abundance of it, they did not necessarily need to transmute at that time because it was readily available.

Q: And there's a procedure on our planet now know as low level nuclear reactions, or nuclear transmutations in which they are able take black sand and other elements and get a percentage of gold and other precious metals back.

B: Yes. But again, this is not an end all be all in and of itself. It is simple one more of the transmutational ideas that you're all learning as you discover the alchemical intuitions within each and everyone of you and, of course, as every good alchemist knows, it is not the matter of physiological transmutation but transmutational of the spirit.

Q: Is there a different vibratory quality of the earth's, let's say, resonance gold has than would be produced under one of these low level reaction?

B: There is a slightly different frequency but in most cases it would not be significant, except in certain very specific experiments where the additional frequency would be required of a more, shall we say, quote/unquote naturally formed elements.

Q: And back to precious metals, was there a group of individuals on the planet know as the, a.k.a., the Olympians or the Committee

Of 300, who see as their right to have the authority over the mineral rights of earth?

B: No, there was ideas at certain times therein expressed by certain groups in certain civilizations now and then but it never actually became a true full fledge authority committee, and there really was no idea of that expression coming to absolute fruition. You follow along?

Q: Yes.

B: Thank you.

2

Anunnaki Connections

From "Alpha Deyo"

Malibu, CA

9-26-96

Q: But, isn't their (the Grey's) initial agenda creating you (the Sassani's)? Isn't that a major part of what is going on?

B: In some senses, yes, but there are many different factions involved and many different kinds of things being done within the agenda that simply have nothing to do with his (Alpha Deyo ... a rebel reptilian) resonance. Thus, it isn't necessary that you must look at this in the same way that this will play out politically on your planet. There is no punishment involved here. There is simply . will all of law will own to its plan once idea of resistance and the attempt to turn oneself more towards the vibration that one deems to be true for oneself. Thus, the assistance that is being given is simply helping to solidify that reality for the being.

Q: Just as the Greys can't join the Association, by his turning towards you more he's able to reach that frequency?

B: In some senses, yes. And now there's another thing also for you to understand ... pay attention ... again, as we give this to you, to some degree what we are telling you, from one slice, is linear. But do not assume that what we are about to tell you is the ONLY thing that is going on. If you assume that what we are about to tell you is the only thing that is going on and the absolute end all be all of all the information that has to do with this, you would be making the same assumption as if I said to you that people from England come from Europe, and by that you assume that only people from England are from Europe and only Europeans are from England. You understand?

So, keep that in mind when I tell you the following: in what you may call an ancient time, within what you would call the Lyran system, from there came those beings you understood to be the Anunnaki. Many of you already know this. And they, in many ways are, to some degree, involved in the genetic manipulation of those species that ultimately created the reptilians from the dinosaur stock and your human species, as well as many others, from some of the indigenous stock on your planet. The idea being, in that sense, of course, that the reptilian species derived from that stock was removed from your planet whereas the human species was not, due to various changes and shifts going on within the agendas of the politics, so to speak, just for now euphemistically, of the Lyrans, of the Anunnaki, as you call them.

After the idea, also, and during this time, to some degree, but after the idea of the destruction of natural causes of the Lyran system when there was the Diaspora into other star systems, such as some of the Orion systems and the Pleiadian systems and so forth, of what you would call in the past, the Anunnaki. Then it can also be understood that certain factions of the Anunnaki, in arriving in the Orion systems, did continue the idea, besides the ones that were isolated upon the Earth, of going in certain directions and ultimately led them to self-destructive ways. In some of these factions that experienced these self

destructive ways within the ancient Lyran Anunnaki systems, you would find that the destructions they caused upon themselves is what ultimately allowed them to become what you understand them to be today, this faction called the Greys. In that sense, therefore, the Greys and the Reptilians are still cohesive, in that the Greys, as the ancient Annunaki created them. And the Greys and you are still cohesive in that as the ancient Anunnaki, they created you. In that sense, they are trying to gain back what they lost, in that sense, as the ancient Annunaki, to render themselves to some degree into that state again, by utilizing the genetics that they have already spliced within you, based on their own original genetic patterns which makes you compatible.

Thus, they are attempting, in the creation of the hybrid races such as our own, to regain the idea incarnationally of what might be, in their eyes, considered to be some of their former level of status and glory. But this is only one faction, in that sense. Some of what some individuals, in some of the abduction scenarios, have recognized as tall, muscular, Nordic types, are actually some template recreations of the idea of the ancient Annunaki bodies, in what your ancient people refer to as the gods, in that sense, of great stature and build. But these are not in any way, shape or form, the idea of what you would call absolutely sentient beings with free thought. They are, to some degree, the idea of puppet templates to allow them some idea of creating certain genetic resonance patterns that would help them fulfill their particular agenda in that level. Regaining whatever it is it is possible for them to regain; though it will never be exactly the same.

This it is given to us now, at this time, to give to you and we have done so. But again, remember, that this is a description of one slice of linear reality. It is not the whole story....

Anunnaki Counterpart

Canoga Park, CA

3-20-98

Questioner: I wanted to ask you about, well it wasn't really a dream I had recently it was more like one of those old parallel reality experiences I used to have.

B: All right.

Q: And there were these beings, I had asked sort of unconsciously as I went to sleep, for I did a sort of channeling opening and I'd asked for some help with balancing my kundalini energy.

B: Oh, all right.

Q: This amazing thing happened, these beings came and they were . . . I would say maybe 9 feet tall, the looked. . .

B: In a sense yes, in your perception, yes.

Q: seemed that way to me. They looked Mongoloid, almost Mongoloid, Eskimo like. . .

B: Yes.

Q: tops of their heads were flattened slightly. . .

B: Yes.

Q: and they took me to this cave, which was a sacred cave, and it has this pool of water, which was perfectly still, and it was the most amazing state there.

B: All right, perfectly still.

Q: And they meditated there, and where they existed was just unbelievably cold and it was all ice.

B: All right, yes because it was perfectly still.

Q: Yes.

B: And then what?

Q: And they worked with. . . they meditate in the snow constantly that's all they do is bring in these higher energies.

B: All right.

Q: I don't remember exactly what was said but the name A-nae-na-ku kept coming to me when I woke up. And they seem off planet, they said that they were working now, they had worked with earth beings before, and they were working now more with women than with men.

B: Yes.

Q: I heard a list called and I remember a friend was there.

B: All right.

Q: It was such a powerful experience and it has stayed with me since and it only happened that one time.

B: Yes.

Q: Are those beings that you are familiar with at all?

B: Yes. They are, for lack of a better term, the higher dimensional selves of the original Anunnaki. You understand?

Q: Oh, because I was wondering about the Anunnaki when I heard that name. It was so clear. It was a-nae-na-ku.

B: Yes, it is the higher dimensional counterpart or component of the original Anunnaki beings that were involved in the beginning of your race, now this aspect is involved, in a sense, at this juncture of, shall we say, step up of your species. But on a non-physical level on an energetic level on a consciousness level, on a higher dimensional level. They are assisting in the rising of the vibration of the consciousness of your planet but not as physical beings any longer. Do you follow that?

Q: Right I do

B: All right

Q: Thank you very much

1

1

Arabic Culture

Q: Why, in this present day (’87), are the Arabs experiencing so many difficulties, and why do they seem to be so maligned in this country?

B: There are many, many sociological structures that they have created for themselves, to mold themselves into. Many, many reasons, for which you do not have the time for us to go into,

in great detail.

But basically you will find much of their energy, in many past incarnations, has been put towards the idea of warfare. And therefore, they are jostling to understand themselves, as different expressions. Learning that they can express the power and the energy that they feel so naturally connected with – in terms of the earth – that they can express it now in more positive ways. They

are learning the balance.

Many... and this is one of the reasons – now, we are not saying this

is absolutely, exclusively so – but one of the reasons for part of the physical channel’s background being Arabic, is because that particular manifestation played a part in past lives with much of that culture in that area, as to how the original Orion energy on earth was assimilated into your culture.

A very, very strong Orion incarnation was the historical individual you call Sargon of Akkad. This individual is recognized in your history as being responsible for the creation of the Arabic Empire.

Therefore, it is founded on many Orion principles. In that way, therefore, they are struggling, simply because they believe – as the Orions did in those times – that to struggle was the only way to express and understand the self, and do it through the idea of conflict.

They are now beginning to assimilate into many other cultures that allow them the opportunity to recognize they can blend and balance that energy in a positive way. And it does not have to be a struggle or a conflict of ideologies, and that the blending of all ideologies is what will, actually, paradoxically, allow them to express their own ideology the easiest. Is this making any sense to you?

Q: Very interesting, thank you. Thank you very much. You didn’t answer the second part.

B: Continue.

Q: Then why are they so maligned in this country?

B: Maligned is only the idea that individuals are placing judgments upon other individuals. Which is the same thing as saying they are placing judgments upon aspects of themselves. They do instinctively represent many ideas of that conflict, and many times individuals may sense this, and may place upon those individuals – as a scapegoat, so to speak – the aspects of themselves that they are also in conflict with. You follow me?

Q: Yes, I do.

B: So the assimilation of the cultures, in an equalizing way, will allow them to express themselves, and allow your culture to express itself. Recognizing that any unity you wish to experience upon your planet

will be the result of granting equality and validity to the infinite diversity of the different cultures upon your plant – relative to the way they choose to express themselves, and their understanding of their relationship to Infinite Creation.

Q: Assimilation of culture? Would you explain?

B: The blending, the sharing of concepts from one culture to another, so that one culture does not have to continue to think that their way is the only way to understand creation. And that there are many different valid tools that are existent in other cultures, that can be learned from. And that you are all connected on that level as one culture anyway. You follow me?

Q: Good!

B: Thank you very much.

Q: Thank you.

B: One moment... you had a very empathic and strong incarnation

in that culture – perhaps more than one – but one that we are perceiving as what you might call a princess, in the Arabic culture,

many of your years ago. And that may have something to do with some of the connections you are perceiving within yourself now.

And it may lead you into expressing those aspects of yourself.

1

BASHAR

Circa 1997

ARCHANGEL MICHAEL

Questioner: Could you explain Archangel Michael?

Bashar: The idea again, first of all, of angelic energy, to begin with, is that if you consider from the point of view of there being the One, the Infinite, the All That Is, if you wish, God, Goddess, it doesn't matter – the first level, so to speak, the first-split off, the first reflection of It to Itself, generated the split-off of its consciousness that you refer to as Angels. Does that make sense to you so far?

Q: Yes.

B: Then the idea of the vibration of Archangel Michael is simply a particular quality of that split-off. The reflection of the Infinite, through one of the split-off fragments of its reflection to Itself, that has to do with the concept of, what you typically would translate in your language as justice, balance, equality, fairness, righteousness, in the idea of a balanced sense (self?). Does this make sense to you?

Q: It's that type of energy.

B: Yes.

Q: Could this energy field ... all right, could I describe it as such?

B: Are you actually talking about the Angel as an energy field?

Q: Yes.

B: Yes, you can.

Q: Because I guess we're all energy fields.

B: Absolutely.

Q: All right, and this energy field...

B: Even that is a euphemism, but it will do as a more accurate representation for what we are discussing, yes.

Q: Yes. Is that this sector of the galaxy or this particular galaxy?

B: It is everywhere. There is an expression of it in each reality. Yours, in your reality, is the concept of Archangel Michael, in the way it is expressed in your reality – but it is everywhere. Even the first-split off of the Infinite is in every single component of the Infinite.

Q: Yes, I understand the Infinite, but what I'm talking about is the Infinite being personified as Archangel Michael.

B: Yes.

Q: Okay, that being this sector of the universe?

B: As the personification, yes.

Q: That's what I'm talking about.

B: Your universe, yes, but there is a greater beingness, even to that Being, that is in every universe as well. Even though it may not be personified in exactly the same way it is still connected to the same level of split-off that is secondary to the Infinite one.

Q: Yes, I understand that part of it.

B: All right.

Q: And is this personified in a persona, this energy? You know, like we are focused in individual bodies?

B: Not physiologically.

Q: Not physiologically ... but something that we can perceive?

B: Yes.

Q: Spiritually?

B: Archetypally, yes.

Q: Archetypally.

B: It is autonomous as archetypal presentations in what you would, in a sense, call spiritual energy, yes.

Q: Okay.

Archetypes and Dolphin Assistance to Humanity

Q: On the issue of archetypes that are involved here – not just the ones that were created here, but also through our journey through Orion and other star systems…

B: Yes.

Q: Those archetypes, I assume, are aware of themselves as archetypes. Correct?

B: Sometimes; not always. Depends upon the definition and the play of how they interact with you.

Q: Okay. Those archetypes that are aware of themselves as archetypes, are they also going through similar transformations that we are, at this time?

B: Some of them, and some of them actually are given enough energy, in your terms, to evolve and join your cycle in a different way.

Q: So an archetype can sort of wake up and say: "I no longer wish to be an archetype…

B: Yes.

Q: ... but I wish to be independent."

B: In a sense, yes, although that is a colloquialism. But we understand what you mean. Yes, it will do as an analogy.

Q: And so they manifest physically as part of that process?

B: They can incarnate directly, yes.

Q: Is this happening at this time?

B: Yes.

Q: Would the physical expression realize that it is an archetype?

B: Not always; sometimes. A lot of times some of that realization might end up in a very strong attraction to archetypal symbology when referring to the self.

Q: Okay.

B: In other words: as an example, now this doesn't always mean this is the case, but let's just say, as an example – to choose one archetypal symbology that you would call, let's say, Astrology – an individual might actually say, and truly feel: "I am not a Libra; I *am* Libra."

Q: Hmm. Okay.

B: Understand?

Q: Yes.

B: I am the idea itself. Many individuals – again, not all of them, and not even the vast majority directly, as we are discussing this particular idea – but many individuals who most strongly identify… one moment… (Pause)

The wind has just been taken out of my sails.

Q: By what?

B: By the mass consciousness.

Q: Can you identify that aspect of it that interacted with you?

B: (Long pause, then a deep sigh.) No.

Q: Can I put the wind back in the sails?

B: By your actions, in your own personal life as it is attached to your civilization, yes. In this sense, because of your relative position, you have more ability and power to do that than I do.

Q: Hmm!

B: Since I am not a part of your main archetypal sub stream.

Q: Yes.

B: Not directly, indirectly, yes, but not directly.

Q: Am I supposed to learn something from that? Or did that just sort of happen out of left field?

B: What is happening is an indication that you are learning something from it in your own way. And to say more would be to open your present before it is Christmas.

Q: Great. Just what I need: another mystery, right?

B: You all love them.

Q: Yeah, okay.

B: Thank you for your willingness at self-discovery. We thank you. One moment, one moment. . . . a tangent, another direction. Many of you are beginning to realize. . . we have discussed many ideas and aspects of dolphin consciousness with you.

The idea now is that many of you are awakening to the fact that there are, in your terminologies, the ideas of mass death of dolphin life upon certain shores of your planet. We have discussed the idea, at that time, that it was our sensitivity that their electromagnetic patterns had shifted. This was causing some misdirection and confusion within them.

Another door has now opened that allows us to see, even as you are discovering, that it is their identification with you in your dream states that has allowed them to incorporate within their physical state enough of an identification to have done something we did not know they were going to do. And did not even perceive it until they created it with their decision-making process.

They are assimilating and mimicking and reflecting a lot of the ideas of negativity that are going on in your system now. And they are, to some degree, acting as safety valves to blend and balance the idea of that system within yourselves at this time.

The idea is that they have created among themselves the ability to shift their electromagnetic frequencies to allow themselves to create a form – their version – of the main diseases you are dealing with in your society that you would call AIDS. They have dropped their immunity. They are assisting you in blending and balancing that idea, so that you will not have to endure it alone.

They are willing to be members of your society, and blend with you, even in the negative side – to show you that they share your world with you. They do not remain aloof. They love you dearly – dearly enough to take on your own creations and, in that sense, to assist in the alleviation of the transformation of those negative ideas.

We extend our hand to them, as we know you do in this way. Their love interacts with you always. And we firmly are now given an opportunity to see that, by this action, you are becoming more closely intertwined – on many different levels than even we at first were allowed to perceive.

We thank you for your loving, sharing, dreaming. We thank you. And we bid you a fond and loving and gentle new dawn. Good day.

AUD: Good night. Good day.

Q: , well you know the Montauk Project and my Tesseract and everything. . .

B: Yes.

Q: Well, age reversal, they're calling it age regression. A lot of the stuff that I'm working with now has been the Montauk Project...

B: Yes.

Q: There was a statement that said that by the time the Phoenix Project was on line in 1975, the U.S. government and alien technology enabled actual physical age regression from 55 to 25, with no loss of mental ability.

B: This was, as you would say, an isolated, unexpected and sporadic side effect in one, and one case only.

Q: Oh, so they weren't doing it all the time?

B: No.

Q: Ah ha.

B: It was an unexpected side effect, in one case only.

Q: Only. All right, so they haven't accomplished that then?

B: No.

Q: Now it's always, for the last thirteen years, it's always been like a brown stone and longevity, age regression, age reversal and everything; and I get excited about maybe going into the Tesseract and finding out how to do that?

B: Living in the now is how to do it. The more you live in the now, the less time you create, the more ageless you become.

Q: Okay.

B: technology?

Q: The technology for the Phoenix Experiment. . .

B: All right.

Q: . . . where they use a time tunnel approach to space/time travel. . .

B: All right, and it is said that these aliens did, and are... what?

Q: They were from the Orion Confederation, they controlled the operation. And then they said the Leverons. . .

B: Do you want a response to this?

Q: The Leverons and the Orion Confederation supplied the technology, along with a group from Sirius A and some Greys. And then there were also beings from Antares that were humanoid, not distinguishable from ordinary humans.

B: Now may I respond?

Q: Yes, please. Thank you.

B: Nope. (Audience Laughs)

Q: No such thing.

B: Nope.

Q: A bunch of baloney.

B: Ah, ah, ah, just not applicable to your reality time stream at all. Everything that you can imagine is somewhere real.

Q: Yes.

B: But it is not focused reality manifested in your particular space/time reality stream. So, in that sense, the answer is nope.

Q: Well, they said that they were doing it, and uh. . .

B: Pay attention. Pay attention. Pay attention. What is actually being said is that individual humans involved, in being involved in experiments of that nature, were tapping into their own connections to those different dimensional vibrations... and exhibited through themselves characteristically, in their personalities. You understand what we have said? Archetypically, not literally, beings from all these worlds; but that the representative humans represent the different vibrations that each of those archetypical ideas represent or symbolize to your world. So, thank you.

Q: Thank you.

Arcturean Energy

Q: I want to bring up again and, hopefully, this time discuss Bootes.

B: There's a star, in your terminology, you call Bootes.

Q: It is a constellation, is it not?

B: Yes.

Q: Yes, okay. Well, I found out that Arcturus is a star in this constellation.

B: Ah, what a surprise!

Q: It was for me.

B: I see.

Q: Anyway, a couple of weekends ago I channeled some energy, which was quite a surprise to me, from that area. And I have some questions; I'm a little bit confused about it, because I'm not sure where the energy came from. It seemed to come through Bootes, through Arcturus, and through to me. And it talked about the children, and it said that it had a lot of things to say, that it had been a long time, and. . .

B: And?

Q: And, that's what seemed. . .

B: And?

Q: A tremendous amount of emotion in it.

B: Yes.

Q: Okay, yes, tremendous amount.

B: And that is the core vibration that allows you to know that you are linking with that energy, specifically within your reality at this time—the emotional core vibration. For it is an opening and a crystallization, at the same time, of certain doorways within you that

are connected to that heart energy and the energy of the chakra of your intention in the solar plexus. And it will create the heaving, and the releasing, and the assimilation, and the blending of energy simultaneously.

For it is that atmosphere into which the children are being born. Do recognize they are not just another generation; they are another culture.

Q: Right. Okay. I understand that. What came through whenever this happened was that all of the children– all of the beings on this planet are the children.

B: Yes.

Q: Not just those children.

B: Of course.

Q: And that there was just a lot of things that are going to be said. And I feel like I'm going to be a channel that's gonna do some of that saying. I mean, I'm not, but I'm going to be– what do you call it? Oh, you called it the bridge; a bridge. That's what you said.

B: That does not mean you are not doing something.

Q: Well, of course I'm doing it.

B: Oh, all right.

Q: I mean, I don't. . . what came through me I didn't know it would say that.

B: Thank you for being willing to be of crystalline service.

Q: Now, can I ask you another question while we're on the subject?

B: Proceed. You do not have to ask if you can ask.

Q: Okay, What was really fascinating about it was that the energy seemed to be the consciousness of this planet.

B: Yes!

Q: It is a collective. And it was going through. . . it was like relaying through that constellation area, through the Arcturean energy before it got to me.

B: Yes.

Q: I was wondering why that was. The only reason I could think of was that it was so intense that I may not have been able to handle it.

B: Yes. Because it is, in a sense, on many different levels, let us say, just to be colloquial in your language – beyond the experience of your physiological universe. Then, in order for you to be able to assimilate it comfortably, it must come through a physiological valve –or representational symbol – to which you can relate, to which you have already formed a degree of relationship, so that it will also carry with it a degree of familiarity by the time you receive it.

Q: Yeah, that's true, I know I felt like there was more emotionality there than I could handle for very long at that time. But also, another interesting thing was that. . . like, I know. . . I had discovered that Arcturus was a star. But I saw like a vision or in my mind, I guess, a brilliant, brilliant star, which was sort of behind this, and I think it's a teacher.

B: This is a representation of the other levels we are speaking about. The idea is that what Arcturus represents, in a sense, is the combined idea of our triad – Earth, Essassani and Sirius – on another level altogether.

Q: Does the star, or the energy of it, like the brilliance or the consciousness of it, seem to be what we're going to be, what this civilization, planet, consciousness is going to be?

B: In a sense, yes. You will be dealing with it in that way, and you will become immersed in the association of that nurturing and supporting and loving vibration. Thank you for your sharing. Yes.

Q2: There's a lot of, I guess, attention, at least from my perspective, on the Arcturean people, experience. Could you describe that for. . . just to help me spark additional things. . . would you describe Arcturus and its experiences and such?

B: Of the level that we are dealing at this time, the only description we can share with you is what has already been shared, that they are a collective energy consciousness. There is nothing that, in that sense, would allow us to differentiate them in the sense of individuals, as you would understand it. We can give you a symbol, however. It is only a symbol, not in a sense to be attached to, but it may function as a focal point.

It is a twelve pointed white star on an orange background circle, on a background of black. That symbol can represent their energy, and act as a communicative link – or an identifying link – to the vibration of their energy on whatever level you need to identify with them.

Q: Is Arcturus. . . I'm confused, is it. . . physically, is it perceived as a star?

B: Yes.

Q: Okay, but on a different level?

B: There is energy associated with that energy phenomena, consciousness associated with that energy phenomena in your physiological reality. It is the energy and the consciousness associated with that particular star to which we are referring as Arcturus energy, Arcturus consciousness.

Q: I met the Arctureans personally, and they were...it was very familiar for me. It was major for me.

B: Yes. Do recognize, not as an invalidation of anything, but from our point of view, what those individuals represent is a strong identification with that vibratory energy. Because on the level that you are speaking of, in terms of Arcturus energy, it is not so much that the energy actually literally embodies itself. But it does form an identification projection. We can discuss some of this idea at another time.

Q: Isn't that the way it generally works anyway?

B: Yes.

Q: Okay.

B: We are simply rearranging the symbols by which your society usually refers to it.

Q: Okay, so a walk-in... would you define that for me, what is meant from that perspective, because I don't believe. . .

B: In your colloquial terms, it can be represented as the idea of one's soul energy, let us say, vacating a body and another one coming in and taking over where the other one left off.

But from our perspective, nothing really inhabits a body, because a body is the projection of your soul in physical terms. Nothing can be inside of it; it is a concept complete unto itself and full unto itself– with no room in it for anything else. It is its own concept.

Identifications can be formed within its energy vibratory pattern, however. And that, from your point of view of thinking of things within things, can seem as if something is occupying something else. But that is an illusion; it is a convenience and a symbol that you find convenient to relate to.

Q: Right.

B: But that does not mean that there is not a paralleling going on. And, as we have said, it is that paralleling that makes the reality that you perceive to be true for you, true for them.

Q: Yes.

Q: You follow me?

Q: Mmhmm.

B: And for anyone else who wishes to share that reality. Thank you!

Q: Thank you.

Q3: You said that the Arcturean symbol could vary. . . from the description that you gave of the twelve-pointed star? Did you say that? Did I hear that?

B: The idea is, of course, that if your imagination wishes to vary it, then you have some reason for doing so, according to the vibration you are most familiar with. What we are speaking of, however, is that the idea of focusing upon that symbol of the twelve pointed white star on the background of an orange circle on a black background will, or possibly can put you in touch with the level of Arcturus energy that you need to be in touch with. So it can be anywhere from very profound to very subtle.

Q: Because a few weeks ago, when you were describing the star symbol, I had a very strong feeling that I would find such a symbol, either in a piece of jewelry or something else. And I was in a gem shop that I go into quite often for crystals. And something made me go in the other night, even though I. . .

B: Yes, something did.

Q: Something. Since it just happened. . .

B: Oh, yes. What a coincidence.

Q: Right. And there on the shelf was a ring that I felt was it. And I have it on. . . I feel it's very Arcturean. Does it. . .

B: All right.

Q: Can you see. . . can you. . . do you know what I'm talking about?

B: We can sense the idea of the relationship you are forming. Yes. In this way, therefore, always trust that the symbols that your imagination attracts you to are the symbols that represent the interaction best for you, in your reality. That is your version, and is true for you.

Q: Thanks.

B: We thank you for your willingness to allow the synchronicity of existence to manifest in your life, flawlessly and with ease. Thank you. You!

Q4: Thank you. I have one thing I'd like to share and something I'd like to ask. I do Astrology, and from an astrological perspective, the planet Pluto is in alignment with the star Arcturus, giving one indication of why this energy, or the experience of this energy, is appropriate for this time and space.

B: Yes.

Q: So I want to share that. And the question I have to ask is that you were saying that the energy that Arcturus is, or symbolizes, is on a different level of the triad that you spoke of. I was wondering if you could articulate a little more about what you mean by that, or what level. . .

B: We can simply put it briefly that your planet, our civilization, and the civilization of Sirius together combine for one consciousness, as well as the three distinct civilizations within it. You follow me so far?

Q: Yes.

B: That one consciousness finds itself being one part of an overall triad, of which Arcturus is also one of the overall consciousnesses. The other third is Polaris. Thank you.

Q: Polaris and what else?

B: Arcturus and the combined idea of Sirius, Essassani and Earth.

Q: What's our name – the combined idea?

B: It can be generally referred to as any one of the names that represents the overall collective consciousness within each and every civilization. So, for Sirius it would be Sistene, for us, Shakana, for you, Christ Consciousness. Sharing! You!

Q5: What is the significance of the Earth's. . . I mean the Earth's nodes lining up with Arcturus at this time? What's the link up that's going on?

B: Recognize that the idea of any alignment with Arcturus in general is simply a representation of the idea of another threshold and a doorway that you are going through. And you will find that your move specifically represents, in your cosmology, many of the ideas of your sub and unconsciousness awareness now coming to the surface. The idea

of the Pluto alignment generally is representative of the transformation across a threshold that you previously would have considered to be the idea you call death, but now simply represents a transformation into a new type of life. You follow me?

Q: I do. I understand the concepts, but could you give me an example of the threshold?

B: The idea of the threshold we are referring to is simply the transformation taking place upon your planet from third to fourth density. You follow me?

Q: Yes.

B: That is the overall threshold. And every single symbol within your reality that has any relationship to transformation is all generally a part of that transformation. The specifics are also up to you to determine for yourself. Although, as we have said, the idea of your

move does represent, to some degree, the idea of your sub and unconscious awareness coming to the surface. The idea of Pluto is the actual, let us say, journey involved across the threshold itself, in the same archetypical manner as you have described the idea of the

myth you call the crossing of the River Styx. You follow me?

Q: Yes.

B: This puts you in touch with what you previously assumed to be the darker regions of your consciousness. So it is another way of saying that you enter the blending of your positive and negative

polarities. And therefore, allow yourself, in the crossing of that threshold, to glean only a positive effect out of the blending of the positive and the

negative.

This is why you have intuitively labeled Pluto's moon with the same name as the fairy boat driver that drives you across the mythological river Styx.

Q: When you talk about this triad, you don't mention (Spika?) And I always assumed that Spika's very connected to Arcturus, but. . .

B: It is in other ways. But the idea is that just as this triad is unto itself a triad, and its whole energy represents one of the triads relative to Arcturus and Polaris, then the idea you call Spika or Speika, in this way, is one of the fragments that allows Arcturus itself

to also be a whole idea. You follow me?

Q: How so?

B: In similar ways that Sirius, our civilization, and your civilization form a collective whole, Arcturus is the combination of the idea of Spika and other consciousnesses to form its collective whole. You follow me?

Q: I'm trying.

B: It is very simple. In this way, you have, let us say, Sirius, Earth and Essassani. You follow me?

Q: Yes.

B: Those three form one triangle. You follow me?

Q: Yes.

B: All right. The idea of the energy you are perceiving from Arcturus, that is another triangle and Polaris is another triangle. So each one of those respectively has three components within it, and together the three triangles form another whole consciousness that is also a part of another triad yet again. And on and on and on and on and on. Does that clarify to some degree?

Q: Yes. I've heard something about that we're moving very close in the direction of Polaris.

B: Yes.

Q: Soon, too.

B: Yes. That is because, once again, like Arcturus, it is one of the major constituents of the overall consciousness triad that is represented by the main group. And, in this way, what it basically represents, as Arcturus represents the emotional, and as Earth,

Essassani and Sirius represent generally a collective idea of mentality, in a certain way, Polaris represents, by your instinctive name, the idea also of the polarities, in that sense, that you are now blending together – positive energy and negative energy in and of itself,

So as you are now forming an integration, and making positive and negative into one reality, then you are deriving a degree of physiological affinity in the direction of Polaris, because that is your indicator.

It is the indicator of your theme in your integration, the blending of the polarities. You follow me?
Q: I love it. Thank you.
B: Thank You.
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Arcturus Connection

Q: I want to bring up, again, and hopefully this time, discuss Bootes. It is a constellation, is it not?

B: Yes.

Q: Yeah. Okay, well I found out that Arcturus is a star in this constellation.

B: Ah, what a surprise!

Q: It was for me.

B: I see.

Q: I'm a little bit confused about it, because I'm not sure where the energy came from. It seemed to come through Bootes, through Arcturus, and through to me. And it talked about the children, and it said that it had a lot of things to say, that it had been a long time, and. . .

B: And?

Q: And, that's what seemed. . .

B: And?

Q: A tremendous amount of emotionality in it.

B: Yes.

Q: Okay, yeah, tremendous amount.

B: Yes.

Q: And. . .

B: That is the core vibration that allows you to know that you are linking with that energy, specifically, within your reality at this time, the emotional core vibration. For it is an opening and crystallization at the same time, of certain doorways within you that are connected to that heart energy, and the energy of the chakra of your intention in the solar plexus. And it will create the heaving, and the releasing, and the assimilation, and the blending of energy simultaneously.

For it is that atmosphere into which the children are being born. Do recognize they are not just another generation; they are another culture.

Q: Right. Okay, I understand that. . . all of the beings on this planet are the children.

B: Yes.

Q: Not just those children.

B: Of course.

Q: And that there were just a lot of things going to be said. And I feel like I'm going to be a channel that's gonna do some of that, sayingmean, I'm not, but I'm going to be. . . what do you call it? Oh, you called it the bridge – a bridge. That's what you said.

B: That does not mean you are not doing something.

Q: Well, of course I'm doing it.

B: Oh, all right.

Q: I mean, I don't. . . what came through me, I didn't know it would say that.

B: Thank you for being willing to be of crystalline service.

Q: Now, can I ask you another question while we're on the subject?

B: Proceed. You do not have to ask if you can ask.

Q: Okay. The. . . what was really fascinating about it was that the energy seemed to be the consciousness of this planet.

B: Yes! It is a collective.

Q: And it was going through... it was like relaying through that constellation area, through the Arcturean energy before it got to me.

B: Yes.

Q: I was wondering why that was. The only reason I could think of was that it was so intense, that I may not have been able to handle it.

B: Yes. Because it is – in a sense, on many different levels, let us say, just to be colloquial in your language – beyond the experience of your physiological universe; then in order for you to be able to assimilate it comfortably, it must come through a physiological valve – or representational symbol – to which you can relate, to which you have already formed a degree of relationship, so that it will also carry with it a degree of familiarity by the time you receive it.

Q: Yeah, that's true. I know I felt like there was more emotionality there than I could handle for very long at that time. But also, another interesting thing was that I had discovered that Arcturus was a star. I saw, like, a vision or in my mind, I guess, a brilliant, brilliant star, which was sort of behind this, and I think it's a teacher.

B: This is a representation of the other levels we are speaking about. The idea is that what Arcturus represents, in a sense, is the combined idea of our triad – Earth, Essassani and Sirius – on another level altogether.

Q: Does the star, or the energy of it – like the brilliance or the consciousness of it – seem to be what we're going to be, what this civilization, planet, consciousness, is going to be?

B: In a sense, yes, you will be dealing with it in that way, and you will become immersed in the association of that nurturing and supporting and loving vibration. Thank you for you sharing.

Q2: There's a lot of, I guess attention, at least from my perspective, on the Arcturean people, experience. Could you describe that for... just to help me spark additional things... would you describe Arcturus and its experiences and such?

B: Of the level that we are dealing at that time, the only description we can share with you is what has already been shared – that they are a collective energy consciousness. There is nothing that, in that sense, would allow us to differentiate them in the sense of individuals, as you would understand it.

We can give you a symbol, however. It is only a symbol not in a sense to be attached to, but it may function as a focal point. It is a twelve-pointed white star on an orange background circle on a background of black. That symbol can represent their energy, and act as a communicative link – or an identifying link – to the vibration of their energy on whatever level you need to identify with them.

Q: Is Arcturus – I'm confused, is it – physically is it perceived as a star?

B: Yes.

Q: Okay, but on a different level. . .

B: There is energy associated with that energy phenomena; consciousness associated with that energy phenomena in your physiological reality. It is the energy and the consciousness associated with that particular star to which we are referring as Arcturus energy, Arcturus consciousness.

Q: I met the Arctureans personally, and they were. . . it was very, very familiar for me. It was major for me.

B: Do recognize, not as an invalidation of anything, but from our point of view, what those individuals represent is a strong *identification* with that vibratory energy. Because on the level that you are speaking of, in your terms of Arcturus energy, it is not so much that the energy actually, literally embodies itself, but it does form an identification projection. We can discuss some of this idea at another time.

Q: Isn't that the way it generally works anyway?

B: Yes.

Q: Okay.

B: We are simply rearranging the symbols by which your society usually refers to it.

Q: Okay, so a walk-in. . . would you define that for me, what is meant from that perspective, because I don't believe. . .

B: In your colloquial terms, it can be represented as the idea of one soul energy, let us say, vacating a body and another one coming in and taking over where the other one left off. But from our perspective, nothing really inhabits a body, because a body is the projection of your soul in physical terms. Nothing can be inside of it. It is a concept complete unto itself, and full unto itself – with no room in it for anything else. It is its own concept.

Identifications can be formed within its energy vibratory pattern, however. And that – from your point of view of thinking of things within things – can seem as if something is occupying something else. But that is an illusion; it is a convenience and a symbol that you find convenient to relate to.

Q: Right.

B: But that does not mean that there is not a paralleling going on. And as we have said, it is that paralleling that makes the reality that you perceive to be true for you. True – for them.

Q: Yes.

B: You follow me?

Q: Mhmm.

B: And for anyone else who wishes to share that reality.

Q: Thank you.

B: Thank you.

Q3: You said that the Arcturean symbol could vary – from the description that you have of the twelve-pointed star? Did you say that? Did I hear that?

B: The idea, of course, that we are speaking of, however, is that the idea of focusing upon that symbol of the twelve-pointed white star on the background of an orange circle on a black background, will – or possibly can – put you in touch with the level of Arcturus energy that you need to be in touch with. So it can be anywhere from very profound to very subtle.

Q: Because a few weeks ago, when you were describing the star symbol, I had a very strong feeling that I would find such a symbol, either in a piece of jewelry or something else. And I was in a gem store that I go into quite often for crystals, and something made me go in the other night, even though I. . .

B: Yes, something did.

Q: Something. Since it just happened. . .

B: Oh, yes. What a coincidence.

Q: Right. And there on the shelf was a ring that I felt was it. And I have it on; I feel it's very Arcturean. Does it. . .

B: All right.

Q: Can you see... can you... do you know what I'm talking about?

B: We can sense the idea of the relationship you are forming.

Q: Yes.

B: In this way, therefore, always trust that the symbols that your imagination attracts you to are the symbols that represent the interaction best for you in your reality. That is your version, and is true for you.

Q: Thanks.

B: We thank you for your willingness to allow the synchronicity of existence to manifest in your life, flawlessly, and with ease.

Q: Thank you.

Q5: I have one thing I'd like to share and something I'd like to ask. I do Astrology, and from an astrological perspective, the planet Pluto is in alignment with the star, Arcturus, giving one indication of why this energy – or the experience of this energy – is appropriate for this time and space.

B: Yes.

Q: So I wanted to share that. And the question I have to ask is that you were saying that the energy that Arcturus is, or symbolizes, is on a different level of the triad that you spoke of. I was wondering if you could articulate a little more about what you mean by that, or what level. . .

B: We can simply put it briefly that your planet, our civilization, and the civilization of Sirius together combine for one consciousness, as well as the three distinct civilizations within it. You follow me so far?

Q: Yes.

B: That one consciousness finds itself being one part of an overall triad, of which Arcturus is also one of the overall consciousnesses. The other third is Polaris. (Pause) Thank you.

Q: Polaris and what else?

B: Arcturus and the combined idea of Sirius, Essassani and Earth.

Q: What's our name – the combined idea?

B: It can be generally referred to as any one of the names that represents the overall collective consciousness within each and every civilization. So for Sirius it would be Sisteene; for us, Shakana; for you, Christ Consciousness.

Q: Thank you.

Q6: What is the significance of the Earth's. . . I mean the Earth's nodes lining up with Arcturus at this time? What's the link-up that's going on?

B: Recognize that the idea of any alignment with Arcturus in general is simply a representation of the idea of another threshold and a doorway that you are going through. And you will find that your move, specifically, represents, in our cosmology, many of the ideas of your sub and unconsciousness awareness now coming to the surface. The idea of the Pluto alignment, generally, is representative of the transformation across a threshold, that you previously would have considered to be the idea, you call death; but now simply represents a transformation into a new type of life. You follow me?

Q: I do. I understand the concepts, but could you give me an example of the threshold?

B: The idea of the threshold we are referring to is simply the transformation, taking place upon your planet, from third to fourth density. You follow me?

Q: Uh, huh.

B: That is the overall threshold. And every single symbol within your reality that has any relationship to transformation is all generally a part of the transformation. The specifics are also up to you to determine for yourself. Although, as we have said, the idea of your move does represent, to some degree, the idea of you sub and unconscious awareness coming to the surface. The idea of Pluto is the actual, let us say, journey, involved across the threshold itself. In the same archetypical manner as you have described the idea of the myth you call, the crossing of the River Styx – you follow me?

Q: Uh huh.

B: This puts you in touch with what you previously assumed to be the darker regions of your consciousness. So it is another way of saying that you enter the blending of your positive and negative polarities. And therefore, allow yourself, in the crossing of that threshold, to glean only a positive effect out of the blending of the positive and the negative.

This is why you have intuitively labeled Pluto's moon with the same name as the ferryboat driver that drives you across the mythological river, Styx.

Q7: When you talk about this triad, you don't mention Spika. And I always assumed that Spika's very connected to Arcturus, but. . .

B: It is in other ways. But the idea is that just as this triad is unto itself a triad, and its whole energy represents one of the triads relative to Arcturus and Polaris, then the idea you call Spika or Speika, in this way, is one of the fragments that allows Arcturus itself to also be a whole idea. You follow me?

Q: How so?

B: In similar ways that Sirius, our civilization, and your civilization form a collective whole, Arcturus is the combination of the idea of Speika and other consciousnesses to form its collective whole. You follow me?

Q: I'm trying.

B: It is very simple. In this way you have – let us say – Sirius, Earth and Essassani. You follow me?

Q: Uh huh.

B: Those three form one triangle. You follow me?

Q: Yes.

B: All right, the idea of the energy you are perceiving from Arcturus, that is another triangle, and Polaris is another triangle; So each one of those respectively has three components within it, and together the three triangles form another whole consciousness that is also a part of another triad once again; and on and on, and on and on and on. Does that clarify to some degree?

Q: Yeah. I've heard something about that we're moving very close in the direction of Polaris.

B: Yes.

Q: Soon too.

B: Yes. That is because, once again, like Arcturus, it is one of the major constituents of the overall consciousness thread that is represented by the main group. And, in this way, what it basically represents – as Arcturus represents the emotional and as Earth, Essassani and Sirius represents generally a collective idea of mentality, in a certain way – Polaris represents, by your instinctive name, the idea also for the polarities, in that sense, that you are now blending together – positive energy and negative energy in and of itself.

So, as you are now forming an integration, and making positive and negative into one reality, then you are deriving a degree of physiological affinity in the direction of Polaris; because that is your indicator; it is the indicator of your theme in your integration – the blending of the polarities. You follow me?

Q: I love it.

B: You may all take a short break.

Arcturus Gateway

Bodhi Tree

1-24-97

Q: The last few months I've been attracted to the idea of Arcturus.

B: Yes.

Q: I went over some old material you gave quite some time ago and you said it was a gateway to Essassani and Sirius and Earth?

B: The idea mostly is that Arcturus energy represents a gateway energy. Not so much to the idea specifically of our world or the Sirius star system, although you can, of course, access anything through any gate, but the gateway that Arcturus is most representative of, in relationship to your world, is the gateway through which consciousness is, in a sense, adjusted and aligned, that is preparing to be born upon your planet incarnationally. So that as the new children passing through that alignment gateway, they will no longer, after birth, forget as much of who they are. That's primarily what it is all about and one of the reasons you are primarily connecting to the Arcturus gate has to do with the idea of helping yourself form stronger connections to the children you have in other realms.

Artificial Intelligence

Q: I wanted to ask you a question about computers and memory storage. . .

B: Yes.

Q: . . . in terms of creating an artificial intelligence.

B: Yes.

Q: Do you know what would be a couple of good steps to go into in the direction of moving from binary, to moving memory storage more efficiently, sort of like in the lines of light – you know the movie, "Short Circuit," how they created artificial intelligence there?

B: Now understand one idea about what you call, *Artificial Intelligence,* as we have discovered within our civilization: when you allow yourself to create the concept, *Artificial Intelligence,* what you are doing is creating a symbolic representation, in physical terms, that will allow you consciously, in a way that is comfortable for you, to begin to realize that what you are doing is communicating with your own higher consciousness through the machine.

In this way you can create an idea – now you already approaching this idea, to some degree, in your civilization – of what you would call a multi-gate system. That will allow every gate to be in touch with every other gate, every component would be identical to every other component; every cell identical to every other cell and to be able to touch every other cell.

You can begin to recognize there are crystalline forms - crystalline, metallic, plastic forms that you are beginning to discover that can be utilized in these cellular structures, that have within them, a different type of crystalline lattice-work. This principle can be applied to the idea of the type of *arrangement* that you can utilize in your memory storage facilities in computer technology. But recognize this: it is not so much that you will be creating memory storage as you will be creating memory creation.

It will be a COMPLETELY, completely – whether you understand this or not, I do not know – but it will be a completely real-time system. It will completely be in the present, memory will not be stored. It will not be retrieved. It will be created as a reflection of what is required.

There can be the recognition that much of this storage can take place within the structure of light itself. You can create a CORE matrix from light itself, allowing the light to reinforce wherever it crosses another beam of light in such a manner as to create a electromagnetic bubble, in which you allow there to be the identical cells created, electromagnetic bubbles that will be the cells of the artificial intelligence, that is one way. Will this do for now? Does that form some assistance? Can you derive some direction from this? Is there something else you need to know?

Q2: I was wondering if it was stored on an algorithm basis, in the form of. . .

B: Even beyond that.

Q3: Is it all based around the template idea?

B: Yes.

Q2: What is that?

B: The template is the non-physical substructure that gives form and substance to the physical universe.

Q1: The extra dimension that enables us to see three dimensions all at once.

B: Yes, it is what you would call the implicate order in nature. It takes place on that level.

Q1: It's a high order.

B: You follow me?

Q2: Not quite.

B: What you would call implicate means "implied," you may see something on the surface, but that surface shape implies the structure beneath it. This implicate order is a non-physical template that is enfolded into physical reality in such a manner that you do not actually directly perceive it, but it is implied. It is upon that level that the creation of this matrix can occur. It can occur through the utilization of light.

Crystals can be of assistance, but you will find that there are many levels of creation beyond that. But they can lead you to understand how light can be focused. How light in the center of the crystals you will use, or are using in your society, actually forms its own dimensional state, actually forms its own self-reinforcing electromagnetic field or dimension. And it is within that electromagnetic field or dimension that these interactions can take place.

And you can CREATE what would seem to be a vacuum in the center of your memory storage unit that is actually alive with VIRTUAL probabilities. And is, in and of itself, a portion of the template, and can actually ACT upon other portions of the template to create a real physiological effect.

Q1: And it's timeless, that's why you say it's real time.

B: Yes.

Q2: Thank you.

B: You may follow that lead and also follow whatever lead your imagination sees fit to follow.

Q2: Thank you.

Ascended Masters and Our Higher Selves

Q: This question has to do with our Ascended Masters, what we call our Ascended Masters...

B: Yes.

Q: ... and the role that they have played in our lives on this planet up until this time, and the role that they will be playing. They have either been revered or persecuted...

B: Yes.

Q: ... and I was just wondering how we will be relating to them as beings in our future... just to begin with.

B: Now I do not, in any way, shape or form, mean to be flippant, but I do wish to convey that the essence of what I am about to say may hit home for most of you. Not in any way, shape or form, also to degrade the vibratory level upon which the idea of Ascended Masters exist, but simply remember, that as you become more and more equal to the idea of your *own* Ascension, of your own Masterhood, then they will usually, in that sense – and they would love to wind up being – more akin to, well, let us say, bridge partners. (Audience laughter)

You will speak the same language. You will send the same signals. You will begin to simply recognize that from the level that your civilization has existed within, there appears to be a hierarchy of consciousness. You will not loose this connotation completely, but you will realize more and more that from *within* the hierarchy, everything is simply considered ONE.

Q: Thank you, I'm glad to hear that. And in our history books they are always talked about, or usually talked about as being these great masters who have these secrets that mankind has no right to.

B: Oh no, no, no, no, no.

Q: Right, yes that's what I feel too.

B: The Ascended Masters are reflecting your *own* Masterhood. They are luring you into your higher selves.

Q: Is it possible... this is something I don't quite understand... we have these parallel lifetimes...

B: Yes.

Q: ... so is it possible that we can have a parallel life as an Ascended Master? If we are being ourselves and...

B: In a sense, yes. Since all existence is going on simultaneously, yes.

Q: So a part of us could be a Jesus or a Buddha or an Ascended being?

B: Yes.

Q: Thank you.

B: Oh, thank you. Remember, once again, simply, that the idea of your so-called Second Coming is the awakening of the Christ and, if you wish Buddha consciousness within *each and every* one of you, not the single embodiment of that consciousness. Sharing!

Aspartame

Q: Many of our medical and nutritional practitioners, as well as many laymen, have observed that refined sugars can cause deterioration of the physical body, organs, and what not. I believe you confirmed that this was one of the mass consciousness choices that we have had on this planet, at least, you know, for the last several decades or so.

And I observe that there is another sweetener called Nutrasweet, whose chemical name is Aspartame, which is gaining a lot of popularity in, at least, our society. And I'm wondering if our mass consciousness has an agreement that this also has deteriorative effects?

B: Yes.

Q: It does?

B: Yes.

Q: Can you fill us in on those effects?

B: Some of them will be what you call adrenal.

Q: In what way?

B: The inhibition of the ability of those glands to process properly. And to create what you call toxic side-effect substance. You will find that there will be chemical bonds created in which, inhibitors within the Aspartame will take the place of natural nutrients within that area – *natural* nutrients which allow there to be a continuation of natural formation in chemical structures. Which allow there to be processed in the idea of your adrenal area, the natural function of those glands. Do you follow me?

Q: Yes. Ah, very good. And I don't know if a comparison could be made, but would you say that, if I was to choose between Nutrasweet and sugar, would there be a less deteriorative choice?

B: It will depend upon your belief structure.

Q: Is there another substance, which can add sweetness?

B: What you call, natural fruit juice.

Q: Thank you.

B: Thank you.

Assigning Meaning

Q: Okay. Well, this following question came to mind after hearing many hundreds of hours of your interactions with people and it concerns two major threads which run through your philosophical tapestry. I know both ideas come from the same place but they still seem somewhat contradictory to me.

B: All right.

Q: One idea you expressed is that all situations in our life are fundamentally neutral, that they have "no built-in meaning" as you put it, and that the effect we get depends on the meaning one assigns to it. A second idea you shared is that "everything happens for a reason;" that there are no "extraneous creations" in the Universe and that everything is made of and is a synchronous expression of the same One thing, all from the same one consciousness or primal energy.

Though I understand each point perfectly when I consider them separately, I find that the second statement seems to contradict the first. Doesn't something "happening for a reason" imply a pre-existent, therefore, inherently "non-neutral" expression? Could you clarify how both of these insights can be held at the same time?

B: Thank you, this is very simple to reconcile. Understand that when we say that everything happens for a reason, what we mean specifically is that everything happens for your reason. Your reasons create the situations that you attract in your life. "Reasons" being translated as "the meanings you are automatically assigning to life" itself attracts and creates the situations which are representative of the meanings you have already been giving off, the frequency of the vibration or expectation, or strongest fear or belief pattern you are giving off.

So, the situations that happen in life, while fundamentally neutral, they do usually come with meaning already added because you have supplied the meaning, you have already given off the meaning or vibrations or reasons for why you believe what you believe life should be. Hence, you get the reflection of the meanings you are already giving off reflected back to you in the situations as they appear to you in physical reality.

What we are saying when sharing the idea that situations fundamentally have no built-in meaning is that those meanings do not come from anyone but you. They do not automatically come from the Universe. They are not part of the situation, aside from the fact that you have created it to be so.

Therefore, the idea of looking at a situation as neutral gives you an opportunity to find out what meaning you may have automatically given off so as to create the attraction to you in your life with the apparent built-in meaning that it comes with, which it is getting from you to begin with, in order to appear or manifest in your life.

By looking at it as neutral it gives you an opportunity to reassess the original meaning you used to create about that situation. Also, by looking at it as neutral you can decide whether you want the original

meaning you gave off to stick or whether you wish to assign a new meaning to it, even after the fact of the creation of the situation. You do not have to stick with the original meaning that created the physical situation to begin with. In a sense, all things should be taken as they come with the meaning intact, because they are your meanings.

When we say that you assign meaning to a situation, we do not mean that the situation occurs and then you assign the meaning. We mean that you give off the meaning first, which creates the situation which you then respond or react to. Thus, either reinforcing or reassessing the meaning you already assigned to it. The meaning is the seed around which the situation is formed. The meaning comes first, the belief comes first, not the situation. But the situation is still fundamentally neutral in the sense that it does not insist that the meaning you have given it has to be the one that it will always contain. You can still remove the original meaning that created the situation and implant a new meaning, which will then change the props that magnetically gravitate to the situation, to the new meaning you assign it, and thus, rearrange the outer appearance of the situation as well. Ideally, this will clarify the question that you have asked.

Assisting Without Judgement

Q: I have a situation that just happened yesterday, and I would like to know what you have to say about it.

B: All right.

Q: Today I began work on a client, and as you know I have a little lisp.

B: Yes.

Q: And so we began, and he loved the work that I did and physically it really helps him quite a bit. He said that he wanted to do a whole series, so I was talking with him about the particular session, you see, because I not only work with someone's body, I also work with their beliefs. And when I talk to them, it directly relates to what I'm doing with their body.

B: Yes.

Q: So while he loved what I was doing with his body, he says, "I really don't want to talk to you about this stuff; I'm just not concerned with this stuff."

B: All right.

Q: So I tried to point out that what I was talking about was directly related to what I was doing.

B: Yes.

Q: But he didn't want to hear about it. Then after that, I just did the hands-on work and he loved that; but he wants to do a whole series and, you know, for me, my series consists of doing it a certain way, you know, which involves the beliefs, and yet he doesn't want that.

B: All right. Now this your opportunity for two options in this way: you can simply continue to create the series as you have already structured it to be, recognizing it is simply a reflection of the vibration you happen to be, and if that individual does not prefer it, they can go elsewhere. And, at the same time, it is an opportunity for you to recognize that there is always fluidity in any given structure, and that you can trust that your ability to tap into all portions of yourself can create a series for the interaction with that individual that may allow you to interact in ways differently than you may normally have created your structure to be. Giving you an opportunity, perhaps, to discover more areas of your flexibility as well. It is up to you.

Q: There is just one more thing. And this issue was further clouded because at the end of the session he mentioned that he used a small amount of cocaine, 3 grams a week. (Audience laughs) I'm betting you know about cocaine?

B: Yes.

Q: And so I immediately saw my judgement come into the whole thing, you know, and I started to get righteous about the whole thing. And, you know, I want to work with this man to improve him, but, at the same time, I don't want to sacrifice my personal integrity.

B: Then don't. Simply recognize that you can simply be who you are without necessarily judging

anyone else to remain being who you are. And if that individual does not simply like or prefer who you are, they do not have to interact with you.

Q: That's true. The thing is, I would prefer to do the work with him and serve his needs with him.

B: Understand, you can also recognize you may be serving him by simply being who you are. And, in your terms, allowing him to make the choice to stay with you AS you are, or go elsewhere. But you do not need judgement, in that sense.

Q: That's true.

B: You can simply share with that individual the idea of your recognition of preferences in this way. Not saying that theirs is right or wrong... and if they, simply in this way, once again, do not prefer the idea you are defining yourself to be, they can go elsewhere. It is that simple.

Q: Thank you.

B: Thank you.

Q2: I was just going to add that the communication that I feel you want to exchange with the individual can be on a telepathic level, on a mental level, and on an emotional level. Just by exchanging emotions you're giving him emotions, you are giving him life, you are giving him spirit. You can accomplish those things silently while you are working on him physically.

B: Very good, for recognize that within that individual there also must be indication of a reason that, while they know what you would, quote/unquote, prefer to share with them, they do not want it, yet they are still willing to be with you. Therefore, they may be willing to accept it, as has been pointed out, on some other level. Thank you.

Q: Thank you.

ASSOCIATION BUSINESS

5-1-98

Canoga Park, CA

All right I'll say good day to you this day of your time. How are you all?

Audience: Great, Perfect, Excellent.

B: Once again, we take this opportunity to thank each and every one of you for allowing this transmission to occur in this manner through

this particular gateway at this time. Each and every time you allow this connection and this transmission to occur, it affords our civilization

an opportunity to experience through you another face, another facet of the multidimensional crystal of the Infinite and we thank you for this

gift of sharing.

We would like to begin this transmission this day of your time by

labeling it: "Association Business: Part 1." This day of your time we would like to present you with an understanding of a bit of Association business that is the Association of Worlds. That collective, that grouping that comprises many different civilizations, of which we are a part and some day your world will be a part in the relatively near future.

But it is time right now for you to participate a little bit more in Association business, particularly because this bit of business has to do with you and your planet. Let us explain. Some time ago in your terms of time, in discussions about exactly how and even whether are not to contact your planet in this manner, when we recognized that it might be time for this kind of contact, there was much discussion among different Member Worlds about whether such contact would be either beneficial or effective to you. There were many ideas that were discussed as to whether or not such communication should begin. There was one civilization in particular who did not believe that contact with your world would be timely or would really have any effect .

Now these beings, we will simply refer to them for now as the **Neutrals**, in a sense they were neutral on the subject, in a sense abstaining from what you would call a vote . For the idea is that, not that they were, in any way, shape or form, uncompassionate. They are a very compassionate race. They simply felt that the information that we have shared with you over these past 15 of your years would not really make much of a difference, do to the nature of humanity as they perceived it. Therefore, now the time has come for a type of reassessment. We have communicated with them and we have in some ways asked them to reassess their previous decision; to see whether are not they now believe that they can co-participate in the contact between the Association and your world; to see whether they believe that such contact is merited at this time. We are therefore, letting you know that there will now come an opportunity for communication, not in this transmission but in the next one. Communication with one representative member of that civilization of the **Neutrals**. They have agreed to allow us to facilitate a

communication to your world so that you can speak directly with them, and they will have comments and questions. They will want to investigate in this investigation with you whether or not they deem it is timely and appropriate for them to participate in adding their communication, their energy, their time, their focus into dialogs with your people. This is, in many ways important, though we would not want you to think that their decision, one way or another, should add or subtract from your own sense of self, your own sense of worth, or any such notion. It is not about judgement either

from them upon you, nor upon yourself; by yourself. It is simply about

opportunity to add to the overall energy. More energy, more awareness to open up new pathways, new lines of communication with yet another civilization within the Association. But we wanted to give you what you would call a week's warning, that this is coming about so that you can prepare yourself to engage in a dialog with a being from this civilization we call the **Neutrals**, so that you can understand that you will, perhaps, in those dialogs, in that conversation, be even more of a representative of your planet than usual, for you will really have to answer questions, if you wish, that directly address their concerns as to whether or not your people really are absorbing the information; whether it is really making a difference or not, and they will then make their own assessment as to whether they believe it has made a difference. And will decide from that conversation whether or not to continue to abstain, to continue to remain neutral or to become more participatory in the energies that we engage you in, with regard to the communications between our world and the Association as they have been taking place.

So, you follow along?

Audience: Yes, absolutely. Thank you.

B: Therefore, in that we have convinced this representative of the

Neutrals to dialog with you, you may in your own terms, expect this

dialog to occur. In the next transmission, in this area on your planet,

in your next week's time frame and thus, then, we will call

that transmission: Association Business Part II.

Now, once again that we have laid down a foundation for this, so that you may prepare in your minds, over the next week for this encounter and for this dialogue, we will simply now move on to our usual business of exchange and we will ask now, in what way may our civilization be of service to you this day?

Association Ontology

Bodhi Tree

1-24-97

Q: You mentioned the One Light, where did It come from?

B: It always is. It did not come from anywhere, remember, again, Isness only has one quality, Isness. There is no before to Isness. Isness has never been not Isness.

Q. But before awareness, it was dark.

B: Again, this is an analogy. Remember, when we say before and after, these are only concept that exist within Isness. There was never **truly a before and after**. This is difficult to translate into your third density reality domain. Nevertheless, this is the best that can be done with your language.

Q: I understand non-lin...linearity somewhat.

B: All right, all you have to do is learn how to pronounce it.

Q.: The Light, I understand to be intelligence.

B: You can understand it that way. Although, more specifically, just to put a more precise definition upon it, that is more relevant to your reality; intelligence, although it can be used the way you are using it, **intelligence is really more precisely the application of awareness**, not awareness itself. Consciousness is consciousness, awareness is awareness; Intelligence is what you do with that awareness, the application thereof. Although again, we understand we don't have to be that strict with the definition, and if you want to say that it is simply intelligence we will understand and acknowledge that idea.

Q: What is the difference between consciousness and awareness?

B: Yes, in a sense, again, it is the idea that there maybe consciousness that can be aware in a variety of ways. Although, **consciousness**, to some degree, implies the idea of awareness, self-awareness, so on and so forth. There may not even be a term for what you might call that **substance** that is unaware, you understand?

Q: OK.

B: So we, just in your language, translated it to Isness. That would be the term that would best represent the idea of that substance you are referring to, that once it became aware, is referred to as consciousness. Does that make sense?

Q: OK, yes, to some degree.

B: So Isness is simply like the fabric of existence itself. Consciousness is when the fabric knows it is the fabric, and also immediately creates the idea of reflective self-awareness that creates difference in the fabric. In other words, awareness of the threads that make the fabric up. Does that make sense?

Q. Yes.

B: So Isness, then, is awareness of itself as the fabric and then self-reflective awareness of the threads that make up the fabric. But, at the same time, going back to Isness and understanding that every single thread is **also the whole, the Isness.** Does that make sense?

Q: OK, that makes some sense

Asthma

Q: Could you give me some ideas perhaps on why I may have chosen the disease asthma, and I'm having difficulty curing myself of it.

B: How is it serving you? What does it allow you to learn?

Q: Intellectually things like the lungs are the shape of butterflies. It has to do with freedom, uh. . . .

B: Oh I see. Very beautiful. What do you do with this knowledge?

Q: I don't know. I'm having difficulty translating, you know, acting on it emotionally or physically.

B: Do you feel that, in you terms again, to be colloquial in your language, that you have connections to other places, other times? Perhaps including ones off of your planet?

Q: Do I feel that I have a connection to that?

B: Yes.

Q: I don't see it so much as another planet. Something I have the feeling, I think that, you know, I'm not of this planet; but that's a feeling of not being connected. I interpret that as not feeling connected perhaps.

B: All right. But can it not be that you are feeling connected to somewhere else, rather than simply interpreting it as not being connected to here.

Q: Yeah, I guess that could be it.

B: All right.

Q: I have recollections of feeling like I could fly.

B: All right. Now that is typical and does not necessarily have to be a connection to another planet as that will be a typical experience that you will translate in physiological terms in what you call astral projection.

For in this way, simply recognize that since you are translating the idea of any other connections you may have in terms, as you have shared them, that you feel that you are not connected to here from time to time, then you may have brought with you a belief system that lets you think you are "breathing alien air", and can't breathe it deeply.

Now, the idea also can come hand-in-hand many times, and in this case our perception is that it also does, come hand in hand with some of the experiences you have created in what you call your past life phenomena, so to speak, with regards to suffocation death. You will find that it is not unlikely that many of what you call asthmatics are carry-overs from suffocation death.

As you are hearing what we are saying, what feelings are occurring within you?

Q: Uh.

B: We are not expecting that you believe us, but simply, what feelings are occurring within you?

Q: Sadness.

B: Oh. Why?

Q: Uh, well, just feelings of, of, well, aside form the feelings, I've manifested that as, you know, trying to act out some past situation. I mean that come up, so I'm thinking that must be. . .

B: Yes. It may be, in your terms, the idea you would call a repetition of a scenario you have lived through before.

Q: So then, of course, thinking of that particular thing that actually happened physically here, has brought up that sadness.

B: All right. Do you recognize that sadness, as you are experiencing it at this point, can also be releasing. It is centering form a negative point of view, just like laughter is centering form a positive point of view. Crying, laughing. The same thing. One negative. One positive. Both of then are centering phenomena.

Therefore, what you are doing right now in the experiencing of your emotional sadness, is releasing, centering, and opening up the understanding that if you have created these scenarios in your life, you are, once again, in control of them. You have drawn them into your life for a reason, and the reason may simply be to allow you to examine what you are examining right now. And to choose to connect and link to the reality you have created in whatever way you now prefer to because this is the transformational life, and therefore any idea can be allowed by you to be deserve by you.

Ecstasy is you birthright. You do not have to do anything special to earn it. You are it, automatically, because you exist.

Therefore, relax the judgments upon yourself and the constrictions you have placed upon yourself. Breathe deeply of the self and the energy that you are. Know that your auric field, your electromagnetic spectrum, can energize and oxygenate you in whatever manner is necessary. Take it for granted that the atmosphere of your existence is worth breathing, for it was created or the very joy of unconditional love of All That Is. And if All That Is created you, All That Is obviously thinks you deserve to exist.

So, once you center, after you release, recognize that in being centered, you are allowing yourself to blend within ecstasy. Energy from this point forward will open doorways within your sub and unconsciousness realms, as you have created those levels to exist within your consciousness, and from this point forward, much can become more conscious and you may find that your dream activity will accelerate in various ways, starting this night of your time. Thank you for allowing us and allowing yourself to touch those doorways within you, for now you will find that many of the energy vortices you call chakras within you will expand, particularly the solar plexus, which is the chakra of intention.

Now that you are centered in this way, you may allow yourself to breathe more freely with who and what you are. Be comfortable with yourself. You deserve to exist.

As you breathe freely and more freely into your life, as you take in the atmosphere and breathe out the new reality, the reality you prefer to be, recognize that you will, then, begin to breathe together with others of the same vibration. You will conspire to create a reality of peace.

You may all take a short break.
3

Astral Interactions

Q: Hello.

B: Hello!

Q: I have been in the process of becoming aware in my dreams. And recently in conversation with you, I mentioned to you about a friend of mine, Sandy, who has recently passed away – about a year and a half ago.

B: Yes.

Q: And she, after our conversation, came to me in a dream. And she did in this dream. . . I believe I was with somebody else that's here right behind me when I asked a question. And we were... we did a healing together; we did a healing of two people. And Sandy came up to me – we were walking down the street – and she said: "So, you want to go through the walls of the house." And I said: "No, no, wait a minute." Thinking from a third density point of view: "You can't do that." And she said: "No problem." And we walked right through.

And we came upon a woman who had recently lost her child, and who was there crying and moaning about the baby. There was like a small crib that she was rocking back and forth. We did a lot of healing for the woman, and then we left.

And we went to somebody else's house, and helped to heal them. I saw what I believed to be large centipedes – or something like that – on the ground, and was afraid to step on them. She said: "Don't worry; they won't hurt you. They are the things that people draw to them in diseases."

B: Yes, thoughts, in a sense.

Q: Thoughts, right. Thought forms.

B: Yes.

Q: And I was afraid. She said: "No, don't worry about it."

B: Oh, you are in the astral realm.

Q: Yeah.

B: Nothing can touch you, in that sense.

Q: I *realized* that. We were talking up a storm the whole time this was happening. And then we went out of this guy's house, and we saw him in a car. He was to stop somewhere, and it was like an indication of – he was to stop at a light, and he didn't – or make a stop. And it was an indication that he received the healing that we gave to him, and he didn't stop.

And the next thing I knew is, I felt... I was looking at her, and it felt like her head, part of her head, was like dissolving, and I was looking into her brain; and I realized later that that was... and it didn't scare me or frighten me or anything. I was just looking at her. It was like she was showing me something about the impermanence of physical. . .

B: Yes.

Q: . . . of a physical body – in that that would be the way of communicating to her, and that it's not that important.

B: Yes.

Q: And then I felt that I swallowed something and woke up, feeling that she had poked me a couple of times on the right side of my ribs. And that is as I often describe her in this dream... of us poking one another.

B: Yes.

Q: It was astounding and ecstatic, and I was an overjoyed by the whole experience.

B: Thank you for allowing your physical dream and your non-physical dream to blend and merge; so that you can live your dreams. You know, many of you are of quite a bit more assistance than you know, in your dreams, to other individuals. You all have things that you do; many of you have dream "jobs," in a sense. And you – many of you – do go about assisting other individuals in many different ways.

As you begin to blend these two realms together, the non-physical and the physical, then all of these different levels – particularly what you call the astral level, immediately above your physical level – will begin to materialize into you world. So that interacting with beings on that level will become quite commonplace; and they will be able to have more interaction with you.

That *fluid* communication will create an ability for individuals to not have to feel they are stuck between on level or another – or fear the symbols that are created to represent their fears that manifest in those astral realms. Thank you for having the willingness to go exploring, AND to bring a bit of where you went back to your own level – more and more blending. We thank you; that makes a difference on many levels, and allows many more things to be possible in your society. Enjoy!

Q: I do. Thank you very much.

B: Thank you very much! Next time say "hi" for us.

Q: I will. In fact, I did.

B: Ah, thank you.

Q: I asked her if she knew you, and she said she did.

B: Thank you.

Astral Projection and the Focus of Consciousness

Q: I understand that on your planet the males, for the most part, have no hair.

B: Yes.

Q: Have you ever considered going into the business of making toupees?

B: No.

Q: Well. . . you haven't got any money on your planet anyway, so you don't have anything with which "to pay" for it. . . toupee? (Groaning from the audience: "Back to the camera!") (Note: the pun-maker is Ken G., the cameraman.)

Q2: One of the things that I do in a waking state – physical waking state – is that I will imagine myself moving out of my body, sometimes above it, above the rooftops. . .

B: Yes.

Q: I can move around. When I re-emerge with my body, I get a rush – like a rush of energy is occurring.

B: Yes.

Q: And in this state I don't have a visual perception. It's more of a knowingness perception, where it's as though it's dark out and I can't see anything, but I just know that I am above the tops of the roofs. . .

B: Yes. Sometimes because, once again, simply by the habit of being in physical reality, it may take a little while for you to get used to the idea of how to open your astral eyes.

Q: Okay.

B: To really know you are seeing. Because, understand, you are not seeing in the same way at all. Because you do not have eyes, as you understand them, in the astral state.

Q: Right. Well, that bears on a related area of this question. And that is that while I'm doing this, I also have full perception of what my body is experiencing. I can still feel my body lying or sitting, touching, tasting; whatever it might be experiencing.

B: You can form relative degrees of disassociation from your physiological reality.

Q: Well, what I'm saying is that I'm doing both at the same time. I'm aware of being out, and also in – not really in, but out and still feeling.

B: Yes.

Q: Is this technically astral projection?

B: It can be, because, once again, technically, your body is inside your consciousness, and therefore, it is always contained in any expansion of consciousness. Let's look at it this way: physiologically, as a mechanism, think of your consciousness for now as a sphere. All right?

Q: Yes.

B: Think now, when you are physically focused, that the sphere, let us say, is simply in the shape of your body. All right?

Q: Okay.

B: Then when you go out of body, it is not that you are actually exiting the body; it is that you are expanding the sphere, so that your consciousness is now out here, further and further and further. You follow me?

Q: I do understand that concept.

B: Your consciousness, therefore, is actually always 360 degrees around your body, which is at the center, so to speak; or physical reality, in a sense, because it is so dense, represents the center of your consciousness. You collapse and condense inward to form highly solid reality. You expand and go outward like a bubble to go into the more ethereal realm.

This is why, when you expand the bubble of your consciousness, you can travel here and there, and here and there, with absolutely no time involved between traveling, because your consciousness is everywhere – 360 degrees. And all you're doing when you go from this point on the bubble to that point on the bubble is closing your eyes here and opening them over there, to see a different point of view.

So, if you perhaps use this mechanism in your imagination, and continue to expand the bubble and assume that you are the consciousness always moving with the skin of the bubble – and yet, at the same time, you can always be aware of what is contained within the bubble – then you can jockey, as you say, back and forth, back and forth. Or remain in the skin; or go into the physical reality, or expand the bubble as large as you wish, or as tightly as you wish.

This is a direct mechanical analogy of astral projection. It is not simply just the idea of a spirit leaving the body. It is an expansion of your entire consciousness, so that your focal point is now on the skin of the bubble moving outward. You follow me?

Q: Yes, I was aware of this concept.

B: Yes.

Q: And when I said I was leaving, I didn't mean to imply that I thought my consciousness was actually my body.

B: Oh, we did not mean to imply that you were implying that. We are simply giving you, perhaps, the idea of a mechanism to explain the effect you are feeling.

Q: Okay.

B: So technically, yes.

Q: Technically, I'm astral projecting.

B: Yes. It just depends upon the idea of where you choose to focus the mainstay of your consciousness. Many individuals, in other words, would assume that it is not completely astral projection unless you lost the realization of the focus of your physical form.

Q: Yeah.

B: It is still astral projection, but it may simply be that your consciousness is not focused in the skin of the bubble, but throughout the entire thing.

Q: Multiply focused, certainly. Well, I understand the whole phenomenon of perception, anyway, is the selection of a viewpoint. . .

B: Yes.

Q: . . . in a created space.

B: Yes. So astral projection is simply one of those viewpoints, in the sense of being completely disconnected from the body. That is simply another point of view.

Q: Okay. Well you're saying that astral projection technically would require this disconnection, or apparent disconnection, from the sensations of the body? Or does. . .

B: It doesn't have to.

Q: Oh, okay.

B: But because of the habit your society is in – and I'm not saying that this is the way it has to be with you – many individuals will not allow themselves to believe that it has actually been done, unless they are capable of forming that apparent disassociation. To know, beyond a shadow of a doubt, that they actually can shuttle their focus of consciousness back and forth between the physical and the non-physical.

Q: Okay.

B: When you are, quote/unquote, physically dead, that is when the disconnection apparently happens naturally. Although, again, when you elevate to higher and higher levels, you will once again re-form the connection that you are feeling now.

So in a sense, what you are doing, in order to still feel the connection, is you are expanding astrally to a much broader realm than the immediate sphere just around your planet. You're actually passing through that, so that you can maintain an awareness of the connection all the way through the different levels.

Q: Uh huh.

B: You follow me?

Q: Yes. How would one go about learning to open the astral eye, as you said?

B: Again, there can be many ways. You can use the analogy of your own physical eye; and while you are expanded, simply begin, bit by bit, to remove your focus from the physical. One thing that can assist many of you is to assume that you can also turn around on the skin of the sphere and look outwards.

Q: Huh! Certainly.

B: See what that does. That is one way. Use your imagination, as always.

Q: Okay.

B: And also there are many suggestions within some of the literature on astral projection that individuals in your society have already written about.

Q: Okay. Thank you very much.

B: Thank you. Sharing!

Astral Sex

Q: I have a couple of questions about sex.

B: All right.

Q: When one has sex on an astral plane, do both of the people. . . are they aware of what's occurring?

B: To some degree, on that level, but understand that, what you describe to be "sex," does not really occur in the way you understand it on an astral plane.

Q: Oh, no? What happens?

B: You have no physical body on an astral plane.

Q: Yeah, well there's an integrating of energy.

B: Thank you, yes. That will also occur on the physical plane; therefore, understand that when you simply use that definition, it is the integration of energy upon the astral plane.

Q: And so, are both aware of what's happening?

B: Oh, yes.

Q: Yes?

B: Oh, yes. Now, that awareness, for whatever reason or purpose that has been chosen, or limit that has been placed upon the self in physical reality, may not be brought back as a memory; but while you are there you are very aware of it.

Q: Oh, okay. Also, when one has a dream of having sexual intercourse with someone they don't know or have never met, what is occurring? Is it just the. . .

B: Can be many things. Can be SHARING certain ideas from one aspect of your personality to another; finding a way to get in touch with another portion of your personality you have heretofore been unwilling to do so with. You may be making an actual link to other consciousnesses, in that way, from other lives, other levels, other planes, other projections of your consciousness, alternate selves, many things. It will simply depend upon your own unfoldment and how you wish to feel about it. Understand that the feeling that you allow yourself will always be the feeling that you need to discover that portion of yourself that the idea was created for. No need, in that way, to simply wonder about the specifics. . . who, what, where, when and why. Simply act upon the feeling. . . it will always take you where you need to go.

Q: True, but sometimes it is kind of weird to wake up and find out that you had sex with someone you don't know.

B: Why?

Q: It's kind of embarrassing.

B: Embarrassing? Now, allow me to say, since we have already defined the idea of sex as the intermingling of consciousness in that way, then understand that there can be no way you can have sex

with somebody you do not know. You follow me? Perhaps, again, to the CONSCIOUS, physical aware mind, you have never seen this being before. . .

Q: Right.

B: . . . but you know that you have, *in the state* in which you are interacting. When you are simply willing to know that it has served a purpose, it is not always necessary to bring conscious recollection. And, it may not serve the purpose. Understand: you are ALL very active on every different level of your being, and have many interrelationships on non-physical as well as physical planes of existence, alternate dimensions of reality, other times, and other civilizations. You are very, very, very, very busy. Always creating. . . never stopped.

Q: Yes, I seem to have more astral sex than physical sex.

B: All right.

Q: I have more relationships on the astral plane than I have on the physical.

B: All right.

Q: But, you know, it is kind of hard to go on a date and say, "really there is somebody here, but you can't see them."

B: But it is not hard, you have just said it.

Q: Yeah, but people don't understand.

B: What people?

Q: My crowd.

B: Your friends? Why are they your friends if they do not understand?

Q: Business associates.

B: Business associates? Why are they your business associates?

Q: I must see them everyday at work.

B: You must? Who says?

Q: Well, they pay for my salary.

B: Oh, then you agree. . . then it is not a matter of *must*, it is a matter of choice.

Q: Choice. . . but right now it's a must.

B: You have made it a must.

Q: That's right.

B: When you unmake it a must, then perhaps, in that way, you will have business associates to whom it will be all right; if that is really what you feel is more important than the idea of *must* being there. Thank you.

Q: Thank you.

Atlantean Connections

Q: How far back do the Whales go in our civilization?

B: In what you would recognize as their present form, they go back not really so much farther than one hundred fifty million of your years.

Q: And you have talked about how three hundred thousand years ago the Anunnaki came, and they helped with some genetic mutations to form our present civilization in Africa.

B: Yes.

Q: Did that civilization go down because of a pole shift?

B: There have been some civilizations, such as Lemurian civilizations, that did succumb, to some degree, to some of the electromagnetheric and geological changes that have occurred on your planet from time to time, yes, now and then.

Q: When Lemuria went down did some of the individuals go to a place on Atlantis called Udall?

B: There were migrations to, what you call, the Atlantean Island chain. We do not recognize the particular vibrational name you have stated.

Q: How many islands were there on Atlantis?

B: At different times there were different amounts, originally there were about two large landmasses and a few very small islands. Then it was broken up over time in geological changes into about five, and then actually, at one time, there were about seventeen. But there have always been about three major landmasses for about the last fifty thousand to seventy thousand of your years.

Q: Was there any blending between the Atlanteans and the Lemurians when Lemuria went down?

B: Yes, and Atlantis was a colonization offshoot of Lemuria to begin with.

Q: And did they eventually end up in South America as well as other places?

B: Yes. Egypt, South America, North America, Northern Europe.

Q: Did they form the Inca race?

B: Inca is a much later offshoot and an admixture with other things, so is Aztec. Some of the earlier, earlier, earlier forms of Mayan were more closely related to some of the original Atlantean stock.

Q: And was the grain Quinoa or Amaranth an Atlantean or Lemurian grain?

B: Atlantean, as was maize. As is the present form of domestication of the animal and the breeding of the animal you recognize now as a cat. This was begun, this kind of breeding into the arrival of the domesticated form, in Atlantean times, of the cat. Thank you.

Q: Thank you.

Atlantean Connections to Ancient Britain

Q: I have a question about energy vortices at various locations around the world.

B: Yes.

Q: Is there any particular physical aspect to these things, or can they be anywhere? Is it just a function of the people in that place?

B: It is a function of a fact that your Earth, in a sense, is truly a crystal. And therefore, along certain indices, along certain apexes and lines of the crystalline structure, there will be electromagnetic gates, vortices, doorways that connect your Earth to all other dimensional gates in all other levels. It is a natural function of *being* a crystalline structure, a geometric structure in space and time. Do you follow me?

Q: Yes... and I come from the area we call England, and there are many stories of ancient legends and magical places and magical events.

B: Yes, some of them are connected to the idea of these energy gates.

Q: Okay, that is my question... is that still in existence?

B: Oh, yes. Very strongly, specifically in what you would call the Stonehenge area, which is *why* it was built in that area. And also you will find several small vortices around and throughout that area, and one very strong one, again, in the Isle of Man.

Q: Okay, you mentioned that last week.

B: Yes.

Q: I was reading, just recently, where somebody mentioned that Ancient Britain was more like a giant astronomical observatory, in as much as there were these special sites of large stone rings and so forth that were all over the place.

B: Yes.

Q: Do you have any information as to what the people of those times were experimenting with, and what they were looking for?

B: An understanding of the patterns and relationships of energy as it bears upon the agreements you have made to be a physical being. The awareness of the being as a spirit, as a soul, and how the energy patterns of the universe may, in your terminology, affect the vibratory patterns of the energy of any given individual.

Q: And they created these places to look into that?

B: In a sense, yes.

Q: They had some ideas how this worked...

B: Some of them were also created as extensions of what you would call early Atlantean technology. Some of them are remnants, in a sense, and therefore, do not necessarily define the level of technology that existed in Atlantis. After its destruction many individuals sought to regain their connection to

nature, and through some of those practices sought to create alignments of electromagnetic fields. To create, in a sense, a magnet out of stone which would generate and align some of the magnetic, electromagnetic energies of your planet to make certain areas conducive to spiritual alignment. Do you follow me?

Q: Yes. So did they do that?

B: Oh yes, many of the early individuals did, although many of the later cultures did not understand why those structures existed.

Q: Yes, that's true. Well, thank you very much.

B: Well, thank *you* very much.

BASHAR:

Channeled by

Darryl Anka

ATLANTIS

JAN 1997

Bashar: Now approximately 25,000 of your years ago, in what you term to be Atlantis, or in their dialect Atalundi, you will have found that the idea of separation of the self from the ‘creatorhood’ began in earnest, though it had appeared upon your planet before that. You will find, now, there was the choice within the mass consciousness of that era to determine for themselves that they were, in this way, not needing the integration of the self to the All That Is, but that they could exercise their power directly in such a manner as to separate themselves from the totality of All That Is, so that they could recognize themselves in a more, I’ll say, personalized way as being the creator. This stemmed from the projection of spirit into material form. As it continued, as spirit continued to project into material form, in and of itself, was the definition of separation, limitation to a certain degree. Thus, the more spirit experienced the idea of material form or physical reality, slowly, in a sense, but as you say surely, became used to the energy patterns. They began to sense ideas, feelings, emotionality, thoughts, beliefs that they had heretofore not encountered within non-physicality. They began to create the idea of fascination with the limitation, and in so doing, allowed themselves to become enmeshed, locked in, so that they could experience all that there was to experience in that mode as well as every other mode that had been experienced within All That Is of non-physicality. Thus, they became use to, or as you say, created the habit of expressing themselves in material ways, again, through emotionality, and thought, and belief, rather than knowingness.

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Atlantis / Halloween

Questioner: You said something about Halloween being connected to the destruction of Atlantis?

B: Yes, from your ancient times, All Hallows Eve, or Halloween, represents the day before the destruction of Atlantis. November 1 is the day of destruction, and November 2 is the day after. In some of your religious vernacular these days translate into All Hallows Eve, All Souls Day and All Saints Day, and are the idea of the destruction of your Atlantean land mass approximately 11 to 12 thousand years ago.

The issue you are dealing with on your Earth at this time is connected

strongly to both the planet Maldek destroying itself long ago and a

repetition of the cycle of Atlantis, although on a smaller scale than Maldek.

In your current time frame the United States represents the idea of the replay of Atlantis, for you have much of the same technology and the same position in relation to politics around the world. Also you have many of the same individuals from Atlantis who have now re-instructed themselves to the point of deciding whether or not they will destroy the world again.

You all chose to be here in this transformational age to see that you do NOT replay Atlantis and destroy yourselves and your Earth this time around.

Atlantis Remembered

Q: I seem to have all kinds of disparate images and remembrance of Atlantis.

B: Yes. Well, it was, in your terms of historical timing, covering quite a lot of time, and there were many different aspects of that civilization. You must understand that it existed, *as an entity*, so to speak, as an Atlantean culture, from somewhere around, in a distinctive phase, about 30,000 of your years ago, until about the idea of 12 to 11 thousand years ago. That is quite a lot of history as far as your modern age is concerned. So there are many different levels and phases of society that develop within what might be overall called the Atlantean period.

Q: Yes, I seem to remember at the beginning that it was an extraterrestrial culture with humans as sort of secondary citizens; I'd guess, you'd say?

B: Incorrect.

Q: Oh, okay.

B: It was a human directly from the idea of what you would call Lemuria, but there was a lot of extraterrestrial mixing.

Q: Okay. Then at a later point, the extraterrestrials' influence on our memory was not there.

B: Correct. In many cases, yes. As many different changes occurred, there were many leavings, yes.

Q: And so we just ran our energy along, and the whole thing just came to an end?

B: If you wish to over-simplify, yes.

Q: Okay.

B: Does that help you?

Q: Yes, it does.

B: Thank you.

AUTOMATIC TUNING

Q: On the idea of beingness – is that more of the difference between the fourth density, fifth density, higher density's perspective, is it theirlook more at that beingness than we do?

B: Yes.

Q: We are looking more in the other direction, so to speak?

B: Yes and no. Recognize, again, that you are also being within beingness, but the definition of the structure you have created yourself to be, simply allows you to forget that, otherwise you could not play this game. If you could not forget who you are, you could not limit yourself. You follow me?

Q: Yes.

B: You are still using your overall *beingness* to create this game. The idea is that you can pretend not to know that...that does not mean you are not doing it, but can pretend not to see it, yes. Does that answer your question? Do you wish to explore some other aspect?

Q: Yes, so then it's really because we were such creative creators, so to speak, that we sort of created ourselves into a narrow bandwidth.

B: Because you wish to explore all that is possible to explore within All That Is, and limitation is one of the things you can explore. Therefore you went at it with full cognition. You follow me?

Q: And the way to look in the other direction, so to speak, through acceptance, release and love and…

B: Yes. In this way you can always allow yourself to know that you are the creator of this scenario, this reality. And you can choose to prefer another reality. For now you are in your transformational life, this is the transformation era on your planet, the end of a cycle. You now have the opportunity to begin to perceive within you, all of the ideas of limitations that you have explored, allowing them to have served you, to have brought you to this point. And allowed yourselves to now know that all of the integration that you are desiring to explore is the product and the next step, after having experienced all the limitation you can.

Q: Ok. Well, I was thinking while coming down here tonight about what, like our radio stations for example…

B: Yes.

Q: our atmosphere is just permeated with all these different energies, levels and signals…

B: Yes.

Q: which we're not even aware of, because we haven't tuned into it…

B: Yes.

Q: So I was just wonderingin a way that's what each of us ...we kind of tune ourselves into a very small channel, called the self…

B: Yes.

Q: we need to do is de-tune, but if we de-tune we're going to be open to everything…

B: Not de-tune – retune. Understand in this that there is nothing wrong with being open to everything. You are open to everything anywayare everything, anyway.

Q: Right, but don't we keep ourselves from seeing that because we stay so tightly focused?

B: In a sense, but in this way many of you are beginning to recognize the actual de-tuning before you retune. You are beginning to recognize the limbo state that may make you feel confused or disoriented. The limbo state in which you can consciously recognize that you have an infinite number of possible choices. Because fourthdensity is, by definition, more awareness, so then you can have conscious awareness of the actual de-tuning and re-tuning process. And that can be a part of the tuning.

Q: Ok, so changing states of being is really like we change our radio stations. . .

B: Yes.

Q: 's really basically tuning into a different reality. . .

B: The idea that you have of yourself determines the frequency and you automatically, automatically, proceed to that bandwidth. You do not have to force yourselves, you do not have to search the *entire* spectrum. Whatever idea you choose to be, you will automatically tune yourself to the appropriate bandwidth to begin receiving only the symbolic physiological reflections in life, that will be fit and support the idea you now happen to be tuned into. It is automatic.

Q: That's good to hear, thank you.

B: Thank you.

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PART FOUR: "AWAKENING AND TRANSFORMATION"

Before we begin the awakening, allow us to remind you that you are at the very threshold of a new gate. You are literally awakening into a new dream. A new reality. A new world! A new you. You are not the same people you were when we started. You will not be the same when you leave. The actions in your lives will have impact in your world.

And now in this, what you call the third and final interaction in this format, there is the necessary 300 beings out of all 3 of the workshops. That is all that is necessary in this particular vibration,

for the creation of an acceleration that will never end. You are the seeds of 4th density. We thank you for being of the initial 300.

And now, it is time to awaken. The format of this exercise will be

as follows: There will be three visualizations. Each will be a

count of 33, followed by two visualizations, each a count of 40.

33 is a transformational number. A gateway number. Dividing line between preparation and action. 40 – the transformational symbolic representation in your reality of the time it takes in vibratory terms, days, months, years (40 years, 40 days, 40 nights) for complete transformation of one idea to another idea in your culture.

In the first segment we will define and describe the idea of radiating

a blue light around your world, and pumping intense ecstasy into that light. Seeing every being in your world immersed in that energy sea. We will count from 1 to 33. With each number you will add to the intensity of the emotion and the energy. Higher, higher, more and more and more. If you think you get to a point where you cannot pump anymore energy and emotion into it, pump more into it! Increase by a factor of a hundred! A thousand! Ten thousand! A hundred thousand! A million! When you think you're about to burst because you cannot add anymore intensity, double it! Triple it! Quadruple it! You can do it! And it will have an effect upon your entire planet!

The first scenario will be the creation of the blue-white light. The second will be the creation of the orange emotional light. And the third, the creation of the incandescent white flash of knowingness.

So, as we begin, with each and every number, allow yourself to increase the energy. When we arrive at the number 30 to 33, increase it again beyond your capacity to believe you can increase it, each and every time. When we say 33, cut the energy dead. Do not let it fade. We will assist you by offering you visualizations to focus upon; but you are turning on and turning off a switch. No fade out. You want that initial momentum to propel itself around your world, through your world, out into the universe, in one solid 33-moment burst. No fade out. No mediocrity. Clean cut. Simple. Pure, and expressing great intention and impact.

Close your eyes and relax. Three deep breathes. One more time.

Begin to build the picture in your mind of you standing on your world, and see the brilliant blue electromagnetic energy glowing around you. You are going to radiate this energy on the count of one

(not yet) out to the entire world, and you're going to visualize each and every being of all types, all levels, all kingdoms immersed in that energy sea; so that as you create ripples, they feel them. As they create ripples, you feel them. But the ripples that you will create... the ripples that you will radiate from your body (from your new crystalline beacon) will radiate with an intensity of energy heretofore unfelt upon your world! You are the switch.

Imagine that blue glow. Turn on the switch now! One! Two! Three! Four! Five! Six! Seven! Eight! Nine! Ten! Eleven! Twelve! Thirteen! Fourteen! Fifteen! Sixteen! Seventeen! Eighteen! Nineteen! Twenty! Twenty-one! Twenty-two! Twenty-three! Twenty-four! Twenty-five! Twenty-six! Twenty-seven! Twenty-eight! Twenty-nine! Thirty! Thirty-one! Thirty-two! Thirty-three! Cut! The blackness of space filled with stars gleams before you like so many gems. You drift through forests of emerald green radiance, following a river back down to the sea. Area the inward and out through your mouth. Breathe the breath of life into the atmosphere of your world; so that all may be and feel inspired from the inspiration you are creating this day of your time.

Send the perfume of the breath of life into your world.

And now, imagine, as you stand upon your world within that blue energy sea, a spark of orange light, glowing within your chest, in your heart. Warm emotion. Love. Golden, orange, red, glowing. Feel it pulsing and (unintelligible word). And begin to radiate, in all directions like a beacon, of 360 degrees throughout the universe, and in your world. And begin to pump your excitement now! One! Two! Three! Four! Five! Six! Seven! Eight! Nine! Ten! Eleven! Twelve! Thirteen! Fourteen! Fifteen! Sixteen! Seventeen! Eighteen! Nineteen! Twenty! Twenty-one! Twenty-two! Twenty-three! Twenty-four! Twenty-five! Twenty-six! Twenty-seven! Twenty-eight! Twenty-nine! Thirty! Thirty-one! Thirty-two! Thirty-three! Cut! The deepest ocean you can imagine. Brilliant blue waves crashing upon the shore of a beautiful white beach. Imitate the waves. Three breaths in; out through your mouth. Crashing upon the shore. (Sound of audience breathing).

Relax. And now, now that you have created the medium upon which the white light of your consciousness can spark and ignite the consciousness of your whole world, imagine as follows: that you are a glowing, transparent, crystalline being, and that you see this white light, and you will be, with laser-like precision, a beam of white light radiating from your entire body to every being in creation. Every being upon your planet. And when you reach the count of 30, all of those single beams of laser-like light will be one incandescent flash that creates all beings upon your world, and your entire planet, to become one transparent crystal for that flash!

Now this time we want you to really pump your ecstasy into this. Use all your senses. I mean ecstasy!! More, more and more! You deserve it! They deserve it! All deserve it! Begin to glow. Become transparent. Let the furnace rise and send the beam to all beings. Sense where they are. Send the beam now! One! Two! Three! Four! Five! Six! Seven! Eight! Nine! Ten! Eleven! Twelve! Thirteen! Fourteen! Fifteen! Sixteen! Seventeen! Eighteen! Nineteen! Twenty! Twenty-one! Twenty-two! Twenty-three! Twenty-four! Twenty-five! Twenty-six! Twenty-seven! Twenty-eight! Twenty-nine!

Thirty! Thirty-one! Thirty-two! Thirty-three! Flash! Black depths. Depths. Infinity. Infinity.

The universe felt, saw and heard, and echoes back to you. Feel the echo. Three releasing breaths through your mouth. We hear. We understand. We love you. We respond. You are us. We are you. Live. Love. Breathe.

Allow yourselves now, now that you know you have touched the hearts, the minds, the souls of all. . . imagine all the lives you have ever lived. All the lives you may ever live. All the lives you are living now in all dimensions. See them like bubbles, each containing a picture. Facets in an infinite crystal. All the yous, you have ever been. All the yous, you are now. All the yous, you will ever be. All the aspects of the oversoul that you are.

We are going to count to 40. As we count, you will beam your unconditional love to each and every one of those lives, knowing that each and every one of those lives was lived, is being lived, will be lived as perfectly as it needs to be to allow you to be the complete being that you are. And you will grant each and every one of those lives their own sense of worth, value, validity and completeness.

To put it very simply, you will love them all unconditionally, and feel the love of all of them returning to you unconditionally; for they all serve the purpose of the being that you are.

With each and every counting, beam more and more and more unconditional love. Become the network, the web, the matrix, the total oversoul that you are. Feel uplifted, enlightened, accelerated. And at the end of the count of 40, with your breath three times again, simply add to the atmosphere and intermingle with all of them the "conspiration" that you breathe as one entity, and that all lives are now parallel, simultaneous and supportive. That each life supports the whole, and the whole supports each life. And no life is alone.

You are all together as one.

Begin now by picturing all the facets, all the bubbles, all the lives; through the epics, through the eras, through the ages; in all the different civilizations, in all the alternate dimensional realms, in all the parallel worlds; multi-directional, multi-dimensional, forever! Inward. Outward. Right here. Right now. And send that love now! One! Two! Three! Four! Five! Six! Seven! Eight! Nine! Ten! Eleven! Twelve! Thirteen! Fourteen! Fifteen! Sixteen! Seventeen! Eighteen! Nineteen! Twenty! Twenty-one! Twenty-two! Twenty-three! Twenty-four! Twenty-five! Twenty-six! Twenty-seven! Twenty-eight! Twenty-nine! Thirty! Thirty-one! Thirty-two! Thirty-three! Thirty-four! Thirty-five! Thirty-six! Thirty-seven! Thirty-eight! Thirty-nine! Forty! Civilizations: past, present, future, alternate, parallel, multi-dimensional groups of oversouls. All the civilizations. All the oversouls of all universes. And feel, feel them within you. And send your love to the infinite Creation, to the infinite Creator, to All That Is. Direct communication with that infinite source of All. And a reflection and an echo back to you, that you are its reflection.

Send your love; and support the whole, so that the echo of the whole will support all of you. You are an integrated being. You are one with All That Is. Send, feel, taste, here and touch. See your love, and send it. And be embraced. And embrace All That Is.

Now! One! Two! Three! Four! Five! Six! Seven! Eight! Nine! Ten! Eleven! Twelve! Thirteen! Fourteen! Fifteen! Sixteen! Seventeen! Eighteen! Nineteen! Twenty! Twenty-one! Twenty-two! Twenty-three! Twenty-four! Twenty-five! Twenty-six! Twenty-seven! Twenty-eight! Twenty-nine! Thirty! Thirty-one! Thirty-two! Thirty-three! Thirty-four! Thirty-five! Thirty-six! Thirty-seven! Thirty-eight! Thirty-nine! Forty! Totality! Send your love! Breathe it in! Breathe it out! Radiate in all directions! Breathe it! Breathe it! Rapidly! Slowly! (Sounds of breathing). Cut! And breathe and sigh, (Sounds of audience sighing!) And relax, and feel the arms of creation around you. And feel your arms embrace all of creation in unconditional love!

You are sparking as the God Thoughts that you are. You are God Thought! You are energy! You are light! You are life itself! You are in and of, and you are a dream, a new day, a new you. And you always, always will be. Always! You are your own transformation. You are the gate and the valve of your own design. You are the expression of Infinite Creation. You are all space. You are all time. You are All That Is. You are love itself.

How do you all feel?

AUD: . . . (quiet responses).

B: Good morning!

AUD: Good morning!

B: I believe it has been at least a week since we began. You, you are entering a new octave. A new vibratory resonance. A new level. You are on the ether side of the gate, accelerating into fourth density. You are members of the Association of Worlds. Welcome.

AUD: Thank you! (applause)

Allow us, once again, at this timing, to extend to each and every one of you, individually and collectively, our deepest love and appreciation in co-creating this beautiful, brilliant and loving interaction. You are the spark of life. Don’t forget that. You have no need to forget anymore. You are, right here, right now. You exist forever.

We thank you for sharing the same dream. Eternal love to you all, and once again, a bright and beautiful dawn. Good day.

6

Awakening Each Other

Q: Yes, I have a question.

B: All right.

Q: I had an experience a couple of years back that I want to forget. Um. . .

B: Want to forget? Why?

Q: Well, I guess because of the mystery.

B: Mystery! So you are saying that you have been taught to believe that there are experiences that can happen in your life that can in no way serve any useful purpose to you?

Q: No, I think it does. That's why I'm asking you about it, because I want more understanding.

B: All right. Then you do not want to forget it.

Q: Oh, that's what I meant. I won't forget it.

B: All right.

Q: I met someone for a very brief moment. And when I saw this person walk up, or walk down the street towards me. . .

B: Up or down, yes.

Q: ... I felt as if I exteriorized from my body. Now, I'm not sure if that's what happened. All I know is I felt really good, and I never felt that good in my life.

B: All right. Do you know this individual now?

Q: No, I don't.

B: All right. What did you notice about the individual?

Q: All I know is he was very familiar – or something. Something about it: I made such connection. I felt really complete.

B: Did you just watch the individual go on their way?

Q: Yeah, kind of. Well actuality, I was meeting a friend, and he was a friend of a friend kind of thing. So I just got introduced to him.

B: All right.

Q: And that's about it. We talked just a little bit.

B: All right. What did you learn about yourself in that communication?

Q: Well, I felt as if he was – I feel stupid saying this, but. . .

B: Why?

Q: Well, l felt as if he was some type of teacher or something. I felt. . .

B: Yes, but both of you are. You can only experience in someone else what you also contain. What you are being shown is your own masterhood.

Q: So do you think I decided in a prior lifetime or something. . .

B: Yes.

Q: . . . this to mean something strong to me?

B: Yes.

Q: But I don't know what it was.

B: It is a signal; it is a reflection. It is as opportunity to allow yourself to awaken to your own self-empowerment. You have been together before. The agreement was actually made – not in a prior lifetime physically, but in between the lives.

Q: And what was the agreement?

B: To see a reflection that would allow you to begin to awaken to your own self-empowerment.

Q: Because I felt like I blew something. I should have done something. . .

B: There are no shoulds. If you feel now that you desire to have acted in a different way than you did then, that is a part of the lesson. To allow you to know that, if and when such an occurrence occurs again, you will act differently. You will now choose to behave in a different way. That is what you can learn from the lesson.

Bit by bit, at whatever rate you are comfortable in learning this, you will be given reflections by other individuals and other situations and circumstances in your life, as per the agreements you have made to be shown these things, to reflect these things about yourself back to you.

Bit by bit you will learn what you desire to learn, at whatever rate you are comfortable in learning it. But just because it may be slower now than you think you ought to have been, recognize that *then*, what you did was perfect for the *you* you were then. What you will do *now* will be perfect for the *you* you are now, and you have no business comparing the two. You follow me?

Q: Yes, I definitely do.

B: Yes. So do not berate yourself, invalidate yourself, or pass dispersions of guilt and judgment upon yourself. For that only keeps you from learning what it is you can learn from the situation in a positive way.

Understand it occurred for a reason. And whether you had an analytical understanding of what that reason was or not is not really important, as long as you use the essence of the idea and create the changes within your behavioral structure that are indicative of what you absorbed from that conversation and interaction. For there will be other individuals as well, that you have made agreements with, that will reflect certain things to you.

But again, in no way do you ever have to feel that you are on the lower end of this exchange. You are a teacher as well. All of you are teachers and learners. And that is why we say "Sharing." For you are all equal sharers. You each have something to reflect to the other. You are all mirrors.

So if you see something, and you allow that to make a change within you, then simply integrate that within you, and the next time you will see a different reflection, and learn something more – and more and more and more, until you remember who you are, and express that memory. Then you will be, in your own right, the full reflection of what you are taking them to be. And you will also have the same impact on other individuals.

Q: Okay. Thank you.

B: Does that assist you?

Q: Mhmm.

B: Thank you very much. Shine brightly. Sharing!

Awakening the Inhabitants of Planet Earth

Q: Ha ah tu, professor.

B: And to you, good day.

Q: I wanted to ask you about. . . I was listening to this radio show and the scientist was talking about NASA having photographs of this. . . almost like a planetary body near Saturn, an ET, like a Mothership. And they had these photographs. . . like about fifteen years ago or something?

B: There are, within what you call your NASA files, on a few occasions, photographs of extraterrestrial craft. Some of them are what you refer to as Motherships; some of them are not recognized for what they are, except as anomalies. But some individuals do expect that some of the objects are artificial, yes.

Q: Can you tell us how big this was? According to this scientist he had to see the photographs and this was tremendous. . . tremendously huge.

B: Some are large. . . one moment. . .

Q: In fact, the mother of a Mothership. (AUD: laughter)

B: One moment. . . we will scan to see what the most sizable representation in the archives happens to be. One moment, one moment, one moment, one moment, one moment, one moment, one moment... there is one, one representation, and only one, of an object that is artificial, that is, in your terms, approximately one hundred and fifty kilometers in diameter.

Q: What is that in miles? (AUD: laughter)

B: You can do your math.

AUD: About ninety miles.

B: As it has been given to you from the side.

Q: A ship this big, what is its purpose?

B: Exploration. Sometimes the idea of the movement of large blocks of societies from point to point, from transition from one dimension to another – many different functions. In that sense they operate as self-contained bases, many times for a long duration study of remote systems.

Q: And the population, do you know?

B: It will vary, but can be several hundred thousand entities.

Q: How about in the millions?

B: Usually not. There are such that do exist, but this is unusual.

Q: These are conscious physical beings?

B: *Yes.*

Q: And Atlantis, you were speaking about Atlantis before.

B: Yes.

Q: About eleven or twelve thousand years ago.

B: Yes.

Q: All right. Do you have personal contact with Atlantis?

B: From time to time we have had.

Q: And is it open contact, is it channeling... what type of contact?

B: More often than not it is more in the fashion you experience now. Though there have been a few face-to-face meetings in that time frame.

Q: All right. And in that time frame, from books I've read years ago, ET contact was pretty much out in the open.

B: Very early on. You are now discussing a time period, approximately, thirty to fifty thousand of your years ago. In that sense there was more openness at that timing, yes.

Q: All right, and when it was open like that, what civilizations were they in contact with?

B: Pleiadian civilizations, Sirius civilizations, our civilizations, other hybrid civilizations, and several other civilizations we will not name at this time.

Q: How about the Orion civilizations?

B: This is different. The idea is that the Orion civilizations massively incarnated and interwove *into your* civilization. There were, from time to time, a few very rare physiological contacts, as such, from some members in what you would collectively and/or loosely call Orion civilizations. But the heart, the core, of what you know as the Orion consciousnesses only interacted with your species on an incarnational level. The largest influx incarnationally happened about six thousand of your years ago, in the area you call your Middle east.

Q: And that was the largest influx of Orions on our planet?

B: Incarnationally.

Q: It is wild, thinking that about, like, twelve thousand, thirty thousand years ago your civilization was in contact... and you are more or less three hundred years in our future.

B: Yes; and our history is, in our time frame, approximately three thousand of your years in duration. But again, in that we can slip back and forth into parallel dimensions of reality, we can thus visit things that you would deem to be in your past.

Q: And what was the contact like between you and the Atlanteans?

B: Very nice thank you. (AUD: laughter)

Q: I mean, you know, in what context…

B: Discussions.

Q: I mean did they call you future selves or…

B: No, they did not recognize us as such. For the most part, some individuals understood the full idea, what you might call the high priests and philosophers. Most individuals simply understood that we were simply concurrent or contemporary with them, but from elsewhere.

Q: And when you were interacting with them. . .

B: Yes.

Q: . . . and they looked at you, did you appear the way you do now?

B: As we do, yes. They were clear enough to allow no need for the idea of screen memory or subterfuge; they saw us as we are.

Q: Oh, all right. And the other night, a couple of weeks ago, a remote viewer was on a talk radio show and he was talking about some near future events, he also talked about Flight 800. And he talked about the ozone layer – is the ozone layer more of a natural occurrence?

B: It is both. There is a natural cycle to the depletion and the rise, but you have also accelerated the depletion with the idea of the pollutants in your atmosphere, yes.

Q: All right, and this pollution, the natural part of it. . .

B: Yes.

Q: . . . does that have direct correlation with the wave heating process on the planet?

B: It does.

Q: All right, and what effect does the ultra violet lighting have?

B: It depends on how it is transmuted by the system. If it is transmuted in a healthy way, by systems that are capable of handling the high charge of energy, then it will have the effect of causing up swelling and acceleration, and what might be called an ascension; whereas, if the systems are resistant to that energy, due to a variety of imbalanced reasons, it can be the idea of burnout.

Q: So, more or less, our ascension process is in direct correlation to the ultra violet light.

B: Yes.

Q: All right. And the ionosphere and all of that. . . what is going on with it? It is all. . . this is all more or less a process that's happening, that we accelerated by our prudence...

B: Yes, but the idea is that it may also, in many cases, be accelerated in a balanced way, thus you may find that there may be some detrimental effect because it is not being allowed to go in its natural cycle.

Q: And how could we modify that? I mean individually, all of us.

B: Again, centered balanced meditation. . . all the things we talked about before in terms of oxygenation, hydration, all of those things will help as best as is possible. And the removal of toxins from the system as well. That is as simple as it needs to be.

Q: And the effect that is going to have on the food chain?

B: It is already having certain effects upon the idea of the destruction of certain plant life, which then, of course, affects the idea of the animals that feed upon that and the balance of the ecological system on your planet.

Q: Yes, and the plankton. . . .

B: Yes.

Q: And the oxygenation of the planet?

B: All of that, there are certain sections of your oceans that are, for lack of a better term, already completely dead.

Q: You know, what I'm trying to say is this: if this is like a natural occurrence. . .

B: Yes.

Q: . . . all this happening, then this is all going with the game plan.

B: Again, it is not happening in a natural way completely, although enough is representative, in general, of a natural cycle.

Q: Yes, I understand that. . .

B: All right.

Q: . . . but what I am saying is: what is the change that we are going to go through, that's going to happen to us to modify our physical vehicles?

B: Well, it forces you in many ways to look at yourselves more quickly, more deeply. It forces you into a corner to integrate things, perhaps more readily than some of you may be ready for. But some of you will be ready, in that you force yourself to go a little bit faster than even you might think you are ready for.

Q: All right, and he (the remote viewer) had said, like, three and half years or four years from now, there was going to be this event and they don't even understand what is going to happen. Like a supernatural event that is going to affect every being on the planet.

B: Some of it has to do with the idea of people that have been on your planet for a long time. It is not exactly the same, but it is connected to the idea that we have discussed, that by your year of 2005, it will be revealed to you that there are certain kinds of beings that have been living among you; that are of your own kind, in a way, but of extreme longevity; that have been living among you, helping you here and there, from time to time.

And their presence, to some degree, will become known. This will cause, in many ways, a psychic shockwave on your planet to realize that this potential exists for all of you. But also, at first, realize that these people have lived among you for thousands of years.

Q: All right, these are like some of the Masters. . .

B: There are also many other kinds of events that may be representative of the collective consciousness crossing certain critical mass thresholds, such as the idea of the crop circles that were mentioned. In some senses this is shocking many people around the globe to come to realize exactly what is going on.

Q: I felt that it would be like a mutation or something like that, a mass mutation all at once?

B: That is a possibility as well. And certainly, like ecological systems, there is not so much the idea of a mutation in a way that people on your planet usually mean it, but it will be the idea certainly of crossing the critical threshold, so that there will be a psychic shock awakening on your planet.

Q: And as for human beings... predominately, that's what I'm talking about.

B: It is for humans and several other beings on your planet simultaneously.

Q: And what are the several other beings that are awake and all?

B: That which you call the cetaceans, and that which you call other life forms as well; and also certain plant life forms that are all correlated and keyed to the vibration of crossing a threshold with humans at a similar moment.

Q: Like a synchronization point?

B: Yes.

Q: All right, and the last thing I wanted to ask you: he reported up to twenty years into the future. I mean he has done even more than that. . . he said that there is going to be all these events going on and that the population of the planet would deplete itself by eighty per cent.

B: Not necessarily. This is a probable reality, but let us say that the odds of this eighty percent depletion are only about sixty percent at this moment. Do you understand how this has been phrased?

Q: I understand one hundred percent. . . (AUD: laughter) Could you correlate your information on the nuclear event that we have talked about in '97?

B: Yes, the possible nuclear event, yes, this being an isolated event, yes.

Q: Yes, he said it would be Israel, more or less?

B: Yes.

Q: That's what he said.

B: Yes.

Q: Okay, thanks a lot.

B: Thank you.

Awakening To All Portions Of Yourself

B: You may all take a short break.

————--Break————

(Another entity?)…Allow us to say, at this time, that within any blending, within any acceptance, within any integration, as you begin to become cognizant of the gathering together of all that you have ever been – so that you can allow yourself to exist in the now moment in this point of space – you will from time to time, allow yourself to realize that the energy that is coursing within you may allow you to experience all of the valves that you have closed, that you have tightened, through the adoption of certain beliefs in your physiological life.

And that the experience of any discomfort in those areas is only indicative of the fact that you are now willing to open those valves, awaken those areas within you. Do not fear. Anything that you will discover within that experience will be a worthwhile facet of your consciousness – will only add to the overall understanding of your momentum and your cognition of the services that you have chosen to perform in this life.

There are many levels of consciousness that are willing, in a sense, to aid and assist. Avail yourself of that assistance. And recognize that as you avail yourself of that assistance, what you are allowing yourself to do is to utilize those portions and those levels of your own consciousness that exist on the same level *as* the consciousness from which you think you are receiving assistance.

It is the communication from that consciousness on that level, to your consciousness on that level, that allows you to create the aid and assistance you need from your own energy for yourself.

That is how you allow other consciousnesses to assist you. By accepting and allowing and acknowledging their love for you – and transforming their love for you into the love for yourself – that will allow you to allow your physical reality to become the ease of creation without struggle, without strife.

Simply open to all portions of yourself, and recognize that there is no need for you to manifest those cognitions in painful ways. For there is no need to continue to create yourself to be separate from that which you know to be true for you.

This is an indication that you no longer need to fight your own ecstasy, and that only the fighting of your own ecstasy is what creates the scenario and the sensation of the pain.

Do remember that vulnerability is infinite strength and indestructibility. For vulnerability is the willingness to be open to All That Is. Being open to All That Is allows you to connect to All That Is. Connecting to All That Is allows you to experience yourself as infinitely strong and self-empowered.

So your vulnerability at this time of transformation, in allowing energies to flow through you, in allowing yourself to expand into another idea of what you are as a consciousness – which is the same thing – need not be experienced in a painful way. For you will allow yourself to know that you are only discovering more and more of the ecstasy from which you are created.

Anxiety is the same energy as excitement. Allow the meaning of the symbol to transform from a negative invalidation to a positive affirmation of the creation – the ongoing creation – that each and every one of you are.

There are many blendings of polarities for many of you, this night of your time. And in a sense, another gateway, another doorway, and a type of crystallization is taking place within individuals who have specifically chosen their path to manifest as an expression of polarity. Some of this will have to do with what has been termed the upwelling and usurping and integration of Orion energies.

And many familial connections are being made this evening of your time – both with each other and within yourselves. For you are unto yourself, in a sense, your own family. And now is the time that you have allowed yourself to begin to adopt all portions of the family that you are within the self.

Release and flow. Enjoy and love all that you discover yourself to be. Live in the ecstasy of the moment of self-discovery; and then none of that discovery need be painful.

Our unconditional love to you all.

Sharing!

Q: I... in my own words, to continue what you're saying... that applies to me. My needs are tearing me apart against my preferences. There are physical needs to do things; I tend to run ahead – run away – from those things. I understand what you're saying, as an action of go ahead and do the exciting things, and feel the ecstasy, etc. But my needs... I feel grounded... I feel. . .

B: Why do you think they are needs?

Q: Well, I tend to try to ignore them. That's why.

B: Tend to try? Does that mean try to try?

Q: I try to try to ignore them. . .

B: Who says you have to ignore anything? Ignoring things is what allows them to become overwhelming.

Q: Okay. Let me describe, in a way ... like, I don't really want to work to make a living, to be in a physical body, to be, in physical time. . .

B: Now, one moment. You are a physical body in physical time. So you can allow one thing to be obvious: if you are where you are, you obviously chose to do so. Therefore, first of all and fundamentally, allow yourself to recognize that as long as you remain physical, you obviously still think there is a reason for it. The second – the microsecond – you truly no longer believe you have a purpose in being physical, you won't be. So as long as you continue to remain so, take it for granted that you think you need to be so, for some reason.

Q: Well. . . okay, thank you for that. The feeling I get... I feel as though the awareness of when I'm here in the physical body – this one here – is that I feel in pain. I feel like I'm more of an energy unit or something. More of a... just another space; I feel I am another space.

B: You are your own space and your own time.

Q: It doesn't fit. . . okay, it doesn't fit here; I don't feel like I fit.

B: If you didn't fit, you wouldn't be here. So take it for granted that you obviously do fit: otherwise you would be somewhere else.

Q: Yeah. Okay, I appreciate that. And. . .

B: The idea of fitting, however, doesn't have to mean, "conforming."

Q: Oh, yeah, I acknowledge that. I feel like as though I'm attenuating ... like something... like you say, accelerating.

B: Yes.

Q: I'm getting toward the last little upward spiral – the little thing – before I'm no longer involved in that dichotomy of myself.

B: All right. But do recognize that the paradox of the situation is, in order to experience what you are talking about, the first thing you need to do is become fully involved where you are, in the moment.

By being in the now moment, where you are, is when you connect

to all that you possibly can become – and then *become* it.

Q: I'll improve on that.

B: You will simply be different.

Q: Thank you.

Q: I had a realization about that concept of the idea of complete willingness to be an Earth person.

B: Yes.

Q: And many of us I know, down through the years, have been unwilling. . . have an awareness of past and future, other planets, other civilizations. . .

B: Yes, yes, yes.

Q: . . . and having the unwillingness to be... but since we are here,

we very much *are* Earthmen. . .

B: (In a female voice). And women. (Much laughter)

Q: That's why I said "Earth person" the first time. And it's a complete willingness to contact the moment. And this is something I'm working on.

B: Yes! For this is just as valid as anywhere else you have ever been, or could ever be.

Q: Exactly.

B: If it isn't, then you invalidate everything else you have ever done as well. For they are all here now. Thank you!

Q2: Just arrived a few moments ago.

B: Yes!

Q: I presume that the timing was perfect.

B: Absolutely! For in this way, as we have said, there is the attraction and the conglomeration of many different facets of Orion energy this evening of your time.

Q: Well, certainly I was not privy to whatever went before; I will listen to the tape.

B: All right.

Q: I may find that it answers some questions that I have, but I'm going to ask the questions that I have anyway.

B: All right. We did not image that you wouldn't.

Q: Um, I've had a fascinating week and a half. Approximately ten days.

B: Yes. Yes.

Q: Last week I created for myself reflections from other people, in my reality, of being perceived as incompetent. . .

B: Ah!

Q: . . . in my job.

B: I see.

Q: Which was very interesting.

B: All right.

Q: Steve is over there, shaking his head. Does that mean that you agree, or you experienced the same thing?

(Steve): The answers that I had to that is we are all incompetent, and we are all competent; we contain both polarities.

Q: Well, it was really fascinating, because it hadn't occurred to me quite this way before – not to the intensity. I experienced some very strong emotions with regard to it.

B: All right.

Q: And, also others things that I created, such as, I was supposed to get a large check, and they only sent me a small portion of it.

B: So you are saying they are incompetent too.

Q: That's true. I did recognize that.

B: All right.

Q: Which was great. Finally, you know, after talking with several people, I finally got the check that I needed, right at the last – within the last few hours...

B: At the perfect moment.

Q: Yeah? Not necessarily the most convenient, but the perfect moment.

B: All right. But it was the most convenient for the scenario that was built around that action. For it allowed you to realize what it was you designed for yourself to realize in many different ways – and explore different levels of the entire event.

Q: Yeah.

B: So it was the most convenient for that scenario.

Q: I presume that it was.

B: All right. Very good.

Q: I presume it's all perfect.

B: Yes, it is.

Q: However, it leaves me with a little... just kind of wondering... I'm willing to just kind of go for it, and allow this not to go… allow this to go…

B: Thank you. Therefore, allow us to suggest that the idea of incompetence may simply be your willingness to explore the idea of whether or not you prefer to fulfill other individual's expectation, or not.

Q: Yah…?

B: Incompetence is simply the idea of a judgment of an individual who may not be willing to fulfill one's expectations.

Q: True. Including one's own expectations.

B: Yes.

Q: So certainly, exercising a preference would never carry the judgment of incompetence. If one didn't measure up to expectations, then you wouldn't judge that expectation.

B: Yes.

Q: Is there anything else – any kind of energy flux or pattern, or something happening with this?

B: Yes. 'Tis also, to some degree, the perusal of energies that allow you to, perhaps, gain more clarity on what it is that does, in fact, excite you truly. In this way, therefore, recognizing that expectations may be an indication – well, let us say – that your heart isn't in it. Perhaps it is somewhere else.

Q: Yeah, okay. And I had looked at that too.

B: All right.

Q: That's very, very interesting, I want to explore what I mentioned earlier, about the check arriving just at the last minute. And um… because with that, I was able to look at it and say: "Well now, is this something that's telling me that maybe I shouldn't go ahead and make this investment?" (I made an investment and I needed a check from somebody else to cover the investment.) And then the question: "Well, should I really not be making this investment? Is this what this is telling me?" Although, on the other hand, I must follow my excitement. I still felt excited about…

B: Very good. Then you are giving the meaning to the situation and the symbol. And therefore, the meaning you give it is what comes out, as what you are being told.

Q: Say that again.

B: All right. When you say: “Well, what is this situation telling me?” The situation can only tell you what you put into it.

Q: True.

B: So, if you recognize that you are using the symbol as something to recognize your excitement, then it is telling you that if you are still excited about it, go ahead. If you are having doubts, it is telling you: “Hold back.”

Q: Oh, okay. So, well, if the doubts only came from the idea that the check was “late,” but if in the final analyses, it wasn’t. . .

B: It wasn’t.

Q: . . . it wasn’t, and I still wanted to go through with the transaction. . .

B: Up to you.

Q: So it kind of intensifies. . .

B: Yes. Oh, yes. Yes, yes. That’s the whole point! It intensifies it by bringing every single variable and factor in the situation down to one moment. So you are living in the moment with that event.

Q: Yeah.

B: That’s the whole idea. Very good!

Q: Thank you.

B: Very creative. Very artistic.

Q: Thank you.

B: Thank you very much!

Q: I have one more question, if I might. One more! Since I wasn’t here for the first part, I figure I can get a couple more in here. Um. . . I had a dream Sunday night, wherein... now, I rarely remember my dreams, and that’s fine, I like it that way. This one I remember: I was standing on the street, looking up at a building, which had maybe 20 floors. And in two of the windows, onechange.

B . . . an energy manifestation.

Q: Yes. Which was similar to the globes that you see – they are kind of high-technique globes that. . .

B: High technique.

Q: Yes. I was (inaudible). Well you see little small bursts of what appear to be lightning, coming from a central core out to. . . the surface.

B: Ah, we understand.

Q: Okay. Well, there was that kind of energy manifestation where there were 360 degree spherical bursts. And I was standing next to

a guy, who seemed to be Robert, who is an actor, a guy that I know.

I don't know why him, but that seemed to be the person. And I looked up, and I watched these things happen, it was interesting; and then I woke up, and my body was charged with an energy.

B: Ah!

Q: So, I presume from there – I felt quite good about it – that it came from a source that I was co-creating with someone else outside.

B: Yes.

Q: Is this the same contact that I had a few weeks ago, where I elevated someone in a spacecraft?

B: Let us say it was the raw energy state that created that situation, but not the same situation.

Q: Okay.

B: It was the potentialized state. You were recognizing yourself as the capacitor that has the capacity to release that energy and elevate yourself to different levels of awareness.

Q: Oh.

B: The next window up.

Q: Ah, yeah.

B: Thank you!

Q: Far out!

B: You!

Q3: Okay, could you tell us what the energy was that came through right at the beginning, after the break?

B: There are many blendings going on, this evening of your time.

Q: Yes, I know you said that.

B: There was a specific tinge, shall we say, of some Orion energy.

Q: Ah hah!

B: So there could be a little bit of familiarity with certain individuals, allowing them to know that their awakenings are making a difference far more than they may immediately perceive.

Q: It was very powerful. I have something else I would like to share with you, and ask you a question about. Ever since we took the first field trip to your ship?

B: Yes.

Q: I... oh, at that time, as I was leaving, I hugged those beings on your ship. And ever since then, once in a while, I have been practicing dissolving my environment. . .

B: All right.

Q: And then coming onto your ship, and seeing these three beings. And I know that it's valid in my imagination; and I was wondering if it was valid in their imagination?

B: Of course.

Q: I mean, are they…

B: Yes.

Q: ... are they aware of it?

B: Recognize that my communication with you is taking place in my imagination. Since I know my imagination is real, I know we are communicating.

Q: Yes. But this is a little different, because…

B: Why?

Q: Well, no, I guess not. I know. Okay, I don't really know much about them, except that I…

B: That is all right. They are simply there to assist you in your practice.

Q: My perception is that…

B: They are there to catch you – not that you need protecting – but just to catch you when you throw yourself… in their direction.

Q: We... do they perceive that I actually come on the ship, and talk to them?

B: In a sense, yes. Now, they do recognize that you are not transporting yourself in what you would call your bodily form.

Q: No, right.

B: But they do know they are communicating with your consciousness, yes.

Q: Okay, because I get a lot of strong joy – a lot of love and a lot of laughter with them, too.

B: Yes, yes.

Q: And, my perception…

B: We have a very happy ship!

Q: I know. My perception is that there are two males and a female.

Is that right?

B: We do perceive the two males.

Q: Uh huh.

B: The third… (pause) I see. The third is not one of what you would call our permanent members. And therefore, at times is male; at times is female.

Q: Oh. Ah. Oh. That's neat. What planet, civilization, does this… (laughter)... will you give him my love?

B: Yes.

Q: Thank you.

B: *Our love to you*. Thank you.

Q: It’s wonderful.

B: Did you catch this?

Q: Yes. (Laughter)

Other in audience: No, you didn’t.

Q: I didn’t? What is that supposed to mean?

Other: He just channeled him for you.

Q: Oh.

B: In a sense, what you are doing is projecting a portion of your own future identity as that being, and catching yourself.

Q: Ahhh.

B: I just gave them your love.

Q: I see. I think. I see. Thank you very much.

14

Balancing and Redefining Yourself

Q: Let's see – I have a question that's sort of two fold...

B: All right.

Q: ... two things that are both related.

B: What is the first fold?

Q: The first fold is: I, about six months ago, was dealing with having periods every two... or let's say twice a month.

B: Yes.

Q: And you told me that my body was pretty much changing over to (a?) glandular system, and that it would speed up and then it would spread out to a point to where I wouldn't have periods anymore.

B: It was a high probability, not an absolute.

Q: Okay. Well, that started to happen.

B: Yes.

Q: It started to come like every month and a half, then every two months...

B: Yes.

Q: Okay. I went to a herbalist and she told me that I was dealing with, sort of, the last vestiges of detoxifying.

B: Yes.

Q: And that it was a hormonal imbalance, and so on and so forth. What I would like from you is some input as to what's going on in me – or what this is a symbol of. What's this...

B: You mean aside from detoxification?

Q: Yes. Why am I manifesting this?

B: To some degree, you are going back to ground, as you say in your society. You are forming reconnections with the fertility power of your planet Earth. You are now reconnecting in many ways to some ancient symbolism in your society. And you are re-gathering ideas you have found in some American Indian cultures that you have lived in many times.

Q: God, I've been thinking about that: American Indian past lives.

B: Yes. Well, you see, you are sensitive to the track you are on; all you need to do is trust it.

Q: Mhmm.

B: You are simply re-forming and giving back to the earth. In a ritual format, you are, in a sense, allowing there to be a reconnection between the nurturing aspect, the birthing aspect, of your entire planet and yourself.

As soon as you balance and blend that connection, it will stop. And you will then sustain yourself from a flow of energy from the earth itself. And you will become, in a sense, highly magnetic; and start to attract many, many, many different kinds of scenarios that will allow you then to use what might be colloquially called that old shamanistic power.

Q: Okay, great. Because that brings up the next point, which is that I very much feel like I'm going through a second coming, in a sense.

B: Yes. Well, you know that is what the second coming is all about.

Q: Yes.

B: It is not the embodiment of the Christ consciousness in a single individual; it is the awakening of the Christ consciousness in *all* of you.

Q: Okay. What that leads into has to do with what excites me the most.

B: Yes?

Q: Okay. What excites me most is working as an actress.

B: All right.

Q: For the last seven years I've been dealing with coming extremely close to getting work as an actress. . .

B: All right.

Q: . . . and then not getting it.

B: May I interrupt you?

Q: Yes.

B: Will you answer a question for me?

Q: Sure.

B: Without thinking about it, the first thing that pops into your mind – yes or no.

Q: All right.

B: Are you ready?

Q: I'm ready!!

B: Are you an actress?

Q: Yes.

B: Thank you. Are you acting like one?

Q: Ah ha! Ha, ha.

B: Are you doing the things an actress does? Or are you doing the things a person who is not quite sure she's an actress does?

Q: I'm doing more of the first lately.

B: More of it, yes. All right.

Q: Yes.

B: But if there is still doubt, that's enough to hold it all back.

Q: Yes. No, I understand that there are a lot of self-worth issues here.

B: All right.

Q: What's interesting though, for me, is that on a very deep level I have a lot of confidence and security about my abilities.

B: Oh, on a very deep level, all right. What about out here?

Q: Yeah. Well, yeah, that's the whole point. And what's funny is that I will get. . . I've gotten. . . I've done very well with interior decoration, with designing jewelry, with doing a lot of things that are very creatively oriented. But they don't excite me any more than acting.

B: All right.

Q: And I feel like I'm on the verge of something very big again.

B: Well, you are. All you have to do is take the step over the verge.

Q: Ha, ha, ha.

B: And start acting like an actress – fully, one hundred percent. Remember: all you are is a one hundred percent idea.

Q: Right. Okay. I guess my confusion with that – acting like an actress – is that I have had a lot of judgment about the film industry. Having had success, having been with sort of the upper echelon of very successful people in the business. . .

B: Yes?

Q: And seeing how. . .

B: Some.

Q: . . . phony. . .

B: Some.

Q: . . . a lot of them can be, and how. . .

B: *You* don't have to be.

Q: No, I don't.

B: And you don't have to be afraid that you will be.

Q: I've had a big fear of that.

B: Yes.

Q: You hit it on the but. . .

B: Because that's what brings many of you back again.

Q: Yeah.

B: I want to be successful, BUT I believe that successful people are not worth being.

Q: Right. Right. Well, I know that's not true, but I've definitely dealt with those fears.

B: But you are redefining your old beliefs, and you are working them out. As soon as you redefine them all to your satisfaction and start acting like the new definitions you have given yourself, you will have the life that is reflective of the new person you are being.

Q: Uh huh.

B: Just be clear about what your definitions are; and you will know why what is happening in your life is happening. It is as plain and simple as that. If you do not believe that you want to be the type of person that is typically successful, then you will prevent your own success. If you can understand that you can be successful in whatever way you prefer to be, you will not stop yourself. And what anyone does with success will not affect you.

Q: Mhmm. What do you have to say to attracting projects into my life where I can make a lot of money and. . .

B: I will say only this. . .

Q: . . . be working, but that they're things that I just can't possibly do.

B: That is not true. Otherwise you wouldn't attract them.

Q: Yeah. But then why. . .

B: One more.

Q: . . . why have such an aversion to. . .

B: One more. One more. Listen carefully. When you act, at any point – all of you – on anything that excites you the most that you are capable of acting on, you will always attract yourself into the circumstances and situations to give you the capability to act on anything else that excites you that you may not be immediately capable of acting upon.

Because all excitement is a thread that leads you into all greater excitement; so act upon what you are capable of acting on, that excites you the most, and you will grant yourself the capability, by experience, to be able to act upon anything else that does excite you that you have attracted.

And once again: if you've attracted it, being able to attract it is a sign that you are, in essence, capable of acting upon it. All you have to do is start believing that you are that capable, and you will see that they will come to fruition. Only your disbelief that you're that capable keeps it at bay. Understand?

Q: So, you're saying that therefore I can attract the things that I do want to do.

B: Absolutely. Why not?

Q: Yeah. I agree.

B: Everything else is pointless.

Q: I know that intellectually. It's like, okay, I know this. . .

B: Do not make the separation.

Q: I know it's not separate, too. But somehow I still feel like there's a knowingness…

B: Remember, remember: what you choose to feel is based on what you choose to believe. All feelings are reactions to beliefs. You never just have a feeling for no reason. If you feel a certain way, if you feel hesitant about something, if you feel there's a separation between your so-called intellectuality and your so-called emotionality, you are *choosing* to believe there is a separation. And that's what creates the scenario you get.

Q: Right.

B: So use the feeling to determine what you believe. If you don't prefer that definition, change the belief. The feelings will automatically change, and so will the reality. Keep it simple. All right?

Q: Great. Okay, great.

B: Thank you.

Q: I just want to ask one other…

B: Thank you.

Q: Okay.

B: You have what you need. Understand that all of these separate questions are not separate questions. Start learning how to integrate what have always appeared to be fragments that you think have nothing to do with one another. They are all one idea.

Q: Great. Okay.

B: All right?

Q: Thank you.

B: Do not fear; do not fear. Just act. Be! Trust! Step over the verge; you will be supported. It can happen no other way. And there are no exceptions – not even you. Thank you!

Q: Thank you.

B: Sharing! …one moment, please…

Remember also, all of you, allow yourselves to open up, and the information that you need, to continue to do what you want to do, will always come to you in whatever way represents the path of least resistance.

If that is your dream state, then trust when you wake up in the morning, you will have what you need whether you intellectually know it or not. The more you act, and the more you trust your actions, the more you will see, coming out through the actions, that you already knew what to do. But you have to act before you will discover that. Continue.

BALANCING ENERGIES

Thousand Oaks CA 9-5-97

Q: I’m glad that we are keeping the thread of this weeks event going and I would like to ask on behalf of everybody a balancing for young King William tomorrow and for Prince Harry and also for Elton John who has rewritten....

B: This is already being done. But being that you have asked: it is already being given. For all people on your planet who need it in the way that they need it most. Such balancing is given freely from the hearts from all who which to give–and so it is.

Q: Thank you very much.

B: Thank you all for it is your doing.

Q: One thing that pleased me very much this week, in the mist of everybody’s sorrow, is how many people are writing. Just this huge momentum of sincerity.

B: Yes.

Q: And, the need to connect.

B: Yes, for that is what will connect you all. When a vacuum is created, you all are made to fill it.

Q: Also: the debate over the First Amendment.

B: Understood, we will not get into the details of this except to say: that it has to do with integrity and where, in that sense, the borders and barriers to that idea. really do exist.

Q: Is the timing to take that short trip with me to the Santa Fe, Baldy.

B: Possibly so? Coming up...not yet but soon.

Q: Oh, I didn’t think it was that soon?

B: Not yet but soon.

Balancing Yourself

Q: What I'm hearing is that what we think we are, we are.

B: What you believe you are, you are.

Q: All right; what we believe we are, we are. Good. So our food and everything that we eat and drink is being bombarded by chemicals, poisons, if we believe that it will not harm us, then it would not harm us.

B: Very good, if you believe.

Q: So we are senior over our environment?

B: Always. Realize that many people will still have those doubts. 'Tis those doubts which show you that you really do not have that belief. Simply, once again, do what you feel you need to do in order to balance yourself, as long as it seems simple and easy. In other words, I will say: if it is easier for you to buy food which has not been processed in that manner, to maintain your belief that you are receiving healthy food, then do it that way. If you are always going to eat food with chemicals and say, "I have a belief but I'm not sure," then that really would not be the way for you.

Realize that any way is valid. Any way is valid if that is what it takes to make you understand that you are at the center of your creative reality. We have little more of your time. Question.

Q: I have. . . you answered the question about fruits and vegetables, How about grains and seeds like nuts?

B: All right. In general, I will say they will be all right. You will find, however, from individual to individual, they may have very specific effects. As such, simply allow yourself in general to ingest as little alteration of the nut from its natural form as possible; more in raw state. Do you follow me?

Q: Yes. Like, you soak them overnight or sprout them or something so they would be very natural?

B: You may if you wish.

Q: Why limit the quantity, as far as that is concerned? Why is that?

B: You will find that it only will take very little of that particular food before you will create an imbalance in your digestive system.

Q: Can you expand on that? Why would there be the imbalance?

B: You will find that you will have packed within your physical form an overabundance of a certain type of protein, which your digestive tract will be hard pressed to manufacture and process.

Q: Okay.
B: Question.

Q: How about grains, as far as brown rice and millet? Like a macrobiotic diet. . .

B: I'm going to let you figure that one out. If that is what you do, allow yourself to do it. You are your own best recipe.

Q: I know what I want for myself, but I was just asking that as. . .

B: Fine.
Q: . . . for other people.

B: If you know what you want... one moment... you cannot decide anything for other people. Realize that, in that sense, I would have to tell you about each individual that came to you. That is your job, to sense what each individual needs. That is your psychic ability. Use it.

Q: Okay.
B: Be sensitive. All right?
Q: Yes.
B: Thank you. Question.
Q: Do you believe that there is such a thing as a supreme being?

B: In a sense, you will find that we view the idea of all consciousness within the universe as a collective from one point of view – which is self-aware, yes. But that self-aware consciousness also is All That Is, and not separate from it, therefore, you are also the creator.

Q: Okay. So, like, if we mock up that just one person does all this… you know, I find that hard to believe.

B: There is, in a sense, always the idea that there can be one view of All That Is. If you wish to call that a person, all right, but it is not a person as you understand personage; but it is self-aware. Realize it is also self-aware of itself as being combined of all of you.

Q: All right. Thanks.

B: Question.

Q: What do you think of the sauna, going in the sauna and sweating?

B: We will say that to a large degree there will be a type of meditation within that exercise. However, I will say your culture tends to overdo it. And also I will say your culture tends not to use it as a meditation. You will find that it will have beneficial effects, to a degree, in terms of allowing your fluid systems to flow if you feel that they have become sluggish, but it is not something that you need all the time. You have your own natural respiratory rate. If you will allow yourself to function on that level, you will find that you sweat just as much as you need to. All right?

Q: Thank you.

B: All right. Then, once again, simply allow us to say that you and your willingness at this time to recognize more and more of your own identity as a mass consciousness is what has allowed us to share with you. And as such, we will tell you that always we will send you all our love, all our energy for your own use; and that we already believe that you are creators.

I will say simply that we appreciate the chance from you to remind you that you, as well, are creators, and that you may create whatever you wish. Realize that also the easiest way to allow your entire planet to understand that idea is for each and every one of you to live that idea. Not think about it, not practice, not wonder if... but live that idea.

Be that idea, and you will each be shining examples, very literally, and your light will fall upon the rest of your world and the rest of All That Is. And therefore, I will say, thank you all very much. I will say good evening.

AUD: Thank you very much.

Q: Thank you.

B: Good night.

(Applause)

BASHAR AS SHIP

Q: At one point you said your body was sort of crystallizing and I got the impression that you were sort of more melding with your ship? I was wondering what the relationship between you and your ship is right now?

B: In the way that I can define that, it would be the same kind of relationship that humans experience between what they consider to be their outer aware consciousness and their subconscious mind. Does that make any sense to you in your language?

Q: Not right now.

B: Understand that the ships are an extension of our consciousness; we are them and they are us. They are like a manifested portion of what you would consider to be our subconscious minds. And we are linked to them, in a sense, in that way, thus, then it is like being surrounded with sub and unconscious thoughts in physical form so to speak. That is the relationship, it is like being surrounded by a mirror that reflects you back to yourself but in a way that doesn't exactly look like you think you look, but in a way that reveals the more of you that there is.

Q: Is your physical body still separate, then?

B: As you would understand it, yes, though there are times when there are energy fluctuations that would make the internal environment of the ship and the external environment of my body more indistinct than you would perhaps perceive as separate entities. It will depend upon the state that we will share, at any given moment, as to whether it is perceived as separate or as one?

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Comet = Commitment + Conviction 03-26-97 N. Hollywood
The Age of Transformation 04-04-97 Thousand Oaks
Parallel Realties 04-11-97 Canoga Park
Being Your Natural Self 04-18-97 Malibu
The Four Laws of Creation 04-19-97 Las Vegas
The Crop Circles of 1997 04-25-97 Canoga Park
Easing the Pain of Death & Loss 05 02-97 Canoga Park
The Tapestry of Life 05-09-97 Thousand Oaks

A Change of Pace 05-16-97 Canoga Park
The Engine of Ascension 05-17-97 Las Vegas
Metaphysical Misconceptions 05-23-97 Malibu
Etheric Fauna & the Dragon 06-06-97 Canoga Park
Breaking the Seals 06-16-97 Thousand Oaks
Patterns 06-20-97 Canoga Park
Negotiation & Resolution 06-27-97 Malibu
The Day of Reflection 7-11-97 Thousand Oaks
The Tesseract 7-13-97 Thousand Oaks
Baggage Claim 7-18-97 Canoga Park
The Multidimensional Crystal 7-25-97 Malibu
The Power of Paradox 8-1-97 Canoga Park
A Strange & Wonderful Planet 8-8-97 Thousand Oaks
Getting Organized 8-15-97 Canoga Park
Communication with Consciousness 8-22-97 Malibu
Spirit Guides 8-29-97 Canoga Park
The Passing of the Baton 9-5-07 Thousand Oaks
The Countdown to Contact Begins 8-12-07 Canoga Park
The Countdown to Contact Continues 9-19-97 Malibu
Respecting Your Choices 10-8-97 Thousand Oaks
Resonance of the Land 10-10-97 Canoga Park
The 3-D Perspective 10-17-97 Malibu

"BASHAR’S AGENDA"

Questioner: Are you part of the Greys’ agenda to raise our consciousness, since you do this channeling and you do help many people with their issues?

Bashar: It is not so much that we are part of the Greys’ agenda as we are simply a part of our own agenda. There are aspects of our agenda that dovetail into both the Grey agenda and the human agenda with regard to upgrading the evolution of each species, but it isn’t that we are, in that sense, subservient to the Grey agenda in that context.

Q: Okay, thank you.

B: Thank you.

BASHAR’S departing delivery:

B: Our unconditional thanks to each and every one of you, you are a garden of forget-me-nots. And remember, not that your eyes should be to the skies, for your task is at hand and at home, apply what you know to your lives ... to yourselves.

We have thus, though, told you that our craft is a certain distance above your Cairo and at last count we gave you, 2700 miles, but know this NOW, and we will not name the figure but you will understand from all that we have said before, that it is not so far away, but within the same domain as the figure we have just given you. The height we are now, in your miles, above that self-same city, is the same number in miles as the year that we will land.

To each and every one of you and all of you together —live, live, live your lives ... instead of dreaming of being alive, live your dreams for that is all you are. If and when THIS FORMAT should seem to fade from view, allow yourselves to UNDERSTAND ... I have always simply just been you. Good day!

BASICS

B: All right, I'll say, how are you all this evening of your time, as you create time to exist?

AUD: Great! Fantastic. Perfect.

B: We will begin this interaction this evening of your time by, in a sense, getting back to basics. In this way, therefore, allow us at this time, before we proceed, to remind each and every one of you that many of the ideas that we have discussed, in all the time we have been interacting with you, are all quite simply, of very few forms, variations, reflections, of a few basic *concepts*. In this way, we have interacted with you on many different ideas, within many different levels, upon many different things. But each and every one of these ideas is some derivation, some manifestation, some accentuation of a few basic sets of concepts.

And in this way, if you would in this way, allow yourselves to but remember that there really need only be a few things that you are consciously aware of that make all the difference in your world about the realties and the type of realties that you experience. You can then begin to allow yourself to be cognizant of this understanding; and life need not be complex, need not be a struggle, need not be full of strife, need not be hidden from you.

Now, these ideas, these basic concepts, if you are, once again, willing to allow yourselves, when any given situation occurs in your life to apply all of the basics to it – and recognize a high degree of association between one situation and another – then you will not necessarily have to feel that there is an entirely different set of parameters required for another situation, and that everything you have ever learned has no bearing on this; and that you must feel that you have to go through an entire different regiment of information in order to understand the next idea and the next idea and the next idea.

This viewpoint that you must start from scratch all over again with each and every new idea, making your learning seem an interminable pastime, is only an habitual remnant, an habitual viewpoint, of separation, of judgment. Of creating a viewpoint in your society that allows it to seem as if every single fundamental basic concept needs to be broken into a myriad of components in order for you to understand your idea, your conception, of the need for analysis, to scrutinize and analyze every single situation down to its atomic components – in this way.

It is a valid way for you to have created your reality, but you are at the end of a cycle, you are at the end of the idea of needing to break down your lives into so many fragments. You are now recognizing yourselves as integrated beings. You are now recognizing that you exist on many more levels than you previously thought. You are now beginning to come into contact with those aspects of yourself that speak of the oneness within you. And as such you can begin to trust and rely upon the oneness and begin to act as a collective individual.

Thus, grant yourself the opportunity to begin to experience and understand that there really are only necessarily, within the framework you are now becoming, a very few concepts that can be applied to every situation to allow you to understand the reasons for why such situations occur in your life. The basic fundamental concept is that you – as many of you all ready know – *you create your reality*. Now

we do not mean partly, we mean completely.

It is true that you interact with other beings; it is true that situations can be part of a co-creation with other beings; but *your* part, your part in any given co-creation is your creation totally. You have attracted yourself into that situation; you have attracted that situation to you, based upon what you believe your reality can be. This is not to say that you are always conscious, nor have always been conscious of yourself attracting the situation, nor attracting yourself into the situation. But the situations that you experience in your physiological reality are always the product of what *believe* your physiological reality is capable of producing.

Once again, do remember: that to fear that something is the most likely occurrence that could happen in your reality *is the same thing as believing that it is.* And therefore, it is no wonder that many times the things that you fear the most are the things that keep happening. For your reality is a part of your beliefs about it.

Symbols! All physical reality is a symbol for the idea you are being. As you create your reality, what you are actually doing is creating yourself to be an interaction, and you are creating out of the very substance, the fabric of your being, all of the physiological symbols that *represent* the interaction you are being. But those symbols are not the idea, per se, of the actual interaction you are. They are representative, they are shadows, reflections, to let you know that you have in a sense created yourself to be a "separatized" being from All That Is; and all that you are seeing in your lives is giving you an opportunity to understand everything in your physical reality is not outside you, it is within you.

It is all a reflection, all a projection. . . *an illusion*, but also very solid to you, because as long as you are *in* the illusion, the illusion is solid. It is not in that way that you have to get out of the illusion, but if you are willing to recognize that IT IS YOUR CREATION then you will *understand* that it does not have to seem to control *you*, and that you control it. You create your reality.

EVERYTHING is synchronicity. Everything. What this basically means is that EVERYTHING, and we do mean EVERYTHING, is the same ONE thing, manifesting in multidimensional simultaneous ways. Now, if you would ponder that for a moment: Everything is the same one thing. Every single concept, every single object, every single situation, every relationship, every interaction is the same one thing manifesting from all the different points of view that oneness can manifest.

You are, while you are distinctly and definitely your own individuals, you are also the same one thing manifesting AS all these different individuals. All the individuals within creation are all the same one thing manifesting as all of those individuals, and that one thing is All That Is, Creation itself, if you wish, the Creator itself.

Recognize that there are vibratory patterns of life; that life is, in a sense, a vibratory pattern, and that you can, by being willing to trust that you as a being are complete at any given moment. The thing you are doing – this does not mean by being complete that you will not continue to grow, no, do not misunderstand us – but it does mean that by recognizing that at any given moment you are exactly completely the thing you need to be at that moment, then that cognition is what will allow you to grow.

For then you will be open to everything that you are, and only by being open to everything that you are, will you allow yourself most easily to be open to everything that you can become.

Therefore, trust and treat yourself with the same degree of respect and unconditional love that All That Is has bestowed upon every being in Creation. For All That Is, in creating every being, obviously believes that every being it has created deserves to exist. Why not treat yourself with the same degree of deservability? You owe yourselves nothing less.

The willingness to trust is what will allow your lives to work automatically. As you synchronize and harmonize yourself with All That Is, and allow yourself to recognize that to *open yourself,* in complete vulnerability to All That Is, is not giving up control; it is taking control, it is being responsible. Complete vulnerability is being in complete contact with All That Is, and that is being *infinitely* strong. Vulnerability is not weakness, it is infinite strength. Be open, be trusting, know that everything that is in your lives is there for a reason. There are no accidents. None! Are you all following along?

AUD: Yes.

B: How do you all feel this evening of your time?

AUD: Great, super, tired.

B: Tired, all right. There will be many manifestations of changes in doorways and gateways and levels that you will go through in this time and age of transformation upon your planet, that you are so lovingly allowing us to assist you in. And the remnants of the struggles within you, the habits within you may, from time to time, *make you tired,* because the thing that you are so very used to doing, more than almost anything else, is fighting your own ecstasy.

Fighting your ecstasy is very tiring. That is why, if you are willing to go with the flow, then trust what EXCITES you. By KNOWING that excitement, that very term excitement IS the arrow, the barometer that points the way along the path you chose to be. That is why you have excitement. Follow it and trust it. It will ALWAYS lead you to where you need to be. You have ALWAYS been given a sign, YOU HAVE NEVER BEEN WITHOUT ONE! Many times when you have asked for signs, you have denied that the one that you always had exists.

Excitement is, always has been, and always will be, your arrow – follow it and you will ALWAYS be being the path you chose to be. That is what it is for. Whether it seems to have anything to do with what you THINK you should be doing or not, it does, TRUST IT! The feeling of excitement and the knowingness that comes with it, and many times even precedes it, knowingness, excitement, those understandings, those feelings, when followed, are what will allow your lives to become ecstatic and momentous and always accelerating into more and more ecstasy.

Life works if you let it. You do not have to make or force anything to happen. ALLOW YOURSELVES TO BE the idea. And last, but certainly not least, as you say, with all of this simple understanding – you create your reality, everything is synchronicity, trust yourself – all you need to do is act like you believe these things to be true for you.

Now, it is not that you have to believe them, you have free will, no one, including us, can ever tell you what to do, your lives are sacrosanct, sovereign, you are your own identities. No one knows more about you than you. No one knows what is right for you, but you; what is true for you, but you. You can have assistance, you can allow others to be reflections to assist you in your understanding of yourself, but no one needs to TELL you what to do. But we would suggest that you are far grander than you have believed yourselves to be; you are far more deserving than you have believed yourselves to be, or that you have been taught to believe.

And now in your civilization this is the representative timing for you to begin to allow yourselves that cognition, to allow yourselves your birthright, your right of ecstasy. You are made of unconditional love, literally made of unconditional LOVE and light. Treat yourselves to life and treat yourselves with some respect. Love yourselves and each other unconditionally.

UNCONDITIONAL LOVE is the only thing that is necessary to allow you to never experience again any negative manifestation in your civilization. All that you have ever asked for, all that you have ever prayed for, ALL THAT YOU HAVE EVER DESIRED, ALL OF IT, can be granted through ONE idea. Such is the simplicity of Creation and the love of Creation for itself, that all it takes is the WILLINGNESS to express and experience UNCONDITIONAL LOVE.

We thank you for allowing us to share this idea with you, for it is OUR preferred belief that you and your civilization will begin to believe that it does in fact deserve to be loved and deserves to love itself. Sharing!

Basics

1

Bashar: "Be Happy!"

It’s not about creating that reality, it’s really about attracting that reality. Everything already exists, it was already done by Creation, you don’t have to do it again. All you have to do is manifest it through you, in your unique way. That is how you are a co-creator. Don’t confuse the semantics of your language that says you are a creator, that you have to create the reality from scratch. No, you create the manifestation, the expression of a reality, an idea that already exists, through you, by acting like that reality, so it can ’channel’ through you. You have to become the vibration before you can become magnetically attractive to that reality, so it can express itself through you. That’s why it excites you so much. If it were not so easily manifestable something else would excite you, instead. Because the universe does not do pointless things. The universe does not say, "I will make this your heart’s desire, but you can’t have it!" Trust your heart’s desire.

Why base your happiness on what you think must happen outside you? BE HAPPY! And as you are happy you become the vibration of happiness, attracting all the circumstances and situations in life that reflect the concept of happiness. But, be happy because that is what you prefer to be, not just so you will attract those things. Be happy and you will attract those things that are representative of happiness. This is not philosophy, this is physics! What you put out is what you get back. The energy level or frequency you operate on determines the kind of reality you will experience. It’s physics. You have to become a particular frequency in order to be the antennae that will receive an echo of the same frequency. Keep it simple. It is ALL about vibration, about states of being. Become as transparent as glass and all that is not of your frequency shall pass right through you.

Bashar

Channeled by

Darryl Anka

"Be Yourself"

from "Martians"

12-1-96

The idea is not to separate the concept of what it is you need to do and how it is you can help, from the concept of what it is that gives you joy. We realize in dialoging with many of your species, that very often you have been taught to do this ... "Well, this is my dream, but everyone knows I can't do that. That's not realistic, I must grow up and I must realize that there are other things I must do. Even though they're not what I prefer, even though they're not representative of my highest vibration of joy, I must do them." And this is how you say you are going to be of help? I don't think so.

The idea is, first and foremost, to be of help you must be "you," as fully as you can, otherwise if you're not you, who's helping? Not you, you're not there; you're not being you. So the first thing to do is recognize, not only where, but what is representative at every moment of the thing which gives you the highest joy – because what you call highest joy, that feeling, that vibration, is the vibration of your core, true, original, natural Self. So, if you follow it and act on it at every moment, without expectation that some particular thing must come to fruition, you will simply find, in that act of faith, every moment you will always be led, so to speak, to exactly the right place, at the right time, where you will be of the most help, even though you may not understand intellectually how it is you are being of help.

But you see, the thing that most of you discount is how much help each of you are just by being yourself. You think you have to do something "special." The thing you are inspired to do, the act you are inspired to take, the help you are inspired to give, while following your joy, is exactly the help that will help the best of all concerned.

http://www.bashartapes.com

Bashar

Channeled by

Darryl Anka

7-10-98

BECOMING THE ALCHEMIST

Questioner: I've seen something on the Discovery channel about Alchemy, where the ancients claim to be able to turn mercury into gold…

B: Yes.

Q: recently they have actually proven that this can be done in a linear accelerator. And I was wondering if you could tell us anything about how the ancient did this?

B: Yes, through the transmutation of self and the connection of self to all matter. For the true change of the alchemist was the purification of the self, and in so doing, the raising of the personal vibration that then could affect the material of those substances and allow them to transmute.

Q: But they actually did use chemicals, I believe, didn't they?

B: This only in a sense as a catalyzing agent or as the assistance of process. The highest Alchemist needed no such things and allowed their energy itself to transmute all other substances.

Q: Okay, is there a way that we can connect with ourselves now?

B: Of course.

Q: I mean can you suggest any practical method that we might go about this?

B: Practical methods?

Q: Yes, practical, for us to be able to put into practice.

B: All right, here's one, what is your physical age?

Q: Thirty-five.

B: Meditate everyday for one hour until you are fifty-five. Every single day without fail for twenty of your years. You follow me?

Q: Yes.

B: By doing that and being in a pure state of balance for that hour every day for twenty of your years, you will then be at the appropriate frequency level to transmute in the same way that they did. Now that's a practical suggestion.

Q: Just with intent?

B: Yes.

Q: Okay. And are there any other things related to Alchemy as far as dream symbols or any other shapes or things that are interesting to you, and that would be educational or useful to us that you might like to share?

B: Only the circle. Only the unbroken circle.

Q: Okay, and as far as timeline shift...

B: One other thing for you to remember. . .

Q: Okay.

B: . . . again remember, as has been said in many disciplines upon your planet, “It is the emptiness that makes the vessel useful.”

Q: Can you clarify that a little more?

B: What is a cup without the emptiness within? With no emptiness, it is not useful as a cup. It is the emptiness of a thing that makes a thing useful. Therefore, in what you believe to be emptiness, you will find all usefulness.

Q: Okay.

B: You will then become the vessel, the crucible of transmutation. When you are completely and utterly in touch with the core of your own emptiness, you will understand that everything comes from that emptiness and by being at one with the emptiness you will be able to transmute all things that come from it, for you will be able to shake the emptiness into what ever form you wish it to take. For you will understand the relationship of emptiness to form. That is the Alchemist’s understanding and the pure state of the Alchemist.

Q: Thank you.

B: Thank you.

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3

Beginning Sex

Q: Do adults have sex with children on your planet?

B: No. Again, by definition, the idea of vibrating at a certain frequency means that you will attract whatever situation is, in that way, equal to the vibration that you are; and, by definition, you will find that within our society the structure of recognizing those levels of interaction will occur within a certain time frame, and not extend beyond it. You follow me?

Q: Yes.

B: It will be approximately, in that way, from what you call sixteen years of age onward. Before that the definition of the individuals simply does not include the idea of what you call sexual interaction. You follow me?

Q: Yes.

B: Thank you.

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Beginning the End

5-29-98

Canoga Park, CA

Darryl: Let’s go ahead. Hi, everyone.

Audience: Hello, hi, hi Darryl, et cetera

Darryl: Well, most of you know I have an announcement to make; some of you don’t but you started to get it.

Audience Q1: We don’t like it very much!

Darryl: I’m sorry.

Audience Q2: (being facetious) No you’re not, you’re just sick of us.

Darryl: You know me too well. My schedule has changed and I will be stopping after 15 years of doing these channelings. The sessions that are on the board, back there, are the ones that remain. Those will be done but there will be no more here at Beyond Reality. The last three will be at Akashic . . . the light got flagged (this is when the "upper lid" of the spotlight sagged down, similar to an eyelid dropping) – the light’s sad too, it dropped its flag.

It is not impossible that I could start again, it is not impossible that there might be an impromptu channeling, now and then, for a variety of reasons. But I have to say that I’m stopping; and I have to give it the energy that I’m stopping because I need to totally commit my energy to something else that I’m doing. And so, sincecommitment that’s not total is not a commitment, I really have to do that. I’m following, basically, Bashar’s advice and jumping off the edge with this other idea, these other projects.

So I’m letting you know that this will be the last one here and we’ll see what happens. There’s still quite a lot of time before we actually finish up, it’s going to take three months, even though there’s only a few left.

So, we’ll see what happens over that time, but I want to thank you all very much for all your support and of course we will still have the web site. We’re going to have the tape business, we’ll get all that off the ground even more strongly. If there are ever going to ever be any more sessions, you’ll probably be able to find that out on the web site. So, please, you know, check in to the web site, now and then, and see what’s going on. But we will endeavor to get that up and running, even on a bigger scale. There may eventually be more books and so forth and thing like that with the information that does exist. So, it is not the end of the information, just the end of the actual physical channelings for now. And, I don’t know if there is any thing else I need to say about that.

Q: May I ask what it is, that is your project?

Darryl: I basically started a film production company with my partner. My background, for the last 20 years, has been in special effects and films and things like that. And we decided to write some scripts, start our own company, get them out there, see if we can’t get them produced. So this is the first time’m starting to get indicators that I need strongly to commit all my energy to it. We have three script projects

and a couple of other things; and it is the first time that every single project we have is being looked at by someone, simultaneously. So, that to me is a sign that the energy is just about to tip over the edge and I know that I have to be fully there to allow it to do so.

Audience: Go, baby.

Darryl: I'm going.

Audience: Thank you for everything.

Darryl: You're welcome, it's my pleasure. I get a lot out of it too.

Audience: And we've never been dumped by a scrawny hybrid before. (much laughter)

Darryl: There's always the first time baby. . . (more laughter)you go. But he isn't doing the dumping, don't blame him. This is in my hands because my commitment was only for nine years. The extra, to the fifteenth year, was really just kind of on me.

Audience: Are there any indications that anybody else is going to channel Bashar?

Darryl: No, in fact, I'll strongly say that there are indications no one else will.

Audience: You are not expecting a gold watch or anything, are you?

Darryl: No, no. .. a gold space ship would be nice, a little retirement present. Are you listening?

Audience: I think he'll be with us on a personal level.

Darryl: I'm sure, he's always said his energy, the energy of all of them, is available to all of us. You all have the ability to tap in, you know that, and get what you need. And again, you know, we can look at this as an opportunity to take the information and really apply it.

Audience: Because it's there.

Darryl: Yes, it is and it does work, a lot of people have seen that it does. So, I'm following it myself, I have to.

Audience: We appreciate all you have done.

Darryl: My pleasure, thanks. Let's get going and have fun. See ya. . . .

Audience: Is the reason that the rest of the channeling here at Canoga Park are canceled just have to do with your schedule?

Darryl: It just has to do with my schedule.

Audience: He's not sick and tired of us?

Darryl: No, not at all, just has to do with my schedule. I just needed to lighten my schedule up and this was the easiest thing to let go of, in terms of the amount of channelings that were scheduled here. So, I apologize that we had scheduled some channelings and that I have to renege on them. But that was actually the easiest thing that I could do, to actually change the schedule for now, without actually stopping all of them.

Audience: If there is a strong indication that Bashar will not come through anyone else?

Darryl: I really don't want to go into a long explanation as to why not, but let's just sum it up to be a awful lot of confusion if he did. SoI would guarantee you wouldn't know which one was right. So. . . .

Audience: If you are not doing it at this place, the Eagle Rock Women's Clubmean if you just want to put them there instead of here?

Darryl: No it has nothing to do with this place, it has to do with my schedule.

Audience: So, you are just burning out before you stopped altogether?

Darryl: Yes, I had to lighten it up and now. I left what I could so that it wouldn't be an abrupt stop, but I had to clear out the majority of it in order to do it.

Audience: Is there any chance of, at least, scheduling some in the distant future.

Darryl: No! I have to stop. If I schedule, I haven't stopped. The energy is that I have to stop or I'm not committed, that's the point. That's why I'm telling you to watch the web site. If for some reason I decide to do one, it will be impromptu and so, that's the only way you are really going to know about it. But I can't schedule it, okay.

Darryl goes into trance. . . .

Bashar: I'll right I'll say good day to you this day of your time, how are you all?

Audience: Okay.

B: All right, oh, *sad*, all right. We will, once again, thank each and every one of you for co-creating this interaction with us this day of your time, even though many of you say you are sad. We don't care. We always enjoy interacting with you, even when you are *sad.* So, let us say, "we thank you once again for this interaction, for allowing it to occur in this way, for we are always overjoyed with every opportunity we get to interact with you." What would you like to talk about?

Q: Bashar.

B: Yes, good day. . . .

Being a Conduit

Q: Sometimes I see entities, people or something. . .

B: Yes.

Q: . . . and voices speak to me. Can you tell me who they are?

B: Sometimes they are representative of many different levels, what you may call spirit guides; what you may call higher consciousness; what you may call the oversoul consciousness; what you may simply call the collective consciousness; what you may call an extraterrestrial consciousness.

Any label you wish to give it will do, in a sense, since everything is really ultimately the same one thing manifesting in all the different ways it can. It really doesn't matter what you label it, in the ultimate sense. The information will always come along the path of least resistance because psychic functioning functions like electricity and will always take the shortest route.

So it doesn't really matter to apply a particular label. As long as you know what your intention is; as long as you know what kind of a conduit you are; simply trust that the information coming through will serve the purpose of what you have defined yourself to be.

Q: Thank you.

B: Thank you.

Being a Women

B: Good day. I have a question that has been on my mind for a long time. And that is being a woman in the 90's my life has gradually led to my spiritual path becoming most important. Having a family, a husband and career...l have a lot of controversy within myself as to what should get most of my attention.

B: One moment. Why are you making a segregation between the idea of spiritual path, family, career and so forth? Is it all not one life?

Q: Yes.

B: Does it all not have a place and fit in exactly as it needs to? Is it all not representative, in a sense, of the spiritual being that you are and the physical expression of spiritual being that you are?

Q: That's right, but I'm having difficulty expressing myself in these areas.

B: Perhaps it is simply because of how you assume you must. The idea again, first and foremost, is to be the best example you can be by being the fullest person you know yourself to be. If you are the fullest person living the thing that gives you the most joy, then the sequence of events that occur in the living of that thing will automatically allow you the amount of time necessary to effortlessly relate to all aspects that naturally belong in your life. There is no conflict when you understand it is all part of one idea, not different ideas that you must find or figure out a way to fit together, as if they had no business belonging together. It is all one thing. If it is kept as a homogenous concept then you will understand every thing is a part of the one thing. And it will have its proper place and timing and proper relationship within the overall life you are living. If you

look at these different things as segregated things that have to somehow be cleverly worked together then you are creating more work for yourself, and not allowing it to be as effortless as it could be. Are you following along so far?

Q: Yes, yes. Absolutely.

B: All right. The idea is doing in your life what excites you the most, and thereby fulfilling your mission, your purpose, and your service in life. Then all the other people that wish to be with you, all the other people you wish to be with that give you joy to be with, you will easily be able to relate to them. You will have the conscious commandment necessary to make the decisions clearly that need to be made in your life relative to all the other people that you interact with in your life. All these things will come from insight, from the insight of your knowingness that you are doing what you truly need to do.

Everything will blend smoothly as long as you maintain in that relationship open, continual, honest communication about who you are at any given moment and what you prefer at any given moment; and listen to who they are at any given moment and who they prefer to be at any given moment–then you will understand that naturally, synchronistically. If you are being open, you will only attract and be dealing with individuals who belong, and therefore, what they want will automatically mesh, intermesh and interplay with the things you want. Not that you necessarily have to want the same thing but that

your schedules, your relationships will intermesh easily, naturally when you are open with each other about who you really are. And do not put expectations in the relationships about who you think each other ought to be. Make sense? Does this help at all? Is this addressing the issue?

Q: Yes, it is. Absolutely. Thank you.

B: Thank you.

Being An Exception To The Rule

Q: Hi.

B: Hi!

Q: I have not had my period in quite some time.

B: All right.

Q: Any conventional. . . figure this one out for yourselves. . . any conventional tests that I've had have all come back negative. I'm not pregnant.

B: Yes.

Q: And I'm wondering.

B: Wondering what?

Q: I'm wondering. . . I guess they – "they," *they* - - told me that it would be best to. . .

B: They? They-they. They-they-they.

Q: . . . to have a menstrual cycle at least every 3 months.

B: Why?

Q: Because they felt that it could turn cancerous if I didn't.

B: Why?

Q: Because I guess they're basing it on their statistics.

B: Yes. . . so?

Q: They didn't go into explicit. . .

B: Do you fit the statistics? Or are you an exception to the rule?

Q: I don't know whether l fit the statistics.

B: You don't know? Decide right now!

Q: Okay. No. I don't fit the statistics.

B: Now: are you really worried about it? Or are you just being a good person. . . and playing along with them so that they will feel good about what they are telling you?

Q: Well, it's not that I'm trying to make them feel good.

B: No?

Q: I think that I consider that the way I think, and the fact that I'm. . .

B: In other words, you are using them just to check your belief system, yes?

Q: That would be one way of saying it.

B: All right. Was it an appropriate way of saying it?

Q: It will do for now.

B: Oh, thank you. You always have the capacity to do an internal check.

Q: Well, I. . . internally I feel all right.

B: Yes.

Q: Sometimes I tend to be a bit of a procrastinator, so I don't look at things until they're smack in my face. So I don't know if this is one of those things.

B: Sometimes that can be procrastination; sometimes it can be living in the moment. Depends on how you look at it.

Q: Well, I've been looking at it the other way – living in the moment – for quite some time.

B: All right.

Q: But there's been a little thing in the back of my head, which told me: "Well, maybe you should go have a test, and all that." So l did.

B: All right. And now you have had your test.

Q: Right.

B: And they are...?

Q: They are negative.

B: And therefore, you are still not at rest?

Q: Well... and then I've been attempting herbally to force it to happen, and nothing is happening.

B: All right then. If by aligning yourself with the "natural order of things," it still doesn't happen, then why not assume that you are now a part of the natural order of things the way you are?

Q: Okay.

B: Well, you don't have to. Don't sound so overjoyed! (Sarcastically): "Oh boy, oh boy. I'm the natural order of things."

Q: I prefer to fully trust. . .

B: "I prefer to fully trust."

Q: I prefer to fully trust that everything's fine. I'm checking.

B: Everything?

Q: What do you mean by that?

B: What does the word imply in your language?

Q: Everything.

B: Everything! Are you willing to trust that *everything* is fine?

Q: Yes.

B: We know you meant everything with regard to the idea you specifically mentioned. But we have taken the liberty to include the broader definition of the word.

Q: I gathered that. That was why I questioned.

B: Yes, I know. Is everything fine?

Q: Yes, everything is fine.

B: Well, thank you very much. You know it is. You really do.

And understand this: if, for some reason, you should decide to create something you did not prefer, by knowing that everything is fine, you will always give yourself ample opportunity to deal with it in a way that will also be just fine for you. Understand?

Q: Mhmm.

B: In other words, you will always catch everything in time – always.

Q: Okay.

B: Thank you very much. By the way, to some degree, what the idea of not having the period is indicative of is one way to show you that you are completely living in the now. For time hasn't changed that much for you. And, in a sense, I could put it this way: since you stopped having it, for you, in a sense, a month hasn't gone by yet. Understand?

Q: Yes, I understand that.

B: Does that serve you?

Q: Yes. Well, it's just kind of funny when you think time hasn't gone by. I understand that it's the dichotomy of things accelerating and standing still at the same time.

B: Yes.

Q: Okay.

B: Does that serve you?

Q: Yes, it does.

B: Well, thank you very much.

Q: Thank you. That means I haven't aged. Well, bye.

B: You are getting younger every day. Sharing!

Being Mirrors For Each Other

Q: In my work I see a tremendous number of people, and I noticed in this last week that my response to every one of those individuals is different.

B: Yes.

Q: And I realized that I must be channeling to them the response that they demand of themselves. Is that a valid, or...

B: You are always going to be reflecting to anyone the idea you consider yourself to be. Anyone who interacts with you will choose to interact with you because they wish to see that particular facet of themselves reflected *from* you. But they will only see reflected *from you* what idea you are willing to be. An individual who does not wish to see that idea – you will never meet them. Do you follow me?

Q: No.

B: You are a reflection to individuals that you interact with. They see in you, and you see in them, portions of the ideas you wish to explore about yourself. You are all mirrors for each other, in that way – for different reasons. This does not mean that if you see someone exhibiting the idea of a negative trait, it does not mean you are doing that negative trait, but that you wish to explore the idea of your relationship to that trait. Perhaps, if only to be of assistance, to reflect back to them that they do not have to choose that negative trait for themselves, because they see within you the affirmation of a positive one.

Q: Yes.

B: The idea is that any individual that interacts with you is drawn to you, and you are drawn to them, because of what you have to offer to each other. Individuals who do not wish to partake of what you have to offer will never meet you – you will never meet them. Do you follow me?

Q: Yes. So, am I, in a sense, channeling their higher consciousness? Or what is it, when I respond to one person in...

B: To some degree, it is a reflection that contains higher consciousness within it, in that way. You are also, perhaps, reflecting beliefs, emotions and thoughts that are the three cornered prism of the personality, artificial construct, that may be reflecting to them the ideas that *they* have chosen to believe, feel and think about. So that they can decide whether they prefer other ways to believe, feel and think.

It is, in this way, a total reflection. Depending upon whatever portion of that reflection the individual wishes to perceive coming from the mirror that you are; all of it is there for anyone to see. Everyone is selective, according to what portion of the reflection they *want* to see.

But it is always *all there* in the reflection. Each and every one of you is *completely* holographic and contain the totality of all information in the universe that you are reflecting to anyone. But your sensory apparatus, as you have constructed it within your physical reality, is *selective*, and you will see only what you want to see.

Q: Right. Well, I found that I was reacting very gruffly, in a very abrupt manner with some.

B: Why?

Q: I’m not sure.

B: Did you see things that you do not like within yourself?

Q: (Laughs)

B: Understand, all judgment in that way is ultimately self-judgment.

Q: Yes. Well, I was very gentle with most of them; I was humorous with a lot of them.

B: All right.

Q: It was only with a few that I was spontaneously very... severe.

B: Then, perhaps, they sparked within you, portions of your personality that you had not been willing, up to that point, to look at. And now they have provided you with the service of bringing them to the surface so you can see them and deal with them and allow them to integrate within your personality, so you do not have to experience them in a negative way.

Q: Great, okay. All of these responses were very spontaneous, they were just – snap – they just came out of my mouth like that... I wasn’t even thinking.

B: Then you are trusting yourself that what the interaction brings up is what you need to look at.

Q: All right.

B: Thank you.

Q: Thank you very much.

Bashar:
Channeled by
Darryl Anka
Circa 1997

Being Mother

Q: I wanted to ask you what your people, your civilization feels about the reaction to Princess Diana's Death.

B: Which reaction are you speaking of? There are many, many, many reactions and responses.

Q: The outpouring of love and coming together, yes.

B: Aright: well we have to some degree already addressed that, have we not?

Q: Right, but, I mean, my question was are they...

B: What way do you specifically mean it?

Q: Are they surprised?

B: Surprised? No not at all.

Q: Okay

B: We know that you are on a path of integration, if not so we would not be having these conversations. Therefore: while we may be surprised in a sense by the specific way your planet might choose to go about doing something on the larger scale, we are not surprised by the kinds of things in general that you do. Because we know that you are very clever. And, we know that one way or another, through darkness or through light, you will arrive at the light in the center–one way or another. However it is that you need to do it, however it is you choose to do it, will be the way that works best for all of you–of that we have absolutely no doubt. Does that make sense and answer your question?

Q: Yes, that's what I was wondering. Also, do you have people in your civilization who are personalities, or have had these strong personalities that lead you, like we do or are all of you so evolved that no one is more in tune....

B: Every signal individual is at this point in our evolution absolutely equal in their impact, and yet at the same time, every single individual knocks everyone of us out. Do you understand how both can be true simultaneously?

Q: Yes, but I....

B: Yes, but, that usually means no.

Q: Well, no, what I mean is do you have leaders like we....these women were?

B: Yes, every single individual is a leader and a follower and a doer and a beer–every single individual. There can be patterns that will occur in the collective when for one reason or another the outward appearance of someone being more focused on than the others might occur for some reason, but in no way shape or form at anytime does that outward focus take the same meaning that it does on your planet in the sense that no one else in anyway shape or form and not for a second would believe that that outward focus or that apparent focus of that single individual means that they are somehow better than or more capable than anyone else in being in that position.

It's simply seen as the synchronicity that serves us all, that someone is, perhaps, standing out from the crowd at any given moment but we never loose sight of the whole crowd holographically, nor do we ever loose sight that every single individual contains exactly the same energy and the same impact, and the same ability to be the focal point for everyone. Make sense?

Q: Yes.

B: Does that answer the question?

Q: Yes, also I wanted to ask you, regarding the monarchy, at what point will we see that take a shift ?

B: At the point were every single one of you acknowledges your king hood and queen hood within your own selves. Do you understand?

Q: Yes.

B: You are all royalty and you are all commoners and when everyone understands that energetically there will be no real reason except for the kind of synchronous play acting that we have already described, there will be no real reason to actually physically differentiate that on your planet, because everyone will be a king and a queen in their own rite. Everyone will be equal to everyone else. Does that make sense to you?

Q: Yes, yes it does.

B: But, in that equality we are not talking about "homogeneousness". Unity is the product of the strengthening of the infinite diversity of each individual. It is like unto the analogy we have used many times–what you call the puzzle picture game. You have puzzles on your planet that when you put all the pieces together, form a large picture the only reason you get the large picture is because each and every puzzle piece has a unique shape.

If you try to conform the puzzle pieces you won't get the same picture, you will not create the whole unity. The unity comes from each puzzle piece being granted validity as the unique shape in which it was created and allowed to be what it needs to be and fit where it needs to fit. That's the only way you get the whole picture that then supports ALL of the validity of all the pieces. Make sense?

Q: Yes I like that.

B: That is what we are talking about, does that make sense to you then?

Q: Yes

B: Does that help you then?

Q: It does. There have been some people whom have said that, perhaps, it was not an accident?

B: If you are talking the idea of conspiracy, this is false.

Q: Right, okay.

B: It is timing, and purely timing and it is not in that sense what falls into the typical idea on your planet of conspiratorial action–no. Does that help you?

Q: Okay, yes.

B: Thank you.

1

Being the Master Crystal

Creative relationships are experienced in a state of relaxed trust and inspiration, where you understand what you are doing is simply learning how to play with each other and learning how to love as unconditionally as you possibly can. So relax. Take three deep breaths and close your eyes. Remember the other meditations we have done. The meditation of meeting and loving yourself, for you are your first soul mate, your own reflection. Remember the child that you are so you can play in that knowledge, so you can rejoice

In your imagination, picture the following thing: picture yourself now as a single facet of a crystal. You are floating in space. You are surrounded by stars in every direction and you feel a bright light shining from within the very center of the crystal that you are. Because you know you are transparent, you know that light is shining out into space and is being seen by all the other stars. And then you see all the stars begin to move toward you and you understand that because of space and time being what it is, each and every one of those stars thinks that all the other stars are moving toward them. All integration is seen from every individuals' point of view.

As the stars come closer, you begin to perceive that each and every one of them is a crystal facet–just like you. The crystal, the facet that you are, has many sides and many angles, and the crystals that they are have matching sides and matching angles. And all these crystals come rushing towards you, nothing standing in their way. And you are filled

with joy and filled with excitement as they rush closer and closer and closer. And you open the heart of your light in absolute vulnerability because now you understand for the first time that vulnerability is not weakness, it is infinite strength. Because when you are wide open, then you are open to the Infinite. When you are open to the Infinite you are connected to the Infinite, and when you are connected to the Infinite that means you are in contact with Infinite Power. So you open wide in vulnerability to receive all of the in rushing crystals. And some of the other facets get to you first, and some of them arrive a little bit later. But the ones that get to you first plug into all of your sides and facets. And all the other crystals plug into their sides, and more and more and more it keeps building up, until all the stars and all the crystals in Creation have joined together to form One Master Crystal. And it shines with a radiant light! And you are one facet in that Multidimensional Crystal.

And then at once you recognize that the Master Crystal is exactly the same shape as you, only bigger. It has all the same properties as you. You have all the same properties as the Whole, and therefore, you are also, even as an individual, the Whole Master Crystal as well. When you recognize that you are also the Whole Crystal, you suddenly realize you can interact with any of the facets in any order you want to, and that there are beams of light constantly connecting and criss-crossing all the facets in communication. The vibration of your central light determines which other facets you interact with. And then you feel the central light of the Master Crystal become brighter and brighter and brighter, energizing each and every facet.

And now with each and every deep breath you take you feel the Master Crystal's energy build and build

and build. And it becomes brighter and brighter until you think it will become no brighter, yet it does. And then it explodes into an infinite number of facets and each and every facet goes drifting into space. But space is no longer an emptiness surrounding each facet, the following miracle occurs:

Each and every facet now expands to the size of the Master Crystal filling all of the Universe And as your own Master Crystals, you all intersect and interact; you all overlap. Wherever you look, you are inside every other individual; every individual is inside you. You are One, always One, interacting with an infinite number of yourselves forever. Every facet supports the Whole; the Whole supports every facet. You are all one Master Crystal spinning in the bright light of Infinity. You are the Crystal of Unconditional Love. Three deep breaths and open your into your new, expanded reality.

Remember that it is not the same reality that it used to be. You are born anew; you are refreshed. Your energy is light and yet powerful; your energy is powerful and yet light. It is fulfilling and you are fulfilled. You are fulfilled, and in service, you are fulfilling to All. Stand up and shake yourselves out; stretch and fill your Universe. Feel the energy now incorporating into your physical form; feel glad and light and happy.

Being the Red or Blue Cube, Your Choice.

B: The basis of life is simple. You transform all the time, all the time, every single moment of time you are a completely new person—literally. I don't care what you think you look like in the mirror, I don't care if you go to the mirror and say, "I look the same as I looked a moment ago." You are not the same person, literally. You are redefining your existence every single moment, you are even creating the concept of moment in which to redefine yourself in every single one of them.

So, when you, as you say in your language, get a handle on the concept that you really literally are redefining yourself every single moment, then you can understand the concept of what may appear to be a long involved evolutionary change over time. That sense of *continuity* of slow change is just an illusion you create and, in fact, you can change in a wink of an eye if you understand the concept holistically. We have used this analogy we will use in a moment many times, and perhaps it will assist you.

Imagine in your mind's eye, now, a cube. A cube has six sides, you see it? Imagine that it is all blue, do you see it?

Q: Yes.

B: Imagine now that one face **only** becomes red. Do you see it?

Q: Yes.

B: All right, now there are two ways to look at this, fundamentally. You can say to yourself with one belief system, "well, that is the cube that used to be there that used to be all blue, and now just one face has become red, so a small change has taken place." Or, conversely, you could choose to say, "wait a minute, the whole concept of an entirely blue cube and the concept of a cube with five blue sides and one red one, are two *completely* different concepts that have nothing to do with one another and therefore, they are literally, literally, literally, two completely different *cubes* with different histories, different abilities, different affects, different everything." When you start to think of your personality as such a construct, then you can say to yourself, "well I am the same person who has made a tiny change and therefore, it is going to take me time to change to what I want to be." Or you can say, "wait a minute every change I make, every change I make means I am COMPLETELY different, totally a new person." And when you get access to that idea and start acting like that is so, in your thoughts, words, deeds, body language, and every aspect of your being, then your reality will show you that the changes can be as abrupt as you allow yourself to image they can be.

And any time anything takes from that point forward will only be the ABSOLUTE necessary minimum time that is representative of what ever process **is truly needed** in your life, to help you grow and appreciate the things you are becoming. As opposed to adding all sorts of other processes that fundamentally you don't necessarily need, except that if you add them, you obviously need to understand that you are creating them and in creating them, the lesson therein, may simply be that you don't necessarily need to create them. Does this make some sense?

Q: Yes

B: Does that help you?

Q: Yes.

B: All right, well, let that sink in and see what that does for you.

Q: Thank you.

B: Thank you.

1

2

Beings of Spirit

B: All right, I'll say good day to you this day of your time, how are you all?

AUD: Fine, great.

B: We thank you once again for co-creating this interaction this day, and allowing us to communicate with you all, in this manner. We thank you for the opportunity to allow us to perceive, through you all, the different ways that creation has of expressing itself, once again.

We thank you for this, for this is exciting to us. And it expands our understanding of creation, even as we interact with you and reflect back to you those ideas, those circumstances, those concepts and definitions that, perhaps, will also allow *you*, simultaneously, to expand your reality, your awareness, your opportunities in your lives. Since you, each and every one of you, individually and together collectively, are after all, designers of your lives. The designers of what you experience in your physical reality.

And therefore, because of this fact, you can allow yourselves more and more and more understanding, and more and more opportunity to avail yourselves of creating those realities, more precisely, in the way that you imagine you desire them to be. For you were given free will in the creation of your consciousness. And there is absolutely no reason why you cannot exercise that free will, and come into accord, come into alignment, come into synchronous harmony with all levels of your consciousness, all levels of your being.

So that you, in achieving that harmony, in creating that harmony, can more effortlessly and more smoothly experience the results of that harmony – which is an effortless, creative, joyful, ecstatic physical life, instead of the ideas of suffering and struggling and limitation. Which you have for thousand of years upon your planet been taught to believe is the only way that you can achieve certain ideas and issues in your reality. You follow?

AUD: Yes.

B: So within this conversation, as you allow our civilization to engage your civilization, it is always in the *reflections* that we share the opportunity to open up your perspective and shift your viewpoint. To know that there will be other ways of doing things, other definitions of life – other than the ones you have been taught to buy into – that could allow you more freedom of movement, shall we say, more freedom of creation.

And certainly more freedom to experience, in an ongoing and ever expanding manner, those circumstances, those situations that you say, that you know, in your heart of hearts, in your dream of dreams, are the circumstances that are more representative of what you know is true about yourselves.

And that is that you are, first and foremost, beings of Spirit made in the image of, as you say, in the aspect of, Infinite Creation. And that you can express your aspect of Infinite Creation more fully, more effortlessly, and more joyfully, than perhaps you have been taught to think possible. For this is your birthright. This is what *you are;* you are the spirit creators of your physical realty. And as you define your reality to be, so it is experienced.

We will keep this particular dialogue, this day of your time, succinct. And simply now move ahead in sharing to ask you: In return for the gift you are giving us, of allowing us to experience you, in what way may I be of service to you, through sharing now?

Beings of Spirit

1

Belief Creates Physical Reality

B: You!

Q: Yes, back here. You know, it's very difficult to get your attention as a first-time attendee. There's someone back here who was eager to get a question in, and I think they gave up because of the competition. Could she ask a question? And if it isn't taking unfair advantage, could I ask one after that?

B: Absolutely. But do recognize, first of all, that everything occurs in perfect timing. Proceed.

Q: My question was that some material has come to me lately about – and it sounds morbid, so excuse me – about what happens to beings that are atomically disintegrated. And that it's much harder on them because that body is totally disintegrated. And I wondered if this is true.

B: There can be some relevance to this idea within certain belief systems. There can be energies that may bridge what you call the physical/non-physical barriers, in this way, and cause some sense of disruption. But also, is there some specific reason why you are over concerned about the idea of atomic disintegration?

Q: Yes. Because of something that was said to me about my energies and my inability to. . . my energies can get extremely scattered, and there is very much difficulty in bringing them back together. And someone told me – unasked by me – oh, I hate saying this in front of a group of people. . .

B: Oh, it's all right.

Q: . . . that I'd been atomically blown up, and that my energy field was scattered, and it's very difficult for me to bring it back together.

B: In what era were you atomically blown up?

Q: I'll tell you, I was so blown away, I didn't even ask! So I don't know.

B: All right, one moment. May I ask you a few questions myself?

Q: Yes.

B: Do you believe you are here for a reason – I mean on earth?

Q: On earth?

B: Yes.

Q: Yeees.

B: You say that hesitantly.

Q: No, I just. . . I think that anybody that's here has to believe they're here for a reason.

B: All right. Do you believe you are here for a reason of your own choosing?

Q: Yes.

B: All right. Do you, or can you, therefore, recognize that even if this idea of the atomic disintegration were so, that therefore, by having chosen to be in the physical life you are in now, this is representative of your ability to reintegrate yourself? That is, perhaps one of the ideas you are learning.

Q: Yes. I'm having a tough time.

B: That's all right. The only reason you are having a tough time, per se, is because you have been taught to treat the time you are having *as* tough – to think of it as a negative experience. The second you can begin to realize the ideas in your life, the situations in your life, the occurrences in your life, are there for a positive reason, you will allow yourself to accelerate into the integration. And therefore, not experience the reality as tough. It is only the definition you have been taught that creates what you are perceiving to be toughness – only the definition. That is it! Only the definition! You follow me?

Q: I do. I don't know to change that.

B: Oh! 'Tis very simple, very simple.

Q: Oh, good.

B: Now, first of all, recognize this idea: do you understand that what you call your imagination reality, and your physical reality, are both real?

Q: Yes.

B: All right. Then you can very simply recognize that if you have the ability to conceive of something you prefer to be, you are already *of* that vibration. And all you have to do is begin to *act* as if it is true for you, to allow your physical reality to reflect that in your life.

It is only because you continue to assume what you have been taught – that, "well, if I have imagined it, now what – do – I have – to – do – to – be – come – this – idea? What long – involved – process – is – nec – es – sary – in – or – der – to – achieve – this – thing – out here?" That is what makes it tough.

Q: That's not it; it is that I have consistent evidence that I'm not doing. . .

B: Evidence! Evidence! What you are calling evidence is only what the physical reality reflects what you believe to be true. Do not forget: your belief of what you believe to be true is what creates physical evidence – not the other way around. Belief creates physical reality, which then may *reinforce* the original belief. And that is what you think of as evidence. "Well, yes. Well, look, this is happening; therefore it obviously is tough." But it is only happening in a tough way because you believe it has to be tough. The evidence is only a result of the fact that you contain a belief that it has to be tough.

Now recognize, therefore, that the evidence you are seeing is not representative of the idea that you are *stuck* in that belief; it is representative of the idea that you *have* the belief. Because you are *seeing* that reflection in your life – that so-called evidence that is there – to let you know you *have* the belief that things are tough. And then it puts you squarely in touch with the fact that you have that belief. Now that you *know* you have that belief, if you don't *prefer* that belief, all you have to do is *redefine* that belief.

And then the only other thing that is necessary is to act like you have redefined that belief and not act as if you haven't, then your physical reality is only the shadow of the idea you believe you are. When you

change the idea that you are, and start acting like you truly believe you have changed, then your physical reality, being the shadow of your soul, has no choice but to give you new evidence. Is any of this making some sense?

Q: Oh, very much.

B: It is only simple physics, it is only simple mechanics. AND I can remind you of a very important foundational idea that in many ways contradicts many of the beliefs you have in your society – but nonetheless can work if you let it. It *is* that simple. (Said by Bashar): "Are you sure it's not any more complex than that, Bashar?" Yes, I'm sure.

I'm sure it can be made more complex than that. But I am equally sure that it can be that simple, if you will allow it to be. That is all it takes: willingness to believe it *is* that simple. Then the physical reality, in a very short period of time, will begin to change and transform into the type of reinforcing feedback *evidence* that then reinforces the new belief you have now made a conscious choice to *become*. Is any of this making sense?

Q: Yes.

B: Now: the idea of what you refer to as the atomic disintegration is representational of a system – a planetary system – that no longer exists physically, as you know it. It is what you call, "Maldek." It occupied what you now refer to as the asteroid belt in your solar system. You follow me?

Q: Yes.

B: Does this assist you?

Q: Yes it does.

B: Thank you. Brave soul.

Q: Thank you.

Belief Patterns

B: All right, I'll say, how are you all this day of your time, as you create time to exist?

AUD: Perfect. Fine. Etc…

B: Allow us to begin this interaction this day of your time with a bit of a foundation, a bit of a formation, a basis upon which you can proceed in the understandings of all the interactions and the sharings we will conduct this day of your time. The idea, basically – as you have to some degree already been told – is to allow each and every one of you to recognize that we are here to assist you at your invitation and only at your invitation, because it is your world. You have your own attitudes; you have your own perspectives; you have your own understandings about what it is you wish your world to be. And we will find that those wishes on your part are absolutely to be inviolate.

We will not force ourselves upon you in any way, shape or form. We cannot abide by the idea of the forcing of a point of view upon anyone. Your decisions for your world are completely sacrosanct, as you say, and completely up to you. This will allow each and every one of you to begin to realize that as you begin to function more and more as a society, more and more as a complete total civilization, that it is that creation upon your planet, that unity upon your planet that will allow you to function as a civilization with regard and with respect to your dealings, shall we say, with other whole and complete civilizations as they express themselves in the same manner.

In this way, therefore, the decision is up to you. We cannot force you to act like a civilization; we cannot force you to create the idea of peace upon your planet. But if you are willing to proceed along these lines, you will understand that a great deal of accelerative energy, and a great deal of integrative energy is what will be brought forth upon your planet to allow each and every one of you to recognize that you are foundationally, and first of all, the creators of the realities you experience. Are you all following along so far? Is this translating to you?

AUD: Yes. Yes.

B: Recognize, therefore, that when we share concepts with you that may be different than the concepts you are used to hearing in your civilization on a day-to-day basis, we will not so much be teaching you anything new, but we will be in fact reminding you of many ideas that you have known in many different lifetimes and many different civilizations in which you have reincarnationally existed, exist now, or will exist. And, therefore, those portions of this dialogue, those portions of this interaction, those portions of this sharing that you feel strike a chord within you will simply be the vibrations that are synchronous and harmonious to the particular aspects of yourself that, at this particular moment in time, you know best are those aspects that you need to deal with, to understand the growth and expansion of the beings you consider yourselves to be,

Therefore, recognize that there is no one thing that is any more valid than any other thing; there is no one way that is any more right or wrong than any other way. Each and every one of you is a unique facet, a unique expression of the Infinite Creation, and in your own way do you then provide to the total

society a unique point of view, a unique manifestation of the total idea that you all are experiencing and sharing and blending in, together on your world that you call Earth.

Therefore, allow us to begin by reminding each and every one of you that you are the creators of this reality you experience – utterly, totally! "Any exceptions? No, none." Recognize that the idea of creating your reality can be looked at from many different perspectives and many different points of view. And once again, it is not so much that you absolutely must believe that this is so, but do recognize that the idea does exist, and it is a bit beyond and above the idea of belief.

You are an automatic creator. Your own literature – though many of you, we realize, have interpreted it in many different ways – your own literature has told you that you are, quote/unquote, made in the image of the Creator, that which you generally refer to as God. Well, understand what that means, if you are, as you are, made – as all beings are in creation – in the image, so to speak, in the likeness and after the fashion of the Infinite Creator, then it also means you are a creator. You cannot help yourselves, it is automatic. This is what you are.

You are extensions of the Infinite Creation, and you cannot help but create. You create so automatically and so instantaneously and so easily, in fact, that in this particular physiological reality into which you have projected yourselves, it is so easy to create that reality – the illusion that the reality is outside of you, the illusion that the reality surrounds you rather than comes through you, that you have even created the ability to forget that you are creating this reality around you; so automatically and so easily done is it from you.

Therefore, what we are also reminding you is that everything you experience in the creation of your physiological life does come from you, is a reflection of the ideas you believe yourself to be at any given moment. Belief creates the physical reality you experience. In order of progression, let us say, to think of it in linear terms, first there is simply existence. Then there is knowingness – existence that knows itself, the first separation, the first seemingly objectified point of view. Knowingness – the oneness that now has a perspective of itself.

After knowingness comes the idea of belief. After belief comes the idea and the expression of emotion. After emotion comes the idea and the expression that you colloquially call mental thought. Belief, emotion and mental thought are the three corners of a prism, so to speak. This prism is what you create to channel the white light, the homogenous unified energy of your higher consciousness, your total consciousness, down through this prism and fractionate it into the spectrum that you perceive to be all the differentiations in physiological reality, all the differentiations you experience as physiological reality.

These three cornerstones of the prism – belief, emotion and thought –are what form the basis of what you consider yourselves to be as a persona, a physical consciousness, a personality, as you say. But a personality is not exactly who or what you are, in a sense it is an artificial construct. It is, at any given moment, simply the representative symbol in physical terms of the idea you are being at that moment as a consciousness – and wishing to explore and experience in the idea you call physical reality. Is all of

this making sense to you so far?

AUD: Yes.

B: Therefore, recognize that the physical reality at any given moment that you experience in a seemingly externalized fashion will utterly – utterly, UTTERLY – be the product of what you believe, will be reinforced by what you feel about that belief, and many times will become structured by what you think about what you feel about what you believe. But the belief always comes first.

Many of you, we recognize in our conversations with you, have said, “Well, this is the way things are in my life; I simply feel that’s the way they are.” But recognize that the feeling is not the first idea. A feeling is always a reaction to a belief that already exists within you, a belief you have been taught, a belief you have bought into since you became a physical being. Do recognize that you begin to absorb the belief systems of the physical reality you are born into from the moment you are born, and even prior to that moment you are born, and even prior to that moment. You adopt those physical beliefs into your life because you need them in order to survive in the reality into which you have been born.

So you will buy into many of the physiological beliefs that your parents have, that your friends have, that society in general has, until you arrive at a point where you recognize your own self-sufficiency. And then all of a sudden, when you begin to explore the idea that those beliefs can change, you run, generally speaking, smack into the wall of the beliefs you have bought into up to that point. And many of these ideas is what causes much of the idea of the negative confusion in your lives – the searching for yourselves, and so forth – simply the idea of old habits, old ways of thinking, old beliefs, old patterns that have been going on in your society for hundreds of thousands of years. And that now, in this particular time frame, you are recognizing (there) no longer needs to be those beliefs that pattern your life, no longer needs to be the definition of the structures of your physiological reality. And so you are unlocking.

But many times we recognize in that unlocking, you first must come to terms with what it is you are unlocking from. Always, always, always you have a very clear opportunity to always understand in a very conscious way what the beliefs are within you that exist at any given moment. Because your physical reality always, always –"Any exceptions? No, none." – always is an absolute reflection of what you believe is the most possible true reality for you. If you find, therefore, that what is going on in your reality all around you is

something you don’t prefer, then simply use the opportunity of that situation that comes to you that is a negative situation – to allow it to show you, if this negative is in your life, then obviously there is some belief within you that is attracting this negative situation to you. This situation therefore is an opportunity to get in touch consciously, rather than unconsciously, with what that belief is.

Situations that occur in your life are always opportunities. They are not punishment; they are not retributions. You are not forced into anything; you are not stuck in anything. If you choose to look at it that way, then you may create a scenario in which it seems you are stuck. But a situation that occurs in life is always an opportunity to show you, beyond a shadow of a doubt, that you have a belief that is akin

to the attraction of that idea in your life, of that situation in your life, and therefore, an opportunity to show you what beliefs you have within you – and if you don't prefer them, to redefine them. And in redefining them, you will then, at that moment, allow yourself the opportunity to see the transformations taking place in your physiological reality that are now the reflections of the new idea, the new belief system you have created yourself to be.

Many of you will find that it seems as if your are feelings are what create the reality around you. But recognize that it is the belief that creates the reality. The feeling, being a reaction to the belief, may reinforce the belief, which once reinforced by the emotionality, may then recreate the scenario around you – which may then give you rise to create more emotion – which will re-recreate the scenario.

And this is how many of you feel like you become stuck in ruts, or cycles of repetition. Once you get in touch with the original primary belief, always do you have the capability to redefine that belief, unlock yourself from the previous cycle and introduce yourself to a completely new reality, which will always, 100% be an absolutely accurate reflection of what you believe to be the most likely reality that will be true for you. You all follow along?

AUD: Yes.

B: So in these interactions, this day of your time, in all the sharings that we do, allow yourself, if you will, to come from the perspective that all that you experience, and all of the ideas that may seem to be insurmountable situations to you, all come from choice, all come from belief. And that you have the capability, in which we will assist you – not tell you and not do for you –but will assist you to understand that you have this capability to unlock and transform any idea, any situation, at any give moment in your life into a representation of the desired situation you would prefer in your reality.

It will involve getting in touch, in a very honest and open manner, with what you truly believe is possible for you. But there is nothing to fear in this. You will find simply that there is nothing you could possibly ever discover about yourself that you ever need to fear. For anything you discover can always be integrated into the total being that you are, and in being willing to integrate those aspects of yourself into the totality of your consciousness, you will always only find more expansion, more growth. And always, along with it, your birthright of ecstasy, for ecstasy is what you are created from. Ecstasy is the energy, the vibration of creation itself. You follow along?

(Cannot hear any questions)

Sharing!

Belief Structures About Food

B: Question!

Q: I have a situation with my body. I'm being given medications from the doctors, and I'm just wondering whether I really should be taking those medications?

B: Allow me to ask you: do you believe in the idea of doctors?

Q: Not too well.

B: Then how do you expect yourself to heal yourself, when you are not using the tool that you believe in?

Q: Well, because I lost the belief in my own self – that's basically what happened.

B: Where did it go?

Q: Well, I'm just. . . the last few days. . .

B: Wait a minute! There is no outside. Remember that – there is no outside. There is nowhere for it to disappear to. Where did it go?

Q: That's for me to answer.

B: You may say "Nowhere."

Q: It's right here.

B: Thank you. Once again, allow your imagination to be real. Give yourself whatever meditation exercise you feel that you need. However, I will say, first of all, also realize that when you allow yourself to flow within yourself, you will allow yourself to remove that tension from your situation. Do you follow me?

Q: Yes.

B: Thank you.

Q: Thank you. What do you think those. . . oh, are you ready for. . . ?

B: All right.

Q: What do you think – with those types of body that we have here – would be the best way of feeding them, as far as food is concerned?

B: All right, once again, realize that for the most part it will be up to your belief structure. However, I will say at this time your mass consciousness understands that it is accelerating its vibratory level and, as such, you will find that the simpler foods, fruits and vegetables, will be more harmonious with that level of existence and will cause the least friction.

Q: I see.

B: Realize that every idea vibrates at a particular level. And if you choose to vibrate at one level and continue to absorb ideas which vibrate at other levels, you will cause friction between the two vibrations in what you term to be upsets or diseases or imbalances within the physical form. Therefore, I will say: realize, that at this time your fruits and vegetables, freshest as possible, will be of greater balance to you.

You will find that, to a great degree, the removal of dairy products will be viable. You will find that if you feel the need to intake meat, your seafood will be of greater benefit.

Q: Okay. What do you think about sprouts (- -?) in the family of (?. . .)

B: Very good. You will find that vegetables will have much closer affinity to that idea you understand as herbs. And therefore, vegetables will in a sense have very specific effects upon various portions of the body, whereas fruits will be more general vitalizers.

Q: I see. Do you believe (– –?) ... has been drinking just juices for the last ten years, and I think be is over 100 years old now. His name is Norman Walker, and he preaches cleansing the body and mostly juice drinking. No eating whatsoever. (–?) your body does what...

B: Once again, you will find that that may be all right for that individual if they have allowed themselves to create a belief structure that that is so. However, you will find that individuals who attempt to undertake the same regimen without the belief will do themselves more damage.

Q: I see.

B: The belief must be there first. You will know how to eat. Listen to yourself.

Q: I've been a vegetarian myself and I really believe in wheat grass juice – which was the Essene diet.

B: Well, allow me to ask you: how does it make you feel?

Q: It makes me feel great.

B: Well then?

Q: Well, I was just asking the question because that's what I teach, you know raw food and…

B: All right, but realize you may simply teach, as there are people willing to be taught. You may share, yes, any information you have, as long as you understand 'tis not the only way.

Q: I know it's not the only way but some people rely on it as the only way.

B: That is perhaps for them, all right. Perhaps for others it is not. Realize also that when an individual focuses at times very heavily on the idea of health, when they are worried about the idea of maintaining health, they will be pouring a lot of energy into the idea of worrying about disease and, as such, creating a fear which will be their reality.

Q: That's right, that's right. I've seen that.

B: Very good.

Q: Yes.

B: Question.

Q: Do you ever get angry?

B: In a sense, but you will find that because it is equal to every other portion of ourselves, it will be used for the purpose at hand and not expressed in that way which you term to be negative. The energy will be used and re-channeled into creativity.

Q: So you are happy most of the time.

B: All the time, even when we are angry.

Q: That's wonderful (I love it!)

B: That's right; that's the way to go.

Q: Thank you. That's. . . are you ready?

B: Yes. Are you?
Q: Yes.

B: Are you sure?

Q: Ah, yes. I listened to a tape from, I think, last Sunday. And somebody had asked about their liver problem, and you gave some suggestions as to what to do. And I thought that you said at that time that that individual should go with what she felt like eating. And I too was a vegetarian at one time, and I find myself craving meat.
B: Listen to your body. You may, if you wish, at first, partake of fish or fowl, rather than red meat. Allow yourself to find if your belief will allow that to be sufficient. If it will, fine. If not, you may have whatever your body tells you *you* need to have at the moment.

Q: Good. Yes, I did that, and I certainly seemed to feel a lot better and I stopped worrying about being ill. Which is what I wanted to do.

B: Very good. You will find that at times you will have an automatic mechanism, which will show you that you have not quite acquired the belief you need to remove that overall mass belief from your reality at this time and, as such, you should always listen to that.

Q: Okay. Got it. Thank you.
B: Question!

Q: I heard about the blue light, and you said just flow it any way you feel comfortable with it, and I still had difficulty manifesting any type of energy or any type of... of anything.

B: The idea may simply be that you are putting expectations on the way you think it should manifest, and not allowing what manifests in your life to be the way the energy has been used.

Q: You think that if I believe something is happening, like in the oxygenation. . .

B: Oxygenation.

Q: Oxygenation of water, I could just believe that. . .

B: Your total reality is nothing but the product of what you believe it to be; plain and simple.

The idea of utilizing the blue-white energy is still only a symbol that we have suggested to you, because many of you may find that it befits the modality of your mentality. But if the symbol doesn't work for you in that way, create your own, if you need one. Or simply believe.

Q: Okay. I have another question, or, uh, I'd like to go up on your ship, uh. . .

B: All right. Have a good time. (AUD: laughs)

Q: Okay. Could I, uh, be directed anywhere to where it is, or. . .

B: Simply project within your imagination the idea, and you will find that you can create the experience in whatever way, shape and form is perfect for you now. Or you may, in our terms, "wait until you are in your dream reality," where it may be easier for you, if you believe it is.

Q: Is there, how do I know where you are, or where your ship is?

B: The idea is that you do not need so much of a pinpointing, but simply by recognizing that when you attune yourself to a particular idea, it carries its own vibrational wavelength. Simply being tuned into that vibrational wavelength will deposit whatever portion of your consciousness needs to interact with it, wherever and whenever it is. Time and space are not barriers to consciousness.

Q: Thank you.

B: Oh, thank you.

Believing Is Seeing

Q: I wanted to share with you that I went to Atlanta, Georgia last week to visit my family. And everybody in my family that I've ever met was there. And it was the first time in about fifteen years that we'd all gotten together. What I wanted to ask you about was that, when I left here to go back there…

B: Yes.

Q: in the four days that I spent there, I felt like there was a big energy shift – like I was a very different person when I was there than when I was here, before I left. Now, since I have come back to California again, I feel like I'm yet a different person. And I haven't quite figured out what that person is yet. In other words…

B: What does that person want to do?

Q: Well, that's part of my problem, because…

B: Your what? Part of your what?

Q: I don't feel the level of excitement and the…

B: One moment. One moment please!

Q: Yes.

B: Will you do me a favor?

Q: Yes.

B: Thank you. You don't have to, but will you?

Q: Yes.

B: Thank you. Repeat after me: That is a part…

Q: That is a part…

B: ... of my joy to discover.

Q: …of my joy to discover.

B: Rather than "that is a part of my problem."

Q: That feels better.

B: Thank you. Continue.

Q: Well, part of my joy to discover…

B: Yes?

Q: …was that for the last four days, since Sunday when I came back here, the level of excitement that I have been used to feeling…

B: Yes?

Q: …in the last year or so…

B: Yes?

Q: . . . hasn't been there.

B: Ahhh! Very good! What you have changed now is a typical transformation for many of you. You will create in your life, at intervals, the idea of feeling the excitement in a certain way. But if you stop to really think about it – even though it seems as if you're feeling it within yourself – you are actually, *actually*, feeling it around you.

And the idea of when it no longer seems to be around you is when you actually now have the opportunity to know you have met the level of that vibration, so it no longer seems to be there. You have simply acclimated to it so easily that it doesn't appear to be any different than you. And that's your cue to use it in whatever way, shape or form you desire.

And as soon as you use it, you will then accelerate to the next level, then feel the excitement building again, acclimate to that, use it; on and on and on forever. So that the idea is not to feel that you have lost the feeling of excitement, but that you have simply matched it. And now you can use what previously, to this point, seemed to be more energy than you were used to using.

Q: Okay, that's . . .

B: You follow me?

Q: I follow you. However, I don't. . .

B: However what?

Q: I don't know what I desire to use the energy to do.

B: All right. Why are you doing whatever you are doing in your life at this time?

Q: Because that's what I was doing before I left.

B: All right. Does that excite you? Yes or no? Do you know what you don't want to do, if you don't know what you *do* want to do?

Q: No. I'm feeling like I don't know what's going on.

B: You do not know what you do *not* want to do?

Q: Well, I guess. . .

B: Let me put it this way: is there something you are doing that you no longer prefer to do? Yes or no?

Q: Yes.

B: Are you sure?

Q: No.

B: Why do you think it is so difficult to be sure?

Q: I guess it's because I'm afraid of letting go of those things.

B: What would happen if you did? Or what do you fear would happen if you did?

Q: I'd become destitute on the streets.

B: Oh, destitute! How dramatic!

Q: Yes, it is, isn't it?

B: Now, may I ask you a question?

Q: Yes.

B: If you really stop and picture it, do you honestly – now you can say yes, I don't care – do you really honestly believe you will be absolutely destitute to the full extent of the meaning of that word?

Q: Of course not.

B: All right, then. Then you don't have to be so melodramatic about it.

Q: You asked me what could happen.

B: Yes. But I am asking you what you really believe will happen, not just what is possible for someone. What is possible for you? I'm talking to you.

Q: Maybe what I fear would happen is that I would let go of everything and nothing would come in to replace it. And I would just be flowing. . .

B: How is that possible?

Q: I don't know.

B: Do you know – as you have heard many times – that nature does not allow a vacuum to exist?

Q: Yes.

B: Do you understand what that means?

Q: Yes, a little.

B: Then understand you cannot create a hole without something filling it. It's not possible. There cannot be non-existence in your existence. If you change, things have to flow in the direction you change them into; they have to. They have no choice. No choice. You are at the controls. The way you steer is the way your whole reality will follow – has to be that way.

Q: So what you're saying is that I don't have to have something to replace it with, before I let go of something else?

B: You already do have something to replace it with. And when you let go, you'll find out what it is.

Q: Hmm.

B: The reason you don't know what you want to do is because you're not willing to let go of what you don't want to do, enough to allow yourself to realize what it is you already – somewhere within you – know you really want to do. Did you understand that?

Q: Some of it.

B: When you hold on to something you don't want to do strongly enough, you may not make even enough room for even the awareness of what you want to do to come in.

You have to let go a little bit, at least enough, at least to make at least enough room for the awareness of what you want to do to come in. You are not letting go at all.

Q: Mhmm.

B: Let at least something go. You're going to be in control. You can regulate it; you have that much control. Let it go at least a little bit, and make at least enough room for this little teeny tiny awareness to come in and say: "Pssst! Look over here. This – well, all right, I won't scare you – this might be something you would be interested in. I'm not saying you have to be excited about it right now, but this might be something you're interested in."

Allow enough room to at least be aware of what it is that does excite you. Because you do know; but you're not allowing yourself to know that you know it. You follow me?

Q: I follow you. But how does that connection. . . ?

B: All you need is trust.

Q: Trust.

B: Trust. Let me tell you – I can do no better than this – when you do that, and when you trust it and act on it, the only thing that I can tell you is that I absolutely guarantee it will work. But I can do no better than that. That's up to you to find out. I cannot – and no one else can prove it to you – but you will prove it to yourself. The second you decide that's what you want to believe, it will happen. Remember: believing is seeing; not the other way around.

Q: Mhmm.

B: So if you are not willing to believe it, you will not see it. But I guarantee it! The second you are willing to believe it, you will see it; and nothing can stop it. Nothing can stop it; absolutely nothing can stop it! Nothing.

We once talked to a member of your society, affectionately called the Wizard, and we gave an analogy. Perhaps... now, this may or may not work for you, but it might work for some of you. We are not saying that you have to literally believe this is true in a mechanical sense. But it might shake up your perspective and turn it around a little bit.

Rather than assuming that you have to, in a sense, pull something into existence, why not assume that anything that you do not specifically deny reality to will come into existence. So that then all you have to think about are the things you *don't* want; and then everything else will happen. You can do it that way, if that works better for you.

But understand: every single circumstance has an equal opportunity and an equal energy to manifest in your reality. So simply take it for granted that all the wonderful, positive things that represent the person you say you would like to be, will occur. And the only things that won't are the things that you don't prefer. You follow me?

Q: Mhmm.

B: See if that works for you. But trust it. Allow yourself to be relaxed; allow yourself to center; allow yourself to meditate in a relaxed and joyful way.

And remember: if you are actually enjoying the process of discovering, then you are not being impatient waiting for something better to come along. The more you enjoy where you're at, the quicker you realize any other probable reality you may also desire

to be.

Q: Wait. Can you say that once more?

B: The sooner you enjoy where you are in the now. . .

Q: Yes.

B: . . . the more likely you make it that you will attract other opportunities for you to act upon. The longer it takes for you to enjoy where you are, the more you keep other opportunities at bay, because you have not finished learning what you need to learn from where you are.

Q: Ahhh. . . yes. That's... yes. . . .

B: So relax into where you are, and that will create the space to let more things come in.

Q: Thank you very much.

B: Thank you very much.

Bermuda Triangle

Q: We have an area on our planet called the Bermuda Triangle…

B: Yes.

Q: Can you explain the phenomenon that goes on there?

B: All I will say, at this point, is that it is a remnant of Atlantean energy in this way, and the opening of doorways inter-linking many dimensional rifts. And that many individuals, not all, that have passed in that area have simply been rendered into non-physicalness, as you know it, because of the passing through of that energy. In a sense it is as if, in your terms, a machine had been left running wild. You follow me?

Q: Is it a time machine or? Do these people that pass through it,

do they experience…

B: Some…a few, others simply are, in a sense, re-identified into another type of reality altogether, mostly non-physical, some in other dimensions. But the vast majority simply are individuals who you will find, that because of the electromagnetic shifting, the instability of the electromagnetic field and other phenomena, in your terms, simply have not yet been found, though they still exist within your dimension; in your terms they crashed. Will this answer your question?

Q: Yes it does, thank you.

B: Thank you.

Beyond Belief

3-20-98

Canoga Park, CA

Bashar: All right, I'll say good day to you, this day of your time. How are you all?

Q: Great, perfect, excellent, fine!

B: Once again, we take the opportunity to thank each and every one of you for allowing this transmission to occur, through this gateway and in this manner, at this time. Each and every time you allow such a co-creation to occur it affords our civilization an opportunity to see that many more facets of creation, through each of the unique perspectives that all of you have to offer, and so, we thank you for this gift of expansion.

We would like to begin this transmission with the following idea that we would like to entitle, "Beyond Belief." We have many times discussed the structure of the personality and how your personality and the reality you create is basically the result of the personality structure that has three facets: belief, emotion and action. We have, in discussing this structure done so for a reason, to allow you to become familiar with the malleability, the flexibility of your personality and how your personality functions as the filter, if you will, through which your consciousness is projected, in order to create the reflection called physical reality. And we have discussed how the balance and the specific nature of belief, emotions, action work together in concert as a triad to determine the quality and the nature of the reality that you get, that you experience. We have discussed how critical it is to be in

touch with your beliefs, your definitions for they are what create the reflection of reality that you get. But this time, today, now, in this transmission we would like to go beyond and above belief.

We have, from time to time, commented on the idea that what comes before belief, what is above and beyond belief is simply knowing, knowingness. In much the same way that there are certain things that you just know, you don't have to think about it, you don't have to form a belief around it, it is in that sense so automatic, so fundamental that you just know them, you take it for granted, it is a part of your make up, a part of who you are, a part of your very consciousness, a part of your very core.

We would now like to discuss, a little bit more than we have before, how to use knowingness, now that you understand the idea or have the ability to understand the idea of belief we would like to go beyond that. This is, basically, capable now of being done in that we have laid the foundation. You have a saying on your planet, "First there is a mountain, then there is no mountain, then there is." There is an old saying and it simply means that first, that first you see things, in a sense, as they are, and then you begin to realize that things are not as they seem.

You deconstruct it, you take it apart, you analyze it, you turn it into details and soon, as you are looking at all the pieces that form the whole, as you investigate and analyze these things, then there really isn't a mountain any longer. It becomes a collection of ideas, of parts, of things, no longer the holistic concept of a mountain. And once you have done that, once you have exhausted all the examinations of the

details, and the beliefs, and the definitions that go into making up your perception of the whole mountain, once you have exhausted that, you can let go of all those definitions and come back around, full circle to the holistic idea, but now with a difference. Now, with an appreciation for all that went into the creation of that concept and now, in appreciating it holistically as a mountain again, simply seeing the idea for what it is. Still there is a new underlying difference, a new underlying energy in that you now are aware consciously that the mountain is a reflection of your creation coming through you, of creation coming through you, is a reflection, like a mirror. But it in no way lessens the appreciation of the holistic picture and you learn to balance the idea of the details and the whole idea, the whole picture. You learn to see things holistically and experience them holistically while at the same time appreciating the minute of detail that goes into creating these things within a personality and from within a personality structure.

Knowingness, now, will be that ability where you can go through life, experience your life in a state where you don't have to think so much about what it is your wanting to do. You don't have to analyze so much those thing you would like to have come about and attract to yourself. But can arrive, can create that state of being, that knowingness state of being that you experience as a sensation, well, perhaps a variety of sensations, but primary among them is that sensation of acceptance, that sensation of gratitude, that sensation of letting go, that sensation of knowing beyond a shadow of a doubt, so that you don't even have to think about it, that you are supported, that you are looked out for, that you are unconditionally loved and that who and what you are created to be is automatically deserving without having to be earned. For if you exist you deserve it, you have earned it.

And it is allowing yourself to divest yourself of the weight that you carry upon your shoulders. So that you do not have to second guess yourself, constantly watch every step, constantly be in touch with every little detail, wondering where your beliefs or your definitions might all of a sudden go astray, wondering when you might, as you say, slip out of this and slip into that, trying to catch yourself, trying to watch yourself, which of course, as you know, is very tiring.

The idea of giving you all the information about the structure of your personality, the idea about giving you all the information about getting in touch with your definitions and your beliefs, forms a foundation of understanding of what your personality is all about. But the way your reality is, the way your reality manifests, is when you take a belief, any given definition, and you know it to be true so fully that you accept it without question, totally open, totally willing. You have surrendered to that truth, the truth that is whatever

that truth shall be at that moment, have accepted it so completely that it is second nature to you, or really first nature to you. You simply do not assume that anything else is possible. You give yourself no other choice. You do not even consider that there is any other choice

to have.

This state of knowingness is where you are all basically heading, once you go and rise above the idea of belief. Once you start coming from your more true self, your natural self, where you accept yourself

fully, accept the gift of life you have been given fully. And know that there would not be an existence that you are experiencing were it not for the fact that that experience can reflect itself as the absolute truth, the unconditionally loving truth that you are all discovering yourselves to be. And that you can relax into that nderstanding, you can relax into that assumption, you can relax into that allowance and let your life be a reflection of that energy, of that state, of that dynamic, creative act of simply being, simply being who you are, who you know yourself to be, without having to work at it, struggle at it.

This does not mean you will not have challenge, but if you allow yourself to simply be who you know you are and stop worrying yourself into a corner, stop attempting to second guess every moment of your life, stop trying to catch yourself doing this or not doing that, stop judging yourself so hard, in that sense, or judging yourself at all. When you finally let go and accept who you are, then you will know what you need to do at any given moment, and you will know, you will know, that your life will reflect that certainty. And you will see the support, you will see the unconditional love expressed in the reality that you call physical, day to day, moment to moment, as long as you choose to be experiencing yourself that way.

Knowingness is a supreme letting go, a supreme acceptance of total self, a supreme validation and valuation of your existence. From that comes knowingness and from knowingness comes all your actions and all the certainty and absolute conviction that your reality will be one of constant fascination, constant creativity, constant love, constant joy, constant creation. It is that simple, if you allow it to be that simple. This is not a philosophy, this is a description of consciousness, of existence.

We thank you for allowing us to share this small facet of the idea of knowingness. We will delve into this concept further, in other transmissions, as each and every one of you becomes more and more familiar with what it is to simply know who you are and act as such. Then we will have more grounds, more experience to bring to play in these dialogues, and it will become clear what we mean by that state of being. For now, take it for granted that you know more than you think you know. But the paradox in all of this, of course, is, and here is the last tidbit we will share on this subject, this day, is that the sooner you allow yourself to let it be all right to know that you don’t know anything, the sooner you will know everything you need to. That’s the paradox and the power therein. Let it be all right to not know and you will find that you know everything you need, at any given moment, to know.

Thank you for allowing us to share this idea with you, this day, and in return for the gift you are giving to us of this sharing, I ask, in what way may I be of service to you?

Q: Bashar!

B: You, good day.

Big Dipper

28A

Q: Could you tell me something about the constellation Ursa Major and the Big Dipper, and perhaps, the energies that are there or in those areas?

B: (long pause) Our perception at this time, since in a sense this is a new focus for us, is that there are seven different levels of understanding, seven different levels of consciousness connected to that area; seven different levels of communication that can begin to be perceived upon your planet by many individuals. Some of it will take the idea symbolically of crystalline form; some of it will take the idea *symbolically* of vegetable life. . . plant kingdom, in that way, as you call it. Do not take me literally, this is symbolic, but it is expressing itself into *your* realm in these ways. (Momentary pause)

It is no accident that some of the ideas that you connected to, what you call early navigation, were connected to this way; for some of the consciousness and communication coming from that *area* has to do with navigation in a different form, through the *energy waves* that you call space/time, energy waves. . . the electromagnetic vortex flux medium, in that way. Some of this information can be perceived *from* consciousness in that direction at this time. There are a few ideas of, what you may call, guides from that area at this time. There is also a type of *self*-recognition, of self-empowerment, a way of meditation that involves recognizing one's self-empowerment, particularly in nature connections coming from that emanation at this time.

And it is unto itself a type of spectrum in the representation of the seven different levels coming from it, all the way from what you call physicalized vibrations to spiritualized vibrations. It is its own band, its own range of frequencies, but it is connected to the overall Association, to what you may refer to as the overall Confederation – though we prefer the term Association. This is our perception at this time. We would therefore request that if you wish to proceed further, the next step is up to you.

Q: Thank you.

B: Do you wish to share anything further, at this time, about what you feel *your* connections to be?

Q: I've always felt a connection. . . many, many years. I've always looked for that constellation in the sky, and. . .

B: Some if it, in our perception, has to do with the idea of having relied upon it, as we said, for navigation in past lives.

Q: And there are many aspects that you have just spoken of that enter in to my personal learning, my search. There are many, many levels there that speak to me personally, very, very much.

B: All right. Then we will now, at this time, express *our* gratitude and appreciation in allowing yourself to be a valve for that particular energy at this time. So that it can be included in the overall make-up of all the consciousness that is blending within *your* earth society now, for the assistance and the aid of the transition from third to fourth density. We will thank you.

Q: Thank you.

Bashar:

From “A New Habit”

11-21-97

Bio-Genetics

Q: There have been a lot of bio-genetic experimentations done by our shadow government over the last, most likely, fifty or more years.

B: Some, yes.

Q: And some of the experiments that we know of that we actually have documentation on are pretty amazing.

B: If you say so.

Q: And I was curious as to whether they had been capable of creating what we might see as extraterrestrial entities by hybridization process. Have they created entities that we would, if we saw... they would be extraterrestrial looking to us?

B: In appearance, some of them might seem that way. This does not mean that they actually contain extraterrestrial DNA.

Q: Right, exactly, but they could, let’s say, cross a snake DNA with human DNA?

B: Well, that is not exactly how it’s done, no.

Q: Okay, because. . . .

B: That is not how it’s done. It is only the idea of the taking of what you call, the human DNA and realizing the ontological potential that the human DNA contains all stages therein of what you call, evolution. And it is only the manipulation therein that is required to bring out any of these qualities you may attribute to any other life form on your planet. They don’t actually have to take genetic material from a life form.

Q All right. So have they created anything like that that we would see as really odd or animal like?

B: From time to time this has been done to a limited degree. They were not what you would consider to be successful, nor even those that may have been of some duration, did they survive for long.

Q:We’ve mentioned that the Men in Black. . . some of them, there are many types, but some of them may have been cloned.

B: That is a different idea altogether, and not cloning, as you understand it now.

Q: Okay.

B: And besides which, the cloning aspect does not come from your shadow government’s abilities, it comes from something else.

Q: Oh, it does?

B: No comment, keep going.

Q: Okay. I have a theory that I've come up with.

B: Oh, all right, share your theory.

Q: And I don't know how wild it is, but I'm trusting my intuition.

B: Well, the wilder it is then the more we will have to refer to it as simply a hypothesis, rather than a theory.

Q: Well, you know I've been researching mind control.

B: Mind control.

Q: And I've found some really fascinating things.

B: All right.

Q: Such as virtual reality scenarios... we've talked about this.

B: Yes.

Q: Abduction experiences under which lies the actual programming.

B: Yes.

Q: Okay. Now, is there a possibility that people in the military, who want to keep an eye on those.... you see I think that...

B: State your theory.

Q: Okay. Is it possible that the shadow government, who wants to keep an eye on mind control victims that might be ready to divulge some sensitive information, would abduct abductees unknowingly, not knowing that they are really abductees and made "contact?" I think the waters of research in terms of mind control victims and abductees are really muddied. And that they're really fusing and melding.

B: Yes.

Q: And is it possible that they abduct abductees, not only for the purpose of finding out what the extraterrestrials have told them, but also for the reason of finding out and making sure that they're not a mind control victim that's going to divulge some sensitive information?

B: Yes.

Q: I thought so. Wow.

B: Does that help you?

Q: Yes that's interesting.

Q: I had one more thing.

B: Yes?

Q: What are the... can you give me sort of an idea of the percentage of mind control victims that think they are abductees, as opposed to the percentage that are actual abductees?

B: One moment. . . there is a great deal of fluctuation in this because there are a number of different experiences within this overall grouping. We are attempting to sift so that we can give you a more discrete answer, specific to how you have asked the question twenty three percent.

Q: Twenty three percent are mind controls that think they've been abducted?

B: Twenty three percent experience what they believe to be alien abduction and this is not so.

Q: Okay, thank you.

Birthing

Q: Can you tell me when the soul of a person enters the womb – and the unborn child?

B: This will vary from individual to individual. But generally speaking – even though a portion of the consciousness is within the embodiment even at conception – what you recognize as the personality soul, that which you call the persona, usually does not enter until literally just prior to, or right at, or just after, sometimes, physical birth. It is usually within the actual birthing time frame.

Q: Just the personal soul comes in. . .

B: What *you* recognize as the soul, what you call the soul, typically in your society, usually does not enter until right at birth. Although recognize, of course, that a body, in a sense, in any form *is* a soul, *is* a spirit, in physical terms.

But what you call the persona aspects do not usually manifest until right at birth, and sometimes not even for a while after. And sometimes come and go for even up to three years of time without truly locking in, depending upon the reasons that that individual soul has for that experience.

Q: I see.

B: Also, no matter what occurs to that physiological body, which is by understood agreement.

Q: Not trying to tell me something, are you? (Laughing)

B: Am I?

Q: So, about this particular one I will give birth to soon. . . I was wondering if you had any feelings or sharings on this particular soul?

B: Understand generally for now that every – basically – child being born upon your planet at this time is indicative of the transformational age. And has chosen, has agreed to be born in your society at this time generally to be of assistance in accelerating the transformation from third to fourth density – what you might term colloquially, old age to new age awareness. What you might also term from limitation to expansion and unlimitedness.

Most of the children being born now will remember very much more of whom and what they are. They will forget far less than you did, and many of them will remind the adults of what all the agreements actually are. You follow me?

Q: Yes.

B: This in general will be true of your child. There will be some specifics, but at this timing some of the specifics are not completely determined by that consciousness.

Q: All right. Do you have any feelings on. . .

B: There may be, *may* be – since this has been strong in past lives – musical inclination.

Q: That would be amazing.

B: Why?

Q: Because I don't have any.

B: That does not mean anything.

Q: Right. I've often thought about birthing with dolphins…

B: You can, whether you are in the water or not.

Q: Just through the consciousness?

B: Yes. The energy itself, if you simply call upon them, will be there – they can project.

Wrap yourself in a blue energy field that will allow their consciousness to participate. And do remember, by all means, allow the child to participate as well. Then you are not bearing the burden of the entire idea, and it will not be painful in the least. In the least!

You will *flow the life* into your world. Let the dolphins assist you by teaching you the true relaxation of expansion on all levels. Allow the child, by you being in touch telepathically with the child, to assist in its own birth. Allow the total event to simply occur in the present moment. And it will be effortless…*effortless*. Simply think of the dolphin consciousness and they will be there. All right?

Q: Thank you.

B: Pleasant dreams!

Q: Thank you very much.

Birthing and the Unexpected

Q: I had a baby a few weeks ago and, uh, although I did practice many of the tools that you mentioned, and they did help, my child at the last moment decided to exit by non traditional means.

B: Yes.

Q: Cesarean

B: Yes.

Q: Uh, can you tell me why she decided to enter that way?

B: Surprise? (AUD: laugh)

Q: Yes, it was.

B: Perhaps to let you know that there is still room for the unexpected, even when you know everything is under control. (AUD: laugh)

Q: Isn't it the least traumatic form off birth, and wouldn't a being choose that if they had the choice?

B: Not necessarily. Again, as you have understood, the method you have created to be natural does not have to be traumatic. But in this way, it may simply have been the route desired by the consciousness for its own conditions and the agreements it has made with you.

Simply, on an emotional level, it is as we have suggested, at least from our point of view, the idea that having everything under perfect control does not mean that you will have a boring, predictable existence. Do you follow me?

There are many ways to enter different realms of reality. Many ways. Learn that from the child. Many ways.

Q: Are the chirping sounds that she makes, that sound a whole lot like dolphins' sounds, any connection to dolphins?

B: Yes. For there is much in the way of assistance of birthings from the Sirius dolphin consciousness and Arcturus at this time.

You will find that many of the children now being born, once again, will remember who they are, will remember their connections, and will bring forth abilities and talents that have not been seen upon your planet for quite sometime, in a sense. They will come through with those conscious recognitions, if you will continue to provide for them an

atmosphere that will allow them to continue to remember it.

Q: Since we had an underwater birth planned for her, wouldn't that have, uh, helped her remember the dolphin energy a little bit better than the way she came in?

B: In a sense, but perhaps it was more for you than her.

Q: Okay.

B: So that you can remember your connections.

Q: In other words she didn’t need any help to remember that.

B: Correct. (AUD: laugh and comments).

Q: Is there a connection between water and transformation?

B: Yes. For it is recognized by your consciousness as being the life creator, the life sustainer, and always constantly shifting and malleable.

Q: And purifying.

B: It represents birth and transformation to you. It is, in and of itself, a form of crystalline consciousness that forms the matrix and sustains and supports the matrix of your electromagnetic consciousness upon your planet. That which you call mind or mentality is connected to water very closely.

Q: How?

B: Through the idea of the exemplification of electromagnetic wave structures.

Q: Umm. Thank you.

B: Thank you.

Birthing and Water

Q: I had a baby a few weeks ago and, although I did practice many of the tools that you mentioned, and they did help, my child at the last moment decided to exit by non-traditional means.

B: Yes.

Q: Cesarean.

B: Yes.

Q: Can you tell me why she decided to enter that way?

B: Surprise? (AUD: Laughs)

Q: Yes, it was.

B: Perhaps to let you know that there is still room for the unexpected, even when you know everything is under control. (AUD: Laughs)

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B: Not necessarily. Again, as you have understood, the method you have created to be "natural" does not have to be traumatic. But in this way, it may simply have been the route desired by the consciousness for its own conditions and the agreements it has made with you. Simply, on an emotional level, it is as we have suggested, at least from our point of view, the idea that having everything under perfect control does not mean that you will have a boring, predictable existence. Do you follow me? There are many ways to enter different realms of reality, many ways. Learn that from the child; many ways.

Q: Are the chirping sounds that she makes that sound a whole lot like dolphin sounds... are they any connection to dolphins?

B: Yes, for there is much in the way of assistance of birthing from the Sirius dolphin consciousness and Arcturus at this time. You will find that many of the children now being born, once again, will remember who they are, will remember their connections, and will bring forth "abilities and talents" that have not been seen upon your planet for quite sometime, in a sense. They will come through with those conscious recognitions, if you will continue to provide for them an atmosphere that will allow them to continue to remember it.

Q: Since we had an underwater birth planned for her, wouldn't that have, uh, helped her remember the dolphin energy a little bit better than the way she came in?

B: In a sense, but perhaps it was more for you than her.

Q: Okay.

B: So that you can remember *your* connections.

Q: In other words, she didn't need any help to remember that.

B: Correct.

Q: Is there a connection between water and transformation?

B: Yes. For it is recognized by your consciousness as being the life creator, the life sustainer, and always constantly shifting and malleable.

Q: And purifying.

B: Yes. It represents birth and transformation to you. It is, in and of itself, a form of crystalline consciousness that forms the matrix and sustains and supports the matrix of your electromagnetic consciousness upon your planet. That which you call mind or mentality is connected to water very closely.

Q: How?

B: Through the idea of the exemplification of electromagnetic wave structures.

Q: Umm. Thank you.

B: Thank you.

Black Hole Gateways

Q: There was a news broadcast this afternoon that talked about a massive body that scientists have just discovered. . .

B: Yes.

Q: you talk about that?

B: For now, briefly, it is simply an exemplification that you recognize there are *doorways* at the center of all physicalized, realized manifestations. You refer to them usually as black holes. You will recognize, therefore, that this is true not only on a cellular, atomic level. . . in the center of every idea that you call an atom is a black hole, in that way, in the center of every cell, in this way, is a black hole. In the center of EVERY idea of a stellar system is a black hole in that way, in the center of the star. In the *center* of many stellar systems are black holes around which the entire groups of systems revolve. There are black holes around which entire gatherings of galaxies revolve, and there is, in a sense, a doorway and a black hole around which the entire universe revolves, in that sense. You follow me?

Q: Yes.

Q: This is the procession that allows you to understand that it is out of the *center* of All That Is, that all proceeds in that way, when it creates the spherical shell of the three-hundred and sixty degree infinite unlimited universe. You are seeing the idea of the bending and the reflection of your universe on the other side because you are recognizing, in this way, that you are infinite in either direction *around* this central doorway, which, in a sense, is a doorway into many different universes, many different dimensions of experience; and it is one of the direct doorways through which All That Is expresses itself *in this* particular universe. You follow me?

Q: Yes. Does that mean that the mass consciousness is coming to a kind of doorway and symbolically projected it out into our universe?

B: Yes. You are about to have passage into another density of experience, and so all the symbols in your astronomical universe and many other aspect of your universe, will begin to reflect the idea of *finding* the *central* doorway around which all revolves; for it is always, ALWAYS, whether you perceive it to be or not in that expressed local, it is always, in a sense, through the one central doorway from which ALL was created, that all transitions pass through. You follow me?

Q: Yes, does that mean that there will have to be a whole new theory now manifested to prove that?

B: Of course.

Q: So it's a whole now idea?

B: Yes. And it is a beginning, once again, of the recognition, one more step that will allow, what you call, your scientists to begin to realize that they will have the unification of their understandings of what they are calling forces, which do not really exist, but they will have a understanding when they begin to allow consciousness into their equations.

Q2: They're already doing that.

B: This much. (Audience laughter)

Q: Equations, mathematical systems, doorways. . . that is all based on a mathematical theory in which the scientist, step by step, grope towards the answers, right?

B: Yes. They are coming to much the same conclusions as many other individuals who have gone within. They are simply doing it their own unique way.

Q: Thank you.

Black Holes – Dimensional Doorways

Q: There was a news broadcast this afternoon (1986) about a massive astronomical object that astronomers have just discovered. Could you talk about that?

B: For now, briefly, it is simply an exemplification that you recognize that there are doorways at the center of all physical, realized, manifestations. You refer to them usually as black holes. You will recognize, therefore, that this is true, not only on a cellular atomic level, for in the center of every idea that you call an atom is a black hole, and in the center of every cell is a black hole; and in the center of *every* idea of a stellar system is a black hole, in that way – in the center of the star.

In the center of many stellar systems are black holes around which the entire group of systems revolves. There are black holes around which entire gatherings of galaxies revolve. And there is a doorway and a black hole around which the entire universe revolves, in that sense. Do you follow me?

Q: Yes.

B: This is the perception that allows you to understand that it is out of the center of All That Is that all proceeds, in that way, when it creates the spherical shell of the three hundred and sixty degree infinite unlimited universe.

You are seeing the idea of the bending and the reflection of your universe on the other side, because you are recognizing, in this way, that you are infinite in either direction around this central doorway; which, in a sense, is a doorway into many different universes, many different dimensions of experience. And it is one of the direct doorways through which All That Is expresses itself in this particular universe. Do you follow me?

Q: Yes. Does that mean the mass consciousness is coming to a kind of doorway where a new consciousness is projecting through...?

B: Yes! You are about to have passage into another density of experience and so all the symbols in your astronomical universe, and many other aspects of your universe, will begin to reflect the idea of finding the central doorway around which all revolves. For it is always, always – whether you perceive it to be or not in that express locale – it is always, in a sense, through the *one* central doorway, from which *all* was created, that *all* transitions pass through. Do you follow me?

Q: Yes. Does that mean there will have to be a whole new theory now manifested to go with that?

B: Of course.

Q: So it is a whole new idea?

B: Yes. And it is the beginnings, once again, of the recognition of one more step that will allow what you call your scientists to begin to realize that they will have the unification of their understandings of what they are calling “forces” – which do not really exist – but they will have that understanding when they begin to allow consciousness into their equations.

Q2: So the equations, mathematical systems, doorways – that is all based on the mathematical theories in which the scientists, step by step, grope towards the answers – right?

B: Yes. They are coming to much the same conclusions as many other individuals who have gone within. They are simply doing it in their own unique way.

Q: Thank you.

B: Sharing!

Black Magic

From: Orion and the Black League

3-25-85 So. California

Bashar: Question.

Audience: Are some of the channels representative of the negative energy?

Bashar: In a sense, but realize, it is not that the negative energy in that way, channels through them, but that their own ego aware consciousness, affected by the idea of vibrating at that level of existence allow them to affect themselves in that way, by identifying with the idea of becoming, as you say, "leaders," or "dominant figures, with a " following."

Audience: Which channels are those?

Bashar: You will know.

Audience: Bashar?

Basher: Yes.

Audience: I have a question, regards to Abraham Lincoln, in terms of what he was saying on equality and the whole thing on the Civil War. I mean, could you put a little bit more light on that, and how this connects?

Bashar: Not at this time.

Audience: All right

Bashar: But understand that there was, to a degree, the influence you term to be the Association within that, I'll say, expression.

Audience: Thank you

Audience: Bashar, are individuals that we have historically identified as evil or suppressive, is their energy source from Orion.

Bashar: Now again, one more time and one more time only within this dialogue – understand that no one is being forced to do anything by Orion.

Audience: Understood.

Bashar: Understand simply that when there is the identification within your own consciousness of the idea of vibrating at that level of negative energy, then you allow for the manifestation of equality and the expansion of their reality, and as such, then you are performing, in that way, their conscious choice, and in that way you may say, you are, I'll say, in that way, extending their reality into your own, and in that way, by you having chosen to be of that vibration, you may say that their influence, in that way, is extended. But it is only because of your own choice to vibrate in that way at that level.

Audience: So each individual on the planet was vibrating with that energy.

Bashar: Yes, In that way. Now understand that many of those individuals at this time are experiencing some, I'll say, re-transformation in a different way.

Audience: A little more on that, Bashar?

Bashar: Not at this time.

Audience: Okay.

Audience: (2 talk at once)

Bashar: One moment.

Audience: Okay.

Audience: Bashar, I know this lady and she seems to be guided by black whatever...and she is in a very deep depression and I can feel for her because I was there. And how could I help her? She is...

Bashar: Again, simply understand that you may express, without force, to this individual that the idea of the judgement of the self, in that way, forms what you term to be the negative aspects of a depression, rather than the positive aspects of a depression, which simply are, I'll say, the going inward to find the understanding of the self as all that is, rather, when there is the judgement and the isolation, in that way, and the domination of self by the judgement in that way, there will be the negative effect of the depression which will form the isolation and reinforce the idea of, I'll say, the existence of an isolated personality, which then can only find, I'll say, ways to increase its scope and recognition of all that is, by dominating others through the idea of what you term to be the Black Magic.

Audience: Yeah. But when you point out to a depressed person that she is doing that to herself and she is beating herself up, they don't want to hear it.

Bashar: All right, but again, realize that you cannot do anything for them if they do not choose to be–except the idea that you yourself RADIATE with the knowingness that you are reinforcing the idea of service to All That Is , and as such allowing that person the opportunity, should they choose to perceive it, in that way, to share that reality with you.

Audience: Great. Thank you.

Bashar: Yes?

Audience: Okay, there's...now, what about the spiritual leaders–some, who start off with really good intentions and then they get a following going, and then all of a sudden–not all of a sudden, but over a period of time, it looks like their ego takes over and they try to, like, hold on to their following, and they become–they seem to become less powerful in a way, than they were. It's almost like they lose their powers that they originally had.

Bashar: In a sense, they are restricting themselves, again, within that idea of the isolated domination of self.

Audience: Right. Well now, that's a transformation or, or, what–de-evolution....

Bashar: All right. Still, their own choice.

Audience: Mm-hmm

Bashar: Understand that there may be influence, in that way, if there is, I'll say, an accord within the individual, to operate upon that vibratory level, there will be contact from what you term to be the Orion

energy. But, again, understand, nothing is influenced against their will. Simply, that is their understanding to vibrate in that way if they so choose.

Audience: Right.

Bashar: But understand there will be, I'll say, the attempt at influence.

Audience: But it just seems like they start out really in touch with all that is, and knowing–like a knowingness, and then it seems like, seems like it disintegrates or...

Bashar: All right, but again, understand there is simply the idea of the expression of the trusting of the self. Realize that many times, individuals, when they simply allow themself to focus, again, within the outer ego aware consciousness, will simply choose, I'll say, for the time being, to restructure their idea in that way so that they may feel themselves, I'll say, to be manifested within self-aggrandizement...

Audience: Oh...

Bashar: Thus feeling that they are in that way truly more powerful, when in, I'll say, reality, as you have perceived, they are quite restricting their power, by removing and unplugging their reality from all that is, in a perceptive conscious way . Question.

Audience: Bashar:

Bashar: Yes.

Audience: Once you mention the fact that we would make a transformation together, one way or another—all, together And I'm

just, I would like to know. . . .

Bashar: All right, understand that that transformation will occur through all, at that time, but understand therefore, that whatever level of vibration you are equal to at that time, is the reality that will manifest, and that way the creation of the splitting of what you term to be the parallel universe. Do you follow me?

Audience: Yes I do.

Audience: What's a parallel universe?

Bashar: The idea of an existence of reality of dimension existing, I'll say, co-existing, overlapping in that way, what you perceive to be your dimension of reality, but not perceived by you as real–but perceived by the individuals within that universe as real...as they do not perceive your universe, where you perceive your universe as being the real universe.

They co-exist simultaneously, I'll say, vibrating at different frequencies of different understanding of their own consciousness.

Audience: So are you saying that we're going in the direction of basically–we've been sort of all together and considered ourselves one–one you might say, one mass consciousness, and now that there's a–were in the process of some of us are going to be going a certain direction, some others will be going in a different direction and we won't really be vibrating in the same way, so that we won't really be snaring the same universe exactly.

Bashar: No.

Audience: You're not saying that?

Bashar: Yes.

Audience: Oh, you are saying that, okay, got it, got it.

Bashar: Question.

Audience: Who are "The Nine"?

Bashar: Understand that to some degree, I'll say, they represent that portion of the idea expressed to you, I'll say, as an organizing council with respect to the inner planes, as you understand them, of your own, I'll say, universal. I'll say, etheric plane of understanding. Do you follow me?

Audience: Are they masters? Ascended Masters?

Bashar: Only in a sense. Understand that to some degree, as they experience the idea of formulating, I'll say, the organization and the, I'll say, channeling of the various mass consciousness represented by ail the different levels of your plane of existence in that way for your, I'll say, civilization at this time. Then understand that they are, in some way, being, I'll say, represented by the etheric plane of understanding, also representative in some way of the archetypal energy, to a degree.

Audience: So, is the archetypal energy, is like St. Germain one of them?

Bashar: To a degree, yes.

Audience: Okay.

Audience: Does that include other kingdoms, like plant and mineral, animal?

Bashar: In some sense.

Audience: Hm.

Audience: What about Ra, what's, what is Ra?

Bashar: You may understand that terminology in such a way as to understand that it proceeds, I'll say, from an entirely different dimension of reality as you understand it, in that way, projected into your own dimension of reality as, I'll say, much in the same way that you experience the idea of the Association. Do you follow me?

Audience: Mm-hmm.

Bashar: it is a collected understanding of consciousness which proceeds from another vibratory level of existence.

Audience: Bashar, I'm trying to understand that the best way to serve all that is, is to live your life without judgement. And the more you live your life without judgement. . .

Bashar: The more opportunity you will create for yourself to unfold in positive ways, that will allow you to manifest your service towards all at is. Understand that by allowing yourself to experience the judgement yourself, you are vibrating, then, within that negative energy vibration which creates the negative effect that you feel and manifest within your life.

Simply understand that by KNOWING that you ARE all that is, In that way, you will always be reinforcing that overall ecstatic, I'll say, evolution of the understanding of service, in that way, to all that is, and that your manifestations, I'll say, within your physical life, will always go towards re reinforcement of the positive, I'll say, unfoldment of all activity within the support of the Idea of all that is.

Audience: So, you were saying a couple of weeks ago that we were gonna be able to use computers to help us tap into our unconscious self?

Bashar: That will be one idea.

Audience: Do you know when? Or does it matter?

Bashar: That is being explored right now. Again, realize that many of these ideas or manifestations will, in terms of your time, at this time, in the energy momentum behind the idea that you have In your mass

Consciousness, take place, I'll say, unfold to, I'll say, a specific degree

within, I'll say, the next thirty of your years. Question.

Audience: Isn't biofeedback a beginning of that technological. . . .

Bashar: Yes, very good.

Audience: What about hypnosis?

Bashar: To a degree. But again, understand that your idea expressed as what you term to be hypnosis, in that way, is simply the realization that you're always, I'll say, in that sense, hypnotizing yourself to perceive whatever specific reality that you wish anyway. All hypnosis as you understand that idea is always self-hypnosis, by agreement. . . .to be continued. . . .

8

Blasting the Issue

Q: A couple of years ago the space shuttle noticed that there was a large photon laser type blast that went into the atmosphere, and there seemed to be a ship or some type of craft that took a right angle turn to avoid the blast.

B: Yes.

Q: Can you comment on the source of that?

B: The source of what? The blast?

Q: The blast that came from earth.

B: There was a test of what you would call a particle beam weapon. There was, on the part of the ship, an attraction to the course the beam would take and a pinpointing of the future event. It was in that sense not that the ship was shot at, but that the ship acted as a pointer to where the blast would be.

Q: And just synchronistically the camera of the shuttle was observing?

B: Yes.

Q: So it was planned that way.

B: In a sense, on higher levels, yes. And the coming together of certain events to point out certain things that were going on in different directions. To make you aware of certain ideas that exist upon your planet, that

exist elsewhere on your planet, and to allow certain controversial subjects to be raised to bring certain information to light.

Q: Are those particle beam weapons actively being used now?

B: Only in experimentation for the most part.

Q: Thank you very much.

B: Thank you.

1

2

Blending (Integrating) Intellect and Emotion

Q: How do we integrate the idea. . . how do we integrate what we understand intellectually with what we are feeling emotionally?

B: In this way, recognize that you do not necessarily always have to form a conscious analytical understanding of the things you need to know. Many times you will find that if you were to do so, in a sense, you would not be able to live the idea out – you might be, in a sense, incapacitated by your analysis. Therefore, simply recognize that the fundamental intellectual understanding that can occur is to simply realize that whatever is occurring is the way it needs to occur. And whatever degree and definition of understanding you have is the way that you can understand it to allow yourself to live the idea, rather than simply think about the living of the idea.

Therefore, the idea of the combination and the blending of your so-called intellectual understanding and your simple knowing consciousness is to simply continue to take for granted that whatever happens in your life, the way it happens, is the way you need to understand it. If the idea of a conscious analytical awareness is there, then that is there as a tool to serve you. If it is not there, then at that moment, it doesn't need to be. That doesn't mean you can't simply live the idea. You follow me? Many times. . . simply living the idea, will, once again, paradoxically, bring with it a conscious, analytical understanding, once you have lived it.

Q: Would that mean. . . then say, that I understood the idea that all emotional pain is judgement and I'm feeling emotional pain... and to merely understand and know the idea will integrate that within me?

B: Yes.

Q: Okay, thank you.

Blending Polarities

Q: Hi there. I've got a whole bunch of things that are boiling. First of all…

B: Boiling?

Q: Boiling, yes, ready to come out. Who is Count Balinsky?

Q2: Conte?

Q: Conte Balinsky?

B: Contessa.

Q: Contessa, excuse me.

B: This I can share, she is, at times…a little full of herself. However, her heart is in the right place, or was.

Q: What period? Where did she live?

B: No comment. However the symbol of the heart, pierced, may serve as a lure, and the coldness of winter.

Q: Do you know which is the country?

B: In what you call your Slavic areas.

Q: Interesting, ah, okay...

B: Bare limbs of trees, and the starvation during the battles, touched the heart, pierced the heart, and began a crystallization that was symbolically reflected in, what you would call, a jewel that was owned, that was given to be of service. So that those that were dying could live. There was gallantry within that female that had stemmed from earlier lives in knighthood.

Q: Interesting. We got the man with the sword…

B: And something about soup. A kitchen, a hearth, warmth, sharing, a hidden individual and soup. Something was learned over the sharing of the soup.

Q: That's very interesting.

B: The breaking of bread. This is all we can share.

Q: Very interesting. Back to the idea of simultaneous lives going on…

B: Yes.

Q: Today when I was having a session with Leah, a thought really came up later, having to do with the overlap that I started to tune into, and why it is that we can place our past lives, we can be in our present, but why is it that you were also reluctant, if it is going on right now, to deal with the future life?

B: In this way, you have within your timeframe structure the idea that you're linear, in a sense, that your past is fixed, though it is not. But that your future is, as you say, up for grabs and can be *controlled*. You seek to control the future only because you will not allow yourselves to live in the present. The idea of exemplifying to you the idea of being able to predict or to be able to manipulate your future, in this way,

would appear to *your* subconscious belief system to be something that takes away the last remaining vestige of control you may think you have over your lives. Do you follow me?

Q: Yes, I do.

B: Now recognize, no one can control any aspect of your life but you. And that the *past and the future* is being created in the present, right now. And there is no such thing as the prediction of the future, but only a *sensing* of the most *likely* energy to occur at the time the prediction is made. Sometimes the prediction itself changes that energy, because now you are aware of it and the so-called prediction does not come to pass. Therefore the idea of your future is and has been the only place you have, as a society, allowed yourself the freedom to recognize you are free. Anything could happen. But in all reality anything can happen right now. It is not, in your terms, too late... oh well, always tomorrow, too late, I blew it, always tomorrow, always tomorrow, always tomorrow. Where is now? That is why we do not interfere, in that way. You follow me?

Q: Yes.

B: For we are assisting you in the reflection of living in the moment, not living in the future, which you never do.

Q: Okay, I must be on time perspectives today. Could you give me an idea as to the Atlantean time and the Lemurian time, and tell me a little bit more about that matriarchal society?

B: Be specific.

Q: Okay, first of all. . .

B: Atlantean time, in your terms, generally can be said to have, quote/unquote ended, approximately 11,500 of your years ago, but its duration was for several thousands years; as was Lemuria before it and they overlapped.

Q: So Lemuria was before it?

B: Yes.

Q: Was Lemuria not as advanced as Atlantis?

B: In many ways, but they were mostly the idea of, what you call, instinctual, not analytical, not technological so much as was Atlantis.

Q: And so how did they collapse?

B: Simply in this way, it was the timing of phasing out into something else, and you will find that there were many interactions that took place that allowed there to be what you would recognize as a natural shifting of the cycles of the polarities and electromagnetic fields of your planet that simply said that society no longer exists within the dimension that you call earth.

Q: And is that why at this point it is beginning to shift again?

B: To some degree, for in this way you will find, that now you have explored *all* that you need to of analytical thought, you are now bringing back the instinct and intuition to balance it out and blend. That is the primary fundamental idea...it is that Lemuria is rising within you.

Q: Right. Why was it a matriarchal society, and how does that come to be, and what was the function of. . .

B: There are many ideas that you are perceiving, as what you are referring to as matriarchal, that do not translate directly as to what you would call a matriarchal society today. It is simply a diluted perspective that you have of what you are considering to be a portion of your history. But in this way, it was simply a recognition at that time, the preference, in that way, to allow the recognition of *instinct* to be the domain of what you now consider to be the feminine polarity. You follow me?

Q: Is that the blending?

B: The idea, if you are going to keep the separation, is that, as we have already said, you are allowing instinct, if you wish to attribute that only to the feminine side, so be it, to rise again within your society. But, simply, it may be that it is, in your terms, too cut and dried to simply assume that instinct is only the prerogative of what you call females.

Q: No, I'm using it more in a yin/yang. . .

B: All right, then simply, in this way, recognize the idea that you are blending, period. There is no need for the continuation of labels as to who has what, or who is bringing what, to the party. (Audience laughs)

Q: Got you.

B: Thank you—SHARING!

Blood Types and Sustenance

Q: Approximately 50,000 years ago, we've traced back the O type blood. . .

B: Yes.

Q: . . . and it is mostly contained within our indigenous tribes and people – they all carry the O type blood.

B: Yes.

Q: And then approximately 10,000 years ago, the A type blood came along. . .

B: Yes.

Q: . . . and 3,500 years ago the B type blood, and a thousand years ago the AB type is what has been given to us.

B: Yes.

Q: Will there be a type C in the new children that are coming forth?

B: In some senses, yes, though you may not exactly call it that; but, yes, since many of the ideas of the hybridization going on is not only going on in them, but also going on in adjustments within your own physiological energy. And since many of the children being born on your planet are actually, in a sense, a new species, not just a new generation, there will eventually also be a type of blood that will be of a vibratory level in a different composition to handle the different vibrational change of your shift evolutionarily into fourth density reality, yes.

Q: Are the hybrids now exhibiting that type of blood, or do they have a different type?

B: You mean the pure hybrids, upon the spacecraft?

Q: Yes.

B: Many of them yes, not all of them, but many of them, yes.

Q: How about in your realm, as a Sassanian, how does blood translate in the etheric dimension?

B: Well, again, remember that we do have a physiological history, and that we are simply now only evolving into a more nonphysical, etheric race. In that sense, of course, there is less physicality to us and, of course, that means less blood, in the sense that we need to rely on that. However, in our level, in our domain, it will translate more purely as pure unadulterated electromagnetheric "fluid:" the underlying template for all concepts that you might physically perceive as cellular in nature.

Q: So more like effluvium?

B: In some sense, it might be similar to, what in your past language you called, ectoplasmic form.

Q: And corn, which was according to some of the information that you have given. . .

B: Yes.

Q: . . . was helped to be hybridized by ETs.

B: Some time ago, yes.

Q: And it has been shown that O type blood, which is more of the indigenous people, is more than likely allergic to corn.

B: Yes.

Q: What is the reason behind that?

B: Well, it is a number of different reasons that have a lot to do, not only with the idea of genetic transformation, but also energy and vibrational transformation that have taken place on your planet over time, with regard to the different kinds of environmental changes that have occurred, based on your own growth and your own technology in a number of different factors – energetically, both emotionally and mentally. And certain kinds of allergic reactions and misalignments have come about simply because of certain limitations that have, shall we say, no pun intended, cropped up within your species.

But originally it was almost all that was necessary to sustain your life form – those simple, original forms that were hybridized and engineered.

In some ways some of you are going back to that, and eventually, as our species did, you will eventually go back to almost exclusively that kind of a thing. As we did in our society when we brought about, through our collective mass consciousness, the ingestion of only one type of what you would recognize as a kind of bean. And beyond that then, of course, we needed no sustenance at all physiologically, except direct energy. Your civilization will in time also go back to the idea that originated where you can be sustained on one very simple form of physical food, and eventually also sustain yourself on etheric energy almost exclusively. Thank you.

Q: Thank you.

Blue-White Light

Q: I've had some real funny pains in my teeth. . .

B: Are you laughing?

Q: Well, no, but I was kind of excited.

B: All right.

Q: I don't have very many weird things happening. I wonder if you had any insight on it.

B: Well, maybe you created it so that you *would* have some weird things happen to you, so you could be excited about it.

Q: I know, but I'm a little worried too.

B: Ohhh. . . Ohhh. (In a mock sympathy tone)

Q: It's getting kind of serious.

B: In what way do you think your belief system will allow you to transform the idea?

Q: Uh, well, whatever happens to me is all right, so I could just . . .

B: All right. But that does not mean you do not have choice of preference.

Q: Right. But I. . .

B: What is it doing for you? What are you learning?

Q: Well, that there are things outside of the ordinary that I can connect with myself. . .

B: All right.

Q: . . . that usually don't happen.

B: Do you find that when you explore some of those things, that now and then you might feel you have bitten off more than you can chew? Or are you comfortable with the amounts that you take?

Q: Um, sometimes my ideas, I think, are greater than I can handle.

B: How can they be? If you are able to conceive of them, how can they be bigger than the one that has created them?

Q: Well, it's more like I don't want to let go. . .

B: Let go of what?

Q: Well, my other ideas.

B: Let them go?

Q: Yeah.

B: Where will they go? There is nowhere for them to go to. They will always be there if you want them again.

Q: Yeah, that's true.

B: You are free to explore anything, and always, every other idea will be just as equally within your reach. There is nowhere for anything to go. If you explore one idea and find it is not to your preference, then you will choose another one that is.

Q: Right.

B: Do you like blue light?

Q: Yes. Well, blue the color; I don't know about blue light.

B: Blue, the color.

Q: I don't like…

B: How do you perceive blue the color, if not by light?

Q: Well, the color of the sky.

B: Is that not lit up?

Q: Well, yeah. But I mean there's red lights, and I don't like them.

B: I did not ask you about red.

Q: I like white light, and I like the color blue.

B: I see. Will you shine some blue light on your teeth?

Q: Okay.

B: You will?

Q: Yes.

B: Why, because I said so? Why are you going to do it because I said so?

Q: Well, because I figure you said that, thinking maybe it would change something that I could live comfortably with.

B: Oh! Is that why I said it?

Q: I just imagined that, yes.

B: Oh, you imagined that's why I said it. Oh, thank you. Then you are vibrating in resonance with your own reality.

Q: Yeah.

B: Allow your imagination to alter that suggestion of mine in any way, shape or form it so desires. All right?

Q: Yes.

B: Have a good time.

Q: Thank you. Would you clarify something? You have referred to the use of crystalline blue-white light. And you used it as a suggestion in the imagination. What exactly did you mean by that – the light itself, which you don't see necessarily…

B: That particular vibration that you call blue-white is very closely associated in your mass consciousness to the electromagnetic field that represents the balance of your system. Therefore, to infuse your entire system – whether in your imagination of non-physical reality or in your imagination of physical reality – with blue-white light or blue vibrational light, will be a representation, generally speaking, in your mass consciousness, of the re-balancing of the electromagnetic field that you are. And therefore, a realigning of all the original zero-point blueprint definition patterns that you created yourself to be.

Q: Okay. I understand that. It's more a functional question that I have here, though. When I look at an object in physical reality, the object appears to have color. It might be white or it might be blue. Blue-white might be more of a faded blue. Or it might be both colors intermixed on the same object. But I feel like I don't actually see the light, although my eyes do receive the light and transmit the light into a perception of physical objects.

B: We understand.

Q: But I don't see the light going across the space – only when it enters the eye. And therefore... however, there are ideas of lasers wherein you can apparently see the light. But what it's actually doing is illuminating some floating substance in the air. . .

B: Yes.

Q: ... smoke or whatever.

B: Yes.

Q: So when you say, imagine a blue-white light, are you referring to some kind of imagined object which has that color or. . .

B: Any way your imagination wishes to perceive it. We are simply giving you a very general concept and allowing you to alter it to whatever form you are comfortable with. It can be an object; it can be a crystal; it can be light itself; it can be a laser beam; it can be an animal that is blue. It does not matter. Whatever you relate to when you think of that idea, as we have suggested it to you, is the way your imagination needs to translate it.

Q: So one of the ways would be, for instance, that you say, "imagine blue-white light infusing your body," and you could literally imagine yourself looking at your body, and your body creating, as a source of light, blue-white light.

B: Yes.

Q: Now, my next question: how can you have blue and white light at the same time?

B: You can have the variation of the different overlapping vibrations in that sense. We are simply using a reference point to allow you to make connections that will be made – whether it makes any analytical sense or not.

Q: I understand that. I was. . . I just. . . I created for myself the idea of difficulty in imagining exactly how to use this tool you had suggested.

B: All right. But you can have blue-white light in the same way that you can have the idea of orange light, recognizing it to be the vibrations of red and yellow combined.

Q: Okay. That I understand. Thank you.

B: Thank you.

Q2: I would like to thank you for, once again, calling to our attention the fact that, indeed, our imagination is the perfect tool. And I have been noticing, in contacting different portions of my life this time, and probably in parallel times as well, that indeed that is what I have done, over and over again, and it worked beautifully. But I didn't happen to notice it. So I want to thank you for reflecting that.

B: We thank you, and we remind you once again that it is not only the perfect tool, it is what you are.

Q: Yes.

B: We extend our unconditional love and appreciation to you all, once again, for the sharing that continues forever, the interaction that we are. We bid you exciting dream lives and life dreams; we bid you a fond and loving good evening.

AUD: Good evening, Good evening.

Blue-White Light

1

Body and Soul

B: All tight, I'll say, good day to you this day of your time, as you create time to exist.

AUD: Various responses.

B: Allow us to begin this interaction this day of your time with the entitlement, "Body and Soul." Now! We have discussed many times different perspectives on the idea of what physiological reality is, what your body represents. We have discussed many times that there really is no distinct differentiation, other than the one you have created with your belief systems, between spirit and physical form. It is simply that your body is your spirit in physiological terminology.

Your spirit does not literally inhabit the body. This is a perception that you have all created because of the way you have defined your physical reality to exist. Because you think of things existing within other things; because you have taught yourselves to believe that other things exist outside of other things, you have created the perspective, the illusion as it were, the reality – same thing – that your spirit and consciousness exist within your body. But your body is simply an extension of the idea that you are, of the consciousness that you are.

Many times you make the differentiation: body, mind, spirit, emotional self. All these things are truly aspects of the total idea you are, and you do, in creating there to be a definitional difference, create in your experience a "real" difference. But that "real" difference is no more solid than the definition itself. Definitions are what create reality; how you view it is how you experience it. What you put out is what you get back. What you radiate is the frequency that identifies with you, and that manifests in your life. Definitions themselves are physical reality; physical reality is the definition you give it.

Body-mind-spirit; body-soul – these ideas, these seemingly different ideas, are simply different reflections of the same consciousness that exists – I'll say co-exists – simultaneously with all the other manifestations, all the other ways you have of expressing the idea, the consciousness that you are. So simultaneously you are consciousness as body, consciousness as spirit, consciousness as mind, consciousness as soul, as emotional self. You are at the same time all these different ideas, the same consciousness expressing itself in all the different ways it simultaneously can – because you are made in the image of the Infinite Creator. And therefore, like the infinite Creator, you are a multi-dimensional being as well; you are a reflection of the whole. And so you have many different ways that you can express yourself.

What you think of, perhaps, as different, quote/unquote, ideas, different experiences completely – such as having a physical experience and then having a non-physical experience – these are simultaneous manifestations of the soul, the Oversoul, the consciousness idea that you are.

They all exist now. They are analogous to different frequencies, as it were; different programs, if you wish to think of it that way, all going on at the same time. Your focus, because of what you have defined

physical reality to be, seems to be limited mostly to the physical reality. But it isn't. You are very aware on all other levels as the total being that you are. But because one of the variables, one of the ingredients that you have built into your definition of physical reality has been forgetfulness – the ability to forget that you are on all levels at once – you have now then created a series of circumstances that you call multiple-life experiences to play out that scenario, that momentum of forgetfulness.

And now you have arrived at the end of that cycle. Now you are all, as we have said many times, waking up. And that is why you are exploring all these different ideas of consciousness and spirituality and mentality. Because you are remembering that you, in fact, already exist on all those different levels; you are remembering that you are in fact

a complete and total representation of the Infinite Creation. And therefore, you are rediscovering aspects of yourselves, presentations of yourselves that are simultaneously going on in what you simply might refer to as a spiritual band, a mental band, and any other nomenclature that you choose to give it.

But it is all one thing: you. It is all simultaneously you. It is simply different eyes, so to speak, that you have – all within the same body, so to speak, that you are. And you can express it in any number of ways. And you are expressing it in all the ways that it can be expressed. As you wake up to this more and more and more, you will begin to realize and connect with all the other aspects that you are, all the other identities that you are, all the other realities, all the other dimensions that you are.

Notice I did not say "can be." I said that you are. For you are the total sum of existence right now. All That Is, Infinite Creation, Infinite Creator, what you may choose to call God, is all of us together. And all of us together are the Infinite Creation realizing itself, manifesting itself in all the simultaneous ways that it is possible to be; for anything that is conceived of is a reality. For you cannot imagine non-existence.

All the things that we usually discuss with you are simply for the purpose of allowing you, at whatever rate you are comfortable with, to realize the self-empowerment, the decision-making capability, the conscious commandment that you have to be your expression of the Infinite, to live and create as you prefer to.

We extend to you our appreciation in allowing us to reflect back to you our utter faith and utter belief in your ability to be whatever you wish to be. Because you are already anything and everything there is to be. It is simply a matter of focusing on whatever window or frequency or perspective of the self that you already are that you prefer to focus as. It is not a matter of a long and difficult process to become something you are not; it is the simple flick of a dial to another program that you already are.

This is what we always find most joyful to reflect to you, your own inner light, a light which illuminates every corner you have created. Nothing is hidden from that light when you decide that you are willing to allow all to come to the surface. And when you are willing to do that, I guarantee you there is absolutely nothing you will ever discover about yourselves that cannot be applied in a loving and positive way in your life – unless you choose to believe differently. But that is up to you.

We remind you that when we talk about the idea of using trust, we are not telling you to do something

you have never done before; we are not telling you to do something you don't know how to do. All of you have always – I know, I know, some of you may not believe this – all of you have always used utter trust, 100% faith and trust throughout your entire life. It is simply a matter of whether you trust in negative or positive reality. But the mechanism is the same.

You have always trusted in something, whether it be a negative or a positive. So recognize when we talk about using trust, you do not have to pull out a large dusty machine that has never been used – and take it all apart, and break it all apart – and toil and struggle and sweat to scrub it and clean it as if it is absolutely fossilized.

No. It works flawlessly and always has. It doesn't care, this mechanism of trust, whether you feed negative beliefs or positive beliefs into it. It will simply spit out at the other end what you have put in, automatically. And there is nothing within that device that has a mind of its own, that will take what you put in and turn it around into something that you did not put in. There is nothing hidden within it. The mechanism is simply, simply, the idea that you are, at any moment, the idea you are willing to be at any moment, the idea you have the conviction to be, with integrity, at any moment. That is all there is to it.

So all we are doing in assisting you is redefining the idea of reality that you have been living, to allow you to recognize that you can redefine it any way you want to, any way you prefer to, and that the mechanism has always worked and always will. And there are no exceptions in terms of your ability to use that mechanism. You all use it; you always will. No one is excluded from having the knowledge of using that mechanism. If you were, you would not exist. Existence itself implies that you work the mechanism flawlessly.

For everything that exists fits; there is no such thing as an extraneous creation. You can label yourselves that way if you wish; you can believe that you lack deservability if you wish. But by definition, if you exist, you must fit. Otherwise you would not exist.

So to begin with, at least grant yourselves the ability, the respect, the deservability and the unconditional love out of which you were created to simply know beyond a shadow of a doubt that no matter what process you may choose to create, you have what it takes to create what you prefer, regardless of how you get there. You have what it takes or you wouldn't exist. Period.

We thank you for this opportunity in sharing with you. We thank you for choosing to function at this time as ambassadors of your world, for that is what you are right now. And we thank you for allowing us to function as ambassadors of our respective worlds, for I speak for many. And bit by bit and day by day, your willingness to co-create these interactions, and your willingness to discover yourselves and be equal with us is what creates an atmosphere that makes it conducive to meet you face to face in time; where we can function as equals, share as equals, explore as equals in ecstasy. We thank you for this gift of sharing. In return, I ask you now, how may I serve you?

Body and Soul

3

Body Cleansing

Q: I have an unsavory question about enemas.

B: Unsavory. (AUD: laughs)

Q: I don’t want anybody to fear this. (AUD: laughs)

B: Then don’t say it.

Q: Only kidding.

B: Oh!

Q: The introduction of water into the colon...

B: Yes.

Q: . . . to clean it. If the colon wall is porous, wouldn’t it possibly backwash poisons into the body? Is there a disadvantage to colonics?

B: It does not have to, no. It can be used in cleansing, in that way. The idea also of cleansing is the idea you call a fast.

Q: Um hmm. Are there any disadvantages to enemas that you know of?

B: It depends upon the method of application, and also in this way, the idea of the belief system behind it.

Q: But the overall effect would be a good effect you think?

B: Generally, but again you will find that it is not necessarily needed in this way. Simply the idea of the fast, in many different ways may actually allow there to be a different type of cleansing to take place in the direction of the natural flow of digesting, in that sense. It may take what you call a little bit longer, but it may also be a little bit more thorough.

Q: Uh huh.

B: Although, generally, once again, it does not have to be, in that sense, harmful.

Q: Okay. Thank you.

B: Thank you.

Body Recuperation Technique

Q: I want to ask you something... I wanted to ask you before, and then it. . .

B: All right. Speak up.

Q: Okay. I would like some more specific information regarding my brother who is quite ill. He had something called Hodgkin's disease when he was 16, and one way that I know I served him was that

I was a nurse at that point, just newly graduated, and helped take care of him. He did very well until a few years ago, and he, when he got this disease, he was in the right place at the right time in the sense that the first cobalt machine was in the city where he was,

and he had radiation that saved his life, but it may have done some radiation damage to his back.

A few years ago that radiation burn broke down and after an endless search for, you know, the right treatment, he found a doctor and chose to have massive surgery for this. Uh, and it was not very, it was not very well done – they had to go too deep and subsequent problems followed.

B: There is a technique now coming up in your society, perhaps again, once again, if this is his reflection – the right place, the right time – for the new technique in this way. It is coming out of the area you call Sweden, and in this way it is reflective of recognizing the physical body as a battery with positive and negative poles. The idea is to allow the electrical, shall we say, state or potential of the body

to be brought back to a balance point. The body being in that balance point then does not contain an environment conducive to anything that is not of that vibrational frequency.

One moment. (Makes deep breathing sounds)

There is to some degree literature that exists upon this idea. As we can perceive within the subconscious memory banks of the channel, the name may be translated as a physician you call Nordonstrom. Follow that lead and see if that is something that can apply to your situation.

(More sounds of deep breathing)

An organization in your locale, what you call your country, referring to itself as a digest of science may be of assistance in tracking the individual down.

Q: Something like a journal of medicine?

B: A digest of science.

Q2: "Science Digest".

B: Yes. For now that is what we can share. Thank you.

Q: Thank you.

1

Boredom And Imagination

B: Question?

Q: Well, in ordinary circumstances I could understand what you just said so well, but. . .

B: In ordinary circumstances!

Q: Yes. But lately I. . . sorry to be so personal, but I. . .

B: Oh-oh! You do not have to apologize to me.

Q: Well I've been in a lot of pain, and I'm not used to it. I'm not used to having pain that I can't immediately dismiss – and this has not gone away.

B: Where?

Q: In my back and in my left arm, my lower back. It's something to do with muscles and things like that, I think.

B: Do you mean tension?

Q: It may be caused by tension, but I'm not even sure. I've looked at everything and I've tried everything. . .

B: Everything! Have you tried the one thing that may take it away?

Q: Tell me what it is.

B: Oh! Thought you had tried everything.

Q: Well, everything that I. . . this has also lowered my awareness, so I. . .

B: Oh, really!

Q: Well, it seems to me...

B: All right. Are you sure you have chosen to lower, or restrict your awareness based upon the reasons for which it may be happening?

Q: I could have, but I'm not. . .

B: All right. Maybe; maybe not. Allow me to say first of all: how does. . . not the pain make you feel, but simply when you first perceived the pain, the very first perception of the pain, how did you feel just prior?

Q: Well my arm... I don't quite remember.

B: Do not remember, all right. What about just before the pain in your back?

Q: I only remember when it occurred that I was, I guess, tired.

B: Tired. Tired of what?

Q: I guess it was walking around buying Christmas presents, or something like that.

B: All right. Was it for you a cycle of repetition?

Q: Not really; not of repetition.

B: Why were you tired?

Q: I don’t know.

B: Are you sure? Nothing mysterious about this. Why were you tired? Can be for very simple reasons. What kind of tired?

Q: Could have been that I was tired at that time, tired of life.

B: Why?
Q: Boredom.

B: Boredom! All right. Was it a very boring boredom or a very creative boredom?

Q: Ha, ha. Must have been a very bored boredom.

B: Was it a creatively boring boredom?

Q: I don’t know, maybe.

B: All right. Do you feel that in all that walking around, that you were walking uphill?

Q: Not physically, but I suppose mentally or spiritually.

B: All right. Do you feel, then, that you were more mentally or spiritually tired than really, really having any reason to be physically tired?

Q: I think it was a combination of both, because I wasn't getting much sleep.

B: All right. You were not getting much sleep.

Q: Right.

B: All right. Do you feel that the sleep that you were getting was relaxing you? Or was it also very boring to be asleep?

Q: No, not boring to be asleep.

B: Was it boring to wake up?

Q: Yes, probably ha, ha. Yes, I guess it was. Yes.

B: All right. Which arm?

Q: My left arm. That happened rather recently.

B: All right. Are you equally in pain in your back, on one side?

Q: No, It's more on my left side than my right.

B: The same as your arm?

Q: Yes.

B: Allow me to ask you a question. Are you now tired of being bored?

Q: At this very moment, no. . . oh, oh! Tired of being bored. Oh! Well I'm just not bored.

B: You are not bored.

Q: Not in this very moment.

B: All right. Then you must have been tired of being bored. . .

Q: Oh, all right.
B: . . . until you decide that you wish to be bored again.

Q: Oh dear!

B: Oh-oh! I am not saying you will be. Simply that if you are not bored, then you must have decided to change your mind and be something other than bored.

Q: Oh, okay.
B: Yes or no?

Q: Yes.
B: All right. What are you, then, if you are not bored right now?

Q: Interested.
B: In what?
Q: Hopeful.
B: What?!?
Q: I just said a cuss word. I hear.

B: Do you understand the idea behind hope?
Q: If you hope something will happen, you're not positive it will happen.

B: Very good. It implies that you are sending your energy toward the despair.
Q: Oh!
B: And you feel it will not happen.

Q: I see. I see.

B: And that is the reality that you create: despair.

Q: Mhmm.

B: Now, despair can become very tiring.

Q: Yes.

B: How do you feel right now?

Q: I feel so much better.

B: How is your arm?

Q: The pain is still there, but it doesn't bother me.

B: Very good. What of your back?

Q: Well, I don't feel anything in my back – that's pretty good. It comes and goes anyway but right now I. . .

B: All right. Why does it come and go – when you change your mind about being bored or interested?

Q: It must have something to do with boredom.

B: You think so? Do you suppose it could be? Does your imagination tell you that that feels right? Do not listen to me; my opinion means nothing.

Q: But despair comes closer to it.

B: All right. But that is when the boredom is there. What about when the boredom is not there? Then what are you feeling – interest? Excitement? A little bit lighter? A little bit more of life?

Q: Oh, yes!

B: All right. Do you suppose that there is any reason really that you cannot continue to experience life in the way that you wish to? Rather than assuming that you must always from time to time, be bored? Do you recognize the pattern within the questions that have been asked today about the idea of the "still" time in between what you perceive to be the active times? The idea that being still is not being creative – where did you ever create that idea?

AUD: (Or why ever?)

B: All right. But still, without judgment, understand that much of your society is experiencing a transition out of that idea at this time. Allow yourself to know simply also that you are experiencing some friction then, within yourself, with the idea that your imagination is trying to come through in those quiet times. Allowing you then to make those quiet times not boring, but quietly exciting.

Q: Oh, I get it.

B: And understand that the friction of your imagination attempting to fight its way through the wall of limitation and despair and judgment that you have placed upon that side of your brain – represented by the right side of your brain – will control and create the friction within the left side of your body. You follow me?

Q: Yes, that makes a lot of sense. That really does.

B: Then simply allow, allow, allow your imagination to be real. And when you find yourself in times of quiet reflection, allow yourself to then very quietly become excited about the imaginative ideas which seem to blossom within those quiet sides of your brain, within those quiet moments of time. And understand that you are listening to that current of yourself and connecting into all that you are. You follow me?

Q: Yes. Thank you.

B: Oh no, thank you. Again you may simply understand that the asking of the question represents the containment of the knowledge already. Do you follow me?

Q: Yes.

B: And as such you are already transformed in that way. Now, understand that you are creating a new habit, and as such you will find that from time to time you may still feel little tiny twinges of pain. It will be all right. Allow them simply to act in the purpose for which they have been created, and that is to remind you that you may once again allow your imagination and your life and your laughter to take over and become the reality that you truly wish to experience. And understand that boredom for you is an old idea – an all right idea, but an old idea.

Q: Okay.

B: Feel free to laugh within your boredom any time you feel like it. And say, "Oh, what a creative boredom I have made. I am so creative at being bored, I astonish myself. I should tell somebody to place me in the public (–?) for the creation of boredom. That's because if you want to know how to be bored, I can show you."

Realize that as soon as you begin to play with your boredom, you will not be bored. You will quite quickly go on to something else. Again: realize that when you create that idea of depression for yourself, you are really going to where you know the answers are for what you need to unfold of yourself, since you are not outside yourself, but within. And when you re-emerge you will be realigned with a new idea, a new vibration. You will be a new idea, a new vibration, and as such you will be a new you. Now, you may take a very creative break. Thank you.

– Break –

1

Brain Function and Orion and Essassani

Q: How could we use the brain, then? Can you explain a little bit the function of the brain, to be able to better memorize, or to. . .

B: Now, there is no need to better memorize, but understand simply that what you experience, again, as your physical brain is simply the idea, in physical reality, of the projection of your consciousness into that reality. Thus forming a symbol of an idea, with regard to what has been created as the physical energies that represent the structure of that reality that is your electromagnetic energies. Your, I'll say, energy vibratory patterns, which will form for you a symbolized construct, which will represent the idea of the consciousness that is projecting into the physical dimension in the first place. Therefore understand, however, that there will be the symbol in the form of the interaction of all this energy that will be projected in your physical reality as what you call mind. Do you follow me?

If you understand simply, therefore, that what you call, "mind" is simply the physical translation of the idea of the consciousness, which is projecting into the physical dimension, you will understand that there is no separation in that way, really, between what you term to be "mind" and the consciousness itself. And that you can understand there really is no separation between all the different levels of consciousness which represent what you are, except that there is the IDEA of the separation, created to perceive, in a very limited viewpoint for its own purposes, yourself as a limited entity. Question.

Q: Can you simplify this a little bit?

B: Not at this time. There is no need, in that way, to ponder analytically that idea to that extent, beyond what you already understand. Yes?

Q: Can you clarify something for me, because people here are referring to being "on Orion" and that's not my understanding of what it really is. . .

B: All right. Understand that, in that way, your terminology of an entire area in that way, in what you term to be space, is represented by many, many, many different civilizations; which express the idea simply that that energy stems, I'll say, for the most part, from the direction of what you term to be the constellation of Orion, in your own terminology, in your sky.

Q: So, but, so you're talking about a specific planet. . .

B: Many.

Q: . . . there, as opposed to... like when we talked of Essassani being a planet there... and they're talking about this negative energy force. . .

B: Orion is your own terminology for the overall idea. . .

Q: Right.

B: . . . which is represented by, I'll say, a few different civilizations.

Q: So that negative energy's coming from a large area.

B: In a sense.

Q: So, you know, before, we said that and – well, that Essassani was, if you look in that direction of Orion, it's general – it would be beyond that. Is that, is that...?

B: It is not in that way *beyond* that, in that sense. Understand, as you will, that what you understand to be the constellation you express as Orion will be formed of many stellar groups which are at varying distances to each other, in that way.

Q: Yes.

B: Understand that what you understand to be the idea of our civilization in Essassani, in that way, will represent ourselves in that direction, but approximately five hundred light years in that way. Realize that many of the constellational, I'll say, formations or stellar formations, within what you term to be the overall constellation of Orion, are at much greater distances.

Q: Oh.

B: In that way, we symbolize the idea of acting, in that way, as the valve between you and them.

Q2: So you're closer.

Q: Oh, okay. So, but you're – that's just an arbitrary, really, position in space for you. Or is that really where Essassani is?

B: In your terms of understanding the idea of construct of space, in that way, you may, I'll say, allocate at this time, within your consciousness, that to be a location.

Q: Okay, got it.

Q: But do you. . . does that exist in our terms of time and space?

B: Not really, in that sense. Understand again, that as you perceive us to be, I'll say, in your terms, advanced in that way, we will be placed in that way; we operate, in your terminology, to some degree, from the fourth level density. That is what you would term to be, in a sense, etheric. Thank you.

Q: Thank you.

Breathe, Breathe, Breathe

Q: I personally am experiencing a physical illness and I wanted to know if I could call upon my multidimensional selves to heal this body, and how to go about it? Any suggestions?

B: Yes, you can do that; it can be done. At this moment we don't have enough time to explore all the different belief systems within you that might be preventing you from allowing yourself to do that, but it can be done.

One suggestion we have will be to explore the information in the book, "The Right Use of Will." Do understand that all dis-ease is a holding the self out of one's center. But you can learn from it. If it is the way you think you have to learn something, you will create the disease so you can learn, so you can release. Acknowledge that you have created it; don't deny it. Don't be in denial about it. You can do. It can be done.

Right now we would suggest that you take a deep breath, as deep as you can... slowly, completely and purely. One of the strongest ways to center yourself and release disease is by learning how to breathe, which very few of you know how to do, as automatic as it is. Learn how to breathe from your center. That will go a long way towards eliminating disease in your body off any kind. That is the first step. As you breathe fully, open up to attracting information and help on all levels to bring you information that will help alleviate the difficulty you are having. Attract individuals to make suggestions to you. Choose which feels best to you – do not just take anyone's word for it. Do not be overly cynical as well. Open yourself up to know that the Universe is supporting you and will send you all the information you need. Pick and choose what feels best to you. But breathe, breathe, breathe. Take your time. Be at ease. Breathe.

Q: Yes. I heard a lot about increasing our vibrations. Are there physical exercises and things we can do, aside from mediation?

B: The breathing will help in that direction as well, because, as you center, your vibration will rise. Anytime that you feel that you wish to help heal someone, your vibration will rise. What gives you joy in life? The doing of that will raise your vibration.

1

2

Breathing

Q: What do you have to say about breathing? Because I have discovered something in crying... I've found that when you just...

B: Yes! Centering, energizing.

Q: Okay.

B: Oxygenation of the system, crystallization of the cellular atomic structure. BREATHING. Breathing is the primary, fundamental meditation. Allow yourself to know that when you breathe deeply, in a relaxed and calm state, you are centering yourself into the idea of being at the center of all probable realities.

Sight becomes clear. Insight. Allow yourself to know you are regenerating when you breathe. You are actually aligning yourself with the very pulse of the particular universe you are in, at any given moment. You are going with the pulse, with that breath. A deep, relaxed breath, at whatever rate represents your normal relaxed rate of breathing.

Any time that you find yourself in a situation where you feel anxious, all you need to do is replicate the breathing cycle from when you remember yourself having been in a relaxed state. Use your imagination – invoke that breathing cycle and it will always bring you back to center. Always. It is your energization symbol, your energization tool.

When you breathe in that way, you may also find yourself sleeping less and eating less, because you are drawing sustenance from the primal frequency of Creation itself. Thank you.

Q: Very good, thank you.

1

Bridging the Time Track

Q: A couple of years ago, in February – I can't remember if it was '84 or '85, I had just started seeing you at Steve's – I got all excited and went and bought a star; the right to name a star. And I thought you were from Orion.

B: Not from, no. Not directly.

Q: Well, at that time I thought you were from Orion, so I bought a star in Orion. Then I found out about Orion.

B: Now one moment!

Q: Wait a minute. I just want to tell you. I was like, really crushed, that I had done this…

B: Ohhh!

Q: And then later on I thought, well that was really perfect.

B: Yes.

Q: And then last year…remember the earthquake on July 7?

B: Yes.

Q: Well that happened on my birthday, about 7 minutes within my birth date and time, right?

B: All right. 7-7-7.

Q: Well, almost. '48. Anyway, then you said that at the time of that earthquake there was a shift in consciousness that was reflected on Orion. So I was wondering if anything happened on that star?

B: Not so much on the star. But the idea is that what you went through was an energy gate that allowed itself to transcend the parallel time track going on in Orion. It is not happening at the same time. The idea of the notions of all the negativity in Orion also belong in what you colloquially call the past, not so much the present. The gate you went through, Orion went through. Seemingly on one level, simultaneously. But in terms of the Orion time track it was also, to some degree, in the past.

You have simply caught up to your particular wave front version of that gateway, so you felt it when it was necessary to make sense to you. When it was most appropriate to you, when it was most symbolically representative to you, is when you felt that gate.

Not that it occurred exactly in your time track at the same time in another time track. On the level where all things are simultaneous, then yes, it was at the same time. What occurred in that system was a shift, an awakening. And just as an awakening occurred within you here now, an awakening occurred within you, there, then.

Q: Okay.

B: Which was also on the birthday of the individual you were, there, then.

Q: At that time.

B: At that time.

Q: Okay, now here's what I'm wondering. When I got that star – well, I didn't buy the star; I bought the right to name it.

B: We understand. No one owns a star.

Q: Right. But I asked you if your people had ever explored that star, and you said yes you have, and that you had discovered on it a certain type of telepathic energy. And I'm wondering, if you could see the star, does it look any different now?

B: Are you speaking of the star, or are you speaking of the worlds around the star?

Q: I was thinking of the star.

B: Stars are associated with a type of consciousness, and they transcend many different time track awareness'. In looking at that star we can sense that since it is connected to a change, to a gate, and since it is connected to worlds around it that exhibit life forms that are going through certain transformations, then the total energy of the system, including the star, was altered after you passed through the gate.

Because we see the relationship of things, that is how we perceive it. We see everything in relationships. So when one side of a cube changes – if you will, by analogy – we see the whole cube as changed. So in that sense, yes, we see a change.

Q: Right. The reason I keep asking you this is because I keep getting this picture. I feel really connected to this star, and I feel the energy's changed. And I feel like at one time – it's smoky now. If you know what. . .

B: Yes.

Q: That's what I wanted to find out about.

B: It is a symbol for you that you can avail yourself of a symbol, of a tool, of a material, that may allow you to be more in touch with your own sensitivity, your own telepathic connections, your own communications from your guides and higher self. This symbol can be translated into smoky quartz, for smoky quartz is the Orion crystal.

Q: Okay. Thank you.

B: You can use it as a gate, if you will. Meditate with it; for it can be of assistance to you in this way. It can connect you into the same time lines that you existed in then, so that you can bridge the time track. So that you can let the *past* you know that the future *you*, the *you* you are now, is doing just fine. And that is what will allow the past *you* to make the change that the future *you* has made.

For many times you will find that the revelations you go through in this life are because you are bridging connections between the *you* you are now and the future *you* you are becoming – the future *you* letting you know you did just fine. And that makes all the difference in the world, and allows your life to unfold in a natural way. You follow me?

Q: Not exactly.

B: All right. Sleep on it.

Q: Okay.

B: The idea is simply that you exist in many different forms in many different time tracks. And whether you know it consciously or not, there is communication that goes between all these different fragments of the oversoul that you are.

When many times you receive this communication, you may interpret it as a revelation that goes on within you. Those revelations, those awakenings of awareness, many times actually represent communication from a future *you* that knows – while you are still wondering – that knows that everything is just fine, and sends a message back in time. And when you receive that message, to you it is the revelation that everything is – or, quote/unquote – will be, just fine.

Q: Okay. So you are you saying that there is a communication occurring between a future self and a past self and the present self?

B: Yes.

Q: Okay, I understand.

B: Thank you.

1

Calendar Cycles

Circa 1995

Q: It's been said that Jesus was crucified and resurrected and then ascended, and it's also been said that he lived and had children. And that brings up the question of our calendar, it's been said that different rulers would form their own calendars and that they were then the Messiah, and when their reign ended another calendar would be formed, etcetera.

B: Yes.

Q: And it's been said by an astrologer in the Seattle area that we are actually seven years off in our current calendar settings…

B: By one calendar, yes, in another, you are four years off, yes. In another, you are actually thousands of years off.

Q: …that we are actually, in relating to the Mayan calendar, in 2002. Is this an accurate assessment?

B: Not according to how the collective energy has recalculated, and recalibrated itself on your planet. It still stands that according to the idea of the Mayan calendar, ending in your year of 2012, that most of you now, in what you call your new age awareness, have recalculated and recalibrated yourselves to that particular cycle – so it still stands.

Career Direction and Homosexuality

Q: Your humor is terrific.

B: As is yours.

Q: Thank you. I have two questions. The first one is, I've experience considerable difficulty in getting a clear career direction. I would like some guidance on the matter.

B: What excites you the most?

Q: That's the problem; I haven 't found that.

B: Problem! All right. Let me ask you a question. Why are you here this evening of your time? Did it excite you to come here?

Q: Yes.

B: Then it is as simple as that. What will you do when this conversation is ended? What will be the most exciting thing you can think of to do that you are capable of doing after you leave this interaction this evening of your time? Take it one step at a time.

A career can be many different things; it doesn't have to be one thing. You are a malleable being. Change being the only constant in creation, maybe the type of career you will have will be a multifaceted, multi-changing one.

If you are focusing upon the idea – just because your society says that you should – of having one thing, and one thing only, that you can consider and call your career for life, then you may not be allowing yourself the degree of flexibility that will truly allow you to know that, perhaps, simply, life itself is your career.

Q: I'll accept that. Second question: speaking of our society, in our society organized religion tends to condemn homosexuality. What are your comments in regard to a person being homosexual and the relationship to spiritual growth?

B: All right. We will keep this brief, since there already exists literature in the idea of our viewpoint upon this subject. Nothing is either, in your terms, right or wrong. But the idea has blossomed in your society for a very specific reason. And that is because for many tens of thousands of years what you may refer to as the mainstream of your society has refused to accept and acknowledge that each and every individual has the capability to blend the masculine and the feminine energies into one idea.

In refusing to blend these ideas, in maintaining them as separate dichotomies, then many individuals simply took it upon themselves, in being born into your society, to attract life styles that would generate within them an obvious manifestation of the polarity energy within them, regardless of their physiology.

This was at first meant to be a reflection to the mainstream of your society that each and every individual contains the potential of both energies, and that each and every individual – if they are willing to blend these energies together – will then function in a balanced way.

Not separating the idea of, "this is masculine, this is feminine; and forever shall they part." But the idea was not understood. More and more invalidation was heaped upon it, to the point now where it has

blossomed in the idea of spreading the idea of, what you call, the diseases that now drop the barriers you have set up – forcing the mainstream of your society to interact and face themselves on all the different levels throughout time that they have refused to face.

When individuals marry within themselves the masculine and feminine energies, and blend these ideas – not because it is right or wrong, but simply because it will no longer be needed, homosexuality will simply not exist in your society. There will be love for all in an equal way.

But the idea of an individual who chooses to be born as one sexual expression or another will simply manifest the balance in that way – manifesting blending of male and female as a male, or manifesting blending of male and female as a female. And will not need to reflect the dichotomy because there will be no need for that tool any longer. You follow me?

Q: Yes.

B: Does that assist you?

Q: Yes. Thank you very much.

Q: Thank you! Sharing!

B: There are a variety of things coming up now from a very strong entity on your planet that will be of great assistance to many of you. Not that it in any way, shape or form, invalidates or discounts any of the other entities that we have also referred to from time to time, that are in your terms doing good work. But there is, also, now an entity who is known to many of you by your name of Caroline Myss. Do you understand?

Q: Yes. I have her tapes.

B: This is potentially and particularly very clarifying and very potent and very powerful in terms of getting back in touch with your understanding of what you already know to be true, and discontinuing your existence of self-denial.

So I would, in that sense, as far as we are capable and allowed to do so, recommend that as a strong and potent source of information to incorporate and integrate into all of your lives. For that entity is doing clear and good work.

Carolyn Myss

1

Cat Allergies and the Panther

Q: What is it about so many of us who are allergic to cats?

B: It can simply be, one reason can simply be, the rejection of the blending – of the third and fourth dimensions which cats represent.

The rejection of your ability to send your senses into all those different levels. So you reject the symbol that represents that ability.

Q: But physically, I really do have a love for cats.

B: Yes.

Q: At least consciously, but I still can't...

B: When you allow yourself more opportunity to experience the reality of living in that atmosphere comfortably, then the atmosphere they have around and about them in their auric fields won't bother you. Once you make it your own.

Q: Ok. Thank you.

B: Thank you.

Q2: I wanted to know if there is any difference in the symbology of the black panther to other cats?

B: Obviously, or it would not be a different cat.

Q: So, what is it?

B: You tell me.

Q: Secrecy?

B: Very good. One idea attributed to the past was of many civilizations utilizing that symbol to represent the occult or the mystic arts. And it is also why you still feel so connected to the idea of having a black cat cross your path.

Audience: Ooooh. (Laughter)

B: For it represents the stepping over of a threshold, the crossing of a path, in that way, that leads you to the portions of yourself that have been hidden for so long that you simply usually associate a fearful attachment to, but it does not have to have one.

Q: I see, thanks.

B: Thank you.

Cause and Effect are the Same Event

Q: I'm an actress in New York, and I've believed that you create your own reality for a long time now.

B: Our perception is that you are in the city called Los Angeles.

Q: Right, okay. But anyway, I want to know what I can do to speed up my career progress. It isn't…

B: Speed up?

Q: Yes, well, I want it now: I want to do films now, I want to do television now; I don't want to wait twenty years.

B: All right. Go ahead.

Q: But what can I do? What do I physically do in my…

B: *Be* an actor. Are you?

Q: Yes, I am.

B: Are you sure?

Q: Yes.

B: Really?

Q: Yes.

B: Then if you are an actor…

Q: I do work at it; I do work at it…

B: You what?

Q: I do work in the profession.

B: So?

Q: But I don't earn my total living doing it.

B: So what?

Q: And I would like to do that; I would like to totally…

B: Then do so. What are you holding on to?

Q: I don't know; that's why I'm asking you for your help, because I'm doing everything I know in my power to do…

B: You are.

Q: …and I get jobs here and there…

B: Here and there.

Q: Yes, but not consistently, not enough to support myself just acting, which is what I like to do.

B: You are missing the point. When you trust that you are an actor, then there will be nothing else that you will want to do, and you won't do anything else. That is what will give you the opportunity to be supported only as an actor.

Q: Okay.

B: You follow me?

Q: Yes, I do.

B: It is a matter of trust. Once again, the idea is that you are always a 100% idea. If you are doing something else and you wish to be doing the action, and you say, “well, all right, I will work as hard as I can at being an actor, I will be an actor 100%.” How can you be an actor when you are still 30% something else? You follow me?

Q: Yes, I do.

B: So recognize that you are always a total 100% idea. If you are still 30% something else, then the most you can ever become an actor is 70%.

Q: So does that mean quit the survival job that I have on the side? Is that what the holding on…

B: That is what it may mean. It is a matter of trust.

Now, understand, it works; I guarantee it. The understanding is that every idea – every idea – comes complete with all the ingredients necessary for the manifestation of that idea, and the continuance of you being that idea. You do not have to do anything special; all you have to do is act like you *are* the idea you believe you are. If you are willing to act like the idea, then the universe has no choice but to support you by giving you a reason to support the effect you have created. The cause does not have to come first.

Q: Okay.

B: You follow me?

Q: Yes, I do. I have another question for you.

B: All right.

Q: Fulfilling relationships with members of the opposite sex have eluded me for years. I get love and intimacy, or I get sex. And I want to know what I can do so that I can get all of it in one person and have, you know, a life partner.

B: *Be* that. Understand, this is an idea of attracting a reflection of your own belief in your own incompleteness, the understanding that you think you need a relationship in order to be complete. That means you can only attract a relationship that will only reflect your belief in your own incompleteness.

If you already know you are complete and do not need the relationship to complete you, then you will be of a vibration that contains the totality of all that you prefer in someone else. And by being that vibration first, you will then attract who will reflect that vibration of completeness back to you. So it is not so much that the relationship is there because you need it, but it is there so you can share each other’s completeness.

Q: Okay.

B: Again, the idea is that you are looking for a reason before you will allow yourself to be the effect. Cause and effect are the same event. Be the effect, and nature will supply the cause automatically.

Q: Okay. Thank you very much.

B: Thank you.

4

Celebration of Life

EAGLE ROCK, CA

12-20-97

B: All right, I'll say good day to you, at this time. How are you all?

Q: Good, Great, perfect, etc....

B:All right. We extend to each and every one of you our deep appreciation, once again, for allowing this transmission to come to you, through this particular gateway, and in this manner, and at this time. Each and every time your civilization allows our civilization to communicate with you, in this way, we are allowed the opportunity to experience, through each and every one of you, that many more perspectives that Infinite Creation has of expressing Itself in, and we thank you for this gift of sharing.

We would like to begin this transmission, this day of your time with the following idea, first and foremost, of course, we recognize that the local to which we are communicating is celebrating certain of what you call seasonal holidays. We will thus take a moment to address some of these ideas. But, at the same time, and as we begin, we would of course like to remind you that anything that you choose to celebrate will be, of course, ultimately a celebration of life, of existence, of beingness. It does not really so much matter, as many of you know, what form you place this celebration in. Allowing yourself the opportunity to express it in certain ways is, simply, one more creative way, one more creative facet, one more creative aspect of All That Is, of the Infinite, of the One, whatever you wish to call it.

Creation does not care what name you give it; be it that you use the term of God, be it that you use the term of Christ Consciousness, be it that you use the term of Buddha Nature, be it that you use the term of Krishna Spirit, or any other appellation that you may concoct within your own understanding of your relationship to creation. For there cannot be a name that you can conceive that can be outside of Creation, for there is nothing outside, there is nothing beyond; all things are included within All That Is. That is the idea and the very definition of the Infinite, that it is infinite and that nothing that can be imagined by any being on any world, in any dimension of experience, can possibly, by definition, be outside the Infinite. And so, any name you come up with is as valid as any other name. Any other approach, any other ritual, any other ceremony, any other celebration you may choose to invent as representative of your relationship, personally, uniquely, individually or collectively, to the Infinite or any aspect of the Infinite, cannot by its very nature be wrong or better than any other aspect or representation; all are part of the One.

The One values, cherishes, honors, any expression that any aspect of Itself, this means all of you, all of us, all beings in creation, honors any idea or any perspective that any individual comes up with, in its relationship to the One. For that is the whole point of the experience of being an individual, is to recognize that while you are a unique part of the One, simultaneously, each and every one of you and all beings in creation are also the total One, the whole One, experiencing Itself and expressing Itself as a part of the One. This is the great paradox of the Infinite, the great ability of the Creator to be both, simultaneously, All That Is and every single part within itself, experiencing itself as an individual,

separate from the One; and yet, simultaneously, experiencing itself as the total One, as a separate individual.

As you allow yourself to explore the idea of the celebration of your holiday season, do please understand that that energy is meant to accelerate throughout your entire year, your entire orbit. You can use it any time of your season, any time of your year. And the idea is to ultimately recognize that each and every one of you, individually, is a celebration of a part of the Creator, is a celebration, another way that the Creator has of expressing Itself, another way the Infinite has of experiencing Itself. The other ways, all the other ways that the Infinite has of celebrating that It exists, that is what each and every being in creation is, a celebration by definition. So when you are celebrating the One, any aspect of the One, any ritual, any ceremony, remember that you are also celebrating yourself and each other. You are celebrating that you are aspects of each other, reflections of each other, which is what relationships are all about anyway. And as you celebrate those reflections, the whole idea is to allow yourself the opportunity to surround yourself with the opportunity to learn more and more every day, in all ways possible who, who the unique aspect, who you are as the unique aspect of the One.

For the more you cherish that uniqueness, the more you honor the One, for all of the individual puzzle pieces in a large puzzle picture must truly be themselves, if they are going to fit with all the other puzzle pieces, and support the whole picture. If any puzzle piece tries to be something that it is not, tries to be a different shape, then it will not fit with all the other puzzle pieces and will not support the One. So as you celebrate the uniqueness that you are, and honor and cherish that you exist apart from all others, that you are an expression of the diversity of the One, understand that it is that act itself, not in a selfish way, negatively, but the honoring of the self, the valuing of the self, the validating and the loving of the self, that actually is the greatest gift you can give to the Infinite. For you are saying that you are a valuable part of All That Is, and that you are a valuable expression of the Whole, and thus, then can, in so doing, support the whole picture and everyone else's idea and unique perspective.

You are like a hall of mirrors reflecting each other, to each other, to show each other who you are, not only who you are to someone else, but to help everyone else understand, more and more, in your relationship with them, who they are. That is the greatest help you can be to anyone. The greatest love you can give to anyone is to help them know and learn, more and more every day, who they are, to support their uniqueness, to cherish their individuality and the infinite diversity you are immersed in, in your world of experience.

We share these thoughts with you because these are the ideas that exist deep within your hearts, deep within the core of your true being, of your true spirit, of your true consciousness. At the core of every being there is one vibration, the primal resonance of unconditional love of All That Is. The existence itself is the vibration of unconditional love, total support, absolute support, and unconditional support. As we have said quite often, you will find that in some ways, paradoxically speaking, the very proof that you are unconditionally loved is that you are actually allowed to believe you are not unconditionally loved. That is how unconditionally you are loved. That the All That Is, the One, the Creator will even

love you so much that it will allow you to believe that you are not loved, if you want to. That is the proof of how unconditional the love of Creation is, because it allows you anything, any reality, even self-denial, even self-destruction and self-depreciation and self-devaluation, because it knows you are worthy of any experience you can imagine, and anything that you decide and you choose is the experience you need to go through. It will support you in that experience, no matter what it is, even if it involves the idea that you lack support and lack love; you are supported in believing in lack of support. The universe is a self-fulfilling prophecy in that way, a self-perpetuating cycle in that way. Take it to heart, you are unconditionally loved, infinitely loved.

And each and every one of you is a spark, a flame of that eternal light, that infinite light. You are spirit, you are consciousness, and you are being. You all, each and every one of you, though unique, share the same identical purpose, the same identical mission, and the same identical goal in your physical life reality experience. And that goal is to simply, as uniquely as you can, according to your own individuality, be the best you, you can be. That is the only function you have, the only purpose you have. You do not need to get caught up in the idea that you need to fulfill any other purpose or any other mission or any other goal in life.

All the things in your lives that you call purposes, goals, projects, missions, these are not your goals, they are not your purpose, they are expressions, creative expressions of your purpose, of being you. However it is you want to express the goal, the purpose of being you, is up to you; that is where your free will comes in. But those are not your goals, do not place your expectations upon them as if they must come to fruition in any particular way. Because there are an infinite number of ways in which your dreams, your desires, can come to fruition, many times, even greater than you can image, at any given moment. The idea that allows you to know that you are walking the unerring path of your true self, is to simply, at any moment, ask yourself, am I being the fullest me, the best me I know how to be; am I following my joy, living my truth to the best of my ability? If the answer is yes, that's all you need to do. And nothing, nothing, NO THING is expected of you from the Infinite. That is the only thing you have to do, is be yourself!

However, we do understand, in communicating to your particular civilization, that one of the most difficult things many of you have created for yourselves is to be yourself, on your planet, and we understand the great challenge that this affords you. Take it to heart and do not feel despair. Do remember, one of the reasons you adopted upon yourselves and accepted upon yourselves the great challenge of forgetting who you are, and forgetting that you are connected to the Infinite, and forgetting that you are unconditionally loved; the great challenge is, that when you finally remember who you are, when you start being who you are, and after you have learned to do this, coming through the great challenge of having forgotten utterly, you will be that much more certain, that much stronger, that much more in the light, by having come through the darkest darkness and still been capable of remembering who you are. That's why you have created this challenge.

So we, as a civilization, wish to extend our greatest thanks to each and every one of you for accepting

such a challenge of strength upon yourself, for from you, we learn and all other beings learn that if you can do it, anyone can.

Q: Much laughter. Yes! Clapping....

B: Because in our experience, not that there are not others, but in our experience, your world is one of those that has challenged itself most strongly, in the area of not knowing who you are, and yet you are still remembering. And that shows the infinite strength of the true spirit, and the true heart, and the true beings that you are. Take it to heart, trust it, have faith with it, live in it, for that is who you are; there is no doubt.

We take this opportunity to thank each and every one of you for allowing us to remind you of what you already knew, and for allowing us to remind you to pay attention to your hearts, to your spirits, to what you know to be true for yourself. For all are created as infinitely powerful as they need to be, to create any thing and any reality they so desire, without having to hurt themselves or anyone else in order to do so. You are infinitely strong, infinitely imaginative, infinitely creative, because you are an aspect of the Infinite. We thank you for allowing us to express this to you. We thank you for your gift of sharing, in this holiday season of yours. In return for the gift that you are giving to our world, I ask now, in what way may I and my planet be of service to you?

Cellular Electromagnetic Reprogramming

Q: A lot of us in the room have been going through a treatment called SHEN, by a lady named Lynn; and it is basically a laying on of the hands and it energizes different energy centers.

B: Yes

Q: Can I get your comment on what is actually taking place when the heat from her hands radiates outward, and what physiologically takes place? There seems to be a powerful impact that takes a few days for complete reorientation.

B: Yes. There is an acceleration of the vibration of your electromagnetic field; and an acceleration in the spin of the vortices in the cells of your body, redefining the electronic signature of each cell. Reprogramming, in a sense, elasticizing the potential of each cell to be reprogrammed electromagnetically, as electromagnetic energy is the first manifestation of spirit in physical reality. Do you understand?

Q: Yes.

B: The vibration is being radiated in the field of that being, or any being who participates in that kind of idea, and as you are immersed in that field you are then given a pattern to match, and in matching that pattern you allow your own cellular reprogramming to take place, or cellular elasticity to take place, so that you can more easily reprogram your cellular reality with your consciousness. It is like an unlocking mechanism, stepping up your vibration to allow you to be more in alignment to the frequency of your consciousness itself, so that your physical reality becomes less solid, less structured, less “rigidized." Do you understand?

Q: Yes, thank you.

B: Thank you.

Bashar: Channeled by Darryl Anka

From "Field Trip"

1996

"Cetacean Consciousness"

Bashar: All right, I'll say, how are you all this evening of your time, as you create time to exist?

Audience: Great, prefect, etc.

B: We will begin the idea of this interaction, this evening of your time, with a bit of illumination regarding the "other" species upon your planet that exists within the idea of the same level soul, that which you call the whale and the dolphin, in that way.

You being the idea of the land human, they being the idea of the water human; you are the same soul type. You have the same degree of ability intellectually in that way. You are different in terms of your application but, in this way, there is more than a little potential for you to communicate very openly, very easily. Recognize, in this way, that they have been receiving communication from other civilizations for many thousands of your years. You have been receiving these communications, but only now are you beginning to pay attention.

In this way, recognize the dolphin, that sentient form, has much to share with you about the methodologies of allowing yourself to open up your sensitivities and receive communication that is being sent to you always. For it is mostly upon the wavelength, the frequency that you would call empathy that you will feel these communications. It is emotion, feeling that will allow you to activate those facets of your imagination crystal that will give you the recognition that you are in touch with many forms of consciousness by definition, by existence, by right. In this way, you are never out of touch; you are always in connection with everything.

You can utilize interaction, whether physically direct or emotional or through your imagination doorway, to invoke assistance from the cetacean life form you call dolphin and whale. Simply, in this way, go within and invoke an image, in your imagination, of a dolphin form floating before you. It may appear to be, as you understand it, natural, lifelike, in that way, with skin coloration to match, or you may see it as an etheric form, a ghost like sparkling image, either silver or golden. In this way, you may also, from time to time, invoke this image as a dark silhouette filled with stars as if the Dolphin shape is in itself – a doorway, to many different connections, many different consciousnesses.

Recognize that they are ready and willing to assist you in this way. And you can allow yourself to utilize their energy, coupled with your own, through the dimension of your own imagination, which is the dimension of the existence of your soul, of your basic fundamental reality – your imagination. It is REAL. Allow yourselves to rely and trust upon the idea that as you invoke any feeling, any image within your imagination, you are traveling inward into a reality no less real than that which you experience to be your physical reality. For that which you experience to be your physical reality is only but the product of your imagination, anyway. It is that, but you give to it solidity that makes it seem to be MORE than, what you normally call, your imagination, and that is the only difference.

It is your beliefs and your bias towards thinking that the idea of the imagination that you are perceiving as that portion you call your physical reality has more substance than the rest of it, and it does not. You create the illusion that the linear time frame structure in which you exist cannot allow there to be such a reality as your imagination, being that it is etheric in nature, in that way, not substantial, as you would call it. But now, you are beginning to enter a phase of your existence, your transformation into fourth density reality, that is the beginning of allowing you to know that ALL you have ever perceived, for many tens of thousands of years, has only been the product of what you imagined your reality should be. It is that malleable. We are not speaking in analogies; it is that literal; it is that simple.

You are right NOW dreaming in a very real sense of the word, no different from when you, in a sense, dream when you are asleep, in this way. This is a focused, waking dream, and, as we have said, in many ways the more limited of the dreams. For when you are in your dream state you are unlimited and very much more aware of more of the being that you actually are. Your imagination is the key, the bridge, the link, the conduit, the tunnel, the channel through which you can link the physical dream with the non-physical dream, and see how the physical dream is but an extension of all that you are, as a non-physical being, as an ETERNAL being.

In this way, allow yourself to allow the imagination to be a conduit, and allow it to provide you with communication from your dream, non-physical, higher self, soul, over-soul realities to your physical reality, which is but an aspect of the totality of the being that you are. And trust that what you perceive within your imagination, whatever methodologies you require, whatever processes you may wish to create in life to allow you to ascertain and appreciate and experience and explore your own spiritual growth can come to you through your imagination.

Your imagination is specifically the tool that is tuned to your vibration and can only, by definition, give you what will work for you, otherwise it would be someone else's imagination. Your imagination is the tool, the primal crystal, the primal tool. Any time you need a method, any time you need a way to do something, trust your imagination to give it to you. For it can ONLY give you what, by definition, is the vibration that represents that path you chose to be. If you are willing to trust and not judge it to be invalid, you will always find that your imagination will ALWAYS, underline that an infinite number of times, ALWAYS keep you consciously on the path you chose to be. You follow me?

Audience: Yes.

B: Are you all alive?

Audience: Yes!

B: Thank you! Audience laughs Now, this night of your time, in terms of what you call, after your break, there will be sharing with Sirius energy. And in this way, will be an opportunity to explore the structure of your imagination, and begin the process of going within and allowing your imagination to begin to blend in your physical reality so that your life becomes a waking dream, always and constantly blended within the idea of the higher self. There will also, after that, be the opportunity, once again, for, what you call the third time this week, for very specific reasons, the opportunity to explore within your

imagination, what you would call, a visit to one of our craft. In this way, it will be an exercise in reality, but an exercise that will allow you to stretch your senses beyond that which you normally consider to be your day to day series of events. It will be real, and you will experience what you will experience, and that which you will experience will open doorways within you, the doorways that need to be open at this time. We will explore this idea after your break. For NOW, let there be the CONTINUATION of the sharing that continues forever. Sharing!

Chakra Alignment Meditation

Circa 1995

Let us, again, close the eyes, and let us extend in a brief meditation, once again, for the purpose of strengthening this connection and alignment, of grounding a connection to the Infinite Source.

Take a deep breath in, remember the heartbeat, remember the alignment, remember the flow. . . and out; and once again, in. . . and out; and once again, in. . . and out. Three times, one for each aspect of the personality: belief, emotion, and thought pattern - action; and to align the prism of your personality construct.

Continue to breathe in a regular manner, and imagine that you are standing in a beautiful place, either a grassy park or a beach or some form of nature. Anything in nature, any place of natural views, any time, either day or night. Imagine standing straight and tall and true, in this place of peace and tranquility and expansiveness. As you see that you are standing in such a place, with your inner sight you look around at the expanded horizon and vistas before you: the sky, the ground, the trees, the rocks, the water, whatever there may be.

Allow yourself now to become more aware of the different chakra points within you, as if they are beads on a string, beautiful glowing beads. Each of a different color: in the root chakra a glowing ruby red, a beautiful glowing red. Moving on up the string, a glowing orange, topaz-like stone. Moving on up into the solar plexus, a beautiful yellow, citrine crystalline stone. Moving on up into the heart chakra, a gorgeous flawless, green emerald, like the verdant grass that surrounds you. Moving on up a state, a beautiful sapphire light-like stone, a beautiful light, sky-blue in the throat. Moving on up into the third eye, a deep, deep purple amethyst stone. Moving on up to the crown chakra, the beautiful amethyst spiral, the splendor and radiance of its blooms and gleams.

Now the crown chakra is actually shaped like a ring, a circle, a crown, literally; and in this sense, again, has been depicted in many of your religious paintings as, what you call the halo, the crown chakra. Allow yourselves to look up the string and see that there is a cone, point downward, spiraling up and expanding outward, a beautiful white light up and up, and up and up... becoming more and more and more crystalline and transparent, until it aligns to the top into a beautiful transparent flawless crystalline clear sphere of energy, way at the top of the line of light that runs through.

And then from there look down, all the way down the string, back through every little chakra point, let it tickle as you go down, and feel it go down through the root, down into the knees, where there forms a base, a structure, a support system of flexibility and motion. And then through you, into the deeper colors of reds and browns and earth tones– below the feet, deep, deep, deep into the earth, to the core of the planet itself. Feel the string go all the way down, anchoring, so that you feel you are like a giant being suspended on a string. Suspended on a beautiful string of light, from the center of the earth, up to the top, up through the crown, back up to the crystalline source.

Now pluck the string on top and hear and feel the resonant vibrations, the harmonics above you, singing like a chorus of angels, as the music of the spheres. Pluck the string below your feet and hear the deep

resonant tones of the foundations of the rumblings of the earth and the solidity of the knowledge, of ancient knowledge and wisdom. And feel the string within you; pluck it, and feel the beautiful harmonies of all the different sounds and voices of each of the beautiful colors, and of the strings that provide the spectrum of light that make up your physiological selves.

And as you feel this string, this light, come down, allow the now to expand further up, further down, allow the crystal to be on top, soar away from you - higher, higher, getting away from you, as far as it is possible to go. And time and space beyond those barriers is finished forever and ever. And the string below you expands to infinity, down, down, down, down, until it becomes deep pulsing black, the blackness of night, unbroken by the stars and beyond all thoughts of sound... go down, deep forever, forever. Up and down, then bring the crystal back down, bring the foundation string back up, and bring them closer and closer, closer to your body, closer and closer. . . not quite there, just feel them resonate above and below.

The lightness, the purity, the ringing of the crystalline bead on top: it is the deep foundational vibration below your feet, the subterranean bellows. Then stretch them back out to their normal place, just so far away on top, just so far away on bottom, to the center of your earth, and up into the stars. And again, see that you are in this place of perfect peace, perfect balance of the center, surrounded by the beauty of nature. And see this you stretch out your hand, to the right and the left, and allow, allow, allow your left palm to face up, your right palm to face down, and feel the energy of perception, of allowance in your left hand; all the energies flowing down from the heavens, pouring onto the palm of your left hand, flowing up your arm, around your elbow, in your shoulder, down pouring through you, filling up your body with this beautiful liquid light. All the way to the top of your head as if you were a hollow crystal shell; and feel it flow out your right arm, down, down to your wrist and out the palm, flowing downwards into the earth, downward into the earth.

And feel energy rising from the earth, going in the opposite direction of that flow and at the same time coming up into your right palm, a deep, a deeper orange. Flowing, again, in your right hand, into your right arm, filling you up, blending and mixing with the other fluids, flowing; the beautiful white, golden light from above, mixing with the beautiful deep, deep, deep colors of the earth. And flowing out your left, your left arm, and flowing back up to the heavens out of your left hand, so that there is this flow in both directions. See yourself doing this, feel the vibration.

Then, then, when you are full, bring your hands together and complete the circuit... so that there are these two substances of liquid light, these two flows, now flowing in both directions... bring your hands together in the prayer mode, flowing in both directions from palm to palm, around and around in your body, up and down, through and through in both directions.

Then open your fingers, touching only fingertips, and bring your hand down and down to the solar plexus. And feel there a beam of light, forward and backward, future and past, suspending you in the present, balancing in the now. Then raise your hands apart and flow energy out, and take energy into this beautiful place you have created yourself to be in. Feel yourself connecting to all the elements of nature:

the ground, the soil, the rocks, the trees, grass, animals, earth moving, clouds and sky. . . everything, the sounds, the sights, the smells. Feel, align and vibrate, new, first-born, yet ancient, ancient and old and wise.

At the same time it is the blending of all polarities, male and female, light and dark, past and future. All ideas blend from the center; all ideas come from the center. You, again, are the glowing crucible in which all the realities melt and are re-formed, according to your intention, which is illuminated by your excitement, your joy, the vibration of your destiny, your chosen past, self-created karma in this life: to be uniquely you – the you, you are. To cherish, to love the unique you that you are, to relax into the unique you that you are, so that you do not need to fret, so that you do not need to worry – so that you do not need to create stress. You can know what you need to know when you need to know, if you will but be who you know yourself to be.

Take a deep breath in while standing in this beautiful place of perfect peace, smelling the rich smells - let it out. Take another deep breath in, feeling your alignments, your belief patterns, and your emotions, your thoughts, your bodies, your minds, your spirits, your knowingness, your consciousness, your awareness... everything tingling, vibrating. Take another deep breath in, and out. It is beautiful just to be, it is beautiful and powerful to simply choose to be what you wish to be. It is beautiful and powerful to recognize that you can align and be aligned with all the ideas, and can still express a unique diverse richness of self.

GO back into that blend; because that's where all realities are, that's where information is, that's where all answers lie. Remember: it is natural, natural, NATURAL, that when you know you cannot find what you need in the reflection of the external outside world, it is natural for you to draw within. This is not negative depression, as you have defined it, it is only negative and becomes lonely and isolating when you define it as a negative, as an unnatural thing, as something being wrong. It is compression; it is going to where you know the information is, in the center of yourself.

It is GOING within the crucible, to restructure, re-identify, redefine what you are. And to thus, thereafter, emerge as a new being, like a butterfly from the chrysalis – spread new wings of beautiful vibrant color, flap them and fly. This is what going within is all about. It is natural, without judgments. . . allowance. It is a creative act of rebirth, giving birth to yourselves, over and over and over again – infinitely, for change is the only constant that really exists within the manifested reality of your world.

Now open your eyes. And, again, understand: you are, at every moment, new; you are not those people who existed, really, at the beginning of this workshop; you are new. You are new ideas and the changes you have made have changed everything in Creation, everything; everything. Go forth and act in the manner that shows you know this to be so. Do not put heaviness and hesitations upon yourselves; if you allow yourselves to lighten up, you will find that you are capable of anything and everything when you remove expectations that you must do everything perfectly.

This, again, is the paradox – not to use paradox to your advantage, not to see it as a trap, not to see it as

an obstacle – but to feel the vibration, to go within, to know that in that space, in that time, in that spacelessness, in that timelessness, is all probable realties, is all possible experience.

You recognize, in that space, who you are choosing to be; through your imagination, who you wish to be. And you emerge through your actions to express that idea in whatever way, shape or form is reflective of the excitement, of the joy and the unconditional love of THIS NOW moment, as you have deemed it is to be so. You have free will; use it. Now then, how are you all?

AUD: Excellent. Great. Fantastic. Et cetera…

There will be time now for some interactions, that which is to you called questions. Sharing!

Q: I would like to ask you about a dream…

BASHAR:

Channeled by

Darryl Anka

"Change"

1998

Bashar: All right, I'll say good day to you, this day of your time. How are you?

Q: Great!

B: All right. First of all, once again, we thank you very much for this interaction, for this bridge, for this interface. For your willingness to allow our world to experience an expansion of a perception of All That Is, through these interactions with each and every single one of you, we thank you.

We would like to begin this exchange by saying, things change. We have talked about the fourth law – change is the only constant. Everything changes, except the first three laws of course; but we won't go into that right now. Things change. You have noticed more and more changes taking place within yourselves, within your community, in your reality, as we have discussed these past fifteen orbits, that there would be more acceleration of change in certain directions and many of these you have begun to see.

We would want to, at this time, express upon you that as you change so does your experience. As you change your relationship with All That Is, so then does your experience of All That Is. Many people upon your planet have and still are allowing themselves to lock into the idea of fear with regard to changes, and expressing these ideas as catastrophe, upheaval, calamity. However, many people are now also realizing that as you change so does the way in which you experience transformation, and while you can still observe that many places upon your planet may be experiencing certain kinds of stresses, certain kinds of upheaval, certain kinds of difficulties, you are, perhaps, some of you, beginning, just beginning to get an inkling that some of the great, sweeping, world transforming changes that have been predicted for a long time – you are beginning to get an inkling that either some of these may no longer happen in the way they were originally predicted, or may simply be more gradual than you first thought.

For as you smooth out your ability to change, as you get used to the idea that change is your friend, as you are more willing to use change in a positive, constructive way, as you are more willing to invite change without fear, then the changes that are reflected in your outer reality can also be, likewise, smoother, more gradual, more handleable. As an example of this, many of you will recall that one of your strong, famous seers, visionaries, or what you may like to term, psychics, that individual you knew as Edgar Cayce, many of you have read, what you term, his prophecies, his predictions as he gave them from his sleep-like state, or his trance-like state. And many discussions have been had and many remarks have been made upon his prophecies and predictions of catastrophic change, global change, earthquakes, weather, pole-shifts...so forth.

It is now interesting, very interesting to note that there is a new book that has now emerged about many of these prophecies from Edgar Cayce being discussed in a new light, by individuals who have gone

back through the archives of his predictions, examined them in more detail, and it is now beginning to be discovered, or perhaps more precisely, it is now beginning to be discussed that some of these prophecies and predictions actually said that many of these changes that were first thought to be taking place in abrupt and catastrophic ways could, in fact, actually be gradual. It is interesting to note that it took more than fifty of your years to somehow put this into print, that many of his predictions said that the changes could be gradual, instead of catastrophic and instantaneous.

But this is, of course, nothing but a reflection of your willingness now to believe that it is possible to experience the transformation going on in a different way. And so, of course, now you get the reflection that says, "Oh well, yes, he said this," even though you could have found that out fifty years ago. But it didn't get printed that way; only the ideas of the instantaneous catastrophes were printed. No discussion was had about the gradualness that was possible, but now, now, now those re-examinations are beginning to understand that he did say, close to the end of his life, that many such things were possible to be experienced in a gradual way, over long periods of time, based on the changes taking place within the consciousness of the world.

This is, now that it is in print, a good sign that you yourselves have changed. That you yourselves are more ready and more willing to accept responsibility, relationship with All That Is, in such a manner as to know that reality happens through you, not to you. And your eyes are opening wider and you are once again reclaiming your childhood, your children, inside your energy, playful, imaginative energy...to know that the world is what you make of it; reality is what you make of it, based on how you value yourself. And, based on your willingness to accept All That Is in all its forms and in so doing, to then have more of a co-creatorship with the form that it then will take from that point forward.

And so, in noting this, we extend to each of you our congratulations, and to all those in your world, our congratulations, for being willing to begin to accept more of yourself, for being willing to begin to love more of yourself, for being willing to be more of yourself. For this, as we have always said, makes all the difference in your world. And so, we thank you.

We may, if you now so desire, begin with sharing. What is it your imagination would like to discuss this day?

Q: Bashar!

B: You.

Change The World By Changing Yourself

Q: First of all, I would like to compliment you on being here for us, and for your willingness to answer questions on the universe.

B: We are only reflecting back to you what you already know in many ways. We compliment and congratulate each and every one of you in being willing to co-create such an interaction with us. So that, aside from many other things, day by day, bit by bit, your civilization and our civilizations become that much closer to being able to interact in many open and face to face ways.

Q: Wonderful. When you first spoke this evening you mentioned that we were all ambassadors.

B: Yes.

Q: And that is an idea that has been coming to me strongly for some time, and it is exciting.

B: Yes! I find it so.

Q: Yes, it's great. But what also happens with me is that it seems like I am being catapulted into that position faster than I'm ready for it.

B: Oh, no, no, cannot happen. You are never given anything that you are not ready to handle. Never. Only your assumption that you are not ready makes it seem as if you have to apply the brakes, as you say. But anything you receive is your signal that you are quite ready to handle it. Again, remember that the universe cannot do pointless and extraneous things, and neither can you, in that sense. Therefore, anything you feel is a sign of your capacity. Do you follow me?

Q: Yes.

B: All you need is the trust to believe in yourself, and you will find that you are more than capable of handling anything that comes into your life.

Q: Okay.

B: Nothing, in a sense, is ever not within its timing. You can create the assumption that it is not – and it is that assumption that may make it seem to be the experience that it is not – but only the assumption does so. And if you remove that assumption and assume that you can handle it, you will find yourself capable of doing so; they are self-perpetuating prophecies, that is all.

Q: Okay. All right, I would like your advice on a few things.

B: Yes?

Q: I see... what excites me is communicating to the entire universe.

B: Yes.

Q: But the step I see exciting first is learning, before I take *the* step. It seems like my communicating is coming first... but I want to learn first.

B: You are always learning and always teaching. Everyone is an equal teacher, and equal learner. It makes you an equal sharer. And you learn by doing – that is how you learn most quickly – by doing the thing you wish to learn about, in whatever way you are capable of doing it first.

Q: Okay. The thing I want to do and learn, at the same time, is something coming strongly to me to ask you about this evening. I would like to be physically at a UFO station where I could get help in releasing different ego distortions...

B: Where do you think you are now? (AUD: laughter) This format, for now, is what you refer to as that UFO station.

Q: Right (Laughing)

B: This is the way in which we can interface with your society at this time. When the timing comes for us to be able to interact with you in other, more blatant ways, you will be involved with that as well. But for now you are at that UFO station. Although, of course, since you know who we are, it is an IFO station; identified friendly object. (AUD: much laughter)

Q: Okay. Next on my agenda is, in Yugoslavia, Mary is appearing...

B: All manifestations of the collective consciousness and the collective soul and the collective spirit at this time will begin to manifest out of the energy in which you create your mentality, because you are blending as one consciousness. And so you will create reflections, if you will, in the electromagnetic energy that will mirror back to you the blending, the love, the communication, that is now beginning to go on between all of you – among all of you. You are creating and attracting your own signs to represent the portions of yourself as a total collective being, made out of all the beings on your planet that you are.

Q: Could you elaborate on that a little bit more?

B: That identity you are referring to has its own consciousness, but it is also the product of all the consciousnesses upon your planet. And when all the consciousnesses upon your planet begins to wake up to the fact that it is ONE consciousness, you will create signs to represent that – to reflect back to you that awakening. To reflect back to you the portion of yourself you are integrating. The portion of yourself you are dealing with – the feminine collective consciousness of unconditional love, that is what that symbol represents.

Q: Right, and I find that I'm trying to...

B: Trying?

Q: Well, I'm working on opening up...

B: All right.

Q: ... this feminine energy.

B: You *are* opening it up.

Q: I also want to match it in equality with the masculine.

B: You will. That is what this whole idea is all about. That is what this transformational age upon your planet is all about.

Q: Okay. And one of the things that I've been finding has been coming through to me is that the way to get things in this universe is to ask for it, in a caring manner.

B: In a sense, yes.

Q: And I would like to ask...

B: Go right ahead.

Q: ... how would we go about having Mary manifest to us, here?

B: Now understand something: you may or may not need that particular symbol. The idea you call Mary can manifest in many ways, and always the manifestation, or if you wish, the womanifestation, (AUD: laughter) will be conducive to the symbols any particular culture can use and can understand most strongly.

It will not manifest in the same way everywhere, because that is not what represents the different cultures. And it is not as if you have to ask for a specific representation in order to get the same energy – to create the same energy.

Q: Well, one of the things that draws me to that particular manifestation is that the sun that comes down heals, and I would like to...

B: If you are attracted to that specific symbol, then go to the place where the symbol is apparent. You do not need, in that sense, to create it that way where you are. You *can* create it where you are, but it may not need to manifest in those symbolic terms. Those symbolic terms being more representative of the area in which it is appearing, in *that* way. It is appearing everywhere, but many of you do not recognize it because you think you need that type of a symbol to represent it by.

The blending and the attitude, in your culture, to blend the masculine and feminine energies within yourself, is also representative of that spirit, of that energy. It does not necessarily have to manifest in an externalized idea.

Q: What I'm looking for is the quickest route to approximating...

B: The quickest route is to allow it to manifest in whatever way it needs to manifest in any given area, and to accept that way in you. Or go where you wish to be, if you wish to experience it in some other way.

Q: Do I need to go there to equal it?
B: You do not need to, no.

Q: To become that understanding?

B: No.

Q: And that love?

B: No. No. *You are* the understanding, wherever and whenever you are, as soon as you wish to be.

Q: Well, I wish to be now, but I...

B: Then you are. All you have to do is act like you are. Believe that you are and act like you believe it.

Q: What about the other beliefs that are outstanding?

B: Which other beliefs?

Q: Anger... hate.

B: These ideas, if you are willing to integrate them, will no longer be experienced in that way.

Q: I want to integrate them. That's why I'm asking to go on the UFO ship, that's why I'm asking for...

B: No, no, no, no, no. You are asking for externalized ideas, but integration takes place *within* you. You must decide to integrate them, and it is that decision that allows you to experience all the things you say you want to experience. Those externalized ideas are not what will create the integration. It is the integration that will create those externalized experiences.

Know that that is the idea you want – the integration itself – then integrate those ideas. Then you will lead yourself to experiences that are representative of the level of integration you are expressing. You have the power within you. None of that power will come from anywhere else – ever. Now, you may create a symbol, and when an individual creates a symbol it means that the integration and the power has already been expressed within them. Do you follow me?

Q: Yes.

B: Hate, anger: these ideas, if you know you are a centered being and a being of service, simply have no place in the definition that you are as an integrated being. They are the negative expressions of an energy you will still use, but you will use that energy in a positive way – unconditional love.

Anger, more often than not, is simply your society's way of aligning. When you see a given situation, when you see a given circumstance and you have an angry reaction, that is simply your way of aligning with what you know to be true for you, relative to the situation you are seeing.

Hate is, in a sense, the polarization of love in many ways – but it is also, in many senses, an aspect of denial. It is a judgment, an invalidation that is placed upon love, in many ways. It is actually not the true opposite of love. It is a polarity aspect of love, but the true opposite of love is not hate, it is guilt, because love is complete self-deservability. Guilt is lack of self-worthiness. Hate still implies you deserve something – even if you are intimating it in a negative aspect. So, hate may be the negative polarity of the idea of love, but it is not the opposite of it, in the direct sense.

But these expressions will not manifest if you use the energy in positive ways. No one needs to hate anything, and your natural alignment that you call anger does not have to come out in a negative angry way, if you do not invalidate what you are experiencing that has allowed you to align.

All of the negative expressions of emotionality come from invalidation of what you are experiencing. When you understand that all situations and all circumstances are for the purpose of allowing you to simply know what is true for you, and perhaps being able to reflect to other individuals what is true for

you, to allow them the opportunity to change, to blend with your vibration, if they choose to – not that they *have* to but if they choose to – then nothing else in the world will affect you.

Any time you feel the idea of negative anger or hate, in that way, you are simply choosing to buy into someone else's belief system. If they are expressing negativity, there is no reason why their expression of negativity has to affect your expression of positivity – unless you choose to buy into it.

Look at the idea of the circumstances and situations around you as an offering. If you are offering positive reality, positive ideas, unconditional love, and they are responding with negativity, you can simply choose to look at it as a negative offering. And if it is not what you are all about, don't buy into it.

No one, no one, no one – any exceptions - no, none; no one has the ability to force you to be any way. You must choose to agree to interact with them on their level. You must create anger, hate, rage, guilt, frustration, jealousy. You must choose to create those for yourself in order to feel them, because all feeling is a reaction to a belief that exists first. There is no such thing as a feeling without a point of view that creates the feeling.

Q: Okay. That's the point where maybe I should direct exactly where I'm coming from.

B: All right.

Q: The back of my spine is smashed in - since I was seven years old.

B: All right.

Q: My father laughed at me when it happened.

B: All right.

Q: I've had my jaw dislocated three times, my nose broken; I've been hit by cars several times.

B: Yes.

Q: And it's like self-destruction, and I haven't been able to find any way to figure out what the belief is. And that's why I want help, because I'm in pain everywhere I go.

B: Oh, all right.

Q: And I have trouble loving people, because I'm in so much pain.

B: All right.

Q: I'm just angry at the pain being there.

B: Yes, yes.

Q: Angry at who might have caused it, or the stupid thing that I might have...

B: Well, you did.

Q: The stupid thing I did. Hating myself back then.

B: All right now, stop. Stop. Stop. If you are going to have experienced these negative expressions, the first thing you can do in in your favor is to stop rebuking yourself for having created them. Because you

are only adding more negativity to them: “Look at all these negative experiences, I am stupid for having created them.” That is compounding your difficulty. So first and foremost, from this point forward, the way to transform out of that is to let yourself be all right in having created it. Do you follow me?

Q: Yes.

B: Now, once you allow yourself to let it be all right to have created it that way, up to this point, then let yourself realize all of the things about having created it that way that you can realize about yourself. All the things you have learned, all of the ideas you have bought into, examine them; look at them. Discover what they were. Then simply understand you are now deciding, consciously deciding, that whatever message needs to be delivered to you by life, you are willing to receive in the most effortless way possible. You will now agree to be open to receiving messages, and will refuse no message. So that you will not have to beat yourself up to pay attention to what it is you need to hear. There are other ways to get your attention. You do not have to take yourself through these experiences of these physical joltings.

Now, you may only have been taught to equate spiritual jolting with a physical jolt. It may be a reaction mechanism within you. You no longer need that. You can allow anything to come into your life easily, softly. Gently deliver the message to yourself. You do not have to smack yourself around in order to wake up.

You can begin to know it is all right to treat yourself with the same unconditional love and respect that you know Infinite Creation gives you. There is nothing you have to do to earn the love of Creation. There is no special thing you need to do to deserve Creation’s love – and that means your own love – nothing special. Just by being who you are is enough to deserve all the love in the universe: just because you exist. If the Infinite Creator believes you deserve to exist, treat yourself with the same kind of respect.

Know you deserve to exist, and receive all the knowledge you need to receive in life in a way that lets you know that you are loved. But it begins by understanding that you deserve that love, and allowing yourself to love yourself. So that you do not, in that way, have to abuse yourself in order to learn what you think you need to learn.

Now, some of this idea, some of it, has been a carry-over from some other lives – a momentum that you are now winding up, so to speak. But you can wind it up any time you wish! Right now if you wish. The way to wind it up most easily is to stop looking outside yourself for the things that will allow you to be who you want to be.

Be them - because you are the idea you imagine you can be. Act like you are what you imagine you want to be, and you will be it. And that will create the experiences outside yourself, *seemingly* outside yourself that will represent whom you now are willing to believe you can be.

You are only being rebounded from thing-to-thing, situation-to-situation, and bumped around, because you are looking for the answers externally. They are always going to kick you back into the center of your being, because that’s where the answers are.

Q: I can’t hear anything when I go to the center of my being. It’s just nothing.

B: Oh, it is *quite a lot*. There is much information in silence, if you are willing to listen in another way. Now, the reason you may think you are not hearing anything is, again, because of the way you have been taught to listen. You have been taught to place many strong expectations on how you think you need to hear it. Let us exercise your imagination right now, shall we?

Q: All right.

B: Are you sure?

Q: Yes.

B: All right, 'tis up to you. I cannot force anything upon you. Right now, describe to me, if you were to go into the center of your being, in a relaxed and balanced and meditative state, how do you imagine you would receive communication? What do you imagine would let you know that you had received communication?

Q: All my problems would dissolve.

B: All right. So you are saying that your answer would come in the events of your life itself, very good. However, listen to your terminology: "problem," a problem, by your definition, is a situation that is difficult to change.

A problem is a situation *like any other* situation. Your belief that it is difficult to change is what makes it difficult to change. So if you wish to dissolve them, stop believing they are difficult to change, and allow them to dissolve. You see, you may be under the assumption that you have to *make* things change. All you need to do is *allow* them to change, because change is the only constant in the universe.

Change is the most stable existence. You are far more stable when you are walking, than when you are attempting to stand on one leg. It is "staticness," holding on to a concept, thinking that you must make something change, applying force to the idea, which is what creates the situation to seem to remain the same. Because you are not being willing to get out of it what you can get out of it – using it as part of your path rather than an interruption on your path.

Allow the circumstances to change by knowing you will now accept another way for the message to be delivered, instead of the way it has been delivered. You are now willing to be open to letting the messages manifest themselves in the daily events of your life. But you will not see them if you do not believe you are the person that is creating them. By looking for those effects outside of yourself, you are denying that you are the one that can create them in your life; by believing that's the way you want to be, and then being that way.

In a sense, to put it in very pragmatic, simplified terms, you are saying that what society has taught you is that "seeing is believing." But it is "believing is seeing." That is how it works...

Q: Okay, the person that I want to be and reach to... I seem to hit, like a limit, when I go to...

B: You do not. If you are being *that* person you do not hit the limit. You are being different "yous" at different times.

Q: Right.

B: Define which you, you want to be. Define it – now.

Q: The me I want to be is to look outside this window and know that nobody is abusing anybody over there, to read the newspaper and have it be all good news.

B: All right.

Q: The me... I would like to be able to say, where's the money that... if this whole planet operates on money, why is there not enough money to handle all the abused children and all the abused parents who are abusing their children?

B: All right.

Q: Why are these things not being handled? Why is it that I cannot ask Mafu and yourself questions without getting told: "Well, you're not ready to hear that yet." And told it will come *later*. It's telling me that I'm still a kid and I'm not ready. That I'm still capable of doing the wrong thing, or something stupid...

B: I have said you are ready right now.

Q: I know it! That's what I'm saying.

B: Yes.

Q: And if I'm going to be ready right now, why is it that we're not being told very much that those people who are on the other dimensions and things they know about, and us stupid people down here aren't being told about?

B: You are being told. You are simply not recognizing what it is you are being told. Now, remember, all those other people in the world: you are responsible *to* them, but you are not responsible *for* them. And what they are choosing to be is their choice. The way you actually can assist them best is by fully being the person you wish to be, regardless of what you see externally. Again, you are telling me that you are determining who you are, based upon what you are seeing outside of you. Instead of just being who you are, because that is who you want to be.

Q: If I could be who I am, I would remember everything that I've been.

B: Not necessarily so, because it will not be necessary to remember everything you have ever been to be who you need to be in this reality. You will remember everything you need to know to be whom you need to be in this reality.

Q: But who's deciding what I need, what my need is?

B: You will.

Q: I'm deciding that I need more.

B: Your ego...

Q: My ego.

B: ... is deciding.

Q: That's the thing that I want repaired. (AUD: laughter)

B: Understand something: all you need is a basic trust that at any given moment you do need, and have what you need. You know everything, at any given moment that you need to know, to be whom you are being in that moment. As soon as you re-define who you are you will know the things *that* person needs to know. So, regardless of what you are seeing around you, paradoxically, the way to see the things in your world change quickly is to change the idea of whom *you* are.

Q: Do I have the ability to tap in, at some point in my evolution, to total God consciousness?

B: You already are tapped in on the level in which you exist, as the total God consciousness.

Q: Well, okay, a level. But I want to create the level...

B: You, now, have the ability to access whatever representation of the idea is relevant to the realm in which you have placed yourself. You see, the idea of total knowledge of all things is not necessary for you to function in the physical reality you are in and, in fact, would actually hamper your existence.

Q: So maybe it's not so much knowledge that I want as the love that is there.

B: Then *feel* it, for it is all around you. But feel it within you first, or you will never see it out there. If you wish to see anything in your world change – change yourself. Then you will be being a representative example to everyone else of what kind of unconditionally loving being *they* can also be; by allowing them to see the example that you are setting, regardless of what they are choosing.

If you are buying into their reality, and becoming frustrated and hateful and so on and so on, because *they* are choosing to be frustrated and hateful and so on and so on, you are only reinforcing the reality they are already living. You are not giving them an example; you are not giving them a chance to see any other way.

Trust and be the life you wish to be. Act as if you *are* that way. We are not saying that you will ignore the fact that other people are choosing to suffer. But the way to assist them best, first and foremost, is to be the being that at least shows them that there is another way to be. Otherwise they cannot see an example of the way they can choose to be – loving to themselves.

You must take the first step, if that is what truly concerns you in life; to be the example of what being an unconditionally loving being, to them and to yourself, is all about. And trust that your love will make a difference and will create the changes that you desire to see.

Because you will be taking yourself to the world, the Earth, that already exists in the way you desire it to exist. You will take yourself to the program, to the level of frequency that already is represented by the idea that your Earth is peaceful and harmonious, and which expresses abundance everywhere. That Earth exists now! You will never see it if you don't make the vibration of that world your own. All the programs, all the ways, all the Earths, already exist.

Q: Are there people existing... living there - some of us existing on that plane right now?

B: Yes.

Q: Is there a way we can connect up and talk to them?

B: Yes! Use your imagination. Be what you imagine them to be now. Pattern yourself after what you think they are. And then you will draw that energy into your present and radiate it into your present, so that others can see what it can be like. So they can also choose that reality and accelerate it.

Q: Can we put a camera on their planet... and can we hear it?

B: In time.

Q: In time.

B: But we are talking about a vibrational, dimensional difference. Not something that is physically "out there," once again. It is all right here, right now. Let's use the analogy you call the radio in your society. Now, you know that all of the programs are coming to the radio all at the same time. But the only one you hear is where your dial is tuned to. All those Earths exist, right here, right now. The one you get is the one you are tuned in to.

So create the image of the one you prefer. Live in the fashion you would live in that world, and you will be the receiving beacon for their energy, so that that program can be broadcast in this reality. So that others can pick up on it and decide to tune their dial to that frequency as well. If they don't know that such a program exists – if there are no examples that such a program exists – no one will ever know such a program exists, and they will never tune their dials to that frequency.

So if you have a way in your mind of how you would like the world to exist, then exist in your life as if that is the world for you – as if that is the reality for you. And that all the ideas of the suffering and the warfare and the hatred and the frustration – they are illusions, old programs that you know, beyond a shadow of a doubt, sooner or later, everyone will tire of, and go looking for another program.

Q: Right. (AUD: Laughter and cheering.)

B: But you see, if you are not already tuned into that program, and they ask you: "Say, have you heard any good programs lately?" You will not know which station to tell them to tune in to.

Q: I have trouble staying tuned to that because...

B: Ah, ah, ah, ah...

Q: ... my fears come in.

B: ...ah, ah, ah. When you say you have trouble – that's *what* creates the trouble. Now maybe that's how it was in the old program, but this is day zero. Right now!

Q: Okay.

B: This is the idea of conscious commandment. Are you going to decide to continue that idea? Or are you going to decide to be the new idea, right now? And if you are the idea – the new idea – right now, you are *not* the person who can say: "I have trouble with this, and I have difficulty with that." You are no longer that person. It's not within your makeup. To say that it is, is to still believe you are the old program.

Q: Okay.

B: We are talking about full commitment here; absolute, one hundred percent trust.

Q: Okay. Can I see you in the physical and give you a hug?

B: Within the next ten to twenty of your years, yes.

Q: Okay.

B: Please do not let that stop you from doing so in the astral realms of your dream realities.

Q: Okay. (Laughing) I’m happy... I’m very happy with this discussion.

B: Thank you for your boldness, and your willingness to explore all aspects of the creator that you are.

Q: Thank you my friend. God bless you.

B: And you. Sharing!

Changes In Energy Flow

Q: I would like to thank you for last week when you gave me an exercise so that I could bring into control my electrical field. The blue light circulating my body has helped quite a lot. As a matter of fact, I started wearing a wristwatch two days ago, and it's only five minutes slow. It didn't stop. (Laughs)

B: All right. Thank you for creating, with your imagination, that activity of your energy field for yourself. And I will thank you for allowing me to reflect your own knowledge to you.

Q: Oh, very good. Now, since that was so successful, I would like to throw out a couple of other physiological things that are going on.

B: One moment. Now, since that was so successful, and since I have just told you that you did it, what is stopping you from applying the same ability to these other things?

Q: Nothing, absolutely nothing, other than myself.

B: All right. Did you wait to talk to me before you even considered doing that?

Q: No.

B: Then have you applied yourself to this?

Q: Yes. I'm in a quandary. . .

B: All right.

Q: Since I started that exercise last week something else is going on. I found that my sleep at night has been cut from six hours, to two to three hours.

B: Very natural.

Q: However during the day time. . .

B: Yes.

Q: . . . when I come into a situation, which I consider boring, I find it almost impossible to keep my eyes open – even though I'm consciously aware of all that is going on.

B: All right.

Q: I want to check out.

B: You are turning off that which does not represent your reality.

Q: Ahhh.

B: You are phasing into another reality; phasing out of that one.

Q: Okay.

B: Follow your cycles. You are creating them.

Q: Okay.

B: That is a representation of going with your flow. It does not mean that you have to consider the idea as a judgment. Simply, in this way, what you are experiencing as boredom is simply not allowing

yourself to interact with the portions of the event that exist upon the level of reality to which you are going. You are still assuming you have to relate to it in the same way.

Q: Okay.

B: And that dichotomy is what leaves you hanging in between those two ideas.

Q: I see. Okay. I got you. One other thing: I'm noticing another physiological change, in that whenever I bend over or put my head down, I find that water is coming out of my eyes and my nose. What's that all about?

B: All right. Understand this: as an energy being, the idea of the systems, physically in your body, that actually most closely represent the energy balance of your system, in what you call your system, is what you call your glandular functions. And as you, in a sense, loosen up you may find that your glandular systems may also loosen up a bit. And in this way, the secretions of the chemicals and enzymes that regulate the flow of this energy balance may be more freely given for a time, until you level out. All right?

Q: All right.

B: It is a part of your adaptation, as long as you still consider yourself to be a physiological being. For you, the symbol will occur in that way.

Q: Okay. Sitting here tonight my sinuses on the left side are extremely clogged, and my left eye is tearing. Is that the same thing?

B: Basically.

Q: Okay. Thank you very much.

B: 'Tis simply the representation that, since you are now functioning more from the idea of allowing the right hemisphere functioning of your brain to be equal to the left, then the idea of the left side of your body is receiving a backlog. Because the left side, controlled by the right, is simply not used to functioning with that degree of freedom – so it has not yet regulated the flow.

Q: Okay.

B: Thank you.

Changing A Belief In Forcing Others

B: Question.

Q: Yes, I have a question.

B: All right.

Q: Well, you were talking about forcing, you know, forcing people. That you're not going to be able to force them. If they're ready or want to… I forget exactly what it was, but anyway… they're ready to be helped or loved or whatever it is, you know. And if they're not, then the minute that you start to try to force it, forget it; then it's not going to be good. You remember when we were talking about that?

B: All right, yes.

Q: Well, okay. This is, you know… I know there's a real simple answer…

B: You do? What is it?

Q: Well, that's what I'm asking you, you know…

B: Oh, really!!! Well, then, I will not tell you.

Q: No, I just sort of want to jar it loose. I figure if I set it out here, it will…

B: All right, very good. But realize, therefore, when you ask the question, I will give you a chance to answer it first.

Q: Okay, okay, fair enough.

B: Go ahead.

Q: And it is this: let's say that you've got somebody that you like very much in your immediate environment, which you've created. And they are… well you might perceive that they're not willing to take what you're dishing out, or whatever you're saying. You know, you're starting to kind of force them to have… to take it easy and to view

life more simply and so forth. And. . . what am I trying to say?

B: All right, all right. Realize, first of all, once again, that when you. . . well, really allow yourself to force – well, really listen – *force* someone to take it easy – then what are you doing? You are creating tension, yes?

Q: Right.

B: You are not taking it easy.

Q: Right, right. Yeah.

B: And therefore, you are giving *yourself* an opportunity to really take it easy; and by you taking it easy, in that way allowing that person to sense from you exactly how to take it easy.

Q: Just let them follow your example?

B: Very good. But realize they do not have to.

Q: Right, right.

B: All right.

Q2: I have a question.

B: Are you through?

Q1: No, sorry, no, not quite.

B: Do not be sorry.

Q: See, I know not to force him. I know that's not any good; it doesn't work very well. But... well it seems to me that actually everybody does want to have a good time and take it easy.

B: Very good. Then why don't you?

Q: Ha, ha, ha. Good idea. I don't know. . .

B: All right. If you find yourself asking why, you may always answer why not? It will be just as valid as any other idea that any civilization could come up with. Thank you. Yes?

Q2: Sometimes it seems that you call on people who haven't said anything and their hands have been up. And the person you're working through, his eyes are closed. Am I imagining that, or are you able to see us?

B: I am able, in a sense, to sense.

Q: Okay. Thank you. If we wanted to touch you, would you feel it through the channel?

B: I will feel it from exactly where you are sitting right now.

Q: I was just wondering, since you're doing it telepathically.

B: But realize this: each and every one of you has the ability to shut yourself off from anybody. And as such, when you form an idea, and are not willing to share that idea along the lines of communication that you have chosen to act as your systems of communication upon your world, you will be saying that you do not wish that reality to manifest – because you will not be having the conviction to put that reality into actualization.

Therefore, you may always retract your touch from anybody in that way, and no one will be able to sense you at all. Only when you have spontaneous exchange of all the emotionality you can muster will communication on telepathic levels be free flowing and instantaneous.

(Mm mm nn nn) The sound of about four syllables extremely muffled and soft, as though the channel is speaking with his hand pressed hard over his mouth. Audience found it pretty funny. (Trans.)

Question!

Changing a Belief in Forcing Others

1

Changing Spectrum of Races on Earth

Q: It's nice being with you again. I appreciate the rewiring tonight.

B: I appreciate your willingness to pull a few strings.

Q: It's really hard to come by an experience like this in the. . .

B: It is? Why?

Q: . . . in my normal life, so to speak.

B: Normal! Who wants to be normal? Be natural.

Q: That's exactly it. I'm a teacher of a rather ethnically mixed group of students.

B: All right.

Q: And a question that has come up before, in discussing my experiences with you, is that they are curious – and I am curious – to know what the origin of the races are on the earth; and what is the significance of the divergence?

B: Thank you! Now, understand that you injected yourself into material form, in your terms, long, long, long ago. And in the creation of that idea of projecting yourself, injecting yourself, into material form, there was – and is – the idea, to some degree, as you understand it, of what you call physiological evolution.

And in that experience, there is again, to some degree – as you understand it – to some degree, the idea of environmental conditions that make physiological changes in your species. Thus in this way, what you call the different races will reflect not only environments, but attitudes which create the environments, which create the reflection of that idea that those beings have of themselves.

Now, the idea of what you call "five" is exemplified throughout your humaniform vibration, and it is why you are connected to many other races on other planets as well. This expression is simply one of the vibrations that is a numerological reflection of the way energy patterns itself in physical reality, in your particular understanding.

So you have the idea of the experience of the expression of fives everywhere. You are experiencing yourselves in that type of connection; you are allowing yourselves the opportunity also to recognize that the so-called races that exist upon your planet at this time are reflective of the number, in a sense, of transformations you have had on your planet – five.

In this way, you can understand that there have been other races, and in a sense, still are other races. Some of these, to some extent may emerge again in fourth density. For you will begin to recognize your number, not just as five, but also as seven. And there can be

the idea of seven races of yourselves upon the planet once in fourth density – and then you will have the complete spectrum.

What you are looking at, in this way, is five-sevenths of a complete spectrum of transformation. You have had the idea of a blue-tinged race on your planet; and there are, to some degree, the idea of

greenish tinge, which you have utilized from time to time to reflect certain ideas that seem to come from off of your planet.

But these are all part and parcel of your cosmology, your mentality, your physiology; and have represented different understandings of the self during the evolutionary process since the time you injected yourselves into physiological matter.

Now you are simply utilizing five-sevenths of the idea in the third-density transformation you have created. Near the end of fourth density, you will reflect seven-sevenths of that idea in various ways, and that is what will allow you the transformation to fifth density.

You follow me?

Q: I sure do. Can I ask you another question?

B: Yes.

Q: You're mentioning that it is our destiny to pass through fourth density; and reach a fifth density. . .

B: As you have chosen it, yes.

Q: Well, if we choose. And as we get used to being fourth density, we'll lose conception of what we call time.

B: Yes.

Q: Is it a matter of development, or is it a matter of time, or is it a matter of passage of events that qualifies us for fifth density?

B: 'Tis a mater of living. That is all there is to it.

Q: And experience.

B: Yes. You are not un-qualified for fifth density now. You exist on all densities simultaneously, Simply the idea of your growth – or graduation – unto any idea you call another level, is simply becoming more aware of the more of yourself that already exists there. Learning is the idea of remembering who you are – in the now.

You follow me?

Q: Yes. Thank you very much.

B: Oh, thank you.

1

Channeled Predictions

Q: Some of the channeled entities today are telling us about catastrophes coming, and many other people are in fear and panic.

B: Many of you have shared with us certain information being told to you by various entities being channeled in your world; information delineated in negative scenarios, negative aspects. And you are afraid these may manifest through the idea of earthquakes, floods, famine, and much of the like. As we have said, this energy potential does exist, but only as a potential.

It may have a great deal of momentum behind it, a high degree of backing behind it from your civilization, but recognize that – not that you are being lied to by these entities, for you are not – but recognize that you are being allowed to see in these sharings that you have an opportunity to decide whether what they say *is true for you.* In terms of what you know you need to experience in the transformation taking place on your planet right now.

Therefore, in each and every interaction that has ever taken place between any of you and any entity coming through a channel, when you hear something that does not strike a vibratory chord within you, then do recognize that there is no need for the idea of accusation from you to them. For all that is being shared with you is a *perception* of an area in your civilization – or a potential reality – that does have a high degree of momentum and energy behind it, due the fears that many of you generate.

But if you are willing to hear these words from entities that speak of the transformation in catastrophic terms, if you are willing to hear them as an opportunity to understand and reflect what you know to be true for you, then you can utilize the situation. You can be equal to them, and not continue to feel that what you are being given as information is any more powerful than the information you have within yourselves with regard to the reality and a world, which is, after all, yours.

If we may suggest, therefore, the following: If you find yourselves in a certain scenario where such information is being imparted to you, and you are willing to have conviction on it, this may be shared with that entity – in the form of a letter perhaps..

“Dear Entity:

“I recognize that what you are sharing comes from your love for us and your desire to serve us and allow us to expand in our awareness of the transformation; which is a reflection of all we have ever been and can become.

“At the same time, I would now wish to share with you, dear Entity, that your sharing affords me the opportunity to recognize that the transformation, in the terms of catastrophe you have delineated, is not the reality I, as co-creator of this world, prefer. I choose to give energy to the idea that if I am willing to face all portions of myself,

and accept and allow all situations in my life to be of positive service and to be in my life for positive reasons, then I can allow my experience of the transformation to be one that is positive, and not in need of the expression of catastrophe in order for me to understand myself and grow.”

“I recognize that expressions of catastrophe may be the only way *some* individuals can believe a transformation will have a lasting effect. However, do allow me at this time, dearest Entity, to ask for your further love and your further assistance in suggesting to us ideas, ideas which could allow us to assist our world, so that as many of us as possible can now let ourselves also realize there is no longer any need to believe that transformations and changes of lasting positive effect must be created through trials by fire.”

“I am willing to share that I believe ecstasy is our birthright. Will you share with us your perspective on how we may accelerate within ourselves to sufficient degrees to allow there to be upon this world that we hold dear, the smoothest, easiest, and most loving version of the transformation that can occur? Thank you.”

Each and every one of you willing to utilize that situation, once again, not in an accusatory way, but in a sharing way, in a convicted way – to stand up and make a difference, and be the individuals you know yourselves to be and express what you know to be true for you – each and every one of you willing to utilize the situation as a reflection for that opportunity will make a geometric, a logarithmic difference in the ability of your entire world to allow its next step to be that much easier.

Even as a single individual you add that much energy to the momentum of your ability to experience your transformation in a positive and loving way. For you *are* energy, and experience it each of you will. You yourselves *are* the experience you are having. All of the physical reality, all of the emotional atmosphere in which any particular manifestation or experience does occur in your lives – in a seemingly objectified manner – all of that materiality, every subtle nuance, is all *you* in different manifesting *reflections* back to yourselves.

You have created the idea of yourselves to be physical reality, and there are many manifestations of physical reality. But in this particular manifestation of the idea you are being you have been playing out, as your particular unique physical reality, a great deal of separation and negativity so that you could explore all of the ideas of what it means to be limited, as we have mentioned to you before. Therefore, you have created yourselves to be the idea of a reality whose only cognition, basically, fundamentally, immediately, is a material reflection seemingly outside of yourselves, so that you can feel as if you are in a material universe, rather than knowing that the material universe is what you *are*.

That is what you are now beginning to explore within the idea of integration. You are beginning to experience the integration, the blending of more and more awareness of more and more of yourselves. You are beginning to blend the dream imagination and physical realities into one, to experience all the ideas of this transformation – the disorientation, the confusion, the limbo state,

the seemingly surrealistic attitudes and atmospheres you encounter from time to time – which allow you to feel disassociated from the material physicality you have been used to experiencing for many hundreds of thousands of years.

Now you will find yourselves integrating and beginning to see through the illusion you have created of physical materiality. It has served you, and served you well. But an illusion, a tool, and a creation it is,

nonetheless.

Channeling Ability

Q: Can you give me some points on how I can develop my own ability to channel?

B: Ah, thank you. Point one: you are doing just fine now. Because you always attract yourself into exactly the interactions and situations you need to fulfill anything you desire to be. You follow so far?

Q: Yes I do.

B: Thank you. Point two: trust your own instincts, your own imagination. Let your own imagination construct the methodologies you think you require. It can do so, that is what it is designed to do. So if you feel you need a process or a method, relax into your meditative state of imagination and invent one. Then what you will recognize is, perhaps, two things. One: you can begin to trust your imagination; and two: in inventing the process, you have already channeled something.

Three: recognize that you are always channeling anyway, in a sense. Because you always have access to what is called your own higher consciousness, and always are channeling that through to form the physical life you are experiencing yourself to be. So channeling is not something you are not used to doing. You are just talking about doing it in a different way. So it need not be something that you have to get used to from scratch, as you say. You follow me?

Q: I do follow you.

B: All right. Four: any other consciousness, with whom you have made an agreement, will always trust your pace. You can ask for assistance, it will be provided. But it will never do anything f*or* you; it will always allow you to get to the point where you know you are self-empowered enough to do it and make the decisions. The co-channeling would not serve a purpose – because then it would not be your free will involved. You follow me?

Q: I do. Yes.

B: Five: no one and nothing can ever control you. If it appears that that is happening, it is you believing in the reality that you can be controlled. But then you are controlling that situation.

Q: That's true.

B: Six; there is, in our perception, an energy connection of sixth density consciousness that may – now it may not always necessarily have to follow this particular configuration – but may be likened unto what you may refer to in general, and have referred to, in general upon your planet, as the collective consciousness you call, Ra.

Q: What?

B: Ra. R-a. Ra. You follow me?

Q: Yes.

B: Seven: the idea at first will be to put you in touch with different levels of your consciousness, since you have created yourself to be a multilevel consciousness. So the idea is that you may find at first that what you will channel are many different aspects of your consciousness.

Now this does not invalidate anything, but it does prepare you to receive levels of energy that you may believe are greater than your own – until such time when you know that you are equal to them, and that they are not *better* than you. Then you will blend.

Eight: the idea of channeling, in any event, is never actually literally that something comes *through* you. It is that you, in your reality – because you are a separate universe, as every consciousness is – you form your own comfort-zone version, your own understanding and your own method of modeling the energy with which you are in contact. So that what you recommend is (recognize as?) channeling some other consciousness through you is actually setting yourself up in an energy altered state of awareness that allows you to become your version of the other consciousness. You follow me?

Q: Uh huh. Yes, yes.

B: Do those points assist you?

Q: Very much so. Thank you, very much.

B: We thank you.

Child Genius

B: Sharing!

Q: Good evening

B: Good evening! Or good day, from my point of view.

Q: All right. I have two questions. . .

B: All right.

Q: . . . one I came with and one arose from your opening remarks.

B: All right.

Q: I'd like to ask about that first. When you gave us the analogy of the pictures on the wall.

B: Yes.

Q: Is that, in fact, what the Egyptians were telling us with their two-dimensional paintings and, if so, how does that relate to their pyramids?

B: Very good. To some degree, yes they were. The stylized art form was an understanding that the physical form is very like a shadow, in that way. To the higher self, it is very two-dimensional.

The pyramid was their tool for accessing that higher self, for aligning the vibrations that they were so that they could, in fact, realize that the physical dimension you think of as very solid was, in fact, an illusion, simply a shadow. In being in many of the chambers within those pyramids, they allowed themselves to exit the body and get the perspective that gave them the understanding of the physical reality's shadowness. You follow me?

Q: Yes.

B: It was the fourth dimensional tool that allowed them to understand the third dimension, in a sense, in a two dimensional way. You follow me?

Q: No. I fell off.

B: The pyramid is a fourth density tool. They projected themselves into the fourth dimension; and therefore, their perspective of the third dimension lost its solidity.

Q: Okay.

B: Many times individuals, when you are walking down your street, and you all of a sudden – for your own reasons and your own timing – snap into that awareness and that alignment, have not many of you felt that the physical dimension around you all of a sudden was very flat? Almost, as you say, made out of cardboard, like a set; not quite real, not quite solid; that you could look behind it. This is the analogy, to some degree, of their art, and the reason for the period.

It is a magnet. It is a lens for the electro- and ethero- magnetic field of your world. When you allow that lens to focus that energy into your vibrational auric field, it will then instill, imprint upon your auric field the idea of that pattern that will allow you to expand

and blossom into the more expanded higher self. You follow me?

Q: Yes.

B: Does that assist you?

Q: Thank you.

B: Thank you very much! Sharing!

Q: I have one other question.

B: All right!

Q: In our continuing efforts to explore our relationship with our brothers, the dolphins. . .

B: Yes.

Q: . . . we have discovered an unusual boy, who in two weeks will be the youngest college graduate in the history of the United States. He'll be 10 years old. They tell me that his IQ is in excess of 200; they can 't really measure it.

B: He's building his fourth computer; and he is obviously a clairvoyant. They've downplaying that side of his personality. But I'm told he spoke fluent ancient Greek at the age of three. In any event, he loves dolphins, he feels very close to dolphins, he dreams about dolphins. And we have now very fortunately connected with him, and we are bringing him down to be with our dolphins in about ten days.

B: All right.

Q: My question is, who is he, and where is he from and. . . (Much laughter, probably at channel's expression)

B: This is, again, as we have said, one of the many individuals – as most of the idea of the children of your age now are – who are forgetting less of themselves and remembering more. Because this is the transformational age.

This ability is equal to all of you; any of you can express this ability, this recognition. It is simply that this child has allowed himself to be born into your world, and has not forgotten as much of whom he is collectively. You follow me?

Q: Yes.

B: There are many connections that can be made, all of which, in a sense, will be arbitrary. There are connections to other levels, other realms, other civilizations. For now you do not really need them.

But the idea can be that in showing this child, what you would call, a double tetrahedron – one facing up, one facing down – and allowing this child to function in the notion of triads, then this child may be able to begin to explain the understandings of how consciousness itself fits into, what you colloquially call, your scientific equations,

particularly regarding what you call your artificially intelligent computers. All right?

What the child will be learning also from the dolphin is how to allow computers to become empathic. Now let us remind you once again, as we have recently done for other individuals upon your world, that you usually think of telepathy as a primarily mental process. We have discussed the understanding that

of course telepathy is emotionally activated. Therefore, let us put, once again, into fruition the idea of coining a new word, and recognizing that the more precise definition of what you colloquially call telepathy is actually telempathy. This is what the child is exhibiting, the acute ability to completely identify with and as any concept with whom this child interacts.

This child can also be responsible for the idea of bringing back techniques, as many other individuals are, from Atlantian times, to increase the learning process – tenfold, a hundredfold – for any individual. This child may be able to revolutionize the idea of the

learning processes; and revolutionize the idea of what you call school to begin with. You follow me?

Q: That's what he said.

B: Yes.

Q: That was his. . . (Laughter)

B: Enjoy! Simply treat the child as a reflection of yourself as well. Do not place the child above you in that sense, for the child only reflects the understanding – without forgetfulness – of what you all are capable of doing. Not that you have to express it in that way.

Q: If the child is going to, in fact, revolutionize computers as we know them, which I believe; and we've discussed before that the dolphins are, in fact, a collective 31 million years old computer. . .

B: Yes.

Q: that each and every dolphin on the planet is a station to that computer. . .

B: Yes.

Q: . . . is a key to it. . .

B: Yes.

Q: If the child can break through and interpret, then it really is an extraordinary event, isn't it?

B: Of course.

Q: Okay.

B: But the idea also is that the so-called revolution has already occurred in your collective consciousness, and the child is simply the representational tool of that revolution. You follow me? It is not that the entire idea of the revolutionizing of these notions is contained within the child specifically; it is that the entire revolution already exists in your consciousness, and thus, the child was capable of existing in your society at this time.

No one is ever truly ahead of their time; everyone is always exactly a product of their time.

Q: Will the child have credibility, I mean in the world?

B: The child doesn't care. This is not an issue. You follow me? It is not an issue! It is not an issue.

Q: Okay.

B: It does exist in the child's reality; it will never be encountered as a problem. Actions will speak for themselves; they will be the line of credit, and it will be unlimited. You follow me?

Q: Yes.

B: Thank you!

Q: Thank you.

Childhood and Self-Awareness

Q: Can you speak about children? The children choosing to come into hard situations and growing up, and believing in a lot of what you say, and also experiencing a lot of pain.

B: All right. First of all, do recognize that many of the children now being born upon your planet will not forget as much as you have forgotten. And in this way, many of these children may actually remind *you* as to what these connections are – many of these connections being connections that have come up through many past lives. Many of the hard situations that many of these children may experience may simply be remnant situations that they needed to deal with, in the relationships that were formed in past life situations.

Or maybe they have chosen to be born into difficult situations, family situations, in order to allow the adults in that situation to learn from the child the things that the adults need to learn. There can be as many reasons for a child choosing a difficult situation to be born into and grow up in as there are children.

But more and more you will find that the children that are now being born into your society will be totally, not only of a different generation, but totally of a different culture altogether. They will have been, in a sense, for lack of a better term, processed, now, mainly through the auspices of the energy vibrations of Arcturus and Sirius, and also many of them will be returning Pleiadians who chose to be born on your planet to assist in the transformation at this time.

Many of them will be beings of light and express it very early on. And again, as we have said, many of them will remind the adults – who have chosen to forget who they are – *who* they are. But any difficult situations will simply be the remnant processes that the individual has chosen to be born into, that they feel they believe they need in their lives, to learn what they need to learn. And in this way, you will find that more and more of these children, now that they are being born into a new culture, a new belief system, a new generation, will no longer need to choose family situations that bring inherent difficulty with them. Do you follow me?

Q: Yes.

B: For the end of the reincarnational cycle is at hand, and you will find therefore that all of the contracts, all of the agreements and all of the arrangements are now finalizing themselves within this transformational life, or within the next one or two following.

Then you will find that many individuals upon your planet will simply live longer lives, not needing to have experiences shuffled off or segregated into many separate lives; and that many individuals living now will actually still physically be alive in three hundred of your years. And that in approximately, what you call two to three thousand of your years, your society will have completely finalized anything that it needed to learn within the physical reincarnational cycle of planet Earth, and will no longer be physical. Allowing themselves to make way for the next group of consciousnesses who may be willing to use the Earth vibration for their own understanding, and their own tutoring of the ideas they need to experience.

Q: And how would you suggest that adults who have endured these difficult childhoods – for whatever reason they are in creation with that – function now, in particular in their male/female relationships, and how that is being worked out on the planet?

B: All right. First of all, I would suggest that you begin to recognize that you chose what you went through for your own reasons. So get in touch with how it served you, in a positive way. Many individuals will choose to be born into lives of what they call diametrically opposed belief systems within their parents so that they have something to push against, to absolutely ensure that they will be brought up with a polarity belief system that will be more indicative of what is needed in this transformational age. Do you follow me?

Q: Sure.

B: So in that way, first of all, recognize that you knew what you were doing when you chose the family situation you were born into, and you still know what you are doing. Another suggestion would be to recognize that if you are now at the point where you *realize* that you made that choice, then as soon as you realize that it was a choice, you are out of the cycle, you are no longer attached to it, and then the idea of that past will no longer be connected to the present. The past does not control the present; the past does not rule the present. You are, at any given moment, whatever definition you prefer to be. As long as you continue to believe that what you were in the past must control what you are now, you will continue to create a life in which you think you are controlled by that past.

But as soon as you recognize that you are aware, consciously, as a physical being, of knowing that you made the choices you made to get you where you are – and you simply can *be* what you want to be now – then you can simply act like what you want to be, now. And that what you want to be now has nothing to do with what you used to be.

Q: Right. And could you address jealousy as a human emotion and how it serves us? And male/female...

B: Jealousy is an invalidation, an invalidation of yourself. Jealousy, in this way, as it is expressed upon your planet, is when an individual sees something in someone else and believes: “I don’t have that and I want that.” But recognize, if you have the ability to see something in someone else, you must contain it, because you can only perceive what you contain. So jealousy only results from the belief that what you see in others you don’t have.

When you recognize that what you see in others that you desire to be real for you, you *do* have, and that your very ability to have seen it in someone else is an indication that you have the ability to be that way yourself, there will be no need for jealousy. For you will able to then say: “I perceive something I have desired to be in that individual, and oh, happy day, now that I know that I can see it in that individual, that means I have the ability to manifest it just as easily.” (AUD: laughter) Do you follow me?

Q: Yes.

B: There is no need for jealousy when you validate yourself and love yourself unconditionally, and love all beings unconditionally, and recognize that you are a *complete* being. You are not incomplete. You

may believe you are incomplete, you may believe you see something in someone else that you don't have; but that's only a perspective, only a point of view. It is your opportunity to recognize that when you see something in someone else that you desire to be, you can recognize that you have the potential to be that idea. Now, when you see something in someone else you do *not* desire to be, it still means you contain just as equal a potential to be that idea, but you don't have to, if you don't prefer it.

Simply recognize that everyone is a reflection. You are only looking at mirrors when you look at other people. So what you see... if you see something you do not prefer, simply recognize that the potential exists within you, because everyone contains every probable reality and method of expression, but if you do see something in someone you do prefer to be, then take it for granted that you also contain *that* also – you contain that.

Q: And with that dependency, or sense of need...

B: It is not a dependency, it is not a need; it is a sense of self-awareness. If you are seeing a reflection of yourself in everyone, then you know you are complete. You are not dependent on anyone to complete you. You are complete. And when you begin to function as a complete individual, then you attract into your life individuals with whom you can *share* your completeness. But that does not manifest as a dependency. Do you follow me?

Q: Yes. So loneliness is an incompleteness... it's not even real...

B: Yes.

Q: But if such things are so unreal, what are the purposes for why they are felt? People are feeling them a lot in these last days as we walk through this doorway...

B: Yes.

Q: ... like loneliness...

B: Yes, but one moment... one moment, understand that when you *feel* something, that is not the first thing that occurs. Any feeling you ever create in your life only happens as a reaction to something you already believe to be true. Feelings are secondary to beliefs, they do not come first. It is not simply: "Well this is simply the way I *feel* when this situation occurs." No. As we have said, no situation has built in meaning. You bring into every neutral situation a *belief* about what that situation means. And if you bring into that situation a belief that that set of circumstances *means* that you are going to be lonely, then of course you're going to feel lonely.

But if you understand that your loneliness only stems from the fact that you believe that the situation you are involved with is inherently "loneliness creating," then you will not have to feel loneliness – by recognizing that you do not have to believe that the situation has to be manifested in that way. Do you follow me?

Q: Yes.

B: When you understand that you are always –at the same time – alone *and* connected to everything, then it is up to you to choose which way you believe you will function. So if you feel lonely, then that

simply is an opportunity and an indication to you to realize that you believe in loneliness, and that you are not connected to the Infinite Creation; your choice; up to you.

Now, if you choose to feel lonely because you chose to believe in loneliness, then accept that you chose to believe that way, and as soon as you accept that it was your choice to believe that way, then you will understand that you have the ability to choose to feel and believe another way.

Do not deny it, do not run from it, do not attempt to get rid of that idea. There is nowhere to get rid of anything to. You are your own universe. Acknowledge that you obviously chose to believe in loneliness if you feel lonely. Ask yourself: " Well, how does it serve me to feel lonely? How does it serve me to believe in loneliness?" You will get an answer if you listen to yourself. Even if the answer is only that you chose to believe in loneliness, so that you could learn that you don't prefer to believe in loneliness.

Q: I see. (Laughing)

B: Because it makes you feel lonely, and you don't like it! So now that you have recognized why you chose to believe in loneliness, and now that you've had the experience, and you no longer need to have the experience, then choose another belief and you will get another feeling to go hand in hand. All right?

Q: All right. And, last question: how can sound and dance best serve this planet at this time?

B: By moving to whatever moves you. By allowing yourself to recognize that everything is vibration, and that when you discover for yourself what is the movement, what is the core, what is the vibration that hits home with *you*, then you will be RADIATING that tone. You will be MOVING that dance for all to see. You will be BEING the fullest facet of the multidimensional crystal you can be.

And by simply moving to what you know is true for you, you give others the best opportunity to see in you that you are following your path, that you are living your dance, that you are playing your tune. Which lets them know that they can do the same. Do you follow me?

Q: Yes.

B: There may be vibrational tones that can generally assist many individuals in your society as well. You can explore with some of those generalized tones, and recognize that when you find the tone that moves you, what you are doing is you are finding your signature vibration. When you then recreate your signature vibration, your entire body chemistry and cellular structure and neural pathways will begin to vibrate according to that tone.

When you impose upon – not in a negative way – identify *with*, allow your body to identify with the tone that moves you, the signature vibration, then you allow your body to go back to its zero rest idealized state. And in that state there is no imbalance, and no disease.

Therefore, if you can assist another individual in finding their idealized signature vibration, and get them to recreate it so they can immerse themselves in that vibration, their cellular structure will begin to identify with that vibration. And they will allow their body – not make, not force – *allow* their body to snap back to the zero rest state represented by that signature tone. Then they will not have disease at all.

Understand, the only reason you have dis-ease or imbalance is because you *hold* yourself out of balance. When you let yourself go, you will snap back to zero – the ideal blueprint, rest-state definition, of the consciousness that you are; and in that state there is no imbalance, therefore, no disease. So, a tonal vibration that represents a person's signature core vibration can allow them to have something to identify with, to allow them to snap back to zero. Do you follow me?

Q: Yes.

B: That is the dance you can share, if you are willing. But first and foremost, be your own dance, be your own tone, and live fully that which is true for *you*. Or anyone else you would like to assist will not believe that you can assist them, if they don't see you as a living example. You follow me?

Q: Yes.

B: Thank you very much!

Q: Thank you.

Childlikeness and Redefining Failure

B: Now, you will always learn, you will always change and transform, but what you are at any given moment *is* a perfect manifestation of the idea you are being. And when you live your life *now*, in a childlike fashion, fascinated, curious and "enjoyful" of all the things that come into your life – because you know that the things that are in your life are there for you, for your reasons, for you to learn from – you will be enjoying yourself so much that before you know it, all the things that you were already waiting for will already be upon you.

Because, when you live in the moment, you do not create the experience of the passage of time to as great a degree as you do when you are sitting around waiting for things to happen. And that is what will create the acceleration that you desire. Do you follow me?

Q: Yes.

B: Do you believe that your life, as it is, is worth enjoying?

Q: Absolutely.

B: Oh, well, thank you very much! Then, if you live in that childlike way you will not notice the passage of time so much, because you will not be creating as much time. And because you will not be creating as much time, you will become more time*less*, age*less*, you will not need to age. The more you enjoy, the less you age. Do you follow me?

Q: Yes. Also, I know I have the ability to write and express myself through language.

B: Then you go right ahead.

Q: And yet I find myself resisting using those powers to the fullest.

B: Why?

Q: (No answer)

B: All right, let's use that imagination now, and let us explore what, perhaps, might be the strongest habit within most of you. Let us explore it in the negative connotation for a moment: if you were to exercise that power, what would you imagine would be the worst possible thing that could happen?

Q: That I would fail.

B: Oh, what's that mean? Fail... what does that mean? Not live up to your expectations?

Q: Yes.

B: So what?

Q: (Pause) I see what you're saying... that in failing there is learning and there is growth.

B: Absolutely. That's why there is no failure. Anything that occurs may be against the grain of what you expect *should* occur, but it is the unexpected that allows you to discover what you need to discover, to incorporate what you have discovered within you, so that you can actually become more precisely the individual that will be able to do what you say you desire to do.

Q: Yes.

B: It is from those experiences that you learn how to be the being you desire to be. They are a part of the path you are, not an interruption in it. Only your attitude that they have nothing at all to do with your life, as you think it should be lived, is what creates you to not use those circumstances in a positive way, but simply to wallow in them in a negative way: “Oh, I have failed.” (In a slow, sad voice) (Audience laughter)

Q: Right.

B: Do you follow me?

Q: Yes, I do.

B: The idea is... “Well, *that* went in an unexpected direction, what can I learn from this? Oh joy, Oh joy!” (much laughter) As soon as you have that attitude... as *soon* as you have that attitude, nothing will seem like a failure. May I ask you a question?

Q: Yes.

B: Does a child know how to fail?

Q: No.

B: Again, the two times in your life when you are, quote/unquote, *allowed* by your society to act like a child is when you are very young and when you are very old: “Oh, that’s all right, he can act like a child, he’s old, you know.” (Laughter) But you see, if you are willing to act like a child *now,* with the same childlike curiosity, the same childlike trust in that way, when you exercise that idea with your full adult commandment, then you will not need to age in order for it to be all right to act like a child. Do you follow me?

Q: Yes, I do.

B: Have a *wonderful* time.

Q: Thank you.

Children

Q: Yes, I wanted lo ask you a question. I have grandchildren and I have some definite ideas about raising them that are different from the way my daughter and son-in-law are raising them. It is hard for me to not want to take responsibility for them but I want to be able to give them as much love as I can without taking over their responsibility. Can you give me some guidance on that?

B: Well first of all, again understand that the only thing you will ever be able to do is to try to be responsible *for* them, but you can't be. Because you are not them. You just can't be. It's not possible *to* be responsible for them. You can be responsible *to* them by being the fullest individual you know how to be. Let them feel your love, let them feel that you believe in them, that you believe in their ability to create in their lives what they need for themselves. That's your faith. That's what will attract them to you. That's what will allow them to hear you and listen to you. Not because you need them to, not because you want them to, just because they will feel from you such a vibration of knowing trust that they are exactly who they need to be—they will seek your guidance and suggestions because they will know that your love and faith will never come with a condition. You understand?

Q: Yes I do.

B: And that, paradoxically, is what will allow then to absorb the information most strongly.

Q: All right. Another quick question about my grandchildren. What can you suggest we could do to improve the methods with which we educate our children?

B: Imagination is the key. The idea of allowing individuals and

your children to do, to act, to be, to involve themselves, to use all the senses–rather than being restricted in their use of Imagination and fed a number of formulas which do not necessarily relate to the world of their interest. Allow all the things that need to be learned to be translated in terminologies that benefit the *interest* of each and every individual. And they will, in your terms "gobble up the information voraciously."

Children's Channeling

Las Vegas, NV.

11-3-93

B: Where was the field trip?

Q: It was to your ship.

B: You found yourself in an area not of our ship; you were diverted to another ship. You found yourself in an area where these forms are crystallized, created for their ability to interact with each other to amplify light energy. You were in what might be called a factory area where these ideas are grown, these crystals grown, in a sense, and as they are placed near each other they amplify each other's vibrational energy in such a way as to allow us to make use of a certain kind of electromagnetic energy in the universe. That you were in one is simply that you decided to project your energy into the center, because the center of each crystal is a balanced vibrational state, a little bit like an etheric magnet when you are projecting yourself ethereally, astrally, in your imagination.

When you go anywhere near those etheric crystals, those magnetized crystals, you will usually wind up somewhere in the center of them, being surrounded by the substance, because you are finding an area, a pocket of vibration that is a resonance pocket of vibration. So, you were in an area where you were placing and growing, on another ship, certain kinds of crystalline formations that allow us to utilize or tap into different kinds of energy. Now, many of our ships are made out of similar substance. Totally, our ships are grown, not built. They are grown like crystals, and there are different kinds of materials that grow and extend from them to do different tasks. So those were like antennae in a chamber that amplifies light, that amplifies different kinds of energy that then can be directed to different portions of the ship or different ships so that they can use that energy in different ways. Do you understand?

Q: Yes I do, thank you very much.

B: Thank You.

Q: I have a night friend who's an alien. He is very tall, about seven feet. I trust him. I feel like a huge shopping mall and a bunch of different kinds of aliens–there's other people there too walking around.

B: But it is not really a shopping mall, it is the inside of a Mother Ship.

Q: Sometimes I wake up and I see him staying at the foot of my bed and....

B: Can you describe how he looks?

Q:Glowing green with almond shapes eyes, a large head. Can you tell me more about him, where did we go?

B: He has been your friend for a long time. In fact, you used to be one of them. You decided to have this Earth body now, to incarnate upon the planet, so that you, in having experiences on Earth, could visit your friend on the ship and share those experiences with him so he could learn about earth through you. But, you used to be one of them. Do you understand?

Q: Yes.

B: And now you are on Earth, in an earth body. But every now and then you visit, you go back to the Mother Ship to talk and tell of your experiences; and so he could also tell you of the different kinds of things that you will be doing on Earth. May I Ask you a question?

Q: Sure.

B: Thank you. What kinds of things do you like to do? What excites you the most? When you are inside the Mother Ship that you say looks like a mall, how do you feel when you are there?

Q: Like it is home.

B: Yes. You have been on that ship many times, that ship is very old, very old, thousands of years old, and you have been there many times in this life and in your other life before this one, as one of them. You are very familiar with it. Let me tell you this, the next time you find yourself there, say this to your friend, "Let me see the bridge." All right, can you remember that, "Let me see the bridge"?

Q: Sure.

B: When you do that, bring back with you whatever memory and information you are shown. Whatever you are shown, when you say that, will be very important for you later in life. It might be a picture, it might be an object but later in life, perhaps in a few years to come, that object will symbolize your ability to do something and it will help you do that thing very easily and very quickly. It will be a gift given to you to remember so that your mind when it remembers what you are shown will be able to do something later in life very easily, all right?

Q: All right.

B: Is there anything else?

Q: No, thank you.

B: Thank you very much, have a good time.

Q: Thanks

Q: When I was 6 years old, one night, at three o'clock in the morning, my parents found me locked outside of my home.

B: Yes.

Q: All the doors were locked and the deadbolts were also locked.

B: Yes.

Q: I was knocking on the door to get in, it was about four o'clock in the morning. I was wondering, if you knew what I was doing out there, how I got out there and where I had been while I was out there?

B: All right, yes. Now again, this is connected to visiting with those other beings. However, you will also find this, when enough of you, especially your young children now, start being visited by those beings you must understand that they are coming from another dimension. They are coming through a dimensional gate into your dimensional reality, into your world. When they interact with you enough, when you interact with them often enough, you will start automatically popping around in and out of

dimensions. You will find yourself here one moment, pop, there the next moment. Doesn't matter where you might be, inside, outside, another country, it doesn't matter. Sometimes when you find yourself outside like that, it's because you have been on their ship and they have made you forget, and they just left you outside and you don't remember where you were and you don't remember how you got there because they made you forget that you were on their ship. But sometimes you just automatically pop from where you were to outside because you are becoming slippery in time. Because they are rubbing off on you, their powers are rubbing off on you.

The more they take you through different dimensions, the more you have the ability to go through those different dimensions yourself and sometimes when you are not thinking about it, you might just, all of a sudden, find yourself, pop, somewhere else. This will start happening more and more and more as the years go by, to more and more of you, especially the children, because they are looser. They are not so solid, not so structured and don't necessary think that they have to be at any particular place at any particular time. But, more often than not, when you find yourself like that, not knowing how you got there, it's because you were on their ship and they let you out after you were there. On their ship they made you forget because they don't want you to completely remember right now. Because this information is supposed to come out slowly so that the people of your world can learn to handle it easily. Otherwise, if all the people of your world suddenly, absolutely realized that all of this was going on...oh, there would probably be a lot of running around and a lot of screaming. Does that answer the question?

Q: Yes.

B: Well, thank you very much.

Q. Thank you.

B: Have a good time playing *outside.*

Choice and Co-Creation

Q: Several weeks ago you said that the channel had been a member of a league, but you yourself had not been a member of the league. . .

B: Correct.

Q: And I wonder how that relates. If you are the channel's future self, how could he be part. . . ?

B: The channel is my past self only in *this* life he has on your planet, as the channel. You follow me?

Q: No.

B: All right. Look at it this way: You have what you call a ladder, yes?

Q: Yes.

B: You have rungs in between the two sides, yes?

Q: Yes.

B: All right now, one side is one concept of linear time, one universal time track. Where each rung intercepts, that pole is considered a linear life on *that* side of the ladder. You follow me?

Q: Mhmm.

B: Where the rungs intercept the other pole is considered a linear life on that time track. You follow me?

Q: Mhmm.

B: Now, the rungs do not have to connect to both sides. And in this case, you may simply assume that what I am saying is my pole and his pole have one common rung. All of the rest of my rungs do not connect into his pole; the rest of his rungs do not connect into mine.

Q: Mhmm.

B: You follow me?

Q: Um, would you consider the channel to be a clear channel, a quote/unquote, clear channel? In other words, does what you say come through him without any coloration?

B: Not without any. But it will be clear in a sense of valid for whomever we interact with. In other words, the idea of clear will be, to me, that whoever is attracted – whoever I attract – will be there for the reason of receiving whatever information comes through.

Q: Right.

B: In other words, the idea of the *trust* is total, yes.

Q: Okay. The woman that I saw before – her name is Cheryl, and she has since become a Sikh. Her name is now Kartokar. And I was near her body... and how it was explained was that, if you started channeling, she would leave her body, and she would start channeling instantaneously. And what came out, apparently, was that she was going through some creative purge, and that at the end of forty days she would then become a clear channel.

B: All right, if that is her method, that is her method.

Q: Okay. Well, this was what was told to me. Her ex-husband was in fear that this would take such a toll on her body that she might not be able to survive.

B: All right. Then that fear being in her reality is also a part of her process.

Q: Oh, I think it was more his fear than her fear.

B: Is she aware of it?

Q: Of his fear, I don't know. I don't know; he just told this to me.

B: If she is not aware of it, it is not part of her process; if she is, it is.

Q: Okay. Another question is concerning myself and the artwork that I channel. I know that I have personal guides. . .

B: All right.

Q: the name of Joseph and Florence; this was told to me. And when I channel artwork, I was wondering if it comes directly from them or through them, or if they are just there, and it's coming from another dimension – in which case it would explain to me that I. . .

B: What does the experience feel like? Does it feel like what you wish it to be in the moment you are doing it?

Q: Oh, yeah, definitely.

B: In terms of: "Where does it come from?" It all comes from you, no matter who else is involved. You follow me?

Q: I was just thinking that it comes through me, and that it's. . .

B: That is then your creation of the idea of your interaction with other consciousnesses. It is still your creation, ultimately. Ultimately it is still your creation!

Q: Okay, well, so what... or how much do these two particular guides of mine have. . .

B: As much as you create them to have. Do you not get the picture?

Q: I get the picture of it.

B: All right. Recognize your imagination is real. You follow me?

Q: Mhmm.

B: So in any given moment, however you choose to imagine your relationship to yourself and to so-called other consciousnesses to be, in that moment, that is what is real. You follow me?

Q: Uh huh.

B: When you change it, *that* is real. When you change it again, that is real! Everything is real. You are the creator. Do you understand what that means?

Q: Yes, I do. I take full responsibility.

B: Thank you.

Q: I have one more. . . little question.

B: All right.

Q: I met a woman who told me about another person who was an iridologist, and she – this woman – said that they're serious, that there are only really two colors of eyes: blue and brown, when people – when humans – are born, and that they may change instantly, or they may change after a while. And I was wondering if that's true and valid, or if, I mean. . .

B: There is some physiological accuracy to this notion. But again, listen to yourself: "I was wondering if that is true and valid." Everything is true and valid; everything is true and valid.

Q: Okay, well. . .

B: For the individuals that choose to believe that, the idea *is* true and valid. Now understand something: I have been speaking with your civilization for approximately what you call two and one half of your years. And I have been speaking in ways that have been a reflection of the idea of your third-density patterns. This is no longer the case. If you are going to create the idea of interaction with me now, be with me now. Be with yourself now.

Q: So it's just: if I choose to believe the theory; if I choose *not* to believe the theory.

B: It is up to you. You are the Gods. Gods. . . All That Is did not create the universe; All That Is created you. YOU created the universe. If you wish to say All That Is created the universe, then All That Is created the universe through you. Everything – EVERYTHING in the universe is your creation, and yours, and yours, and yours, and yours, collectively and individually, because you are each your own universe.

Whatever you believe is true and valid and accurate for you – for you, and you alone – IS. And in your universe, that is what will work. That is what you will experience. It does not matter that no one else might experience what you experience. Your universe, and your experience in it, is still really real. Because what you have been living in is the product of your imagination anyway. What you have for so long considered to be the only *real reality* is like any idea – only what *you choose* to believe it has been. You follow me?

Q: Yes. If you – okay, you can look at this from another point of view.

B: All right.

Q: That I attracted, or I created, this woman to come and tell me this.

B: Very good. Giving you an opportunity to recognize beliefs that exist within you, and then choose which ones you *prefer* to be in your universe.

Q: Okay. Well, if I chose to believe that belief, then I was wondering. . .

B: Now, if you chose it *then*, it does not mean you have to choose to *now*. You can, but you do not have to.

Q: Okay, well, but you know, just for the sake of argument, or whatever, if I choose to believe that that was true. . .

B: Yes.

Q: And that there... she says you have not... I don't know... but some kind of stuff that shouldn't be in your body, that's in your body that would change the color of your eyes.

B: All right.

Q: So if that's true. . .

B: Yes?

Q: I was wondering what stuff was in my body, and what I should do to get rid of it.

B: What does your imagination tell you?

Q: Oh, okay, okay, I got it.

B: Now, what does having the idea of "having stuff in your body that you should get rid of" do for you? What does that idea do for you?

Q: Uh, it makes me clean up my act as far as my. . .

B: Clean up your act?

Q: Yes.

B: Does that mean you are judging yourself to be less?

Q: Well. . . no, I've just been – I have been eliminating certain things from my diet for a long time, just to. . .

B: All right.

Q: Then simply talk to your body consciousness. You can recognize anything that is there that you do not prefer to be there. You will simply allow yourself to ingest what you feel reflects what you believe yourself to be. Talk to your body consciousness. And listen to it when it talks to you.

Q: Okay.

B: Do you follow me?

Q: Yes.

B: Thank you. Now, you can also understand that simply because someone tells you, "you have this and such, and *should* have this and that," it is only a reflection of your belief, because you have attracted someone to tell you that. Therefore, you can simply do what they suggest, and follow your belief in that way, or you can change the belief.

Q: Mhmm.

B: You follow me?

Q: Yes.

B: Now, the idea that was being discussed – our perception of it – is simply that it deals with what you call the endocrine system in your body. Take that as your clue and do your own discovering.

Q: Okay. I will.

B: But you do not have to. Thank you. Yes?

Q2: Yes, you've been talking about the fourth density, but in the past you said that your civilization exists in the third density as ours…

B: Third, fourth, fifth.

Q: I see.

B: We have representational forms, that we call bodies, that exist in third density. And we have been using that idea of ourselves to integrate with you, with what you call our spacecraft – so that you would have a physiological representation.

Q: But you could exist not impinged on the third density?

B: Yes. Our transformation is your transformation is our transformation is your transformation.

Q: But you've actually – your civilization has made the transformation to fourth density...

B: All right. But, in this way, the overall idea of the transformation you are experiencing is still a transformation for us. Since we are portions of the same consciousness. Therefore, while it may not specifically be the same type of transformation, a transformation it is, nonetheless. And it simply allows us more opportunities to be more aware of your existence on all density levels, simultaneously. And allows us to shift our focus a little bit closer to fifth. You follow me?

Q: Yes.

B: Thank you.

Q3: On that point: I'm creating the recollection of your having said that you existed in third and fourth dimensions, uh, density, and then, say several months ago, you started talking about fifth density, and it sounded like to me like that was a transformation for you guys.

B: In a sense, you may say it was also a reflection of changes in your own transformation that *allowed* us to share the idea with you. Recognize that what we have been sharing with you has had a very specific focus. And were we to have started with certain things, they would not have been understood.

Q: Yeah. So, was it less that you actually had undergone transformation in that same…?

B: It is both.

Q: Yeah, okay.

B: Because the transformation was that we were now co-creating a reality in which that idea could be shared. And that is – like any other reality – a completely different one, and therefore, a transformation of sorts.

Q: Okay. So what you were saying just now – just to get it clear – is that as a result of our transformation – no, it's a co-creation; our transformation and your transformation is a co-creation.

B: Yes.

Q: Okay. Thank you.

B: Thank you.

Choice and Co-Creation

Q: Several weeks ago you said that the channel had been a member of a League, but you yourself had not been a member of the League. . .

B: Correct.

Q: And I wonder how that relates. If you are the channel's future self, how could he be part. . .

B: The channel is my past self only in *this* life he has on your planet, as the channel. You follow me?

Q: No.

B: All right. Look at it this way: You have what you call a ladder, yes?

Q: Yes.

B: You have rungs in between the two sides, yes?

Q: Yes.

B: All right now. One side is one concept of linear time, one universal time track. Where each rung intercepts, that pole is considered a linear life on *that* side of the ladder. You follow me?

Q: Mhmm.

B: Where the rungs intercept the other pole, is considered a linear life on that time track. You follow me?

Q: Mhmm.

B: Now, the rungs do not have to connect to both sides. And in this case, you may simply assume that what I am saying is: my pole and his pole have one common rung. All of the rest of my rungs do not connect into his pole; the rest of his rungs do not connect into mine.

Q: Mhmm.

B: You follow me?

Q: Um, would you consider the channel to be a clear channel – a quote/unquote, clear channel? In other words, does what you say come through him without any coloration?

B: Not without any. But it will be clear in a sense of valid for whomever we interact with. In other words, the idea of clear will be,

to me, that whoever is attracted – whoever I attract – will be there for the reason of receiving whatever information comes through.

Q: Right.

B: In other words, the idea of the *trust* is total, yes.

Q: Okay. The woman that I saw before – her name is Cheryl, and she has since become a Sikh. Her name is now Kartokar. And I was near her body... and how it was explained was that if you started channeling, she would leave her body, and she would start channeling instantaneously. And what came

out, apparently, was that she was going through some creative purge, and that at the end of forty days she would then become a clear channel.

B: All right. If that is her method, that is her method.

Q: Okay. Well, this was what was told to me. Her ex-husband was in fear that this would take such a toll on her body, that she might not be able to survive.

B: All right. Then that fear, being in her reality, is also a part of her process.

Q: Oh, I think it was more his fear than her fear.

B: Is she aware of it?

Q: Of his fear? I don't know, I don't know; he just told this to me.

B: If she is not aware of it, it is not part of her process; if she is, it is.

Q: Okay. Another question is concerning myself and the artwork that I channel. I know that I have personal guides. . .

B: All right.

Q: the name of Joseph and Florence, this was told to me. And when I channel artwork, I was wondering if it comes directly from them or through them, or if they are just there, and it's coming from another dimension – in which case it would explain to me that I. . .

B: What does the experience feel like? Does it feel like what you wish to be in the moment you are doing it?

Q: Oh, yeah, definitely.

B: In terms of: "Where does it come from?" It all comes from you, no matter who else is involved. You follow me?

Q: I was just thinking that it comes through me, and that it's. . .

B: That is then your creation of the idea of your interaction with other consciousness. It is still your creation, ultimately. Ultimately it is still your creation!

Q: Okay, well, so what... or how much do these two particular guides of mine have. . .

B: As much as you create them to have. Do you not get the picture?

Q: I get the picture of it.

B: All right. Recognize your imagination is real. You follow me?

Q: Mhmm.

B: So in any given moment, however you choose to imagine your relationship to yourself and to so-called other consciousness' to be, in that moment, that is what is real. You follow me?

Q: Uh huh.

B: When you change it, *that* is real. When you change it again, that is real! Everything is real. You are the creator. Do you understand what that means?

Q: Yes, I do. I take full responsibility.

B: Thank you.

Q: I have one more. . . little question.

B: All right.

Q: I met a woman who told me about another person who was an iridologist, and she – this woman – said that they're serious that there are only really two colors of eyes: blue and brown, when people – when humans – are born, and that they may change instantly, or they may change after a while. And I was wondering if that's too invalid, or if, I mean. . .

B: There is some physiological accuracy to this notion. But again, listen to yourself: "I was wondering if that is true and valid." Everything is true and valid; everything is true and valid.

Q: Okay, well. . .

B: For the individuals that choose to believe that, the idea *is* true and valid. Now understand something: I have been speaking with your civilization for approximately what you call two and one half of your years. And I have been speaking in ways that have been a reflection of the idea of your third-density patterns.

This is no longer the case. If you are going to create the idea of interaction with me now, be with me now. Be with yourself now.

Q: So it's just: if I choose to believe the theory; if I choose *not* to believe the theory.

B: It is up to you. You are the Gods. Gods. . . All That Is did not create the universe; All That Is created you. YOU created the universe. If you wish to say All That Is created the universe, then All That Is created the universe through you. Everything – EVERYTHING in the universe is your creation. And yours. And yours. And yours. And yours. Collectively and individually, because you are each your own universe.

Whatever you believe is true and valid and accurate for you – for you, and you alone – IS. And in your universe, that is what will work. That is what you will experience. It does not matter that no one else might experience what you experience. Your universe, and your experience in it, is still really real. Because what you have been living in, is the product of your imagination anyway.

What you have for so long considered to be the only *real reality*, is like any idea – only what *you choose* to believe it has been. You follow me?

Q: Yes. If you – okay, you can look at this from another point of view.

B: All right.

Q: That I attracted, or I created, this woman to come and tell me this.

B: Very good. Giving you an opportunity to recognize beliefs that exist within you, and then choose which ones you *prefer* to be in your universe.

Q: Okay. Well, if I chose to believe that belief, then I was wondering. . .

B: Now, if you chose it *then*, it does not mean you have to choose to *now*. You can, but you do not have to.

Q: Okay, well, but you know, just for the sake of argument, or whatever: if I choose to believe that that was true…

B: Yes.

Q: And that there... she says you have not... I don't know... but some kind of stuff that shouldn't be in your body, that's in your body that would change the color of your eyes.

B: All right.

Q: So if that's true…

B: Yes?

Q: I was wondering what stuff was in my body, and what I should do to get rid of it.

B: What does your imagination tell you?

Q: Oh, okay, okay, I got it.

B: Now! What does having the idea of "having stuff in your body that you should get rid of" do for you? What does that idea do for you?

Q: Uh, it makes me clean up my act as far as my…

B: Clean up your act?

Q: Yes.

B: Does that mean you are judging yourself to be less?

Q: Well…no, I've just been – I have been eliminating certain things from my diet for a long time, just to…

B: All right.

Q: Then simply talk to your body consciousness. You can recognize anything that is there that you do not prefer to be there. You will simply allow yourself to ingest what you feel reflects what you believe yourself to be. Talk to your body consciousness. And listen to it when it talks to you.

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Q: Okay. Thank you.

B: Thank you.

1

Choosing a Positive Reality

Q: My question has to do with what we call entities.

B: Yes.

Q: For instance, negative entities may take over people…

B: Recognize, whatever fear an individual may have within them, may determine the vibration that will simply attract them into a universe where they can interact with what, you call, "other," negative entities; because *fear* creates a being to be a negative entity.

The idea is to simply recognize that the idea of negative interaction simply has nothing to do with what you have defined yourself to be. Then you will not be of that vibration; you will not be of that universe; and anything that is of that universe simply can't find you. Understand? So it is only the fear of interaction, generally, with the idea of negative entities, that attracts the interaction with negative entities. Recognize what I am saying? Is it making sense?

Q: I am a little unclear about it.

B: All right. Do you understand that everything is vibration?

Q: Yes.

B: Then do you understand that you create your reality based upon whatever vibration you define yourself to be?

Q: Yes.

B: Do you understand that you can't get a program you're not tuned to?

Q: Sure.

B: Well then, how can any idea of a negative entity interact with anyone who is not tuned to the idea of negativity? Understand?

Q: I understand. And the question that comes up for me is: in the world…

B: What world? You *are* the world in which you live. And yes, you may recognize that other individuals may be choosing to live in fear and negativity, and attracting themselves into negative circumstance. But that's *their choice*. You can remind them that that's their choice; and if they don't prefer it, once they are reminded that that's their choice, they can change it. And they will never experience, from that moment forward, the idea of any negative effect in their life; it is all where they tune themselves into.

Your service, in the way you wish to serve individuals, is to simply give them an opportunity to recognize that they have the power and the choice to choose to operate on a positive vibration and attract a positive reality, or operate on a negative vibration and attract a negative one. But it's their choice; you can't tell them what to do. But you can offer them an opportunity to recognize *they have the ability to choose*. Is that making sense?

Q: Yes, that's very clear. Thank you.

B: Thank you for your service.

Choosing Reincarnational Scenarios

Q: What is the scenario of what happens between lives? You know…

B: It can be many different things. Simply remember that you are a thought form in a world of thought forms. There are, because you have created there to be so, many different levels, so to speak – in what you call the non-physical reality, quote/unquote, between lives, linearly speaking – and any number of scenarios can occur. The general foundational scenario is whatever you believe in most strongly will be what you experience immediately, because there is no time lag in non-physical reality. Understand?

Q: Right.

B: So there are layers of frequencies, of vibrations, that represent different degrees of perception and clarity of definition of the reality you know yourself to be. And it can range all the way from individuals not even knowing they are, in your terms, non-physical, all the way to individuals who simply absolutely know, beyond a shadow of a doubt, that they have the opportunity to project themselves into any type of experience whatsoever, on any plane, in any definitional sense. Anywhere in between, anything at all, whatever you can imagine, can be experienced in that non-physical realm instantly.

Now, because of the way you have created your world to be, because of the momentum that has been, in the past, generated, you have even allowed that radiation, so to speak, to – quote/unquote – leak into what you would call the lower levels – actually creating the idea of lower levels of non-physical reality in which you can be non-physical and still not yet know that you have the ability to go anywhere you wish, and be anything you want to be.

You can create an automatic assumption in those levels that you, perhaps, *have* to reincarnate, creating what you call the karmic cycle, which is nothing more than an assumption, basically, that you have to keep reincarnating. It is simply recognition of a momentum, a momentum which can be played out in many different dimensions of experience, but which you all have assumed in the past has to be repeated here. It doesn't, 'tis up to you. Does this explain some of the idea?

Q: Yes, it helps a lot, because the second part was the key. How do you graduate so that you know that?

B: By knowing right now…

Q: That you have that choice.

B: …that you always have complete and utter choice. If you become non-physical with that knowledge, you will know that when you're non-physical; and you will say, "hmmm, what do I want to do now?" And you will be very clear about it.

Q: Great! So there's nothing that says you *have* to come back.

B: No.

Q: Oh, great!

B: However, the one thing you will do to ensure that you might come back is to deny the validity of the physical existence. Because if you do not validate it as equal to anywhere else you could go, that's how you attach yourself to it, through your denial of it. *That's* what allows you to come back.

Q: Well, the way you do that is just to learn to love this physical existence?

B: **Yes.** Unconditionally.

Q: Right. Okay.

B: For it is just as valid as any experience you could have. And you can create physical reality to be an ecstasy and a joy. If you're using the idea of non-physical reality to run away from physical reality – to escape it as if it were a prison – then that's simply not a recognition that, if it seems to be a prison, then *you're* the jailer. And you can keep putting yourself back into physical reality until you realize you hold the key. And any time you want to turn the key in the lock, you can. And that's when you're really free – when you free yourself. Understand?

Q: Right. I always have the fear that I'll love everything 99%. . . and there'll be one little thing I'll forget about. And I'll have to come back. . . one person I forgot to forgive.

B: All right, but that's a definition too.

Q: That's a belief. That's right.

B: Thank you.

Q: Thank you.

Choosing the Next Life

Q: I have read an idea in-between reincarnation, sometimes souls become very confused and they might do what they call a yo-yo effect, where they wouldn't choose wisely their next reincarnation. I didn't really like that idea. . .

B: It is not so much that it is unwise, in that way, but it may be more of a reaction. Now understand *every choice* can still be of service, and if an entity has chosen to create that type of immediate reaction then that is something that the Oversoul will learn from. You follow me?

Q: Yes. I have difficulty with this idea because I like the idea that someone chose wisely what I'm doing now even though it doesn't look to good to me.

B: Someone? You. You.

Q: Well, I don't remember choosing.

B: That is part of the game.

Q: Right, but I assume that I chose wisely even though now. . .

B: Yes, and assuming that you chose wisely is what will make your physical life reflect that wisdom, no matter how you chose to enter in.

You can always, at any time, including in the middle of a life, decide that you have chosen wisely and gain from that effect. No matter how you originally got into the light of day. You follow me.

Q: Yes, but I don't like the idea that the soul is somehow separate from the entity.

B: It is not.

Q: Then why do you say that it. . .

B: Because we are using your terminology, because you in your society have seen it as separate. You are the soul.

Q: Well I don't see how the Higher self could do something like a yo-yo effect?

B: In a sense it doesn't. But recognize that you have created yourself to be a society where there are many levels even in the immediate non-physicality that you experience just above physical reality. And it is only in those levels that such an effect is possible, but, again, recognize that effect was created for a reason and to the Higher self there is no judgement. The Higher self does not see anything as wasted and does not judge any experience to be wrong or misspent. You follow me?

Q: Yes.

B: You experience what you experience for no other reason other than the fact that you can experience it. You follow me?

Q: Yes.

B: To the Oversoul that is just as valid and equal a learning experience as anything and any method of gaining that experience. It is all the same, only you, on this level, are judging it to be something not desirable. But you can recognize that if you have that idea within you, it is an opportunity to simply

know that you *prefer* the belief that you are now the idea of a wisely chosen life. No matter how you chose it, it was wise. You follow me?

Q: Yes.

B: That is what will create the effect of that belief and your life will reflect that wisdom. Thank you.

Q: Thank you.

Christ Consciousness

Bashar: All right, I'll say good day to you, this day of your time. How are you all?

Audience: Great, good, all right.

B: We will begin this interaction, this communication, this day of your time, by, once again, thanking each and every one of you, individually and all of you collectively, for allowing us this opportunity to communicate with your civilization in this way, at this time. Always these communications are an expansion of our awareness of the universe in that we get to see, through you, many more different ways that the universe has of expressing itself, because of your unique qualities. And this, to us, is a gift.

We thank you for this sharing and we would like to begin this communication, this day of your time, with the following concept. We recognize that, in that we are channeling through, communicating through to a particular place on your planet, at this time, the particular facility in which you are doing this, having this session, has to do with the concepts of a being, a consciousness that you have on your planet labeled Christ Consciousness. And so, we would like to comment a little bit more on this idea, at this time, in keeping with the spirit of the place and time and energy that you are in. And in no way, shape, or form, first of all, do we mean to imply, by speaking about the Christ Consciousness, as you call it, that it is to some degree to be viewed as more than or better than any other way of thinking, any other point of view.

For you will find that, from our perspective, what you call the Christ Consciousness has had and has and will have many different kinds of manifestations on your planet. Christ Consciousness, Buddha Nature, these are the same energies, the same consciousnesses. In fact, what you even recognize as the Christ Consciousness has manifested and incarnated on your planet many different times and many different ways and many different guises. And in essence, in its fundamental definition, what you call the Christ Consciousness or Buddha Nature is simply the collective World Spirit of all of your combined consciousnesses together.

So you are all, also, the Christ Consciousness, the Buddha Nature, the Great Spirit, in that sense. All of you, each of you, and the whole concept, as many of you are now on your planet beginning to realize, is not so much the, quote/unquote, as you say, religious concept of Christ Consciousness but the awaking of the Spirit of Oneness, the Spirit of Lovingness, the Spirit of Creativity within each and every one of you. That is more of a true representation of any, so called, "second coming" ... is not that it is focused in a singular being returning to your planet but that it is the awaking of that energy, that awareness within each and every one of you. That is the, so-called, "Second Coming."

Of course, it is not the second, this has happened many times. It has been presented to you and reflected to you in many different ways, in many different styles of what you call the origination of religions on your planet. Although, what you call religion on your planet has never been the intention of any of those who the religions are based upon. Your being of Jesus, your being of Buddha, your being of Krishna, your being of Wahoca, your being of Mohammed and all the others you wish to name, never was it their intention to begin what you now have on your planet in a format of a religion. Never do they expect

followers, they were telling each and every one of you that you could be the same as them, to be like them, to act in their manner. The phrase, "I am the Way." Simply means, "be this way" and you will be reflective of the same energy, the same consciousness, the same idea. It doesn't mean follow; it doesn't mean create a ritual around them. It means that you are one; that you can do all the same

things ... and this many times has actually, literally been said by many of these great teachers on your planet.

But, of course, because of certain kinds of thoughts of separation and limitation and negative beliefs, many of you feel that you really do not deserve to recognize that flame within you, that energy within you, that light within you. And so, you segregate yourselves from those teachings ... place them on a higher pedestal than you place yourself, do not make yourself equal to it, and thus, create ritual around it, and simply act as followers, rather than doers. Which is what they intended to share with you, what they intended to get across to you–is that you are all, in that sense, capable of manifesting everything and more than they ever manifested on your planet. Any single one of them.

You all follow me so far? Is this translating into your language adequately?

Audience: Yes, yes, yes....

B: So recognize that one of the reasons you now have on your planet this, so-called, "transformations age," "new age," whatever you wish to call it, it is that it is that a new recognition, a new awaking of yourself into the understanding that it isn't about following, it isn't about ritual, in that sense. It is about being one with, it is about being one as, it is about acting as though you know you are the Christ Consciousness, the Buddha Nature, the Krishna Spirit, whatever you wish to call it, it doesn't matter. What you call God, what we call All That Is, The Infinite, whatever, again, you wish to name it ... doesn't matter ... because all of it is true. Remember that when you talk about the idea of something being omnipotent, then it is all that it can possibly be and it is everything you can possibly every imagine it to be – all of the representations are true. Anything less and it would not be All That Is, by definition.

Therefore, you can come at it from any number of different ways, but simply recognize, you are a part of it; it is a part of you. You are simply a different expression of it. You are not separate from it; it is not separate from you. It is all one homogenous energy event, though there may be differentiation within it, diversification within it, which, in and of itself, is beautiful. And it is in the strengthening of that individuality that you will see the most unity and harmony appear on your planet. For you cannot have true harmony, if you do not have strength in each of the individual components, so that they each are representing themselves as they truly are, as they were truly created to be.

Each of you is unique for a reason. Unity is not meaning you should become homogenous and lose your identifying characteristics, no. It means that each of you should be strong enough within yourselves to respect your individuality to the fullest, and to respect all the other individual reflections of the Infinite, because they are all reflections of the Infinite. And if they do exist, they have a reason for existing and if there was no reason for them to exist, and if they were not aspects of the Infinite they could not, by definition, exist.

So, the whole idea of everything, really, fundamentally, that we will discuss with you this evening, no matter what kind of questions you may have, no matter what kind of subjects you may wish to discuss, is all really foundationally and fundamentally your ability to recognize and become more aware of the concept that you are ... self empowered beings who have been granted the unique idea, as all beings have, of free will and choice to be your true, full self. Not what others say you ought to be, but, your true, full self, with excitement, with integrity, with alignment, intention and action. And in so doing, you become your unique puzzle piece, that when fitted with all the other unique puzzle pieces, form the entire picture, flawlessly, of the infinite All that Is.

Only by being that full puzzle piece, can you thus fill the gap that is in the shape of your particular puzzle piece. If you try to be a puzzle piece that you are not, you will not fill that hole and if you do not fill that hole, you do not help create the whole picture. Trying to be someone you are not, just because someone says you ought to be this or you ought to be that, is the most difficult thing that you can do. And all the pain, suffering and resistance that you experience in your life, all comes from attempting to be someone that you are not.

Being what you truly are, by acting on your joy, your excitement, your love, with integrity, with alignment, intention and action, will actually turn out to be the easiest thing you can possibly do. Because then, all the universe has to do is support the idea of yourself in your original created manner, rather than supporting the idea of yourself as something that you really are not. Fundamentally, everything that you experience about yourself, in some sense, is you because you are also an aspect of the Infinite. But each of you has a resonance, each of you has a frequency, each of you has a certain vibration that is your unique song. Be true to that song. Sing that song and there will be a great chorus and harmony on your planet. It’s really as simple as that, if you will allow it to be.

We thank you for allowing us to share, at this time, these thoughts, these ideas, these reflections and we simply remind you, that these are simply our perspectives, as we view your world, as we observe you, that you can do these things if you choose to. But we will never tell you what to do. It’s your planet after all, we have our own lives to live, our own planet to look after, we do not need yours – thank you very much. But in return for the gift that you give us this night, in allowing us to communicate this way, at this time ... I ask you now, in what way may we be of service to you? You may begin.

Bashar:

Channeled by

Darryl Anka

From "Christmas Bells"

12-24-87

That which you call your Christ Consciousness, which has been known by many names, upon you planet, to our perspective is the World Spirit; that which represents the collective consciousness of each and every individual. It is known in many different, various themes, many different forms of expression...and they are all true, for by definition, the World Spirit is a multifaceted and multidimensional, multidirectional Being. You have had the idea of a scenario your World Spirit played out upon your planet in many ways, in various times in your history. And in our world, we have had the idea of our World Spirit, our Shakana, played out similarly, not identical, but similarly to yours. And in this, the full story of this idea we will relate this evening of your time, what might loosely translate, if you wish, into an Essassani Christmas story.

Now you have had, speaking strictly specifically of the idea of what you call Christ Consciousness, the idea of the manifestation in one of the forms, in your physiological form for approximately thirty three years of your counting, in the format you call Jesus. One of the ways, one of the faces, one of the manifestations of the World Spirit, in that way. In our civilization, there was also, as we have said briefly before, a manifestation to some degree physiologically of the World Spirit, but only did it last in terms of counting, three days, rather than thirty three years as you understand time. For that was all that was necessary for the unification of the awakening and the recognition of our collective consciousness into one unified direction. Now, the idea, if you would, in that sense, give of your participation, will occur in the following format – we have requested that this day of your time you bring a bell of your choice. Do you have them?

Audience: Yes.

Bashar: Thank you. The idea, therefore, shall be, there will be a few places within the story we will relate to you where the word VIBRATION will come up, precisely in that manner. When we say that word VIBRATION, for a count of three, every time that word comes up, allow yourselves to give of that vibration which will add to the energy of unification to the story. For the count of three, ring your bell when we say VIBRATION, and then we will continue. It will happen three times within the story...it shall begin as follows.

Our world has had a history, not exactly like your own, but there have been similarities. And there was a time when we had arrived at, what you would call, the end of the experimentation and the exploration of the cycle of living in diversified communities, that you would call most similarly, nations, upon your planet. We did not have the rigidity of

the borders that you have, but none the less we had undertaken many different experiments, many different styles of living, to determine that which would represent to us, all of what you would call the

best out of each style of life that could be applied towards the idea of one direction in the world. With our hearts and our minds and our souls, our spirits and our bodies, we arrived at the point, in our history, where the desire for the unification of our planet, in that way, truly manifested in the physiological representation of the World Spirit. Born, as you would say, into physicality as a child, over the course of, what you would call, a seven-month gestation period. And the idea, upon the rendering, the focus of the World Spirit into that physical manifestation in our society, of Sassani flesh as you say, of Sassani mind, of Sassani spirit, there became for three days, a threefold experience.

As this child was born...in our language, Shakana, the World Spirit ...physicalized, crystallized, focused and manifested, pinpointed into our physical dimension...a sleep came upon the entire planet. Now, before this time in our society, we had the notion that you understand as sleep, that reconnection to the higher self, the realignment through dream reality of all that you know yourself to be. And so, upon the first day of this physical manifestation of Shakana, a profound sleep came upon the entire planet all at once, and all drifted into a dream, into a slumber, into an energy sea. And the first day was spent in a unified world dream, a dream that all of our spirit, all the energy, all of our knowingness, was one. And as we merged and blended into this world dream, Shakana did vibrate, the VIBRATION...(the audience all ring their bells)...and all that were asleep in the dream did feel the energy coursing through every soul, every spirit, in a ripple around the planet; and were unified in spirit, in the dream.

And they dreamed on, through the second day, still asleep in a world dream, and as they now experienced the unification of spirit from the highest level, there was more focus, more crystallization as these energies spiraled downwards into more and more physical materiality. And the mind, in that sense, the emotion of all the beings upon the planet, began to draw itself together through a profound gravity. And as they merged...not only their soul, but their heart, their mind...and truly perceived all to be existing within an energy sea. Shakana did vibrate the second VIBRATION...(ringing of bells). And it rippled throughout the very emotional fabric of our existence, and did blend and crystallize and unify, so that we became as one mind, as one heart, as one Spirit.

And we slept and dreamt unto the third day...the whole world, breathing as one, slumbering as one, dreaming as one. And on the third day, as the energy of Shakana did crystallize into the final form and manifested in true solidity, all beings on Essassani did feel the physical intertwinement, the extension that each and everybody is of everyone else...as the fingers of a hand. Each body, each feeling, each thought became intertwined...and in rapture and in love, did it pulse as one with all other physical form. And as the dream solidified and the veil of physical and non physical reality was dissolved, did we find that we were not only of one soul, not only of one mind, not only of one heart, but truly of one body, with many faces. And as this realization dawned upon all in the third day, Shakana did vibrate the VIBRATION...(ringing of bells)...and in a burst of light did Shakana

render itself back into energy, having accomplished the crystallization of the entire planet.

And then after that physical materialization and the rapid ascension back into non- physicality, did everyone awake from their dream, from their slumber...but not back into the world that we had known,

but into a new dream, a new realization, a new understanding, that all is one, that all is a dream and the dream is real. From that day forward as a world, we were awake and awakened by the World Spirit of Shakana, which is all of us, even as your Christ Consciousness and Buddha Nature is all of you, and in awakening and in knowing that we were always connected to the Infinite, to the All That Is, to the source of eternal Life. Thus, from that day forward did we never physically sleep again, for we were in the dream completely alive and alert and always in the dream, always connected and not needing to break the idea of projecting into unconsciousness, to make a connection to the rest of ourselves.

Your world is awakening as well, at a different pace, but one that is still beautiful, and one still representative of the soul and the mind, and the heart and the body that you are. We are overjoyed, as a world, to be able to interact at this time of your awakening with you, to see replayed, at a different pace, the recognition and realization that we have created for ourselves – once again, replayed through you, to allow us to see the vast beauty of your awakening. We thank you for the gift, the gift that you have chosen to share with all of us, the gift that you have allowed us to choose to share with you. For this is an acceleration, the whole idea of what you call your Christmas, an acceleration of the awakening of the Christ Consciousness in each and every one of you, and a creation of Heaven on Earth.

Anytime, within yourself, within the tone that you are, within the energy that you are, within the frequency that you are, within the pitch you know yourselves to be, that is your signature resonance, anywhere and anywhen...allow yourselves to unify and be one by being the VIBRATION... (Ringing of bells!). When you perceive the ringing of all the various instruments that you have brought this day of your time, it is one of the closest analogies we can make for how we perceive all of you. You are different frequencies, different resonances, and that is how we read you. We feel you, we hear you, in that sense, and we allow your energy to pass through us, even as you may choose our energy to pass through you. So that together we become one song, one dream, one heart. Individuals always...but one mind, fashioned out of the one infinite, unconditional, light and love of All That Is.

Clear Definitions

B: Yes.

Q: Hello.

B: Hello!

Q: I'm having some physical problems right now…

B: All right. Speak up! Be bold!

Q: That's part of my problem, probably.

B: All right.

Q: I'm just wondering if you could help me focus in on anything, on how I can heal myself.

B: Define what you call your so-called problem.

Q: Well, the most pronounced thing in the last few weeks is just a general dizziness and…

B: A general dizziness.

Q: Mhmm. And real low energy.

B: A real *looooww* energy.

Q: Oh, no, I've put you to sleep.

B: Are you on vacation?

Q: We just came back from vacation.

B: All right. Now, into what type of a reality do you wish, do you desire, to reinsert yourself? Into the one you used to have or a new one?

Q: I'm kind of in transition. Parts of the old one, but also…

B: All right. Then that's what the dizziness is about: disorientation. As soon as you allow yourself clear definitions, you will lose the disorientation. Do you have a clear definition?

Q: No. I'm working on it. No, it's not clear right now.

B: All right. When will you have a clear definition?

Q: Um, I'm hoping…

B: You are what?

Q: …within a month or two.

B: Let me rephrase that: you doubt you will have it in a month or two.

Q: No, no. It sounded that way, huh?

B: Yes, because that's generally what hope means. You doubt it.

Q: Hmm! Okay.

B: Now: when do you feel you will have a clear definition? Even though you may not have the clear definition now, you do have the ability to feel when you might have one. So, when do you feel you might have a clear definition?

Q: I will have it in a month or two.

B: All right, a month or two.

Q: A month. I'll say a month.

B: All right. Now, do you believe that?

Q: Yes, I do.

B: Oh, all right. Fair enough. Why do you believe it?

Q: Oh, because it's something I've been thinking about for a long time, and. . .

B: Something you have been thinking about for a long time.

Q: Mhmm. And. . .

B: What is it?

Q: You want the specifics of it? Um, I'm a mother of three, all of whom are under five. . .

B: All right.

Q: And I've been Mother Earth for five years.

B: All right.

Q: And I just need to get a little bit coming in as well as going out, right now.

B: To express who you are in other ways.

Q: Exactly.

B: All right. Have you picked a way that you enjoy more than any other?

Q: I've picked one way. I've signed up for a class that I'm going to be taking.

B: Of?

Q: Photography.

B: All right. How long is the class?

Q: It's an eight-week class.

B: One or two months, all right.

Q: (Laughing) All right.

B: Do you believe your own signals?

Q: Yeah, I. . .

B: Do you trust your own directions?

Q: Yes, I'm trusting it more and more.

B: All right. Then you are willing to allow yourself to become involved with that energy, and see what develops?

Q: (Laughing at the unintended? pun on "develops.") Yes, yes.

B: All right. Then relax, do not be impatient. You know what you are doing: trust it. You will manifest all the things you need to, exactly when they need to be manifest, when you are satisfied that your definition is, in fact, clear. And it will become clear, as you learn in that class what it is you really do and don't want to do – if that class really represents what excites you the most. Understand?

Q: Yes.

B: You use it to build your definition of clarity.

Q: That makes sense. Thank you.

B: All right. Let it be obvious, for it usually is. Thank you very much.

Q: Thank you.
B: Sharing!

Clearing the Chakra of Intention

Q: I'd like to ask you about the solar plexus... lately I've been interested.

B: Yes. It is one of the connections to the future self. It is the chakra of intention.

Q: Okay. . . can it have a new relationship at the same time with. . . like physical attraction, magnetism and other things?

B: It can, yes.

Q: Is it related?

B: It can be, because a beam, speaking colloquially, can be projected. That is the beam that represents the connection between you and what you are, quote/unquote, becoming. And if there is a high degree of activity and energy in that, personality-wise, as you say, it can have a very magnetic effect on other individuals, in terms of attracting those individuals to reflect back to you specifically the things you need to learn to become that self you are becoming.

So, yes, it can be a searchlight; it can be a magnetic beam – you can call it a tractor beam, if you will. . . to pull into you the idea of all the circumstances and relationships and situations that will allow you to fulfill and express your intention in life.

Q: Okay. What about. . . in my case, for instance... I don't know if it's related to some negativity? That specific. . .

B: Do you mean because it is uncomfortable?

Q: Yes, sometimes.

B: All right. In a sense, negativity, yes; but mostly habitual rituals, things you are clearing out. That is all. As you open it up, then there will be more than enough room for the energy to flow. It is still a little bit constricted; that is all.

Q: Yes.

B: Allow yourself to be the future self *now* that you are becoming, and then there will not be as much constriction.

Q: Okay.

B: You follow me?

Q: Yes. Is there any. . . like a process or something I could do? Lately, like emotions or whatever. . . I feel it right there, you know.

B: Yes.

Q: I have a lot of attention there.

B: Very good. It brings you into the moment. E-motion: energy motion. You are dealing with many old beliefs.

Q: Okay.

B: It is your process; you accelerate it if you wish to.

Q: How?

B: The way to accelerate it, as we have already said, most easily is to not necessarily think you need a long process, but start acting like the *you,* you imagine you are becoming – now.

Q: Okay.

B: Image how you would like to be, and start being that person,

Q: Yeah. But I still feel, like, a lot of emotion even thinking about that. And I feel a little bit. . . well, I've been feeling something in there that. . .

B: Well, that's all right. Let it come.

Q: I (haven't been so hungry?) or something, which is all right. But there is something uncomfortable in here anyway.

B: It does not have to be. And the more you dive into it and go through it, the shorter amount of time it will last.

Q: Okay.

B: Only assuming that you don't want to deal with it makes it stick around and last longer. Dive into it and you'll be through it. All right?

Q: Okay. Dive into it would be like meditation or something, and that would help?

B: Or act it through. Or explore. Yes, meditate: "Why am I feeling the way I am feeling? What am I believing? Am I fearing something? What am I fearing? If I fear it, what am I fearing? Oh, that's what I'm fearing! All right, why am I fearing it? Well, first of all, I choose to acknowledge that I have chosen to fear it. Once I acknowledge that I have chosen to fear it, it's back in my control. Do I still wish to fear it? No, I don't. Thank you very. . . On your way!"

Q: Okay.

B: It is that easy. You can process it that quickly.

Q: Yes.

B: If you are honest and clear with yourself.

Q: Okay.

B: And by acknowledging that I have chosen to fear it, it's back in my control. "Do I still wish to fear it? No, I don't. Thank you very much. On your way!"

Q: Okay.

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Q: Yes.

B: If you are simply honest and clear with yourself.

Q: Okay.

B: And acknowledge what you have created as your creation – because you cannot transform what you do not own.

Q: Yes, okay. Thank you very much.

B: Thank you, pleasant dreams. Sharing!

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"If I'm fearing it, what am I fearing? ... Oh, that's what I'm fearing!

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Clearing The Way

9/12/97

B: All right, I'll say good day to you this day of your time, "How are you all?" Once again we take this opportunity to thank each and every one of you for allowing this co-created interaction and transmission to occur through this particular window and in this way and at this time. Each and every time we are afforded an opportunity to interact with your society in such a manner, it allows us to see, through each and every one of your perspectives, that many more facets of the multidimensional crystal of All That Is; and expands our understanding of the infinite. So we thank you for this gift.

This day of your time we would like to begin this transmission by asking for a volunteer.

Q: Bashar!

B: You.

Q: Me.

B: No, the one that said Bashar and so, volunteer?

Q: Yes.

B: All right. Will you then pick a general subject?

Q: Okay, did you want me to tell you?

B: Yes.

Q: The interaction between what you are doing and the human collective.

B: All right, thank you. As we have said recently, because we talked about the shift that was going to take place, that now has taken place, that many of you now have realized has begun within what you call your last week of August, your first week of September month. In that we talk about that and also mention that during that time we would, as we have done, move closer, physically, to your planet; come into your universal reality and position ourselves near to your planet.

Approximately, in your terms of distance measurement, three-thousand of your miles above your city of Cairo, for my ship. And there are, thus, then from my civilization, three other ships positioned around your planet to form a tetrahedral structure to help aid and assist in the balancing of the collective consciousness energy at this time. These things we have said. Now we will go deeper, further into how we are aiding and assisting the balancing of the energy of the collective consciousness of your planet during this time of acceleration and shift; when so many things, so many symbols will begin to change, transform, leave new ones coming in. The idea here being as follows: each and everyone of you individually, as we have said, is like unto a collective consciousness; each and every one of you has what you call personality components, different aspects of your personality within the one overall personality you consider yourselves to be; each and everyone of you, thus, then functions like a miniature collective consciousness, a gathering, a grouping of different perspectives, different identities, different personalities substructures, or sub-personalities if you wish.

In this day and age as these all find ways to integrate, as they learn to communicate, as you learn to become more holistic, function as a more holistic being, we then, by our proximity, indicate to each and every one of you that you are that much closer to integration in that we can come closer to your planet. Now, in that our frequency, the frequency of an integrated reality, the frequency of an integrated psychology can now be physical in proximity to your planet means that many of you have accelerated to the point where we can be at least three-thousand miles away.

We will, over time, come closer, closer, closer. Now begins what we call simply, in a sense, the descent. Slowly, slowly, over time, maybe even years, but over time, we will come closer physically to the surface of your world, until such time as the integration going on with each and every one of you and the integration going on within the collective of your entire society is at the proper pitch to allow there to be direct physical interaction between our species. But this is where it begins and this is where the clock counts down, tick, tock, tick, tock. This, then, begins for us an easier calibration a measurement. Being this close we can easily gauge exactly at what frequency level the collective is at and how close we can come when our vibrations become closer in frequency. But in that we can be here, this now does indicate and does act as a threshold and a measurement of how fast you are accelerating, how fast many of the changes, now, that are about to come about will come about as fast or faster than the ones that have occurred in the last couple of weeks of your time.

As we have said for many of your years, things will speed up, as many of you have now really begun to experience. Things are speeding up and the kind of changes that are going to be taking place in your collective consciousness is what is going to help arrange in your society those people, those symbols that represent and reflect certain thing to you that will then act as cueing mechanisms for exactly how much more of yourselves you are ready to integrate within your being.

For example, as we have already used the examples before, of your Princess and your Mother figure, the idea being that in their humanitarian endeavors and in, thus, then leaving your planet, thus, then leaving it up to you to take over for them. The idea being, now, that you will see rearrangements in all facets of your society, more and more and more often that will put you squarely in touch with the responsibilities that are now being left up to you; once you have been shown the way by individuals who were willing to function, as you say, out in public, out in front, about their ability to make a difference, make an impact, all these things. We are aiding and assisting in the collective consciousness' balance that is going on, on your planet.

For we are giving off a frequency and giving off a vibration, especially by our closeness to your world, physically, that can be an invitation for each and every one of you to match, match that frequency, match that vibration, become more like unto the kind of reality we experience on our world. Wherein we are more fully integrated and more willing to recognize the impact that each individual has because each individual is a collective and thus willing to support the collective by being a full individual.

A full individual collective that, thus, then will give off a vibration of collectivity, that will support the whole collective and every individual in the collective's ability to become more of an individual. This is

the paradox of how the individual supports the collective at the same time that the collective supports the individual. This is what you are learning now, in this countdown, this is one of the first areas of integration that will now speed up. How you can be more of an individual and support the collective in so doing, and thus, then receive from the collective more support to continue being the individual you have chosen to be.

You will see this harmony accelerate more and more frequently as more and more symbols change places, as more and more of you play, shall we say, a kind of physical, spiritual, musical chairs. You know that game on your planet; when the music stops there is usually just, shall we say, enough chairs for all but one who must then go on to another level. You are now giving yourself the opportunity for spiritual musical chairs, in a sense, to work together, play this game, and force yourselves, when ready, when each of you know that you are really ready, to be out in the open; forced to make a change, make a difference, have an impact, be yourself, put it out there, not keep it within.

Be bold. Be creative. Be active. All these things we are helping to balance now, at this time, by our proximity and our presence over your planet. For our proximity is a reflection that you are ready to do this, that you are doing this, for we can only come by your invitation and we can only send you are invitation as a response to the one you have sent to us. Do you all understand this? Is there anyone that does not? Yes, no, maybe?

Q: What about the people that don’t know that they should be inviting?

B: It does not have to be a conscious thing. Again, no one on your planet has to have a terminology in particular, in order to know that they are living their life to the fullest, and thus, by so doing, extending the invitation to blend with all life that expresses the great joy of creativity. Do you follow that?

Q: Yes, thank you.

B: Thank you. Thus, then let us simply, smoothly, as we have already begun to do, proceed into dialog this day of your time. In what way may we continue to be of service to you now?

Q: Bashar

B: Volunteer has volunteered and volunteer will now volunteer to wait for others. You good day....

Q. My daughter woke up the other morning and her night clothes had been taken off.

B. Yes

Q. And taken and crumbled in a corner in the bedroom.

B. Yes.

Q. This was, I assume, an interaction?

B. Yes, this is common. Sometimes they will simply not bother to redress those that they interact with.

Q. So this interaction, obviously, is quite physical.

B. From time to time it is, yes.

Q. You mentioned that they often occur within the room....

B. Yes, in fact actually more often than not. Now when they are physical they will not even bother taking anyone to the ship. They will do what they need to do in the proximity of the room.

Q. I'm curious as to whether this is common? When she was...before age four.

B. Yes, it is common.

Q. Before age four she spoke very openly about her interactions.

B. Yes

Q. About that age she started saying, "No, I think I must have been dreaming."

B. Yes.

Q. I think I was wrong, so it was just sort of a transition....

B. It is an absorption of the collective consciousness' perspectives and beliefs about the possibility of such things. In that sense, there is now, some bit of acclimatization to the collective consensus' point of view, on whether such things can happen or not, although she will retain some understanding that it actually is happening, yes.

Q. So it's not an input that she's gotten from us, it is just part of the collective that they begin to take on at a certain age.

B. Yes.

Q. You had mentioned to me once, when I asked, that I had at least five hybrid children.

B. Yes, and again, when we answer that kind of a question we are usually referring to those that contain at least fifty per cent of your genetic material.

Q. Right. Would you be able to give me a specific number?

B. Seven.

Q. Thank you. Also, I wanted to ask you, I'd....

B. Though we perceived at the time five was a specific number, we do not know if seven is a more specific number than five.

Q. Alright. Alright.

B. But it is now more representative of the amount of hybrids that contain at least fifty per cent of your genetic material.

Q. Thank you Bashar.

B. Thank you.

CREATIVE RELATIONSHIPS

First, we will begin with exploring the relationship of you to yourself. Because

when you talk about creative relationships with other people, if the one you have

with yourself is not creative it is unlikely anyone else is going to experience it.

We will also discuss the idea of attraction and the idea of involvement in creative relationships. Now, you are all children and creative relationships should be child's play. So let's first talk about the idea of attraction, attracting yourselves to relationships, attracting relationships to you.

Very often you will do the following thing, you will finally allow yourself to discover what you are by interacting with a number of different individuals that represent what you are not. You will finally allow yourself to be validated through the process of elimination. You will perhaps look back upon different relationships and say, "Oh, that wasn't me and that wasn't me, so this must be what I am." You can continue to do that for the remainder of your life if you really want to, or you can decide right here and now who and what you prefer to be.

continues...

Dr Steven Greer was asked a question by Art Bell as to why, for instance, President Carter would not disclose information in regards to alien contact?

B. Many of your government officials, not only in your own country, are not, in that sense, willing to disclose all the information that they know

Q. Right, and I want to know why not?

B. For a variety of reasons: Number one, it has been presented to them that such disclosure would cause certain kinds of social-economic disorder. That is one of the primary reasons they have been given. We will not go into all the other reasons now. But one of the other reasons has to do with the concept of timing and the ability to help co-direct the direction that these things, these evolution's, these interactions are going in, so that there can, in a sense, be a transition and a buffering in the transition to allow the direction in which things are moving to be assimilated as best as possible among the general population. Do you understand?

Q. Yes, but it does not seem that it is moving at all, perhaps it is under the....

B. If it were not moving we would not be having this conversation .

Q Okay, so it is just not as fast as I would like to see it then.

B. It may also be that you are not clear on what it is to look for?

Q. All right, so, I guess the preponderance of media attention on the concept is part, is part of that acceleration.

B. Yes, to some degree, yes. For, again, the things that appear in your media are things that have already been decided, in the collective consciousness, are alright to look at. It is not the other way around, that the appearance in the media spurs these recognitions in the collective consciousness but that the collective consciousness has already decided this is something that it can handle and therefore it's all right to allow it to appear and be reflected by the media .

Q. It’s always a negative connotation that they give.

B. That is not true.

Q. All right, well it just seems more....

B. Do your homework. It is not true,

Q, Okay.

Q. Is there any relevance of the Dragon in Chinese Feng Shui ?

B. Yes, for again, the idea of the Dragon symbolically is a very ancient energy and that which is grounded power; that which is the interface, if you wish to use that term, the interface itself. The dragon is the symbol of the interface itself between the concept of and the experience of physical reality, astral reality and etheric energy reality. So anything that concerns the flow of energy in any way, shape or form, whether horizontally or vertically, can be aided and assisted by understanding the dragon as if, in a sense, it were a representation of a kind of bio-energetic, shall we say, circuitry design.

So the concept of Feng Shui can be represented by the concept of the dragon as to how energy would flow and that the building, the structure, the house can be representative of the neurological or circuitry pattern or path of the flow of energy that represents a template such as the Dragon or the Tree of Life or anything of that nature that is representative of a template and interface between one dimension and another. The Dragon’s body with its wings, symbolically, are the idea of a energy template that allows one in understanding that template to see how energy flows along those lines; and then gain insight as to how to place things that are congruent with Sacred Geometry, with correct Golden Proportions to take advantage of that energy flow, to create a conduit in building any structure that takes advantage of the collection of, and the channeling of that energy. Does that make sense?

Q. That was quite brilliant, thank you.

B. Well I had nothing to do with it, that’s just the way it is, and it is brilliant because that is the how the universe is structured, brilliantly.

Bashar:

Channeled by

Darryl Anka

CLOSE RELATIONS

9-5-97

Q: My daughter woke up the other morning and her nightclothes had been taken off.

B: Yes

Q: And taken and crumbled in a corner in the bedroom.

B: Yes.

Q: This was, I assume, an interaction?

B: Yes, this is common. Sometimes they will simply not bother to redress those that they interact with.

Q: So this interaction...obviously is quite physical.

B: From time to time it is, yes.

Q: You mentioned that they often occur within the room....

B: Yes, in fact actually more often than not, now when they are physical they will not even bother taking anyone to the ship. They will do what they need to do in the proximity of the room.

Q: I'm curious as to whether this is common? When she was...before age four.

B: Yes, it is common.

Q: Before age four she spoke very openly about her interactions.

B: Yes

Q: About that age she started saying, "no, I think I must have been dreaming."

B: Yes.

Q: I think I was wrong, so it was just sort of a transition....

B: It is an absorption of the collective consciousness' perspectives and beliefs about the possibility of such things, in that sense, there is now, some bit of acclimatization to the collective consensus point of view, on whether such things can happen or not, although she will retain some understanding that it actually is happening–yes.

Q: So it’s not an input that she’s gotten from us...it is just part of the collective that they begin to take on at a certain age.

B: Yes.

Q: You had mentioned to me once, when I asked, that I had at least five hybrid children.

B: Yes, and again, when we answer that kind of a question we are usually referring to those that contain at least fifty per cent of your genetic material.

Q: Right. Would you be able to give me a specific number?

B: Seven.

Q: Thank you. Also, I wanted to ask you, I’d....

B: Though we perceived at the time five was a specific number. much laughter We do not know if seven is a more specific number than five.

Q: All right. All right.

B: But it is now more representative of the amount of hybrids that contain at least fifty per cent of your genetic material.

Q: Thank you Bashar.

B: Thank you.

Bashar: Channeled by Darryl Anka

Las Vegas, NV

8-1-98

Closing Comments

We will extend, once again, to each and every one of you our deepest appreciation for this reflection and for allowing us to be, momentarily, temporally, a mirror to remind you that anything and everything you have ever realized within this interaction has been because you gave it to yourself. I have given you nothing, except an opportunity to love yourself and that is what has given you everything else. And you have allowed us to experience the gift of being allowed to give the opportunity and we thank you for that great gift.

Our unconditional love to each and every one of you and all of you and your whole world and your whole being and all your spirits and all your hearts and all your minds and all your bodies and all your souls forever. Good day.

Cockroaches & Dolphins

Circa 1991

Q: I was wondering, as far as cockroaches are concerned. . .

B: *Yes.*

Q: . . . is it within integrity to terminate their physiological existence? (Much laughter)

B: Not ultimately, not really. The idea would be, again, to learn to work with whatever is in your environment, so everything works together harmoniously and synchronistically, so that you are where you need to be, so that they are where they need to be. So that you recognize what each other is providing for the total environment; so that you are always in the right place at the right time; so that you never have to create conflictive encounters between yourselves in that sense.

Q: What type of energy is sustaining the parasites and the cockroach type energy?

B: Mostly that *you* as a human species are parasitic on each other. When you change your energy as a human species, you will begin to see changes take place in all of the animal species on your earth, because they are mostly reflecting your parasitic and predatory natures. The idea of your lion lying down with your lamb is a direct symbolic archetypal indication that when you yourselves have tamed the war and the conflict and the predation within your own energies, then this will be reflected throughout all of nature, including the cockroaches.

Q: Shivai. (Audience clapping)

B: You understand?

Q: Yes.

B: Thank you very much.

Q: That leads me to the dolphin question.

B: Yes.

Q: You said that are enclaves of dolphins that gather like we're gathering here. . .

B: Yes.

Q: . . . and you channel through one of the dolphins?

B: Yes.

Q: What type of service are they doing as far as the Orion energy of separation on our planet? Do they have questions. . . like we have a fear of the collective whole, we have a fear of lack of abundance, do they ask questions and what type of things are they dealing with?

B: Yes. When are you going to stop dumping things in the ocean that don't belong there? Is one of their questions. However, they do not really have the same fear ideas that your *human species* does because they have not segregated themselves in quite the same way. But they are assistive to each and every one

of you in your dream states. They do fear your nightmares because, in becoming intertwined with your dream states to help you learn how to play, sometimes they can become caught up in your own fears, the fears that express themselves as the monsters in your nightmares. And they have a little bit of fear of getting a little too caught up in your nightmares state, even as they integrate with you and interact with you in your dreams. But they are willing to go through it, to go for the ride if they feel that it will help you release some of those fears for yourselves; but there have actually been a few cases, not many cases, but a few cases of dolphins that have gone *insane* because of dealing with human nightmares.

Q: So they have a question/answer format like we do here?

B: Not exactly in the same manner, no; it is more of a construction format building new concepts, building new ideas, seeking new directions for realities to be created in; it is more of an exploration than a question/answer format, per se.

Q: Do they have any lack of integrity within their community amongst themselves?

B: Very, very rarely, where they may still be playing out certain reincarnational dramas, but it does not occur very often in their society, especially not now. We thank you for your questions.

Q: Shivai.

B: SHIVAI! Sharing.

Collective Threshold Point

Q: Hello.

B: And to you, good day.

Q: (Utters something in a foreign language, which sounds Slavic.) Did you understand that?

B: There is no translation because the vocabulary does not exist within the channel. You must understand: I am not speaking English. I am only sending thought pulses that are automatically translated through the channel as a translation device, with whatever language he was programmed with; which in this case, we understand, is what you call English.

Q: Okay. My question is in regard to the strange figures, which have appeared in crops; mainly in England, for the most part, is where they are.

B: Yes.

Q: And they started very simply, and now they are getting more and more complicated.

B: Yes.

Q: My question is: who started it? Why?

B: All of you have started it. It is a CONCERT between you, between us, between many different beings and levels of consciousness. Look at it this way: you have dreams, yes?

Q: Yes.

B: And in the dreams you have created symbols, yes?

Q: Yes.

B: Think of the crop circles, or the glyphs, whatever you wish to call them, as the physical manifestation of the symbolic dreams of your entire collective consciousness, manifesting in a symbolic language to the individual components that the collective consciousness is made out of.

Q: I'm sensing that rapid change is imminent?

B: There are many events that are unfolding that are of such a nature that in many ways will be completely transformational, yes. You are sensing correctly that your collective consciousness is arriving at a threshold point, at a critical mass point, when many, many, many things will be capable of sweeping around your globe very quickly, to cause instantaneous, in some senses, change: sociologically, politically, economically, in some senses; sometimes geophysically, but that is not always the case. It doesn't always have to be that way, or expressed that way.

But the idea is that obviously you are seeing some geophysical changes now, but you will also see psychological changes, psychic changes. There will be many, many things that will SHOCK many people awake, many different kinds of things, as you say, that will be unexpected. However, this is, from our point of view, a very positive sign because it means you are really ready to wake up into a bigger reality.

The idea, also, is to understand that it is representative of a great deal of excitement. And also, do pay attention to the fact that fear, great fear, is simply excitement filtered through negative definitions. When you filter that energy through positive definitions, then it will only be experienced as excitement, rather than *as* fear. The fear that you may feel, may simply be the last vestiges of old ideas, old ways of defining these changes that you are sensing are coming up, that don't necessarily allow you to feel that you can handle them or process them.

However, go with the excitement, stay in that energy, and you will find that your vibration will automatically and synchronistically put you in the right place at the right time, to be able to handle whatever transmutation comes about, in exactly the perfect way for you. That's what it is all about, it is understanding that you create your OWN reality, uniquely. And no matter what anyone else chooses to experience with their belief, YOU will experience only those things, only that version DIRECTLY, PERSONALLY, of the transformations that are aligned with the frequency that you are on. Does that make sense to you?

Q: Absolutely.

B: Again, this is physics. Does that help you?

Q: Yes.

B: Thank you.

Q: Can I ask one more question, very short?

B: Yes.

Q: I've been hearing recently some commentaries concerning explorations of the Sphinx and the pyramids in Egypt.

B: Yes.

Q: I was wondering, is there any new or dramatic development in that area that is coming for us that we can expect?

B: It will shortly be allowed, by those in authority in those areas, for exploration into the chambers that have been discovered, though there is a great deal of resistance to this. Because instinctively they know it will cause a great upheaval and a great sociological change, in terms of some of the information that will be discovered in those chambers, relating to your own origins as a species, relaying to you things that you did not think were true in your own history, and so on and so forth. So there is a great deal of intuitive resistance on the part of individuals who do not want to change the status quo. However, some of that is beginning to crack.

Q: And that information will be forthcoming?

B: The more each and every one of you that are interested in that information take some action in that direction, with love, to IMPLORE that the information be released, then the wave of the momentum you will create will make a difference. So become involved, I would suggest.

Q: Thank you.

B: Thank you. After all, it’s your world.

Collective Threshold Point

1

COLLECTIVE WEATHER CONTROL

Bashar: Good day!

Questioner: Hi, I was wondering, Ah. We had a Spirit Guide back in Pennsylvania when I sat in a circle.

B: Oh, all right. Do you mean one specific to a particular event .

Q: Yes interjected].

B: Or your own personal Spirit Guide?

Q: No, to an event.

B: Oh, all right.

Q: As we sat in a circle one night, it was going to snow.

B: Yes.

Q: And she said to us, "if we would picture the stars coming out."

B: Yes.

Q: We could delay the snow storm and thereby get home safely.

B: Yes, and so?

Q: Now, can we do the same thing with a hurricane coming up the coast, to picture it going west, and thereby help it in its path, as we pray to the Weather Guides?

B: Yes, you can. Understand, that in a sense, though this is a simplification, what you call on your planet the manifestation of weather is a representational reflection of the collective consciousness' **emotional component.**

Q: Well, how does it choose to come to a particular location? Like the East coast was always getting hurricanes, but this is unusual for the west coast to get them.

B: Yes, but vibrations, and consciousness, and attitudes are changing and so changes the weather patterns as well as the things, of course, physiologically that many of you actually do to your planet which creates a different environment, in which different kinds of weather patterns will then occur more than they did before, But, is that not actually still a representation of the *emotional* upheavals going on within *most* of you at this time?

Q: Yes.

B: Well then? So the idea is that when you calmly center yourself, you will know what is appropriate and how to, in a sense, guide and direct the idea of weather patterns. This doesn't always mean that you will not want it to snow or will not want it to rain. But the idea is when you calmly center yourself, then you, yourself will be the eye, of the hurricane, and everything, in that sense, will rotate around you, as is appropriate to your demeanor. Do you follow?

Q: I believe so.

B: Does that help you?

Q: Yes.

B: Anything else?

Q: Along the same line, if there's a flooding rain is it wise to try to picture the stars being out to try to stop the rain or the sun coming out if it's daytime?

B: Is it **wise?**

Q: Ah, should we try to help guide the weather from being destructive?

B: You can and that may be an opportunity for *you all* to learn how to balance yourselves emotionally and thus see the reflection–in the balancing of the weather. Remember it is not that you are *controlling nature, exerting your will over* ***nature***—it's a *reflection.* So it can actually be a reflection of balance achieved within yourselves. Although again, remember, it is a consensus reality, and as you were talking about before there may be pockets of individuals *who just simply will not have it any other way* than to have *every single thing washed away*, that may just be the only way they can believe that certain things have to happen, and that, in that context, to fight that, would actually be to fight, what they themselves had said, they actually prefer, even though they may not think so. So, you have to be aware of what is, in a sense, the best for all concerned, but you don't have to let that stop you from giving it a good attempt. Do you follow? Because many times you will actually find that surprisingly enough, yes, the weather will, sometimes very rapidly reflect the changes going on in your mentality about what you prefer for a given area. It will do so. You can talk, if you wish to put it, in this sense, to the Spirits of the Weather, to the vibrational energy within yourself that has to do with your **relationship** to that aspect of your reality, you can talk to them and you can know that they will talk to you. Yes.

Q: That's wonderful.

B: Does that help you then?

Q: Yes.

B: Thank you.

Q: Thank you very much.

B: YOU!!!

Colors and Crystals

B: All right, I'll say: how are you all this afternoon of your time, as you know time to exist?

AUD: Great. Fine. How are you? Etc.

B: Thank you; perfect, thank you. We will begin with questions.

Q: I have a question.

B: All right.

Q: I would like you to explain a little bit more about the energy flows, the colors. I'm wondering if there is a specific color for a specific organ. Can you tell us a little bit more about that?

B: Thank you. You will find, first of all, that there will always be, as you say, some sense of specific identification with various forms of vibration. As you understand color, 'tis only various forms of vibration. Really, I will say, first of all, everything – every idea, every object, every reality, every dimension, every, every perception that you have and you yourself – are simply different vibrations of energy of the same overall primal energy. Do you follow me?

Q: Yes.

B: All right. Therefore, you may understand that within your overall vibration – that which you constitute to your physical senses as your physical body – you will always intermesh, interweave and cause interaction with various other vibrational levels of existence, so that you may understand yourself from various points of view, from various states of reality. Therefore, you will vary your structure outward; you will contain, in a sense, many vibratory patterns, which will transfer to you as various colors physically.

You will see that an overall sense of imbuing yourself with a particular vibration will allow you to feel identical to various realities. You will, in other words, allow yourself to form an affinity, an equality with a specific reality, if you allow yourself to simply view that color, that vibration, and understand that that feeling, that vibration has become you.

You will find that in terms of your physical form you will be able to utilize, as you say, your color green for general relaxing, healing purposes. Although realize that when you allow yourself to identify with what you term to be the blue/blue-violet range, you will be in a sense aligning yourself spiritually with certain ideas which can also manifest an alignment in your physical form. Do you follow me?

Q: Yes, I do. Thank you.

B: Question.

Q2: Last week I asked you about crystals, healing crystals. Can you expand on that, and which type of crystal could be used for the utmost healing – and why?

B: You will find, first of all, there will be no one type that will be, as you say, utmost in healing. You will find that you in a sense are always performing the healing. ‘Tis up to you which type of crystals you feel you have an affinity with, which allows you to use that crystal as a trigger to activate your own abilities. Do you follow me?

Q: Yes.

B: Always, always, always bring it back to you. Realize that every idea, once again – every object – is only a tool, a symbol of yourself, another portion of yourself; ‘tis simply another way in which you allow yourself to view your own abilities. Therefore, affinities within you will produce for you the exact type of tool – crystal, if you wish – that will allow you to channel your healing energies, your equality of the healing vibration, to yourself or to any other individual you so desire.

You will find, however, I will say, in general, the idea of crystals is simply more a pure form of solidified energy. And as such, you may find that they will be more or less a good tool in general for usage, in such that your bodies here and now are living crystals, and you are becoming more and more aware of that as you become more and more in tune with that idea. You will find that, to a degree, your physical forms are transforming into more pure living crystals.

You yourself are a crystal; you are really all you need to perform any idea, to create any reality, healing or otherwise. You do not need a tool, but you will find that whatever you feel yourself attracted to – and you will be attracted to that if that is your desire – then that will be the appropriate tool for you. Do you follow me?

Q: Yes, I do. Thank you.

B: Question.

Q: Well, I did not have any particular desire for the crystal. But I recall that in the past I had healing abilities, and I want to regain them. How can...?

B: You have not lost them.

Q: I know I have not lost them; I've forgotten about them.

B: All right. Why?

Q: Inhibition, or...

B: Are you sure?

Q: No.

B: All right. Realize that you can, for a time, always choose a different form of reality, so that when you allow yourself, once again, to function as a healing crystal, you will be able to do so with more of yourself present, a more integrated – integrated crystal.

In other words, you have been exploring other facets of your crystal, so that when it comes time for you to operate as a crystal again, you will be aware of using more of your facets. Do not judge or chastise yourself for exploring other portions of yourself in order to integrate yourself, so that you may function more wholly. Do you follow me?

Q: Yes, I do. Thank you.

B: Thank you.

Coming Events

From "Surrender to Peace"

4-17-97 Canoga Park, CA

Q: Bashar!

B: Good day.

Q: Do I understand that, from your vantage point, we are living in your past?

B: Well, that is, again, a euphemism. We are in a completely different dimensional frequency. The closest translation, that makes sense in a linear space-time reality, is that we would be considered to be three hundred years in your future. But that's really a convenience of terminology more than anything else because everything exists all at once.

Q: Okay, from that vantage point. . . .

B: Yes.

Q: you tell us a specific time frame for the general and public acceptance and understanding of the UFO phenomena?

B: Well, absolutely, no latter than 2037 AD. Now, there will be many things that will begin to come up before that. There will be certain revelations in and around your year of 2005 to 2007, and remember this is, as we sense the collective energy of your planet, as it stands now.

Q: It can change.

B: It can. Although we do sense that there's an awful lot of momentum behind this idea and, therefore, any changes might be relatively slight. So, there will begin to be more information that is released and understood and known in between the window of your year of 2005 to 2007. You will find that by your year of 2012, 2013, there will be actually quite a lot of information. By your year of 2029 you will find that there will generally be almost no one on your planet who is not aware of the idea of the existence of extraterrestrials. And by your year of 2037, your planet, in general, will most likely be at a level of vibrational resonance where it will become a part of, what we call, the Association of Worlds.

Q: In the immediate future, prior to 2012, 2013. . . .

B: Yes.

Q: the consciousness of the public of this country advance to the point to prevent a dictatorship by the paramilitary government?

B: There will be no dictatorship. You must understand something that they themselves do not understand. Those that would have a desire for such a structure and the establishment of such control have not really understood and are blinded by their own desiresuch a structure would collapse under it's own weight almost instantaneously, the moment it was formed.

Q: I see.

B: But it will not even get that far.

Q: One final question.

B: Yes.

Q: Just in general, can you give a brief overview of the power structure on this planet today?

B: Well, there are actually quite a few that are interacting and intersecting. The idea, however, in general, I will put this way, that the power structure only exists, primarily, because the majority of people on your planet are willing to continue to give their power away to others. The power always exists within all of you but the idea is that the more you, all of you, start to redefine what power means, then the easier it will be for the natural power structure to begin to replace the artificial power structure that exists. Now, most of you already know that the artificial power structures are simply set up in a manner whereby the control of, what you call currency, and the control of, what you call technology, allows individuals to create circumstances and situations that will have the effect of slowing down the majority of individuals' ability to understand that they have the ability to tap into all the power that they need. But they cannot slow it down forever, because it has a momentum, a critical mass that is being reached. And, therefore, the idea of focusing too strongly on the idea of the so called existing political power structure and economical power structure and religious power structure and technological power structure; the paradox is that focusing on them too strongly actually gives them more power.

Understanding what true power is will allow for the siphoning off and the redistribution of the idea of true power, so that in the future, what you now feel that you require a governmental body will be replaced by, simply, an organizational body that will allow the energies that are available to be given where they are required. In that sense, it will be more like a networking system. But, first and foremost, you people must understand on a personal level that everyone is already as powerful as he or she needs to be to create whatever reality they prefer, regardless of anyone else's intention; because each of you is your own reality. The more individuals that know that, then the less likely it will be that anyone will be able to impact or affect you, in any way shape or form, that is not conducive to the vibrational reality that you have set up for yourself. Does this make sense to you?

Q: Imminently, but it did lead to one more question.

B: Yes.

Q: You told the lady over here that she should not be pursuing, if I understood you correctly, not to be pursuing the changing of attitudes in others.

B: Yes, for this only reinforces the same thing that they are doing to you. The idea is that you don't have to enforce the changing of an attitude. If you understand what true power is and radiate, as a living example, that absolute conviction and certainty, then those not of your frequency cannot find you, and those that are not of your frequency and want to change, will be able to, because they will see in you an example to match. That way you don't have to force anything on anyone.

Q: Well, I wouldn't force anything on anyone, but by presenting facts and information, doesn't that help empower other individuals?

B: Yes, but the idea is, that we also understand, that it must be done in a balanced way, so as not to perpetuate the fear that the controlling structure would prefer to exist.

Q: Exactly, thank you.

B: So, it must be simply done in a balanced way and they must not be seen, in a sense, as an enemy. They must not be judged in that way, nor invalidated, for then you are only reinforcing their level of energy. But information as information, thus, then with advice for how to use the information, to educate, to balance, and to self-empower. Yes, by all means, information is important. Thank you.

Q: Thank you, number two?

Comments on Self-Empowerment Workshop

B: We would, at this time, remind each and every one of you now,

for various specific reasons, that in your endeavors of exploration of all the ideas of non-physical reality – that you remember that you chose your physical expression. And any time you find yourself becoming disoriented, unlocked from the physical reality – we would recommend you to do something very physical, in that sense.

One suggestion we have given will be to allow yourselves to relate to the physiological earth, to the idea of the grounding of yourselves and orienting yourselves for what you may call lively physical action. The idea we have suggested to another individual is to take a very strong board and a hammer and pound some nails into it.

This can be a very, very, very strong meditation. You might be surprised. But orient yourselves to the understanding that the physical reality is just as blessed as all other levels, or it wouldn't exist.

At this time, to allow you to enjoy a little bit more of your physical reality, you may take a break. We will resume contact in approximately 10 to 15 of your minutes maximum.

Communicating in Physical Reality

B: We will begin this interaction with a little more understanding of the idea of communication, and what it means in your physiological reality. In this way, recognize that even though you are intrinsically, fundamentally, basically, originally so to speak, non-physical, and that physiological reality is, in a sense, one of your creations, one of your projections, one of the ways you can understand and view and experience the idea of your non-physical consciousness, your physical reality is a part of you as well. It is an idea you are being.

And in being that idea, it comes with certain definitions that allow you to function within that realm, and within the parameters that define what it is to be the idea of physical reality. Therefore, with respect to the idea of communication: communication meaning not only what you classically think of as communication in the sense of *receiving* a message, and/or the *sending* of a message from one or more consciousness to another, but the idea of communication can also extend to what you call the actual information that you are receiving – seemingly receiving – through which and by which you create the idea of the so-called physiological scenario. What you refer to as feedback or sensory *experience*, in a sense, is also communication.

Thus, recognize that while in your non-physical state, on your non-physical levels, communication, the intention of sharing of information, ideas, knowledge and perspectives, may be, what you call, more direct than you think it is in your physical reality. For in the idea of your physical reality, because of the definition of what physical reality is – in terms of a separating element, an element that separates you from the rest of, or more of all of what you are – you can then recognize that any communication that you are receiving in physical reality is not so much a direct communication, but an indirect communication.

And what this means is: as we have said, you as a physical being create yourself to be your own complete idea, your own complete universe, therefore, anything at all that you receive seemingly from someone else as a message, as a communication, what you are actually perceiving is your version of it that you agree to create in your universe. So that you can have an experience of the communication that is being sent more directly on a higher level.

For on the level of physical reality, what you do with that direct communication is to create your own model of the idea *in your own terms*, according to the reflection you need to see to understand who and what you are as a physical being, in the experience you have chosen to have as a physical existence.

It is not that what you are now hearing... for example, the words that are issuing from the physical channel, well, you are not hearing them *directly*. You are co-creating a complete, distinct and separate universe, physically, in which you take your non-physical understanding of what is being said, and render that understanding in physically understandable terminology that you have all agreed to represent the communication between you.

But in physiological reality the idea is not so much directly from, let us say, here to there, but in a sense, it is more, here, up, over and down. (AUD: laughter) So that you create your own distinct version that

makes it seem as if the communication is directly here to there, and vice versa.

Now, the reason for this, and an advantage in it that you can utilize and allow yourself to understand many different energies with is, first of all, you have, as we have said, decided to explore the idea of separation and limitation, in every way, shape and form that you can. Simply because that is one of the ways you can experience All That Is. Therefore, when you have created this limited scenario, realize to what degree you have actually created it. You are connected to All That Is, but at the same time you have truly created yourselves as individuals to truly be your own complete and separate and total universe unto yourself.

That is so you know and can discover that everything in your life, therefore, is actually a product of your creation, your universe. And thus, you expressly have complete, utter and total control over every single thing you experience in your reality. Nothing comes *upon* you that influences you directly. Anything at all that you feel to be an influence *over* you is your choice to believe that such an influence exists, and to create that seeming illusion of influence in your reality for yourself. You, when you feel you are being influenced by anyone else, are actually being influenced *by yourself,* it is the product of what you choose to believe. That is what your physical reality is.

Now understand, therefore, that the idea of what you experience as the physiological phenomena of telepathy, of *knowing* each other's thoughts, is really not so much knowing each other's thoughts and, again, it is not so much direct communication, but it is that you are forming what can be called a congruent or synchronous pattern. A way of looking at things, a perspective, a point of view that it quite analogous, quite similar to the way another individual may choose to also view *their* belief about reality.

Thus, what you are doing is, both of you – the two you may feel are experiencing and expressing the idea of telepathic communication – both of you are extracting the higher communication, down and through into physical reality, in a similar fashion. So your thoughts, the thoughts you are having, seem to be synchronistically congruent with another individual, not because of direct interaction, but because you are both choosing to operate and interpret the higher understanding on the *same* wavelength.

So it is the idea of congruency – parallelism – which is what appears to be a telepathic exchange between you. Nothing is actually exchanged on the physiological level; on a higher level, yes. But on the physiological level, it is the acting in parallel that seems to be an actual exchange between you. Do you follow me?

AUD: Yes.

B: In this way, therefore, you can recognize that any situation that you desire to create in your reality, can be, as it has been discussed on your planet for some time, created by simply recognizing that if you wish to know anyone, then become congruent with them, become synchronous with them, in a sense, identity with their pattern. The idea, as we have expressed to you many times, is that to love them is to know them.

When you love them unconditionally you are identifying with another individual's pattern, because you are willing to accept them as they are and allowing yourself to be in touch with all the different portions

and facets that they are. And allowing yourself to be in a linking – in that sense, in a congruous, parallel linking – creating for yourself the same scenario you see within them, and vice versa. So that then you are traveling along similar lines, and by traveling along those parallel similar lines you seem to be having the same thoughts. You are creating similar manifestations, but it not literally that you are exchanging the thought back and forth.

That is why you can understand that when your society allows itself to know it does not have to have conflict within having different points of view – but that the idea of different points of view can all run parallel – then you will understand that at the *same time* you can have different points of view, you can also have UNITY. Do you follow me?

AUD: Yes.

B: Thank you. Sharing!

Communicating With All of Yourself

Q: In a few hours, at about 4:46 in the morning, the moon will be full. And it's a Scorpio moon that is celebrated in the East.

B: Yes.

Q: And it is said that Buddha comes down into the physical for 6 or 8 minutes. How so you perceive this? What is the significance of the moon being full?

B: You'll have an eclipse, yes. Recognize the idea simply is that what you have established your lunar body to be is a representational symbol of your subconscious, of your unconscious knowingness. And therefore, when you draw attention to it by allowing the shadow of your planet to eclipse it, you are forming a more direct relationship to the idea of receiving energy from that symbol. It is only an extension of your own consciousness, and you are simply allowing the idea of all that is contained within you unconsciously to rise to the surface so it can be experienced.

This is why you also have the understanding in your so-called mythology of the idea of the full moon bringing out the craziness within you. For you have it within yourselves to understand that the fullness of the moon will represent the fullness of your willingness to communicate with all those portions of yourselves you have for so long buried so deeply within all the levels you have created. Therefore, what the implication from our point of view is is that when you are making a conscious relationship with it, you are recognizing your own ability to bring to the surface all you have buried about your own godhood, your own Buddhahood, your own Christ consciousness. All those different ideas are brought to the surface for you to experience and create with, as per your own imagination, as per your own belief system. Do you follow me?

Q: Yes.

B: Will that have clarified the idea?

Q: That's perfect. Thank you

Communicating With Higher Consciousness

8-22-97

Malibu, CA

B: All right, number one, good day.

Q: Good day, Bashar.

B: And good day.

Q: I wanted to find out if you can scan me and tell me if I have an Egyptian past life history and....

B: Most of you do.

Q: Specifically, on mine, is there anything you can tell me about it, anything interesting?

B: Why? Why? Why is this of interest to you at this time, why are you focused on this idea, at this time?

Q: A psychic had told me about it in Sedona and it just seemed interesting to me because we had just done a remote viewing session on the Sphinx that I wanted to ask you some things about it.

B: Then let us proceed with the idea of the Sphinx and we will then, perhaps, put to use any connections you are making to any, so called, past life in Egyptian times. For any such connection is being made from the present, since all lives are simultaneous and it is for the purpose of putting to use or application that, then these connections are being made. So let us get right to the point of the application of the reason you are making the connection to that time period, rather than dwelling in the past.

Q: Okay. Is the Sphinx fifth density?

B: There is a fifth density component to it but obviously it is a third density structure as well.

Q: Okay, but was it actually created, has it actually been created by our time or is it actually not yet created in our time? These were some of the interesting things that we got because it was created out of the laws of linear time. Is that incorrect?

B: In some sense there is a component of its construction wherein this is true. However, like we have already said in our opening monologue, everything that is above, in a sense, has a counterpart below. Specifically, in this way, you will find that the creation of the so called Sphinx and certain of the ancient pyramids, while they do have energy counterparts on higher dimensional realms, obviously, also, were intended to have physiological counterparts on your Earth, so that a link and bridge could be formed, so they could act as conduits from your world to higher dimensional resonances and frequencies. Were it not so, that the physicality were not there, were it not so, that the physical representation were not also created, then you would not necessarily find it as easy to make the link to the higher dimensions through the structure that exists on your planet. So while, yes, many higher energies were invoked in its creation, obviously the idea of third density reality was also involved or you wouldn’t be seeing a structure.

Q: But was it actually built at a certain time in our past.

B: Yes! Yes! Approximately what you would call 10400BC, as you say.

Q: And is there a gateway? We got that there is a gateway in there....

B: Yes.

Q: That uses non-linear vibration and a very specific vibration to a transformational door or gateway through there....

B: Yes.

Q: I was wondering if you could illuminate any other information on how to use it? This was specifically on the knowledge....

B: How to use it is tantamount to learning to be yourself. For when you are your full self then your frequency is at the highest resonant level it can possible be and the Sphinx and many other such structures that were created in your ancient times are keyed to those high, high frequencies' resonant levels. So that when they recognize a similar level of frequency being reflected back to them, they open automatically. They are keyed to high levels of resonance.

Q: Can you say in what way they would open, in terms of the....

B: There are a variety of ways in which they will open. There are actually physical doorways that will open when they recognize the correct frequency that leads to underground chambers, that many of you have now begun to realize exist, but which you have not yet gone into physically. But there are also dimensional gateways and, the idea again is simply, they are keyed to certain frequencies and when they are in proximity to those frequencies or, perhaps, more precisely, when someone of that frequency is in proximity to that gate, it will open up.

Now, the non-physical ones will allow such people who are triggering such gates to suddenly be capable of seeing, in a sense, into other dimensions. They may see things that other people, even a few yards away, will not see because the doorway will be orientated to their vision and their frequency, and they may literally see many things that exist in other dimensional realms. That's one way that those inner dimensional gates can open. The physical gates can also open in a similar fashion. Though it would be more likely that if the physical gate opens, people around the general vicinity will most likely be capable of seeing that. You follow?

Q: Yes. Now that brings to question..... would you actually need to be in, us being third dimensional beings, in the physical presence of the Sphinx in Egypt....

B: For now, most of you, yes, would have to be.

Q: What about access to the compartment where the orb and the gateways actually are, which the public is not allowed access to?

B: In terms of what you would call astral access, all of you have the ability to do that. But the idea, again, that it is up to you to determine whether you have the ability in general to allow yourself to be conscious of that experience, of that access, when you do it astrally. Many of you may do it astrally and may not allow yourselves to remember that you have done so. But all of you have the potential now, when you, so call, leave your body, as you say, out of body. You all have the ability.

Many of you actually have had the experience of visiting those gates and going into them, going into the chambers, seeing what is there. But perhaps, because of a variety of reasons, one of which may be that many of you still buy into the consensus reality for one reason or another, neither good or bad about this, many of you will choose to forget that you have been there, but will retain the urge, the drive to find out what is there. So, sometimes that urge and that drive, that curiosity to find out what is there, actually comes from having been there, but not remembering. This way you give yourself the opportunity to bring it down to Earth, so to speak, by knowing that there is something there important to find, but then creating a series of circumstances physically that would actually bring about the discovery in physical terms and so, in that sense, reveal it to the physical world, which would then complete the circuit from higher to lower. You follow this?

Q: Yes. Now, is there actually a mechanical orb?

B: Yes.

Q: Inside?

B: Yes.

Q: And is that triangular in shape.

B: No.

Q: No.

B: No.

Q: Okay, and can you give us any more on what the purpose of the orb is? And what we have gotten from the session was that there was actually a consciousness to it.

B: There is a consciousness to everything; everything is consciousness.

Q: And that it was fully awake, but lacking motivation. That there was some kind of....

B: In some senses, that could be a euphemistic way of saying that it recognizes it is about to be activated, but also recognizes that the critical mass on your planet has not been reached, for it, in a sense, to be bothered with full activation, yet. Yes.

Q: Okay, he also got that visuals were dependent upon specific intersecting frequencies vibrating at an unusual speed or level, sight unseen....

B: Yes, but this is simply a technical way of saying that when the right frequencies are present, they will automatically know what to do and will automatically cause things to happen. You don’t have to think about it in technical terms, "Let’s see, do I have the right frequency here, and the right frequency there?"

It can be done that way, but from our point of view, in a sense, that is the more difficult and backwards way. That is attempting to, in a sense, render ever single component, every single detail in the appropriate place first; instead of simply letting the event orchestrate itself automatically by simply being the correct general frequency. And knowing that all the pieces will automatically fall into place when they recognize that the general theme has been played, so to speak. Sufficient! Thank you! Number two!

Q: Thank you Bashar.

B: And to you good day.

Q: Good day, I'd like to ask a couple of questions, one of them...

B: Yes.

Q: ...relative to the safety of ingestion of quantities of 20 micrograms or less of monatomic rhodium...

B: Yes.

Q: ...when added to herbal substances.

B: Yes.

Q: Is it safe for use in that quantity?

B: Yes.

Q: And does it substantially enhance the effectiveness of such substances?

B: To mix them with the herbs you mean?

Q: Yes.

B: It depends on the herbs. Many of them will have no effect at all. Some of the herbs will cancel out some of the effects of monatomic rhodium, some will enhance it. It will depend. Does this help you?

Q: That does, that does help.

B: And so?

Q: Does the Schumann field...

B: Yes.

Q: ...relate to the safety of the use of monatomic rhodium?

B: No.

1

COMMUNICATION

We will begin this interaction this evening of your time with a little more understanding of the idea of communication, and what it means in your physiological reality. In this way, recognize that even though you are intrinsically, fundamentally, basically – let us say – originally, so to speak, non-physical; and that physiological reality, in a sense, is one of your creations, one of your projections, one of the ways you can understand and view and experience the idea of your non-physical consciousness, your physical reality is a part of what you are as well. It is the idea you are being. And in being that idea, it comes with certain definitions that allow you to function within that realm, and within the parameters that define what it is to be the idea of physical reality.

Therefore: with respect to the idea of communication– now, communication meaning not only what you classically think of as communication in the sense of receiving a message – back and forth sending of a message from one or more consciousness to another – but the idea of communication can also extend into what you call the actual information that you are receiving – seemingly receiving – through which and by which you create the idea of the so-called physiological scenario. What you refer to as feedback, or sensory experience, in a sense, is also communication.

Thus, recognize: that while, in your non-physical state, on your nonphysical levels, communication – intention of sharing of information, ideas, knowledge and perspectives – may be more what you call direct as you think it is, in your physical reality. But the idea of your physical reality – because of the definition of what physical reality is in terms of a separating element, an element that separates you from the rest of or more of – all of what you are, then recognize that by definition any communication that you are receiving in physical reality is not so much a direct communication, but an indirect communication.

And what this means is: as you have said, you, as a physical being, create yourselves to be your own complete idea, your own complete universe. Therefore, anything at all that you receive – seemingly from someone else, as a message, as a communication.

What you are actually perceiving is your version of it that you agreed to create in your universe, so you could have an experience of the communication that is being sent more directly on a higher level. But on the level of physical reality, what you do with that direct communication is create your own model of the idea – in your own terms – according to the reflection you need to see to understand who and what you are as a physical being, in the experience you have chosen to have as a physical existence.

It is not that what you are now hearing, for example – the words issuing from the physical channel, you are not hearing them directly. You are co-creating a complete distinct and separate universe, physically, in which you take your non-physical understanding of what is being said, and render that understanding in physical understandable terminology that you have all agreed to represent the communication between you. But in physiological reality, the idea is not so much directly from, let us say, here to there; but in a sense, it is more here, up over and down so that you create your own distinct version that makes it seem as if the communication is directly here to there and vice versa.

Now: the reason for this, and an advantage in it that you can utilize and allow yourself to understand

many different energies with, is, first of all: you have, as we have said, decided to explore the idea of separation, limitation – in every way, shape and form that you can – simply because that is one of the ways you can experience All That Is. Therefore, when you have created this limited scenario, realize to what degree you have actually created it. You are connected to All That Is, but at the same time, you have truly created yourselves as individuals to truly be your own complete and separate and total universe unto yourself.

That is so you know and can discover that everything in your life, therefore, is actually a product of your creation in your universe, and thus, you expressly have complete, utter and total control over every single thing you experience in your reality. Nothing comes upon you that influences you directly; anything at all that you feel to be an influence over you is your choice to believe that such an influence exists, and to create that seeming illusion of influence in your reality for yourself. You – when you feel you are being influenced by anyone else – are actually being influenced by yourself. It is the product of what you choose to believe; that is what your physical reality is.

Now. Understand, therefore, that the idea of what you experience as the physiological phenomena of telepathy, of knowing each others thoughts, is not really so much knowing each others' thoughts – and again, it is not so much direct communication. What it is however, is that you are forming what can be called a congruous or synchronous pattern, a way of looking at things – a perspective, a point of view – that is quite analogous, quite similar, to the way another individual may choose to also view their belief about reality.

Thus: what you are doing is, both of you – the two you may feel are experiencing and expressing the idea of telepathic communication both of you are extracting the higher communication down and through into physical reality in a similar fashion. So your thoughts, the thoughts you are having, seem to be synchronistically congruent with another individual's – not because of direct interaction, but because you are both choosing to operate and interpret the higher understanding on the same wave length.

So it is the idea of congruency, parallelism; that is what appears to be telepathic exchange between you. Nothing is actually exchanged on a physiological level. On a higher level, yes; but on a physiological level, it is acting in parallel that seems to be an actual exchange between you. You follow me?

Audience: Yes. Yes.

In this way, therefore, you can recognize that any situation that you desire to create in your reality can be, as it has been discussed on your planet for some time, created by simply recognizing that if you wish to know anyone, then become congruent with them, become synchronous with them. In a sense, identify with their pattern. The idea, as we have expressed to you many times, is that to love them is to know them. When you love unconditionally, you are identifying with another individual's pattern, because you are willing to accept them as they are, and allow yourself to be in touch with all the different portions and facets that they are; and allow yourself to be in linking, in that sense – in congruous parallel linking – in a sense creating for yourself the same scenario you see within them, and vice versa. So that then you are traveling along similar lines, and by traveling along those parallel similar lines, you seem

to be having the same thoughts.

You are creating similar manifestations, but it is not literally that you are exchanging the thought back and forth. That is why you can understand that when your society allows itself to know it does not have to have conflict within having different points of view, but that the idea of different points of view can all run parallel, then you will understand that at the same time you can have different points of view, you can also have unity. You follow me?

Audience: Yes. Yes.

Thank you. SHARING!

Communication and Expectations

Q: Hi. I would just like to share that I had my first meeting for the Sirius project last Sunday, and I was very happy with the response. And I would like to particularly thank Pamela for being one of the people who came; however, I still need – not need – I still would like to have more participants. So if anyone's interested in becoming involved in a performance about spiritual evolvement, I would appreciate if they would come and give me their phone number and talk to me about it. So that's one part of it.

Another thing is that I have a really wonderful roommate, and I like him very much. He listens to your tapes a little bit – just by accident, I guess.

B: Accident? (AUD: laughter).

Q: Accident... (Laughing) no. He comes right into the room and listens to it. So he, at this time, doesn't believe that you're an extraterrestrial.

B: So what?

Q: Yeah. He calls you, "Bashar, the punk philosopher,"

B: All right. (AUD: laughter) I will joyfully accept that name.

Q: The other night, while I was sleeping, I woke up because he was talking in his sleep. What was coming through his mouth woke me up. At the instant that I woke up, I recognized he wasn't speaking English. It seemed as though he was channeling some kind of extraterrestrial himself, because what was being said...

B: Plus portions of himself.

Q: Right. Okay. It seemed like when Lisa had been talking about whatever had come out of some other planet or something; so I was just wondering if that was some kind of message for me, or if that was a message for him, or...?

B: Everything that you experience with anyone else has significance for you because you have co-created it, and because you experience it. It obviously has some validity on some level of your consciousness, or you never would have been there. You only, only, only experience in your reality what is the product of your belief system about what you think you would share. Only.

Q: Okay. So what he was saying... although when I told him the next day, he said: "Oh, I always talk in my sleep." Since then I have heard him talk in his sleep a lot, but it has never been anything like what was coming through at that moment.

B: Then simply take the vibration for what it has meant to you. Let him take it for what it has meant to him, and get on with your lives.

Q: Okay. So there was no particular message or anything?

B: There is always a particular message. But in this way, the idea simply is to show you that you are co-creating your own symbols. You are, let us say, jockeying for a commonality of communication. You are attempting to seek out common ground upon which to communicate with each other. Follow me?

Q: Okay. So this was another part of him – a part that he doesn't acknowledge. Is that correct?

B: In a sense, in a sense he does – for there is, let me say, a (unintelligible word) that is somewhat conscious, somewhat subconscious; but it is there.

Q: Thanks. Do you happen to know or can you comment on the particular language, or whatever it was, that was coming through? Was it...?

B: Understand, it is an emotional language. It is not what you would understand as a physiological language. It is simply the vibration that feels right, according to what is being felt about what is being communicated. You follow me?

Q: Well, not really, because I woke up and I realized I had heard that sound somewhere before, and. . .

B: All right.

Q: . . . and where I thought I had heard it was here, when Lisa was talking about some kind of message that was being given to her.

B: All right.

Q: That particular language...

B: What did the idea make you feel like when you heard it?

Q: It made me feel like someone was trying to communicate with me.

B: All right. Anything else?

Q: And I didn't understand what was being said.

B: That is not what I asked you. How did you feel?

Q: I was excited!

B: All right! Then understand that what I am calling an emotional language comes in whole concepts, not in the type of alphabet you are familiar with. You do not get a letter or a word at a time. You get entire feelings, entire emotions, and entire concepts.

The idea of communication – the idea of excitation – is, of itself, a message. You do not think it valid because your analytical mind must render it down into something that your analytical mind can make sense of; but the feeling is what emotional language is for, not for your mind. Follow me?

Q: Right.

B: There is always a particular message. The idea is to simply show you that you got the message where you needed to. It was not for your ears. It was for your heart.

Q: Okay. Thank you very much.

B: Thank you. Yes?

Q2: Hi. This is Dawn. I guess this is kind of like a test, to find out where you're really at, but...

B: A test?

Q: Whatever. I would like for you to tell me... I don't know how to put it without you putting it more true than what it is, so I'm just going to say it.

B: More true than what it is.

Q: You know, the way you kind of clarify for me what I'm trying to say. What damage was done to my body during the accident? What bones were broken, if there were any?

B: Why are you concerned about that?

Q: Well, because if you're right, then I can ask you a further question.

B: What has that got to do with anything?

Q: Because...

B: I will never be right or wrong.

Q: Fine. You know what I'm saying.

B: Yes, but you don't.

Q: Oh, yes I do! (AUD: laughter) Just please answer my question.

B: I cannot answer it in the way you expect me to.

Q: Then don't look at me expecting you to answer a question in a certain way. Just get what I'm saying. I'm not expecting anything from you.

B: What are you expecting from yourself?

Q: Hey, let's not play games here. Don't reverse the question back on me.

B: The question is always. . .

Q: I want certainty that if I ask you the condition of my body right now, you are coming from a point of knowing what occurred then; and I will have the certainty of knowing you are right by what you tell me.

B: But you are creating that idea.

Q: Oh fine, fine.

B: You do not understand the idea of mental communication. You are expecting that it is one thing, and it is not. You are measuring the idea of that ability to communicate with you by one specific parameter, and you are not understanding how it works.

Q: Okay. So, then do it right and I won't have to understand. Just because my words come across the way they come across, which leads you to believe that I understand, or don't understand, or however you want to put it, may not necessarily be what I'm asking, what I'm saying.

B: Then ask what you are asking.

Q: I want you to tell me what damage took place at the point of the accident.

B: Do you not know?

Q: Yes, but...

B: Then why should I have to know? It is not something that excites me in that way.

Q: I'm not saying that you have to know.

B: Yes, you are.

Q: No, I'm not. I already told you that if you can tell me what the damage was. . .

B: Yes.

Q: I will know, in present time, with my next question, of what is there. I will know that you are looking at what really is – for my consolation, not yours.

B: Understand this: you are telling me that in order to continue the communication in the way you want to, there is something that I do, in fact, have to know that you already know. Otherwise you will not continue the conversation.

Q: No. It's not that you have to know. It's that I have to know that you know this.

B: But you already... I cannot prove that to you. (AUD: laughter)

Q: Why not?

B: Because that is not the way it works, child.

Q: Well, then, do it the way it works.

B: I am doing it the way it works, child. (AUD: laughter)

Q: I know that there have been people that stood in front of me, and that I could see by what was going on with them what was physically wrong with them.

B: Yes.

Q: So if I could, that...

B: Yes, but did they challenge you to know? Or did you just know?

Q: Okay. It came off as a challenge, jokingly. I wasn't serious. I'm not challenging you. What you know is what you know, and what I know is what I know.

B: Yes. And the point is, if you already have the knowledge, then simply act on that idea, and I will discuss the entire idea with you; but the idea...

Q: Yeah, but that comes up against my own certainty as to whether... okay. What's the matter with my body right now?

B: First of all, it's very tense. (AUD: laughter) It is very tense. That is what is the matter.

Q: Okay, and why is it tense?

B: Because you are creating that idea of needing self-validation, and you are seeking outside yourself for it. I cannot prove anything to you.

Q: I'm not asking you to.

B: Yes, you are. That is the point. You do not think you are, but you are.

Q: Okay. I don’t think that... I am not; but okay. Then...

B: Now, if I were to say to you: “All right, you broke the lower leg bone," and in your estimation that was, so to speak, wrong, then you would simply have created that too, for yourself; because that is what you wished to find. You designed the experiment, and you got the result that you designed the experiment for.

Q: You’re sitting there telling me that I’m designing a wrong experiment. You’re wrong.

B: There is no right and wrong.

Q: Good. Then don’t use the word. I’m... I want...

B: You used it.

Q: The process that I want to take place, I know can take place!

B: Yes it can, but not...

Q: Good. Then let’s let it take place!

B: . . . when you don’t need it to, only when you don’t expect it to. That is what I am saying about your lack of understanding of the process. When individuals can read each other, it is because there is an emotional bond of love. When you say to that individual: “I need you to tell me what happened in my life before I will trust the conversation with you,” then in a certain way you are shutting the information off from them, by making it a test, because you are not acting in love. You are not communicating with their very soul, and not allowing them to communicate with your soul so they can know you.

Q: Okay. Well, then, let’s push all that aside.

B: Let’s. (AUD: laughter) Now, address what it is that is actually on your mind, and perhaps the information you had asked me first may come out enough so that I can pick it up.

Q: Okay.

B: If that is even important by that time. . .

Q: Well it is.

B: . . . which it is not, since you already know the answer. (AUD: laughter) The point is simply, what you call psychic knowing, in that way, works from the vibration of love and trust. And the trust has to be there first, before the effect of the knowingness happens. It is not the other way around.

Q: Well, I don’t know how to...

B: I am telling you how. Simply get involved in the conversation with me as per what you really want to know. You don’t need to know what bones were broken because you already know this.

Q: No. No. I’m not saying that I want to know what...

B: What do you really want to know?

Q: I want to know how much you can really see...

B: I just told you how much.

Q: So that I can...

B: Only as much as you let me. And only when you are functioning from love in the exchange with me – and when you are not expecting that I need to answer you in a certain way to prove something to you, because I can't prove anything to you. You can't prove anything to anyone.

Q: You know what I'm asking? Do you know what I'm asking?

B: Yes, I know what you're asking; but that type of validation is totally the product of your own creation.

Q: Fine. So then let's push all that aside...

B: All right.

Q: . . . and really get down to business here.

B: Is there any business to discuss?

Q: Yes there is.

B: What?

Q: I don't know if there is any business to discuss.

B: In my perception, in a sense, there is not. You know what you are doing with your life. You do not need me to answer any questions for you. You have all the answers, and you know you do. Now, if you wish to simply share who you are with me, fine. Maybe somewhere in there are certain ideas I will learn of you that I can share back with you; but only when there is equal sharing.

Q: Okay. I'll start with the first thing, we'll put this body stuff aside. I would like to trust you as I trust my guru.

B: All right. But it is all right with me if you don't. You understand? I trust you.

Q: Yeah. I don't care whether it's all right with you or not.

B: Well, then you are not willing, in that way, to form the trust. That is up to you, if you wish to form it.

Q: You know, I would assume that as. . .

B: All right. What is your trust based on? You see trust is the idea of unconditional love. And when you are putting conditions on your trust you are saying: "Well, I will trust you if you act this way, a certain way that I will accept, therefore, something I can trust." That means it is conditional love.

Q: I hope you guys don't mind this energy.

B: No, no, no, no, no, it's very, very loving. Very, very teaching on your part. They are all learning something. Now. . .

Q: They just haven't figured out what yet.

B: Does not matter. (AUD: comments) Now simply, all I'm saying is that the idea of trust, and the idea of love is the same. It is unconditional. When it occurs, it occurs unconditionally. If there are conditions...

Q: All right. Well...

B: ... it doesn’t work. The communication does not exist if the trust and the love are not unconditional to begin with. My civilization has telepathy, so to speak, between all of its members, and we know what has happened to all of its members because we are all in love with each to begin with. We do not put expectations: "Well, you act this way and then I’ll think about trusting you." We do not put conditions on our love. We accept them as they are – for whatever the communication is that occurs. Because we know whatever we receive from them is the product of what we co-created with them. And we trust them and we trust ourselves to have created exactly the interaction that we need.

Q: I cannot trust...

B: That is your choice then. It is your choice. If you simply cannot do it, you cannot do it; but that is your choice.

Q: Fine!

B: But that is why. . .

Q: I’m telling you my choice right now, okay? And I’m presenting the (unintelligible word) of that choice in order to clear it up. Will you shut up and listen to me?

B: Very well.

Q: Thank you.

B: You are welcome.

Q: Maybe later, I guess.

B: As you wish.

COMMUNICATION WITH HIGHER CONSCIOUSNESS

Malibu, CA

8-22-97

All right I'll say good day to you this day of your time how are you all? Once again, we will, take this opportunity to thank each and everyone of you for allowing this connection to be made through this gateway, and in this manner, at this time. Once again, each and every time you allow our civilization to form a bridge, to form a link through this telepathic modality with your civilization, and allow this communication to come through this particular medium, this window, this gateway, we then get to experience through each and everyone of you, through our interactions with each of you, that many more perspectives of creation and this interaction allows us to experience expansion of all the different ways that the infinite can express itself. So, we thank you for this expansive gift.

We would like to begin this transmission this day of your time with the following idea of consciousness: the idea now of course is that there is still going on your planet, as we perceive it, as we listen in, so to speak, much controversy still about the idea of what is consciousness? Where does it come from? Is your physical brain producing your conscious mind or does your consciousness, in a sense, exist before your physical brain?

Now, from our perspective, from our point of view, it is more the idea of the latter, in that there is a consciousness that exist prior to the idea of physical manifestation. Many of the things that you create in your technology on your planet, in some sense, gives you a reflective clue that this is so.

For example: you have in your technology the medium you call film, you have in your technology the medium you call electromagnetic tape, if you will take a moment to examine these technological media you will understand that each of them is a recording medium that allows for an expression to be perceived, to be transmitted, to be communicated, but the images on the film, the voice on the tape, not the original voice, not the original image, but they are recording medium that allows for transmission of this information, storage of this information.

Thus, then, you know instinctively and innately that while the images of the people on the film are not the real people, you know that they are, in a sense, above, beyond, outside the film. Yet the film presents what you would call a life like representation and allows for a communicative medium to transmit information–things that people may have done, things that people might have said. Then, so too, is the physical body and the brain, simply like unto, such a medium, a recording, storage and transmission medium, to allow for the expression of consciousness in physical terms.

The physical brain is not, in a sense, creating the consciousness. However, it is creating a type of expression of, consciousness–for anything that manifests itself into physicality must have a corresponding counterpart, process or function that represents what is going on.

This is what is causing, to some degree, the confusion among your scientists, in that they see the electrochemical activity of the brain. They see the electromagnetic activity of the brain, and they say,

‘could these electrochemical and electromagnetic effects be responsible for the idea of the creation of consciousness?’

Again, the answer is no, but these electrochemical and electromagnetic effects in the brain are responsible for creating the environment, the atmosphere, the electromagnetheric field, the electro-biochemical field ... through which consciousness can express itself and without which consciousness will not be capable of expressing itself in the physical medium–at least not to the same degree that you understand it now, and not to the same degree of precision and, or clarity.

So while the brain is creating, in a sense, a type of echo, a type of resonance echo of what the consciousness intends, and it is in that sense creating a level of consciousness presentation, it is not creating the original consciousness, the brain, in that sense, is a recording, storage and transmission medium.

Like your film, like your tape, that you know that what is on the film, what is on the tape, what is coming through the brain originates far beyond, far above, what is actually physically there. This is the nature of how physical reality functions only really as a transmission device, as an in between device. Recording, storage and transmission medium for consciousness that choices to express itself in this particular modality.

Now, this extends out even beyond your ‘physicalized’ form, your body, as you say, with what you call your electromagnetheric field, in a sense, electromagnetic or electromagnetheric, which ever you wish to use. There are some subtle differences in definition but for the purposes of this conversation, they will be the same, for this illustration, they will be the same. This field around your body, that extends far from your body what some of you call the aura.

The aura is really a combination of many different resonance fields–but the electromagnetheric one, in particular. That is one of the first levels that consciousness express’s itself in, or as, when it decides to become physically materialized. Consciousness, when it decides to experience itself and express itself as a physical being, will first create the idea of a electromagnetic field, and this is what you call–spirit or the etheric body or the astral body, in a sense. Although that is a little above, but a etheric or electromagnetic is the consciousness expressing itself for the first time in physical materiality. It is like unto the idea of steam turning into liquid water, slowing down its vibrational rate and so then moving from liquid water or electromagnetic energy or spirit into physicality or, by analogy, ice. It solidifies into the idea of physical density, materiality, but the first level, the electromagnetic level, the electromagnetheric level is spirit– is your consciousness expression itself as spirit. And because it is the larger level, because it is the first level before physical densification, it is bigger than your body because your body is in your spirit. Your spirit is not in your body. That’s why your physical aura, your electromagnetic field is bigger than your body because that is a bigger idea of you. In the same way that water, in a sense, shall we say, is more free flowing, and steam can extend much farther than ice. The idea is that the spirit, the electromagnetic field, contains the body, in that once you create the electromagnetic field, that parameter remains, that diameter remains. But then, in the center the body,

crystallizes, densifies out of that field. But when the body desifies, it still has the field around it, of more refined, less dense energy, that is your spirit self. So your spirit, in a sense, extends beyond your physical body and it is through this electromagnetheric field that you pick up on all the subtle vibrations of communication going on between all of you telepathically.

There are refined levels, the immediate levels, the most dense level of the spirit form before physicality does really only extend, perhaps, a few feet away from your body, or a few yards depending on your level of energy. But there is a refined level, a very refined level of that electromagnetheric body, that electromagnetheric field or bubble, that is your consciousness, that actually covers or surrounds your entire planet and encompasses everyone.

So, all of your fields are interlocked, this is what allows there to be telepathic communication within the electromagnetheric field. This is how you use the mechanism to create your mass agree upon reality, so that you can experience the same kind of game generally speaking with everyone else. Yes, of course, there is level above and beyond that in your consciousness where you are all one, where you are communicating instantaneously with each other, but again as we have already said ‘everything that is done on a higher level also has its physiological counterpart, to some degree, and thus the electromagnetheric field level that we are talking about now that is interpenetrating every other persons electromagnetheric field ...is that level that reflects and exemplifies and represents in physical terms the instantaneous connection all of you have on higher levels... beyond the physical. It is like bubbles and bubbles, and bubbles and bubbles and bubbles all interlocked, all inter- linked all containing one the other. All interpenetrating, all resonating, all vibrating together, even while you are vibrating at your own unique frequency. You also have a mass-consensus frequency that allows you to stay in touch, of course, some of you don’t. Those are the people that we have said in the past that you generally call insane. It is that they are not perceiving a reality just as real as yours, but they may be locking into, for one reason or another, the mass-consensus reality for some reason right now.

It doesn’t mean that they are experiencing something any less real than what you are experiencing, they’re just not going along with the crowd.

So then, remember, physical reality, in a sense, is a medium, recording, storage transmission medium, and of course, always a mirror, a reflective mirror for what’s going on within you for what it is you are transmitting, what it is you are, attempting to communicating both to yourself and to others. It can always be used as the perfectly reflective mirror to determine what kind of a reality you are creating based on what kind of definitions and belief systems you hold to be true that give rise to the vibratory frequency that allows you to experience the reality that you do.

We thank you for allowing us to share this notion, this perspective this day of your time with you, this brief idea of the expression of consciousness. And in return for the gift that you are giving our civilization. I ask you now, in what way may I and my world be of service to you?

Q: Bashar!

B: You, and then you, number two do you know you who you are. . . ?

Communication Link Through The Solar Plexus

Q: Is there any other chakra besides the heart chakra that we should be focusing on for future earth?

B: Understand that intimately connected to the idea of your heart chakra will be the one in your solar plexus, the chakra of intention. Allow yourselves to recognize that is usually where the formation of your present self, when you create there to be the idea of a connection between your present self and your future self, takes place *from*.

So if you all see yourselves, your country, *every* country, harmoniously working together, you can allow yourselves to feel the flow of the energy from your present self to that supposed, so-called, "future" you that is *already* working together with every other country, to be flowing through the solar plexus. Do you follow me?

Q: Yes.

B: Allow the *you*, that you know already exists in that future sense, to be able to communicate, if you need to look at it this way in your imagination, backwards in time to the you you are now; to let you know where you have to go to become the you, you are going to be, that is doing all of that harmonious interaction. That communication link is always open. And if you wish to pinpoint it physiologically, you may understand it is *through* the solar plexus.

Q: All right. Thank you.

B: Thank you.

Communication Link Through the Solar Plexus

Compassion

B: SHARING!

Q: As I've been accelerating I've noticed just recently that people that I'm close to are being concerned for me.

B: All right. (Audience laughter)

Q: And what my reaction to that is: concern, that they're concerned.

I don't wish them to... ah... fear for me... or. . .

B: All right.

Q: . . . but obviously I don't make. . . .

B: Do they fear for themselves?

Q: That's what I think they might be doing. Maybe it's threatening their belief system or something. I. . . .

B: Maybe, maybe not.

Q: But I realize that I have no control of that, and I don't want to.

But I just don't want to create. . .

B: If you are always clear and concise within YOUR openness of communication and your integrity, in this way, then you are being responsible *to them* by being yourself.

Q: Umm um. Another thing I would like to talk about is compassion.

B: Yes.

Q: When I feel someone is having a problem or a physical ailment or whatever. . . an obstacle that they feel they have. . .

B: Yes.

Q: *feel* for them in a... I understand what you mean when you say you don't say you're sorry.

B: Or pity.

Q: Or pity them, exactly. But I feel for them and I. . .

B: Yes, compassion is not pity.

Q: What is your definition of compassion?

B: Compassion is recognizing... it is similar to what you usually think of as... pride. Not in a negative sense. You are proud of them for the strength that they have, to undergo the limitation they have created for themselves. And you KNOW that they have created it from their strength and they can choose something else if they desire to. But as long as they are in what they have chosen to be in, you have compassion for them as a fellow being, who has chosen to express their strength in the manner that they have chosen to do.

Q: Umm.

B: That is compassion.

Q: I feel more a sense of feeling what they're feeling. . . .

B: That is empathy.

Q: Yea, I guess that is it.

B: You can form that type of identification if you wish, and still do not have to allow it to transform into *sympathy.*

Q: Yes, it is not sympathy, it is more of an empathy.

B: All right.

Q: And in this way it does not make you cold. Recognize that individuals in your society are not used to exercising *compassion.*

And compassion, because it is in a sense a KNOWING state of existence, may seem to be detached from the, so to speak, normal range of emotions.

B: That is the next thing . . . you just told me that I'm not emotional.

B: Understand in this way, emotionality is a tool like anything else and it falls in your terms, below knowingness. If you are in a knowing state you simply know what you need to know, without necessarily having to go down through the gamut of the emotion to understand it.

Q: Exactly.

B: You are not without compassion and understanding. And in this way, if that allows you in the eyes of another to maybe seem aloof or cold, simply recognize again that if you know you are functioning within your integrity and are willing to communicate this idea to them IN compassion, then you have preformed your responsibility to them; and you can, beyond that, not be responsible for their choice of reaction.

Q: Umm um.

B: Allow them to share the idea and see if it is something that they also might be able to get in touch with for themselves – while they do not have to chose it.

Q: Thank you.

B: THANK YOU VERY MUCH FOR YOUR SHARING!

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Compassion II

Q: It's great to be here again with you this evening.

B: We are very happy you are there.

Q: Thank you. I want to let you know that my life is going terrifically.

B: Oh my!

Q: Everything is wonderful.

B: Would you like to change that?

Q: No.

B: All right. Thank you very much.

Q: It's quite perfect.

B: What do you have to share – as an equal then?

Q: Okay. I have a question about the subject of compassion.

B: Compassion.

Q: Yes. I've had this question in my mind for about four months.

B: Oh, all right.

Q: And I've examined it every which way…

B: Yes.

Q: And I can't come up with the answer.

B: All right. What is the question you have created?

Q: Okay. The question is…

B: Oh, one moment, one moment. What is the answer you have that you have formulated in the format of a question? You do have the answer. A question is simply an answer that you place outside yourself.

Q: Okay. Well, then, maybe I have a statement.

B: Thank you.

Q: It's a statement. I like to think of myself as a warm and caring and loving person.

B: Oh, thank you very much.

Q: I have found that the more I understand how each one of us creates his own reality…

B: Yes.

Q: …that I'm having difficulty feeling compassionate towards certain people and situations. Does anybody know what I'm talking about?

(Laughter from the audience as an answer)

Q: Okay. I don't like the way I feel.

B: Oh, all right.

Q: For instance – this is awful – the homeless.

B: Homeless. Yes.

Q: Okay. I see a lot of homeless people, and I think to myself – the old me used to say: "Oh, those poor, poor people. What can I do to help them?"

B: Yes.

Q: And the new me is saying: "You know, they created their own reality…

B: Oh, one moment.

Q: …and they're there because they want to be there."

B: One moment.

Q: It's their choice.

B: One moment.

Q: And I don't like that…

B: One moment. You have created what is classically, in your language, called a misunderstanding of the concept.

Q: Okay.

B: Compassion, in no way, shape or form, says you can't help. If you have attracted yourself to see those individuals, then you have been attracted to be of service. The idea of compassion is not taking responsibility for them, however. It is not giving then sympathy to reinforce the negativity they have already created with their misunderstanding of their connection to the Infinite – with their belief of their lack of connection to the Infinite.

Compassion does not mean you do not help, compassion simply means you do not take responsibility for them. Compassion means you live the life that is representative of who you are to the fullest, so you can be the best reflective example you can be to them. That is what helps them.

By all means interact with them. Compassion, in no way, shape or form, prevents you from interacting with individuals you attract into your life that may require some assistance, some guidance. There is nothing that says compassion cannot guide. There is nothing that says compassion cannot reflect. Are we not reflecting ideas to you?

Q: Yes, you are.

B: We know you create your own reality. But it is our compassion that allows us to desire to share with you that there are many ways you *could* create your reality. But in no way do we take responsibility for what you decide to choose, even after we have given you a reflection.

Q: That's true.

B: Understand?

Q: I understand completely.

B: Well, thank you very much.

Q: I thank you very much.

B: Thank you for your compassion. Sharing!

Compassion II

4

Complete or Incomplete, That is the Question

Q: I wanted to ask you a health question. I have a hearing loss in my left ear from an operation, I was wondering if you could suggest anything to improve it?

B: How long ago?

Q: Let's see, about ten years ago, or eleven.

B: What have you heard since then?

Q: Well, from hearing loss in the left ear, it's not as good as it is in the right ear.

B: So?

Q: Is there any way you can suggest to improve it?

B: Not improve, change.

Q: To change it.

B: What have you heard?

Q: Sort of just muffling in that side. I mean, I can still discuss conversations, but there is more of a muffling sort of distorted sound.

B: All right. Can you imagine what it would be like to have equally balanced hearing?

Q: Yes.

B: Then let your imagination be real.

Q: So, should I meditate on that every night?

B: Should? No shoulds. Is that what your imagination is suggesting to you?

Q: Yes.

B: All right. Do you think you have to do it every night? For how long, another ten years?

Q: As long as it takes to improve it.

B: As long as it takes? How long will it take?

Q: I have no idea.

B: You don't? How long do you think you would feel comfortable with?

Q: As I said, "as long as it would take to improve it." I'm not thinking in terms of a time period, but in terms of. . .

B: All right, but right now I am playing the game, I am thinking in terms of time periods. How long would you be comfortable with?

Do you think you could do it now?

Q: Well, I'd...

B: Let me re-phrase this. Do you think you can do it before five of your years is up?

Q: Yes.

B: Are you sure?

Q: Pretty sure.

B: Pretty sure? Before six years?

Q: Yes, I think I could.

B: All right. Do you think you could do it before three years is up?

Q: I could try.

B: You could what?

Q: I think I could.

B: Trying will not do anything but allow you to keep trying.

Q: Well, I could put all of my energy into it, and think positively in that direction.

B: You are not answering the question directly. Do you feel you can do it before three years, yes or no?

Q: Yes.

B: All right. Do you think you can do it before two years?

Q: Yes.

B: One year?

Q: Yes.

B: Six months?

Q: Yes.

B: Three months?

Q: Maybe.

B: Maybe, all right, you have found your threshold of believability. Can you, in your imagination, conceive of any method to accelerate the three months into less time?

Q: Concentration.

B: Concentration? Won't that hurt?

Q: Meditation.

B: What is meditation?

Q: Thinking about it improving it with concentrated thought, imagining it.

B: That is what meditation is to you? All right.

Q: Getting into the state of mind where I can think and imagine it, as reality.

B: Do you mean being in a state of being where it is a reality?

Q: Yes.

B: Then that is not thinking about it. That is being it.

Q: You have to think to be.

B: No. (Audience whispers something) Very good. Did you hear that?

Q: No.

B: You have to be to think.

Q: That's true.

Q2: To be or not to be.

B: That is a statement. (Audience laughs)

B: Recognize you cannot have a conception, you cannot have a thought, unless you are already in a state of being that will allow such a thought to exist.

Q: I see what you mean.

B: Take me literally. I am not speaking symbolically. You have to already be in a state of existence in order to have any type of thought that is associated with that state. So the idea, the concept, in and of itself, that you can have equally balanced hearing means that you are already in that state of vibration in order for you to be able to imagine what it *would* be like; it means you are already doing it right now. But you are very quick as a society to not believe that that moment was real, as real as physical reality. And so you switch right back into the very next belief, *"well, that was a nice thought, what do I have to do in order to make this a physical reality?"* Rather than simply letting the imagination, letting the conception be the reality, in the moment that it is.

Q: Okay, I had one more question too. I would like to ask you what I can do to improve my relationship with. . .

B: Improve, improve, improve?

Q: How can I improve my relationship with a person named Lawrence Spencer?

B: What are you getting out of the relationship? And how are you serving the other individual?

Q: Well, I'm getting happiness, to a certain degree. And then unhappiness to another degree. But the combination of both. . .

B: Unhappiness is only the result of judgment on your part. What is it you think that you could get out of a relationship, that would not serve you in a positive way? You carry within you a belief that you can attract a relationship that can have something within it that *you* would not find could serve you in a positive way?

Q: Long pause with no answer.

B: Obviously. The answer is yes, so say so. Because you have attracted a relationship, and you are saying that you have a belief that that relationship could even possibly contain something that could not be utilized in a positive way and, quote/unquote, allow you to choose to be unhappy.

Q: Yes.

B: Then stop judging the relationship for what you would wish it to be, and allow it to be what it is. So it can serve you, so you can choose happiness.

Q: Okay.

B: Then if you find you are willing to be of that vibration, the relationship will take on the aspects, and only the aspects that can serve you, in whatever way, shape and form it means that that relationship has to. If it means that relationship, in your terms, must change from one individual to another, then so be it. You follow me?

Q: Yes.

B: And recognize, that even if that relationship, quote/unquote, stays with the same individual, that individual would have to also change according to the idea of the new interaction, the new definition of the reality you are attracting that relationship for, and so they are not the same individual anyway.

Q: Yes, I understand what you mean.

B: All right. Then simply allow yourself to recognize that if you find anything in any relationship to be creating your ability to choose unhappiness, you are judging what the relationship is there for, and not allowing it to be what it is, but only what you think it should be.

Q: So, in other words, I should just go…

B: Not should.

Q: Okay, in other words I should go…

B: Not should.

Q: In other words I will go into it and just let it flow.

B: Recognize that if you feel you need a relationship in order to be complete, you will only attract an individual who will reflect your belief in your own incompleteness, that you are not happy with. When you know you are complete, you will attact an individual who will reflect that level of completeness, that knowledge, that happiness. The idea, once again...just like it takes “being,” in order to have the thought, it takes being happy already in order to attract a happy reflection.

Q: How does one find happiness?

B: One creates it. One knows that happiness and ecstasy is one’s birthright, and that one does not have to do anything special in order to deserve happiness. Simply by knowing you are happy, that is enough. Do you feel you do not deserve happiness?

Q: Yes, I think I deserve it…

B: Well then?

Q: …but how do you deal with negative influences that are around you?

B: You are missing the point. If you are of the vibration of happiness, then you will find that any other individuals, since you know what your vibration is, any other individuals can choose what they want, and what they choose for their lives will never affect yours. Unless you choose to let it.

Q: I understand.

B: So recognize, that anytime you think another individual is MAKING you unhappy, they do not have that power. No one has the power to make you anything, only you have the power to choose to feel that way. So you are deciding to feel unhappy, based upon something that you think is going on with someone else. There is no reason why you cannot simply know that what you are can allow you to be happy. And that can serve as a reflection for the other individual to see within you the strength that you have, the willingness of conviction to be the vibration you know is true for you. That reflection back to them is what will give them the best opportunity to allow them to change, to match, your vibration. But not because you demand or insist that they have to. Because the idea of being happy is knowing that your path is right for you, and everyone else's path is right for them and true for them. And, that you are granting equality and hence, validity for everyone else's path. Granting equality and validity for everyone else's path, automatically grants equality and validity for your path and let's you live it, regardless of what anyone else chooses to live like. You follow me?

Q: Yes, I do.

B: Will that have been of some assistance for you?

Q: Yes it has, I'll think about it.

B: All right, if you wish.

Q: Thank you.

B: Remember your own timeframe belief system...recognize that if you wish to accelerate anything, it is not a matter of speeding time up, it is a matter of integration, bringing yourself into the present now, and thereby, creating less time. Time does not speed up to accelerate, time accelerates because you create less of it. Separation and judgement create more time, more space. Space/time is the product of separation and judgment. Integration, living in the now eternal moment, creates less time; from your point of view, it accelerates things. Thank you.

Q: Thank you.

Connecting with Your Guides

Q: I had something happen yesterday that I have a question about.

B: Oh, do share.

Q: I was at an acupuncturist, and at the end of the treatment he had his hand underneath my neck and my back, and he ask me to send the healing light down my back.

B: Yes.

Q: In doing so when I reach the point of approximately across my diaphragm. . .

B: Yes.

Q: voice reverberated through me and the voice said, "I am back, Ramtha."

B: All right.

Q: Very solid, somewhat masculine, extremely, extremely solid in feeling, it shuttered me.

B: Yes.

Q: I wasn't frightened, it wasn't threading but it was almost a warning, but not a threading warning, just a statement.

B: Yes, preparation, that is all. Understand, in this way, that when you allow yourself to identify any particular energy point along your spine you are opening up a corresponding idea, or doorway, or what you call, vortices or chakra within you, in that way. That is the chakra of your connection to future selves, to Higher selves, your solar plexus. It is not only in the spine that the energy occurs but, in this way, completely and utterly through you and within your auric field that puts you in touch, tunes you into the frequency of the connection of other portions of consciousness, in that way, and other consciousness' that are then allowed, because of your willingness to tune to that frequency. To begin to, in a sense, initiate agreements that you have made to EXPAND your senses so that you can perceive more than you used to in terms of the communication that is coming to you all the from all the connections that you form. It is something that will lure you to more of yourself. For now treat it as a guide. All right?

Q: I have a question about that.

B: All right.

Q: As limited as this question might be. . .

B: Oh now, do not judge your question.

Q: Was I Ramtha or was I saying that I was back to. . . I'm confused about who Ramtha is. . .

B: Good, stay confused for then you will be co-fusing with more of yourself. Allow yourself not to become, in your terms, hooked upon the label.

Q: Okay.

B: But follow with your curiosity the feeling, the intention, this is the chakra of intention. Follow it! Act like it! Become it! And see where that leads you. All right?

Q: (takes a deep breath)

B: That is a good start, by the way. Releasing, thank you.

Q: Thank you.

B: Follow your curiosity, it is there for a reason.

Q: Scary, um?

B: It does not have to be. Anxiety is only excitement that is judged. Anxiety and excitement or the same energy. All right? Do not fight your own ecstasy, it is your natural state, all of you. Sharing!

Connection Points

Q: I heard that the black race is the first race from Sirius A; and that the red race came from Sirius B; and that the yellow race came from the moon; and. . .

B: These are not really, what you would call accurate assessments. There are connective energies in different dimensional levels to which some of the different beings on your planet of different hue do express connections to, but it's not the idea that they "come from," in that sense, those ideas.

What you do call the darker skinned races are the ones that are more indigenous and of, what you call, natural stock on your planet. And, then the infusion of genetic material that might, to some degree, be extraterrestrial in origin and did play a *part* in some of the alterations of some of the hues of the different beings upon your planet. But it is not laid out linearly in that fashion as you just described it; those are analogies for understanding energy connections, not a historical comment. Make sense?

Q: Yes.

B: Does that help you?

Q: Yes.

B: Thank you.

Connections

Q: I've been reading some of the Seth materials: "Seth Speaks."

B: Yes.

Q: And there's a concept in there that I would like your help on.

B: All right.

Q: "The soul can be described, for that matter, as a multi-dimensional infinite act, each minute probability being brought somewhere into actuality and existence."

"Each mental act opens up a new dimension of actuality. In a matter of speaking, your slightest thought gives birth to worlds."

B: Yes.

Q: Okay. Now, in words that are a little easier – I'd like some examples. In words that. . .

B: All right. Do you understand that everything exists on different levels of relativity? In other words, to use your pragmatic example on your own planet: the idea, let us say, of the difference between something that is human or, let us say, an insect is that the relative degrees between what you assume to be the perspective of the insect is that they would look upon the human as encompassing a large portion of their reality. You follow me?

Q: Mhmm.

B: And then relative to that, you say: "Well, the entire planet compared to me is a large portion of my reality." Well, simply stated, then you can extrapolate further extensions of your consciousness to assume that there is a planetary consciousness that considers itself to be a singular being; and to that being, there are then galaxies, universes, that are a large part of its reality. . . and on and on and on.

Everything is connected. Everything is the same one thing, manifesting in all the ways it possibly can. So whatever form it takes, the insect, the human, the world, the galaxy, the universe, it is the same thing expressing itself in a different modality.

And so it is *the same thing having the same thought*. Every thought it has changes everything, everywhere. You create whole worlds – literally. Because all of physical reality is *a product of the imagination*, so to speak, of Infinite Creation – which everything is made of. And every single concept that you define as a separate concept contains the whole of all creation. Is this making it any clearer at all?

Q: Yes, very much.

B: In a very pragmatic sense also, different dimensions of experience have the same degree of relativity to other dimensions that your insect may have to you. Though we are not saying that we are denigrating the idea of the insect.

But simply put: your thoughts literally – literally! – can be the driving energy behind what some other beings in another dimension may see as a gigantic natural phenomena. Just as what you call stars – even

though they are a part of your physiological reality – are also aspects of whole other levels of consciousness activity. And you see them in your universe *as* stars. That is how they interpret in physical dimensionality.

They have consciousness too – but not consciousness, as you understand it in terms of human consciousness. And they are parts of greater consciousness still, whose thoughts create your world, your universe. Everything supports everything else. You follow me? Is this making it clearer?

Q: Yes.

B: Thank you very much.

Consciousness and Dying

Q: I would like to talk about what the feelings are that the soul experiences at the death of the body, and whether it anticipates many...

B: Oh, many different things, depending on the belief systems that were present during life. Do you have a specific idea in mind?

Q: What is our awareness at the time of death?

B: It can be, again, many different things; all the way from not knowing you are dead, to reveling in the ecstasy of your complete and total recognition of all that you are! And anything in between is possible. (AUD: laughter)

Q: Well, that leaves a lot to be desired.

B: A lot to be desired?

Q: I guess I better try and relate it to myself.

B: Very good. That is the only way you can relate to it anyway. (AUD: laughter) What do you think you will be aware of when you transform into non-physicality?

Q: Ah...

B: Obviously because you are asking the question, it is altogether highly probable that you will *know* you have died, first of all. And you may even allow yourself the opportunity to recognize that everything that occurred in the physical life was according to your purpose. That it has served you, and will then allow you to decide for yourself whether or not you want another physical life or wish to experience reality on some other level.

Q: How long does this process of choice take?

B: Anywhere from one microsecond to millions of years, (AUD: laughter) again, depending upon your designs.

Q: Now, at that point, am I in total awareness of my Oversoul and my Higher Self?

B: Again, not necessarily. If you do not even know you are dead, how can you be aware of those levels?

Q: (Laughs) Well, if you can be aware of those levels in life, in this life...

B: Yes, then it is altogether likely that you will be aware of them in death.

Q: How do you become aware of them at death? How did *you* become aware of them at death when you made your transition?

B: I was already aware of them in life.

Q: How do you become aware of them in life?

B: By allowing. By trusting. By living.

Q: Trusting. All right. You also are inclined to say “we” when you answer a question.

B: Yes.

Q: Who is “we?”

B: All of us. (AUD: laughter) It is the idea of my civilization at times. Sometimes it is the idea of all the civilizations with whom we are in contact, which forms what we call the Association. Sometimes it is the collective consciousness of our world and your world combined, and many other worlds. It will simply depend again upon the direction of the interaction that is going on.

Sometimes I will say “I,” as I just did. Sometimes I will say “we.” And sometimes we will say “we.” For in this way, as I form a connection to the physical channel before you, many times in that way, I and we will allow there to be, from time to time, the connection that I always have with the rest of my society to be paramount in the information; because it will make a difference to the quality and context of the information coming through. Is that all?

Q: Yes, thank you.

B: Thank you.

Bashar

From "Willingness"

7-30-86

Consciousness Template

Let us begin with the idea of your crystalline resonance, crystalline vibrational frequency. As we have said before, each and every one of you, in a sense, is your own master crystal; each of you is a harmonic frequency, a signature vibration. Each and every one of you is a latticework, a matrix of energy at the heart of which, in a sense, is a spark of the primal energy, the fundamental energy of creation. That spark, in a sense, is your fragment, your facet, your portion of the recognition of the central doorway which leads to all other dimensionalities, which allows each and every one of you, collectively, to function as a single holographic consciousness, and at the same time to function as an individual identity.

Each and every one of you collectively, thus forms, in this way, a single facet of a multidimensional crystalline latticework, crystalline matrix that, in and of itself, when combined, may form a portion of another level and another level beyond that, beyond that, and on and on into what you call infinity. Each and every one of you, however, contains within the structure of the crystalline pattern, the crystalline matrix that each and every one of you are individually, the entire, as you say, blueprint, the entire pattern, the entire template for all of the universes, the multiverse, in that way. Each and every one of you is a microcosmic representation of, what you call, the macrocosmic crystalline structure of physical reality as it takes its form from what we refer to as the primary fundamental template of universal consciousness. Consciousness itself is the template upon which physical reality is structured in this way.

Thus, recognize that each and every one of you are a complete, let us say, genetic code for the entire universe, a complete template for the entire universe. And that is why, when you simply allow yourself to recognize that you can be in touch with this primal crystalline frequency within each and every one of you, you, therefore, are able to recognize that you have, at your immediate accessibility, all of the information, all of the answers that you need to understand yourself in this life you have created yourself to live. And that it is all in the immediate present for you, in your immediate here and now reality, and thus, that is why you do not have to go reaching into what you imagine to be the distant future, to extract information with great strife and great struggle. Nor do you have to go delving into the dim, dark past, in this way, to dredge up from these bottomless pits some scant information that you are struggling to receive, to understand yourself in the present.

Recognize that the only reason that you can be in touch at all with the ideas of your so called probable futures, and the ideas of any past you have created is because both the future and the past exist with you NOW, in the primal energy crystalline matrix of your reality existence. Thus you are not really

journeying anywhere. Everything you need is right at hand, so to speak, right within you in the here and now – all the future, all the alternate presents, and all of the past, are right with you NOW.

CONTACT

CANOGA PARK, CA

1-31-97

Q: When do you perceive having physical contact with us based on the present energy?

B: It is most likely, on a large scale, to be somewhere between what you

would call 2015 and 2027. It is possible that between 2005 and 2015 there will be isolated and intermittent contact permitted from our civilization to your own, but on a more accelerated level, the first time frame that I gave you would be more likely.

Q: I was curious about what forms of entertainment you partake in?

B: You mean like the one I am partaking in right now?

Q: Yes. Like our forms of entertainment, like movies and sports.

B: We have spontaneously what you might recognize as physical activities such as sports, but nothing in your terms is organized. It is spontaneous. All the people that need to be there show up at the right place, at the right time, because they only attract themselves to each other who have a desire to play a game. They do not need to arrange anything ahead of time, as you would say. We don't exactly have the idea of teams, but the individual prowess of each individual adding to the combined total effect, of what you would call the game, is what is appreciated by us. There are artistic forms of expression, many of them spontaneous. Some of them are a little more ritualized because of our own past history being similar to yours, in terms of some of the ideas of ritualization or organizational elements. There is some degree of what you would call music and physical instrumentation, though rather simplistic by your standards, at this time. Though it used to be a little more complex. There are a variety of endeavors that interest and excite us and drive our curiosity to explore. Is that a sufficient answer?

Q: Yes. Is most of your civilization living on the surface of your planet or in spacecraft?

B: At any given time, you will find that only approximately one third of our civilization is inhabiting the surface of the planet, while two thirds are usually off somewhere in spacecraft doing something. They may also, from time to time, be on other planets, since many of us act as liaisons to other civilizations as we are doing here with you.

Bashar

Channeled by

Darryl Anka

From: "Learning the difference between falling into the illusion of power and earning to use the power of the illusion."

Las Vegas, NV.

8-1-98

Contact date with Bashar

Q: Good day, Bashar.

B: Thank you, good day.

Q: I wanted to find out when you actually come to visit us? You have told me before that we will know.

B: Yes.

Q: But, for me as and individual, will I be able to have direct contact with you?

B: That I cannot say. You will most likely have some direct contact with some member of my species but I cannot say whether that will actually culminate in a one to one contact with my own actual personage.

Q: Because I would very much look forward meeting with you.

B: I understand, and you do not have to patronize or patronage me. The idea simply is is that none of these things on that specific level are yet completely decided because of the ebb and flux and flow of how every one of you are creating your reality as you go. Therefore, understand we are meeting this way now and this is as real, in a sense, as it gets, but the idea of what you call face to face bodily interaction is possible as a probability for any given member of my species but it will have to remain as a quantum probability until such time as it actually comes to happen, and then you simply find out who it is you happen to be face to face with.

Q: Well, based on the way the energy reads now can you give me a probability of meeting you again, meeting you in person?

B: About 17%.

Q: Any idea why that low?

B: Why, is that low? It is 17% higher than zero....

Q: True.

B: ...which it will probably be if you ask another question like that! (Audience laughter) You get the point?

Q: Yes.

B: Thank you.

Q: Thank you. And, if you could just kind of fill us in on your plans between now and then?

B: I have no plans, ever.
Q: In terms of what your activities is going to be on your ship.
B: I have no way of knowing what my activity is going to be.
Q: Okay, what it is likely to be.
B: I have no way of telling you that.
Q: Okay what about what you are doing...your current position now, are you still above Cairo?
B: 2,500 miles, yes.
Q: Okay, still 2,500 miles.
B: I have not yet been 2,500 miles.
Q: Is that the lowest you've been?
B: Yes.
Q: Oh, okay. So things are . . . the energy down here is pretty good then?
B: All right, we'll say, its pretty good.
Q: Well, is it, is it?
B: But it is still 2,500 miles short of contact.
Q: Okay. Thursday night I was out at area 51 and I was wondering ... we saw a....
B: No comment, thank you.
Q2: Bashar!
B: You!

Contact With Extraterrestrial Beings

Circa 1995

Q: I've had intention focused on communicating and making contact with extraterrestrial consciousness. . .

B: Well, you're doing brilliantly well, right now, aren't you? (Much laughter)

Q: Yes sir, I'm familiar with this, I mean, face-to-face...

B: Yes?

Q: Where is there a group of consciousness, *of visitors*, that are off planet? It is my intent to have direct contact.

B: Ultimately, those with that intention will, do not be impatient.

Q: I'm not impatient.

B: Oh, all right.

Q: However my question to you is: can you give me some insight on how we can communicate with beings in the fifth dimension when we are third dimensional beings? I mean... this channeling is a unique phenomenon.

B: Understood. The idea however is that a fifth dimensional being is again, relatively non-physical, and communication therein would mostly be telempathic. Those beings that you would meet, as you say, face-to-face, are those that exist in either third or fourth density, to some degree – or who would have the capacity to render a projection of themselves in fourth or third density formats, so that you have something that is perceivable in your terminology.

So the idea of meeting a fifth density being is the idea of meeting with a being that doesn't have a face, doesn't have a body. So it can present to you an idea of itself, telempathically – can even appear to be physiological, but this will need to take place in a slightly more accelerated level. Again, closer to what you would recognize as the lower astral, or etheric realm – where your vibration and his vibration have a little bit more common ground and different presentiments can be expressed, in ways that make sense, one to the other. Does this make some sense to you?

Q: Well, it does. And it is still in the fifth dimension; I mean the ships that are appearing?

B: Well, yes and no. Remember that the definition of what a ship is, in fifth density, is very, very, very different from a definition of a ship in third density. Remember that at that level, and what we are experiencing in our transformation is that the ships are becoming us and we are becoming the ships. And there really isn't much difference anymore.

Q: Well, are you suggesting... are you saying that there could be third density extraterrestrials?

B: Well of course! There are beings, simply, physically living on other planets in your physical third density universe. Those are still extraterrestrial, are they not? And the idea is that generally some of the

fourth density beings that come in, or fifth or sixth that create physiological *materializations with which you can interact with*, have projected only a *component* of themselves, only *a portion* of themselves back into physical materiality to create a simulacrum that you can interact with. It isn't what the total being looks like, generally speaking. Does that make sense?

Q: (No answer)

B: And. . .

Q: And.

B: And where is the confusion? What are you looking for? What are you asking?

Q: I've been meditating and everything seems to be contained within the heart chakra.

B: Yes. This is why we have said that's where everything is contained. It puts you in touch with All That Is, any probable reality. And with your intention you can fine-tune the bandwidth in that state to get in touch with any particular or specific frequency, within the totality, yes. You can do it that way. But again. . .

Q: So you can, if you play the drums?

B: You can, you can. But again, the idea is, the idea itself is that most of this communication has to take place within yourself, first, before there can be more blatant versions of these interactions.

It is simply part of the collective process that you have all created in being third density to fourth density beings – because there are many components of yourself that are needing to be integrated.

Now: there is also upcoming, what we have termed the interface laboratory workshop, in which we will be in that sense issuing relatively soon, for the specific purpose of taking individuals on your planet through the necessary exercises specifically designed to prepare for eventual face-to-face contact. This we have said we would do, and we are in the process now of formulating the workshop. This will commence sometime around your mid March month, and you will be notified of such.

Because we recognize that there will be many, many, many more opportunities for what you have called face-to-face contacts in and around your year of 1997, 1998. So now is the time to begin to prepare your vibration and your resonance to change the frequency, to make this a much more compatible and likely event.

Q: So are you saying that there is going to be contact in these years?

B: Not exactly in those years, though there is in those years, *a chance* that we will. It is still a *slighter* chance than some other extraterrestrials, certainly by your year 2013, yes, absolutely, maybe by 2011, maybe even by 2005. The chances of 1997, '98 are there, but slim. You understand?

Q: Yes. So these will be face-to-face contact with the beings from Essassani?

B: Yes. There will be other opportunities, sporadic still, in '97, '98 for face-to-face contact with other kinds of extraterrestrial beings – but after 2005 it will increase dramatically.

Q: I wanted to know, what type of beings?

B: Well, some of them would be Pleiadian, and there will be. . . a few surprises.

Q: I'm sure I've met them.

B: No, you have not.

Q: Thank you.

B: Thank you.

Contributing To Planetary Awakening

(1986)

Q: I've decided that I'm going to contribute my little bit to making the people on the planet more aware.

B: Well, thank you.

Q: But to do this...

B: Yes?

Q: I feel I've got to break down their belief systems, so that they will listen, because in the frame of mind they are in now, they will not open up.

B: Do you think that it is something that they *have* to do?

Q: Well... I know what you're saying. I know I don't have the right to force my opinion on anyone.

B: All right. Then THAT is the easiest way to open up anyone. To let them see *within you* the LOVE of the experience you know to be true for you. So that when you are in each other's presence, they can feel, RADIATING from you, the conviction of your belief. And that will give them the best opportunity to want to open up and to share with you.

Q: Yes, but...

B: Once again, it is the granting of validity and equality to ALL the different ways of the infinite diversity within your reality that will produce the unity you seek. Letting it be all right for them to be the way they are is the best way to allow them the opportunity to change what they are, if they don't prefer it.

Q: So you don't attack in any way?

B: If you do, you are only reinforcing the vibration you see within them, and only giving them a reflection of what they are already familiar with.

Q: That's becoming clearer to me.

B: All right.

Q: I'm getting less and less inclined to react... I always used to go in headfirst. But now I have the feeling, from what you're saying, that to reach a lot of people you've got to have an outlet – like, own a television station or something...

B: Oh, keep it simple. Be yourself and RADIATE.

Q: Oh... all right. Thanks!

B: Sharing!

Q2: You were talking earlier about fear.

B: Yes.

Q: And it seemed from your conversation that fear and centering can have an awful lot to do with each other.

B: To some degree, they can. Many times individuals may create the idea of the abrupt shock of fear to bring them completely in the now.

Q: Could you explain that a little more?

B: It is as simple as that. The idea simply may be that when individuals carry within them a belief that things cannot transform with ease – that the only way that something is recognized as valid is to struggle to get there – then many individuals may create for themselves opportunities in their lives to create a shock to put them into the center; because, to them, that is the only way it *can* be quick.

Q3: On this theme of world change, I've come to the conclusion that I don't need to do anything, and the less I do, things will then happen as I envision them on this planet.

B: Now, the idea of not doing anything can be the illusion that is created when you do the thing you love doing the most, for as you say, a labor of love is no labor at all. But it *still* takes the *doing* of the thing that you love doing most.

Q: Right, I do what I love doing and time flies and...

B: Yes, then it is effortless and creates the seeming illusion that you are really doing nothing to have everything.

Q: Can it really be that simple?

B: Yes, when you let it be.

Q: Okay, I will let it be that way.

B: Oh, thank you very much. Sharing!

Q1: Yes, well, going back again on that, I feel that I'm not doing enough, unless I'm doing something.

B: Do whatever excites you – with integrity – that is it.

Q: All right... thank you.

B: Oh! I have done nothing! (AUD: laughter)

Q: Well, I think I'll go to the beach. (Laughing)

B: Yes! Who knows whom you may meet there? (AUD: laughter)

Q: So, how long do you suppose it *will take* for the unification of thought on this planet?

B: As we have said, in our perception of the mass consciousnesses momentum energy at this time, we perceive that there is an overall bubble of momentum that will coalesce within the span you call the next thirty of your years – give or take. The idea is that by that point there will be the beginnings of conscious recognition of the majority of your population as to *how* to create the unification.

Q: Thank you.

B: Thank you!

Conviction

B: What are you now doing with that extra question?

Q: (Pause) Well? (Pause) Swallowing it. Swallowing it! So (that I) can spit it out.

B: Is it still a question, or has it become an answer?

Q: It's still a question.

B: All right. Part of it's an answer, but it's still a question. Do you wish to wait until it is all an answer?

Q: No, I. . . it's an academic question.

B: Academic?

Q: I just would like to know the difference between the heart chakra and the third chakra.

B: One is in the heart, and one is in the solar plexus. How's that for an academic answer? Now, when you say, "what is the difference," what do you mean? Do you mean you sense that there is an energy difference?

Q: Yes.

B: Oh, do you?

Q: Yes.

B: Then if you already sense that there is an energy difference, what are the differences you experience them to be?

Q: Well. . .

B: Yeeeees?

Q: Okay. The heart chakra. . .

B: Yeees? Everyone! Pay attention!

Q: Yes?

B: The heart chakra?

Q: Are you making fun of me?

B: No. I am making fun with you. The heart chakra. . .

Q: The heart chakra seems to be connected with the emotions, as we learned in Hawaii.

B: All right.

Q: And, as we learned, was Arcturus energy.

B: All right.

Q: And the throat chakra seems to have something to do with that also.

B: And...?

Q: And in my case, though, I seem to have some blockage in the throat chakra, which seems to be involved with swallowing things.

B: All right.
Q: That comes about whenever I'm in touch with the Arcturus energy. And when I. . .
B: What is it you are swallowing? (Pause) Your competency?
Q: Competency?
B: Your belief in yourself? (Muttering something) I didn't hear you.
Q: Something like that. It might be. I don't know. . . Pain? Rejection?
B: Will you do me a favor?
Q: Yes.
B: Are you sure you will do me a favor?
Q: Yes.
B: Thank you! Stand up! How do you feel?
Q: Wonderful.
B: All right. Now, will you say it like you mean it? How do you feel?
Q: Wonderful!
B: Do you believe that?
Q: (Pause) Mmmm... I still feel confused.
B: Is there something wrong with that?
Q: No, but. . .
B: What is confusion?
Q: Co–fusion.
B: Which means?
Q: Integrating.
B: All right. Does that integration feel wonderful? Yes or no? It's up to you.
Q: It hasn't.
B: It hasn't!
Q: In the last couple of days it has not felt wonderful.
B: I see. Would you like it to?
Q: Yes.
B: Go ahead. Let it.
Q: Let it?
B: Yes. Let it.
Q: Let it feel wonderful. Yes. Let it feel wonderful!

Q: Okay. (Who is talking?)

B: Will you do me another favor? Will you, right now, pretend that it does, in fact, feel wonderful?

Q: Yes.

B: Thank you very much. How does it feel?

Q: Wonderful!

B: Ooh. Thank you very much!

Q: You're welcome.

B: So are you.

Now, conviction! Conviction. Conviction. Conviction. Gut feeling, conviction. Knowingness, trust. And the willingness to speak your piece. That is the difference in the energy. And the block you feel is simple lack of trust in your own convictions. All right?

Q: Yes! Thank you!

B: Thank you! Do you now feel more trusting?

Q: Yes.

B: A million times more trusting?

Q: Yes.

B: Joy to you.

Q: Thank you.

B: And in your expressions, let them carry the conviction of your joy.

Q: Yes, okay.

B: Are you excited?

Q: Well, yes.

B: Thank you very much.

Q: Thank you.

Conviction II

B: All right, I'll say, I bid you greetings this night of your time, as you create time to exist.

AUD: Hello, good evening, etc.

B: I do not ask, this night of your time, how you all are, for I know exactly how you all are, perfect.

AUD: Bold, flowing?

B: Yes. In this way, as one of your own individuals, last night of your time, has decided to create a new word to express the idea of what you are when you have the sense of your own vibrational resonance. It was termed to be bold-flowing. In this way, therefore, I will bid you all, "happy bold-flowing."

Now, recognize that we have discussed the idea of the interactions that will be taking place from this time forward to be taking on the aspect and the coloration of activity. For in this way, this is the idea you have called your April month, the idea that shall be the fulcrum of all endeavors you shall choose to allow yourself to experience upon the face of your earth.

Whatever opportunities you are giving yourself now to act upon will determine for you what realities you shall experience from this point forward upon the face of your earth. And in this way, therefore – as we will later on proceed with this interaction tonight of your time – we will begin, not to tell you, but to suggest ideas that you may be willing to undertake, to endeavor, to allow each and every one of you the opportunity to feel that activity for yourselves. And to take upon yourselves the responsibility of creating the world you desire to live within. Not by forcing, but by simply doing, by being who and what you are, by being true to yourself and acting upon it.

And in whatever way, shape and form your own imagination may alter the suggestions we will make will be a perfect manifestation of your willingness to co-create those activities – so that there may be, through the expression of each of you as an individual, the unification of your planet as you may so desire. Are you all following along?

AUD: Yes.

B: In this way, recognize, therefore, that the entire idea will revolve around what we have discussed many times about what you call processes. Now, each and every process that you choose to create is valid – very creative. Can be, as you say, very much fun. We are not saying that you should try to eliminate any process you are creating.

Also, however, at the same time, you may recognize simply that this is your opportunity to know that you know, on some level, that a process is not necessary when you have life itself to create all that you need.

Life is the only process that you actually need; and you may create many processes within life. But living, in and of itself, will bring you all, will bring you all you chose to experience in this physiological life. You will, one at a time, meet every single circumstance, situation, relationship and endeavor and experience you chose to experience in life. You will not miss any of them; you will not pass any of them by; they will not pass you by. By definition, it is not possible.

Recognize, in this way, therefore, that the entire idea hinges on your willingness to act as the idea you know yourself to be. Action, action, Action! Creating and attracting an opportunity. And then, rather than sitting around and going, "well, is this the right way or is that the right way? Well, I don't know, it looks scary to me; looks like I could get blocked there. Well, I don't know."

Spending – not only spending, but creating – creating the additional time that you feel your endeavors to be taking. You follow me?

AUD: Yes.

B: Only by analyzation of the path you have chosen to be do you create additional time that allows you to experience the idea of not being on the path you are on. As we have described, the idea of what many of you have called blocks within you are not blocks; they are friendly road signs, pointing the way very cheerfully for you – letting you know that now is the time to turn left, to turn right. Not to stand there and stubbornly beat yourself against the wall.

Recognize that the wall is there for the purpose of letting you know that turning left and turning right at that moment is exactly the correct way to go straight ahead. Blocks are only the unexpected that is judged by you to be something that doesn't belong in your reality; and there is no such thing! You cannot be interrupted. Everything you experience is what you chose to experience. Once you allow yourself to act upon that knowledge, you will allow yourself to transparently see how everything that occurs in your life is what you have chosen to experience.

There will be no self-judgment, no need, "oh, poor, poor me. Here I am again." Which, by the way, never happens. There never is an "again" – never. It is always now, and it is always a new eternal now moment.

Anything that seems to you to be a so-called repetition is never exactly the same, for this is always a new now. And in that sense you can realize that many times when you feel you are in repetition, it is only the judgment that you place upon the opportunity to view a certain idea from different perspectives.

It is not that you are repeating the same mistakes; it is that you are now examining one idea from a different point of view. You follow me?

AUD: Yes.

B: It is only your judgment of that situation, of that examination, that lets you feel – lets you think – that you have not made any progress. You are always in the act of creation. You are an act of creation. Anything you create is not an objectified act; it is an action that you are. You are the creation you are creating. Separation allows you to think you are an objective creator, even when you allow yourself to think you are the creator at all. There is no true, in that sense, objectivity. Everything you experience is a creation of your own subjective awareness and belief about what you think you should be experiencing and creating.

Therefore, allow yourself, within the opportunity, to now know that you can become the acts; you can become the situations; you can become the relationships you desire to experience upon your planet. You

will know that in forming any situation, any relationship, you are that idea. It is you being reflected in a separated way, seemingly outside of yourself. You follow me?

AUD: Yes.

B: Sharing!

Q: Thank you. Sorry.

B: Do not be sorry. You have nothing to be sorry for. (AUD: laughs)

Q: I did my normal thing. I blipped out first. I blipped in. I thought: “oh, he’s done.” (Laughs).

B: That is all right.

Q: I have come across an energy which I really want to get closer to.

B: Then snuggle up. (AUD: laughs).

Q: Now, I found it upon a... I did actually invite the energy.

B: Of course you did.

Q: And…

B: There is no other way for you to perceive its existence in your reality.

Q: Yes. Well anyway, I perceived its existence and went, “Oh Jesus!” and I ran in the house and I closed the door, and went “Ahh!” anyway, and then went, “Boy!”

I’m sure you understand, I’m just not ready for this. I thought that I was, but I guess I’m not. But anyway I want to…

B: You were ready for whatever level of it you got.

Q: Yeah, yeah, definitely. Anyway, now I want to understand more about what this energy is.

B: All right. Go ahead.

Q: I get a couple of different things. There is the idea of the Northern star, I’m sorry, the Northern cross, and a star called Daneb; and there’s also the idea of Pleiades and a star called Electra. And I think I want to get a direction on it, find out which it is and start to know it better, and I’m wondering if…

B: You are in exactly the direction you need to be pointed. There is no need to become exclusive. Let it all in. There are relationships involved in these interactions, let them all through. You will sort it out as you need to.

Q: Definitely. There’s definitely a blending. I mean it’s like…

B: Yes.

Q: So, okay... and so that’s all. I’m just very, very curious and really do want to…

B: Then follow it.

Q: Okay, thank you.

Counterpart Civilizations and Healing

Q: Ever since our Thursday night session that we had, I've had this feeling of tremendous loneliness and being very separate from everyone else. I think that it was always there, but I started becoming aware of it.

B: Very good.

Q: And I know that my reality is reflection of myself. . .

B: Do not judge.

Q: Oh! Is that incorrect?

B: 'Tis not that it is incorrect, 'tis that you are using that idea to judge yourself. In other words, you may say, "All right, my reality is a reflection of my beliefs. What a rotten person I must be! I must be doing something wrong." Realize that you are using the idea of responsibility as blame, not as choice. Simply realize that you are, therefore – in having allowed yourself to become aware of that which was there, which was suppressed – you are allowing yourself to integrate that portion of yourself by accepting its reality. And as such it will pass very quickly.

Q: Oh! As I think you can see right now. (Laughing)

B: Thank you. Question.

Q: Will Anima be joining us today?

B: No. Question.

Q: How about Chepop?

B: No. Question.

Q: Everybody busy today, huh?

B: Thank you.

Q: On your travels to other planets are there only meat bodies? Or are there like. . . ?

B: No.

Q: . . . doll bodies, bodies that you can control that are not meat?

B: Realize that there are civilizations that have no physicality at all. Realize however that the majority of the civilizations you will find that you can immediately relate to, will be in your terms humanoid, to a degree. As this will be an idea that exists throughout the time continuum – an expression, a certain idea, to which you also belong. Question.

Q: Are there any other intelligent life forms in the solar system?

B: Yes, your dolphins upon your own planet. Realize that a civilization round and about the star Sirius has been in communication telepathically with them for some time, and only recently has re-established communication with you, but in terms, as you mean it, no. Although, I will say there used to be on a planet... before it destroyed itself. Do you follow me?

Q: Yes. Where was that?

B: Do you know that region of your solar system you refer to as the asteroid belt?

Q: Yes.

B: Do you understand me?

Q: It destroyed itself.

B: Thank you. Realize that that in a way is one reason why you have chosen not to do it again with your own planet.

Q: So other beings that communicated with the dolphins are also of that same species, or fluid bodies like. . . ?

B: Only in a sense, you will find that your perception, at this time, of them would be amphibian in a sense. However, that is only your perception, as you understand their energy. You will find that they, in a sense, are really quite a bit fluid. But not the fluid of living in water – the fluid of direct control over their physical forms. Energy and matter to them are much, much more interchangeable than to you. They explore the universe almost exclusively telepathically, without ships; project. . . (Tape change; words missing)

Q: . . . as I am describing to you. I wonder if you could tell me if you know who they are?

B: Go ahead.

Q: They are very tall, like, maybe six feet, six five. They wear dark robes, so you can't tell if they have arms or legs or anything like that; maybe arms. And they have large heads, whitish in features, and have very slitty eyes, you know like oriental eyes – longer in respects; very narrow jaws. Any ideas that you could tell me?

B: You will find that that will be representative in general of a few civilizations. In a sense we could say it is representative of ours. You will find, to a degree, that it may be representative of that civilization that stems from the area you have termed Zeta Reticulum. Do you follow me?

Q: Mhmm. But I don't know where that would be.

B: All right. What does it make you feel?

Q: What does it make me feel? Well, like I know them.

B: Or will.

Q: Or will, yeah. I've drawn their pictures many times.

B: All right. Keep drawing.

Q: This is one of the first times I came in contact, it was on the crystal planet that you. . . ?

B: Very good. Continue to draw; continue to rely on your imagination as real at this time.

Q: Thank you.

B: Question.

Q: With your planets history, did you have what we call suppressives? Is that term familiar?

B: You will find that very, very, very. . . I will say very, very, very long ago in your terms of time, yes. However, we took a very different route from yours. Our energy was directed towards the stars, rather than to warfare. You follow me?

Q: I'm not sure.

B: You're not sure?

Q: That I follow you. You mean that you expelled them from your planet?

B: Did I say that?

Q: Well, you say flowing energy to the stars. I don't know what you mean by that.

B: Space travel rather than warfare.

Q: Okay.

B: Also recognition, first of all, of responsibility for creating your reality in total. Taking responsibility for that energy and realizing the mass realization that every individual is exactly as powerful as they wish to be, and can achieve anything they wish to without harming anyone else – this will absorb that idea into the society and completely eliminate any problem. Do you follow me?

Q: That's nice.

B: Well, all right. We think so, yes. Question.

Q: Yeah, I have one. I'm curious about – you talk about the Earth civilization – its past is different from your past. You know, the path that you took. And yet the Earth civilization – you are the future selves, right?

B: Yes and no.

Q: Okay. Yes and no what?

B: All right. Realize that, once again, you are simply viewing the idea within the idea of time. Take yourself out of time.

Q: Right.

B: You may understand us in a sense as future lives, which exist in the future, and yet also have their own history. In other words, you may simply view that you, in your future life, may decide to incarnate upon our civilization – which will be still in your future, though we can in a sense come back and speak to you in your present. And also exist in your present to a degree.

Q: Yeah, right.

B: Do you follow me?

Q: Yeah, yeah. So then. . .

B: You may understand in the same way that your own higher consciousness speaks to your, here and now, idea of yourself. In other words, your own future self tells you how exactly the path you have chosen worked, or did not work.

Q: Right.

B: And therefore, you will find your future self directing your present self to where your future self is.

Q: Yeah, right. That's no problem; I understand that. I just was curious about that, that Earth would go in that direction even though at this time they are taking more of a war direction. Whereas at a similar point your civilization took more of a space. . .

B: Yes. You are still your own civilization. You may consider yourselves a counterpart civilization.

Q: Right.

B: You may still have free will and do whatever you wish.

Q: Yeah, right.

B: Thank you. Question.

Q: I was talking earlier about healing, and I have been communicating with a different spirit to regain my ability. What else can I do as far as. . . ?

B: Once again: you have not lost anything.

Q: I know that.

B: Then what do you need to regain?

Q: Ha, ha. Just a (- - -?) I was saying I lost it, you know, because I forgot it.

B: But realize that you have not forgotten it either. You are speaking of it right here and right now.

Q: About?

B: Simply you are allowing yourself to understand that you have created ideas of separation. You are now allowing yourself to understand that you no longer need those ideas of separation, and can re-integrate yourself into an awareness, which contains that idea of being able to heal. You can heal;

right here and right now, you can heal if you wish. If you really, really, really believe that you can, you will realize you have not forgotten anything.

But once again, realize that when you seek to regain what you feel you have lost, from those you feel to be greater than yourself, you will be creating that separation. ‘Tis only that idea in and of itself which creates your sense of loss – that you need to look for it. The idea that you need to look for it perpetuates the loss.

Q: Okay. But how. . . ?

B: “But how?” Relax. Re-lax; that is how. Once again... well all right, since we enjoy doing things in threes, I will say for the third time: realize that your imagination is real. If you simply allow yourself to imagine yourself being – being, not going to be, not having been – but *being* a healer, then you will be a healer. When you allow yourself to continue to project an idea into the future, or into the past, that is exactly where they will stay.

You exist now; therefore, you are a healer now. Allow your imagination to picture yourself, have a self-image. Allow the emotionality to exist right here and right now. Realize that when you allow yourself to become stuck in time, you always believe that the cause must precede the effect.

Realize that nature abhors a vacuum, in that sense. If you allow yourself simply to create the effect, rather than looking for reasons to be happy, but simply creating happiness for yourself, then nature will rush right in to provide you with more than enough reasons to support your effect – because it will not leave a vacuum.

You may work the idea backwards since time does not exist. Create the effect and you will have the cause, which supports the reality of that effect.

Q: That’s right, yeah.

B: ‘Tis very simple.

Q: Yeah, I understand that.

B: Thank you. Realize that you only get “in trouble” when you say, “I understand that, but. . . ” You may simply place a period after the word understand, and then allow yourself to realize that it is true: you *do* understand.

Allow yourself to feel like you understand, and when you create the feeling of understanding, the understanding will be there to support the feeling; ‘tis very simple. You are an automatic creator; allow

yourself to create automatically. Do not force your hand. And for that I will say thank you. I will say we will take a short break.

Thank you.

Q: Thank you.

Craft Sightings and Multidimensional Awareness

Q: Just about two months ago I went to Area 51.

B: Yes.

Q: I was with a friend, and it was interesting because on the way down there he was telling me how he wanted to have an interaction, he wanted the ship to land, he was ready to go right aboard. I kind of laughed. When we got there we saw more than just one, there was one flying around the entire four hours we were there. All without landing. We saw one pop up over Groom Mountain. In between that time we went up the road and came back down and there seems to be a glitch in the time frame. Once, something happened during that time – he saw this light ball come down and zip off towards Area 51.

Later on when we recalled this, he perceived it as taking place when we were parked, and I recalled it taking place as I was driving back to the point. I did not see this ball – this white phosphorescent ball that kind of zipped off down toward Area 51. Was this some sort of. . . later on we noticed that there were many ships above us, like up in the stars, I mean several of them were very high.

B: Yes.

Q: And there were, like, 8 or 10 that we noticed, and we fixed on a cluster of stars and then one would obviously move and the others wouldn't.

B: Not everything you saw was the recognition of a ship. Some of it was simply aberration of atmospheric disturbance. Some of them were also shifts in dimensionality, in that you became more sensitive to shifts in dimensionality while being out there. Not everything in that sense was a ship that you saw.

However, there were some shifts in time, in dimensionality, in spatial relationships. Not that there was necessarily what might be recognized as full contact, but there was enough of an overlap of energy fields, so that you could experience, in your own ways, shifts in dimensionality and time and space relationships. There were, in that sense, glitches, in your realties. Although it wasn't necessarily that full events occurred within those glitches that you cannot remember, but you did experience warpage of space and time in your own way.

Q: I see.

B: This has begun to unlock within you the ability to *perceive* more deeply in different dimensions of reality, and this attribute will probably grow within each of you in its own way.

Q: Okay, thank you.

B: Thank you.

Cranial Alignment

Q: Several weeks ago you asked me a question about if there was any work being done by others or myself on my brain, and I answered no. I have re-evaluated that question and have possibly come up with a yes. I wonder if you could give me any information on that.

B: Share what you feel.

Q: Well, like a... possibly a primary psychic attack.

B: Attack?

Q: Well. . .

B: Why would you choose to interpret it as an attack?

Q: Well, because if somebody is, uh, doing something to my brain, it's. . .

B: It cannot be without your agreement.

Q: Right.

B: Therefore, how can it be an attack?

Q: I guess that answered my question. Thank you. (AUD: Laughs)

B: One moment. What we can perceive is that you are co-creating an allowance. For you to be able to perceive – there is no real terminology in your language – but perhaps we can refer to it as the ability to create a core of revelation; or the recognition, or the cognition of a fundamental, primal doorway, gateway, fusion point, if you will, through which you can create a symbolic connection to more of yourself; an alignment, a compaction, a fusion, so to speak, has taken place, to some degree - a crystallization, to some extent. You may find at this time that there may actually be a slight percentage higher of more silica in your brain cells than previously existed. Does that assist you?

Q: Yes. Thank you.

B: Thank you.

Creating A Blueprint From Your Imagination

Q: Hello.

B: And to you, good day.

Q: As I told the channel earlier, I am representing myself and someone else. So it's her question that I'll ask you first.

B: Yes.

Q: Her name is Adrian, and she's been trying very, very hard for the last year to make a job transition. She wants to become a TV news writer.

B: Oh, all right.

Q: And she does have some limited experience, but she wants to get a more permanent job in that industry.

B: Oh, all right. Is that what is most exciting thing to that being?

Q: Yes.

B: Is that being *acting* like a TV news writer? Or is she still acting like someone who is *trying* to become a TV news writer? There is a vast difference in those attitudes.

Q: Well, she's going to hear this. I'm afraid she's going to kill me for saying this, but it's the truth. Yeah, she's…I won't tell her there's a videotape of this. I believe she's still acting like she's trying to be…

B: All right. This, in no way, shape or form is a condemnation or a blame. The idea simply is a matter of fact that your society has created so many definitions that sometimes they *seem* to be what you are doing, when in fact the definition you are doing is not anything like what you say you prefer.

You think it is, because you think it's attached. But it is its own definition that really has very little to do with the thing you actually want to be. All the trying in the world is not the doing of the thing. When you finally do something, it's because you finally did it, not because you tried to do it.

All the trying, usually, is simply the time you think or believe is necessary to allow yourself to really believe you can finally do it. The idea, therefore – to put it in very simple terms – is that your friend may simply not be paying attention to the fact that there may be many opportunities she is not allowing herself to take advantage of, because she does not necessarily think herself capable of acting on those opportunities. Because she is not yet the person she wants to be.

But the only way she'll be that person is by starting to act like that person now, by doing the things that person would do; by being that person. As we have shared many times – and again, this will be brief – the idea is to use the imagination as a tool in the following way.

If there is something you want to be that you believe you're not now, create the visualization of that person. See the *you* you want to be, and then see that *you* acting in the way you want to act, doing the things you prefer to do. Then connect with it, with all your senses. Feel what it would be like to be that person.

Taste, smell, hear, and touch everything! And have the attitude of what it would be like to be that person. Have the style of that person. Do things in the way that person would do them, not in the way you're doing it now. Then all you have to do, if there is any circumstance or situation in your life that you don't know how to handle as the *you*

you are now, hand that circumstance and situation to the you, in your imagination, in your visualization, in your picture. Give that situation – hand it over – to the person you prefer to be, that you have created yourself to be, in your image of yourself.

Then watch what that person does with it. See how their attitude is different from yours; see how they handle it successfully. See their boldness and their conviction. See the excitement and the gusto with which they do that idea. See them successfully transform it. Then do what they did, and you'll get the same result.

That's what your imagination is for: to create a mirror image of the *you* you prefer to be, and then have the boldness and the conviction to act like that *you*, and you will create the same vibration. You will get the same lifestyle; you will get the same result. That's how to use your imagination as a blueprint, as a template, in that way.

But it takes a boldness and a conviction, and a willingness to understand that as soon as you conceive of that image, that is who you are. All you have to do is act like it to get the same results. If there is anything, any habit pattern, any attitudinal approach that you would be doing differently if you already were that person – differently than the way you are doing it now – do it the way you would do it if you already were that person, and you *will* be that person. What you put out is what you get back.

Q: Thank you.

B: Individuals – always, always, always – are a 100% energy. No more, no less. If you are doing something that you really want to do 50%, and something you do no prefer 50%, you cannot expect any further manifestation of the thing you really want to do, more than 50%. It's simple mathematics.

If you are hanging on to something just to play it safe, to have something to fall back on – just in case – then you are not really trusting the *you* you say you prefer to be. You are not really putting 100% of the idea in the direction of the flow you want. I guarantee, as soon as anyone does, you will get it, if you believe you are ready for it. That's another idea.

All it takes is an examination, as we have already done to some degree. But now I will put it in its original linear form: What is the clear intention? What is the clear definition of what you want? What is the clear desire? Do you really want it? What is the clear deservability? Do you believe you deserve to get it?

If all of those are clear, then act with clear action upon whatever opportunities present themselves that excite you the most at any given moment – whether they appear connected to what you want or not. The excitement tells you they are, and they will get you where you need to go. That's it.

Q: Thank you.

B: Thank you.

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Q: Thank you.

B: Thank you.

4

Creating a Positive Experience From Any Interaction

Q: About a year ago I came to you and asked you if there was anything you could suggest to help me cover the hills with wildflowers, because last year there were hardly any. And (knowing) the year before they were so beautiful, I missed them.

B: All right. And what did you do?

Q: Well, I did what you suggested. I went up on the hill and did some meditation, and I saw the ideal years that I've ever seen for making wildflowers, lots of sun and lots of rain.

B: Oh, well, thank you for creating that.

Q: Thank you for giving me the suggestion. So that's a bright spot in my life. And a little dark spot in my life is that. . .

B: Bright spot; dark spot! Is the rest sort of gray?

Q: Well, no. No. . . it is anger.

B: Anger! Oh!

Q: Yes. There's been quite a bit of anger sort of popping off in my life lately.

B: Oh, all right. How does it serve you? Can you use it in a positive way? You do remember what the positive definition of anger is, yes?

Q: At this particular point in time, I don't remember, no.

B: It is alignment – alignment with what you know to be true, as compared to something you're seeing in another reality. Just alignment. Comparative alignment. Understand? It is a rush of knowingness: "I am not that; I am this."

Q: And what about anger from the other side?

B: That is judgment and invalidation. That's when you start projecting around you to other individuals what you think they ought to be, rather than allowing yourself to understand that you are the creator of your reality; and whatever it is that you really desire to experience will be all that you experience when you are centered within yourself. Then you will also understand that no matter what anyone else around you does, it cannot touch you in a negative way, if you don't buy into it. The idea of negative anger is the belief that someone else can affect your life against your will, and it can't happen that way.

Q: That's what I'm experiencing with it. I sensed myself just. . . it just evens out. And it seems like the more it's projected at me, the more it just sort of evens out. It's really. . .

B: Yes. So you are learning and you are assimilating what you need to, in that sense. You are learning to blend the definitions and balance them in a positive way.

Q: That's great.

B: Now, the sooner you allow yourself to understand that it basically comes from you, in terms of your ability to experience the energy that way – in a seemingly negative way – then the sooner you can allow yourself to create only a positive experience of any interaction which generates that energy.

Remember, no situation has built in meaning. All situations are fundamentally empty of meaning, blank, neutral; they are props. You give them meaning. The meaning you give them determines the effect you get out of it. So if you give a situation a negative meaning, you will embroil yourself within the negative energy of that event, and become *as* that energy. If you give it a positive meaning, you will be intertwined with the energy of that event, and get *that* meaning and that effect out of it – a positive one.

Q: So the positive energy that I'm looking for, when I get into the obsessive thinking about the anger, is the alignment. Is that what you're saying?

B: Yes, in a sense. But first, perhaps, it would be of assistance to simply start in the neutral fashion. It may be that you may look at a situation as, simply, a situation. And that's it.

Q: Uh huh.

B: Just a situation, that's all it is. It doesn't mean anything! It's just a situation. This person is there; *this* person is there – now they may have their own meanings, and you may sense those meanings. You may pick up on those meanings and think they're your own.

Q: Oh!

B: Understand?

Q: I do have a tendency to do that, yes.

B: All right. Just look at it as a neutral situation first. This does not mean you have to become cold and detached in that sense. But the idea is that you can simply regard the circumstance as neutral to begin with. As if the curtain has gone up on Act I of a play. You see the characters standing on the stage, but you don't know who they are yet. You don't know what they're all about yet. They haven't said anything yet.

Every event can be seen from just such a point of view – as if it is the beginning of something. No matter what you think they are saying; no matter how far along they seem to be, look at it as if it is the moment of the curtain going up. Everything is neutral; you don't really know why that person is saying what they're saying. You don't really know why that person is reacting the way they're reacting. You don't really know the story yet.

Now, you may have a built-in sense of whether one individual is using integrity, and another is not. You may be able to pick that up, as you say, telempathically. But because you pick that up, you do not have to allow that to color your assessment of what it is they are learning. Understand?

Q: What it is they are learning.

B: Yes. And what it is you are learning. You do not have to invalidate the idea. You do not necessarily have to label everything so strongly right away. Allow yourself to truly perceive all sides of what is going on. See it in that neutral light.

"All right, this person said this; this person reacted that way, now, on the surface that seems to be a very negative thing. But what if the person was coming from *this* point of view? Then would what they have said be so negative? Maybe, maybe not."

Q: Mhmm.

B: Allow yourself the opportunity to recognize that even though you may empathically feel what is going on, that does not necessarily mean you have to structurize it, or rigidize it with labels. Because it can change; even if what you perceive is accurate, it can change. Labeling it so strongly keeps it from changing.

Q: Mhmm.

B: You freeze-frame it by applying labels to everything.

Q: Yes, I know. I sense that. And when I get into the obsessive thinking, I back off.

B: Yes. So allow yourself to not be so prone, shall we say, to labeling that this person, by doing *this*, means *exactly* that.

Q: Right.

B: That this person, by reacting this way, means they are exactly this. Let it become a little more diffused for a moment.

Q: Uh huh.

B: Start playing with different definitions that a situation could be.

Q: Mhmm.

B: Sometimes even some of the most interesting and exciting recognitions come from absolutely taking what you have labeled them with, and reversing those labels. And see if it still makes sense, because sometimes it will.

Q: Okay, I'll do that.

B: Understand?

Q: Yes. I will. That's. . .

B: Play around with it. And simply remember, no situation has built-in meaning. The meaning you give it determines the effect you get out of it in your participation.

Q: Okay. Thank you.

B: Thank you.

Creating So-called Solutions

B: Allow us to discuss an idea that of recent time in your terms of time frame has come up with regard to the idea of many psychological endeavors that are partaking in your society upon your planet at this time by many individuals: a new understanding of the idea of your approach to the other individuals in your society who wish the idea of aid and assistance.

Recognize that as you co-create an interaction with us, there are many ideas that you have suggested to me that you notice about the idea of the methodologies of our interaction that is co-created between us. Recognize simply that many times you have been willing to create for yourselves so-called solutions to your own so-called problems by creating an interaction with us. Recognize we are not doing anything for you; you are doing it for yourselves. But you are allowing us to assist you by being a reflection of what you already know by allowing you to know you contain all the answers that you need for any question you might create. In fact the idea, as we have said, that you can create a question at all is indicative of the fact that you have the answer within you. Otherwise the concept would never appear in your consciousness.

Now, simply recognize that the idea for why it seems many times that these interactions between yourselves and ourselves will allow you, in your own terms, to open up in areas where you may have felt you have not been willing to open up before is simply because of one basic fact. Understand that when you describe to me the ideas that you have created in your lives, the situation that many of you choose to label as a so-called problem – which to us is only a situation that you are not willing to allow to change its shape, you find that we do in fact believe that you are creating a scenario that is in every way, shape or form real to you – and it is real because you create it to be real.

But understand this idea: as we have said before our concept, our approach to you is in a sense alien, and yours to us. By your definition we are able to view the situations you have created for yourselves, so to speak, from a seemingly exterior point of view – not better, just different. Understand therefore, that while we will interact with you in many of the ideas you have created for your reality to be real – the experiences that you have chosen to experience, which seem to be a reality that you cannot change many times – simply recognize that the foundational difference between individuals in your society, when they hear of other individuals telling of them – the idea of their problems so to speak – and even those individuals who are willing to assist individuals with their problems, many times you will find that there is still a basic belief that those problems represent a fundamentally real reality, and are not simply the part of what the individual believes to be real.

Therefore understand many times that one of the ideas that you are feeling that is a difference from us is that when you tell us your problems, when you define and describe your situations that you wish to change, we do believe that for you they are in a sense real. But in a fundamental overall sense we do not believe you. Understand that our basic perception of you, and every being in creation, is that you are fundamentally positive. Do you follow me?

AUD: Yes, yes.

B: That is our perception of you, as you say, "from the get-go." Therefore recognize that you can sit, if you choose, all day and all night long and describe all the different problems you have chosen to create. Fundamentally I will not believe you, for I understand that you have only chosen to create the seeming problems to serve yourselves, and if you are willing to know that anything you have chosen to create serves you in a positive way, then you will not believe you either – except where you are willing to recognize the idea as it serves you in a positive way, connected to your basic foundational creative ability, your basic foundational existence in, or as, the idea of love, as the idea of enlightenment, as the idea of creatorhood.

Therefore, what you are sensing from us, in terms of our willingness to interact with you, is that simply we do not carry within our belief structure that you are, so to speak, basically bad. You follow me?

AUD: Yes. Yes.

B: To us you are, like anything else, basically a creator. And to our perception and our point of view, no matter what you have chosen to create, you can always create something else. This is our basic approach with you. You follow me?

AUD: Yes! Thank you very much.

B: Thank you.

Creating the Human Vehicle and Transmuting Toxicity

Q: Good evening.

B: And to you good day.

Q: Thank you for you and your civilization, and all those connected to you, once again, for this opportunity.

B: All right, thank you for your civilization as well.

Q: You have talked many times about how the Anunnaki came to our planet and made some genetic changes in the hominids. . .

B: Yes.

Q: . . . on our own planet.

B: Yes.

Q: How long did it take, and how many generations was it before they were able to evolve that species into our current form and make it sentient, self-aware?

B: In your terms of linear time – though this is misleading, as they did many different kinds of things in and out of your dimension of experience – but in your terms of linear time, it was relatively brief, one millennium basically. You understand?

Q: Yes. And there were lots of different experiments going on?

B: Yes.

Q: To refine it to where they got it?

B: Yes. Yes.

Q: And one of them was with the Sasquatch?

B: Yes. One of them resulted in what you call the Sasquatch, yes; but this was before. The idea was then shifted to a different modality, and thus, then, provided the vehicle for incarnation you now recognize as the *human form*.

Q: And do Sasquatch reincarnate somewhere similar to the way we do?

B: Yes.

Q: And they stay with the planet?

B: Yes, but they are also more openly interdimensional and retain much of their more strong connection to nature than you have allowed yourselves to do consciously.

Q: And they reproduce and eat similarly?

B: Yes.

Q: How many currently are there on our planet?

B: One moment. . . in that they come and go interdimensionally, this is a little hard to calculate. . . one moment. . . about 1,700 to about 3,000. This is the best estimate that we can give you at the present time of our scan.

Q: Are there any alien civilizations connected to our World Wide Web?

B: Do you mean do we eavesdrop?

Q: No, are there any participants?

B: From time to time there have been suggestions. It is not common, but from time to time there has been input.

Q: And will the Greys or Martians connect in, to have a discourse before we have more of a direct interaction?

B: Not in any way that you will understand as being obvious, no.

Q: And the Reptilians that are assisting the Greys, do they socialize with the Greys?

B: Not exactly.

Q: Do they eat together and participate…

B: Not exactly, there is some of that inconsequentially, but also, what you call the Greys, and many variations of the Greys, do not really eat. They absorb liquids of certain types. The Reptilians, in that sense have also been trained to do this, to some degree, but it is not in any way, shape or form for the Greys a sociological event. For some of the Reptilians it is more so, and they congregate among themselves from time to time, in that sometimes what you may call the Greys and the Reptilians have absorbed nutrition simultaneously. This is not necessarily something that is planned; it is simply an inconsequential timing. You understand this?

Q: Yes.

B: To put it colloquially: in your terms, in your way of thinking, their relationship is not such that you would consider them, quote/unquote, to hang together. (Audience laughter)

Q: And…

B: They interrelate symbiotically in a variety of ways, but it is not the same kind of social structure that you understand in human terms at all.

Q: It is just more of an agenda.

B: Some biology is involved, but it is alien and you would not recognize it as a social pattern, even though it may be such for them, it would not be something you could really relate to. It is more similar to the kind of idea of the way certain animals on your planet relate to other animals, in that they help each other out symbiotically. But it is not that you could necessarily say that they exhibit the same kind of *reason* for socializing that you do. You understand?

Q: Yes. And, the last area is you have talked about how in twenty years it is possible that sixty percent of our population could reach its demise. Will this come mostly through biologicals?

B: Much of this has to with the idea of toxicity, yes. Much of this has to do with *some* physiological earth changes and changes in the weather patterns and such, yes. But again, remember, this also as a percentage can change depending upon the increase and acceleration of the vibration that can allow

transmutation to occur in more positive and constructive and beneficial ways. You are changing, what you call, the odds, all the time.

Q: Okay. And in relation to the biologicals, there has been information on the Gulf War Syndrome and the mycoplasmas fermentas incognitos, and different things. . . will a person that is well oxygenated and not carrying a lot of toxicity, will they be able to transmute these types of biological substances?

B: Yes, more often than not. Not always, but more often than not, it depends upon the virulence. It depends also upon the agenda of the individual in terms of why it would be that they would participate in being affected by that biological.

Q: Even if they are in contact, they could actually just let it go by them?

B: They can be invisible to it, they can succumb to it and anything in-between, depending upon the personal agenda and the timing of the event with regard to the overall consensus reality, and what purpose such an event on an individual basis would serve.

Q: Thank you, very much.

B: Thank you.

Creating With Integrity And Unconditional Love

Q: In addressing the first question this evening, you stated that the actions we take are those which should excite us the most, and the last. . .

B: Not "should." What excites you the most is most representative of what you can do in life most effortlessly. Not that you should; there are no shoulds. It is up to you to decide whether you wish your life to be a struggle or not.

Q: All right. If I understand the last question, you were stating that we, in a sense, exist in a perfect state at all times.

B: Yes.

Q: Now, sometimes we take actions, which affect and perhaps hurt others. What of social responsibility, right and wrong, justice. . . ?

B: Thank you. First of all, recognize that if you are acting within integrity, then what you are expressing is the following idea: you are as powerful as you need to be to create anything you want in your life without having to hurt anyone else or yourself in order to create it.

Anyone who believes they must control, force upon anyone else, dominate anyone else, force themselves upon anyone else, is not expressing integrity, is not expressing power. They are expressing belief in their own powerlessness – because they do not believe they are connected into the idea of Infinite Creation in a way that allows them to know they have all the ability they need to create what they want.

So the idea of right and wrong are not usually labels that we prefer. We prefer positive and negative action, because right and wrong, good and bad are value judgments and are subjective. Because many individuals can be doing a positive action, an integrative action, and other individuals can value-judge it to be wrong or evil.

There can be individuals who are doing negative actions, actions which lack integrity, and other individuals can think, "This is right and good." So right/wrong, good and evil are not of much use to us as precise definitions of the type of energy and the type of action that is being enacted. So we prefer positive and negative energy.

Positive energy is simply any act that is integrative in nature and leans toward the understanding that you have all you need at any given moment to create what you desire, without having to force anyone on anyone else – or any thing on anyone else.

Negative action is that which assumes that you are not that powerful and therefore, that the only way

you can create what you desire is to dominate and forcibly control the reality around you – not realizing that you are creating the reality around you anyway, and that it is already under your control.

Q: So those who act without integrity are negative – and we really need not deal with them because they are creating their own environments, and we should be beyond that? In other words, how are – those who act without integrity – how are they dealt with, and what is their effect? How do we get beyond. . . ?

B: If you are acting with complete and utter integrity, and out of unconditional love for all creation, first and foremost, because of the vibration you create yourself to be, you will usually not find yourself interacting with individuals who are not of that vibration. Or if you do, you will not be able to interact with them, and they will not be able to interact with you in a way that will affect you negatively – because you will simply not choose to create negative effects in your life. You will not simply choose to attract the idea of a negative effect in your life.

The idea of responsibility is that you are responsible not for anyone, but you are responsible *to* everyone. You are responsible to everyone to be the fullest possible representation of the idea you are that you can be. But you cannot be responsible for the choices of anyone else.

If you know, in interacting with another individual, that you are acting in complete integrity and you are not consciously hurting them, or being consciously malicious to them, then anything they choose to feel as a reaction is not your responsibility. You follow me so far?

Q: Yes, I do.

B: Now, the idea again of someone who acts outside of their integrity and forces something on someone else is someone who is expressing powerlessness. They do not believe they can create the reality they desire without involving the change in other people – without forcing that change in other people. They do not understand that the only thing they have to do is change themselves to see a change in the reality in which they exist.

Therefore, if you are acting in total integrity and unconditional love when you see such a circumstance, you can reflect to these individuals that what they are doing is not as they think it is – an expression of power. It is an expression of powerlessness.

Any individual who has to force a point of view on someone else obviously does not believe in the power of that point of view. Otherwise they wouldn't have to force anything. If something – if a point of view is that powerful and is that positive – you don't have to convince anyone to do it. Everyone will jump to do it, because they will see that it works and creates the reality and the lives they desire.

Anything that works – people will jump at to do. All you have to do is let them know it exists and look out! Stand back.

But if you find that you must force a point of view upon anyone else, then you don't believe in the power of that point of view because it is not working for you. You do not feel you have the ability to create and control the reality in which you exist. So you say, "By golly, no one else will be able to create the reality they want either. I feel I am sinking; I feel I am powerless; I feel I am going down the tubes and I'm going to take as many as I can with me."

Because, as you say, misery wants company; it does not feel that it exists alone. The reason individuals force themselves on other people is because they feel that they are alone, and they are therefore forcing themselves to create company. If they would understand they are never alone, that they are connected to the Infinite Creation and they can create whatever they desire in their lives with integrity, they will always be surrounded by loving examples and reflections of that integrity.

So any time you see an individual in a situation expressing lack of integrity, love them. Love them unconditionally. Show them, as an example, the power you are reflecting to them. And you can let them know that if they can see in you the ability to have the manifestable life they have always desired, then their ability to see that in you, or to see that in any individual they are envious of – their ability to see that *is* the ability to be that. You cannot conceive and perceive what you do not contain.

Jealousy need not exist; envy need not exist, when you understand that jealousy and envy are the products of a belief system that says if you see something in someone else, you don't contain that. You think they are the ones that have the monopoly on that idea. But the idea is that if you do see that in someone else, you have the ability to be that as well, or you wouldn't be able to even perceive it in your reality at all. You can teach them that. Is any of this making sense to you?

Q: All of it. Thank you.

B: Thank you very much. Would you all wish to take a break?

Q: Yes, thank you.

B: Then enjoy a short break and we will resume contact.

Creating With Joy And Ease

Q: Back to the electromagnetic energy shifts…

B: Oh, all right.

Q: …that you spoke of. I have suffered from headaches periodically through all my adult life, and just when I think I understand what caused them, I find out that that is not the case the second time. And you mentioned that the stresses that build up in the electromagnetic atmosphere are perceived by some of us as headaches.

B: Yes.

Q: Is that one of the causes of my headaches?

B: Have you also been sensitive to the idea of visual or auditory manifestations, which most individuals are not privy to?

Q: I have expected that always, but no, I can't say that I enjoy that, but I perceive it.

B: What do you imagine would happen should you allow yourself to do so?

Q: I think I would grow in my sensory…

B: Why?

Q: Because I would love to…

B: Why would you grow from perceiving something, which in your terminology, your colloquial terminology, is outside the normal realm of experience of life, as you know it? Why would you imagine you would grow from something like that? Do share.

Q: Because I would see beyond the camouflage, or the…

B: All right. May I ask you another question?

Q: Yes.

B: Oh thank you. If you were able to, as you would say, *see* beyond the camouflage, would you be interested in staying in the camouflage?

Q: Well, for a time, I guess I would.

B: How would you be of service within the camouflage?

Q: Well, I'm trying to be as loving as I can…

B: TRYING?

Q: I'm being as loving as I can.

B: Oh, all right, in what ways?

Q: Practicing unconditional love.

B: Practicing? When are you going to do it?

Q: Loving unconditionally.

B: Oh, all right. In what ways will you apply *physically,* or have you applied *physically,* this unconditional loving service? What is it you do?

Q: Respect myself as much as I can, I keep my vibration. . .

B: For a living?

Q: Oh, for a living. I'm an art director.

B: All right. Do you enjoy it?

Q: I love it.

B: All right.

Q: I love my work.

B: Oh, very good, very good. Now, may I ask you another question?

Q: By all means.

B: Thank you very much. Have you found that your so-called headaches have assisted in any way in your work?

Q: I think sometimes I relieve stresses around me through them; I think that happens.

B: Do you feel that is the only way you can relieve stress around you? And why do you have stress around you if you love your work?

Q: That's a good question. Well, sometimes there are times when putting new things into the show that I work on. . .

B: Yes.

Q: . . . there are stresses that reach very high levels.

B: Why do they need to reach you?

Q: Because I have to release them.

B: You do?

Q: Yes.

B: Why? Why is that your job?

Q: Because I am concerned with the look of the show, and that's what everyone is stressful about at that moment.

B: Everybody else being stressful does not mean *you* have to be.

Q: True.

B: You do not have to pass those energies through you in a negative way. Can you not let them wash over and around you and beyond? Being the bubble of serenity in it all. Pulling all things together by allowing yourself to be an energy exchange system through which things can pass; by allowing yourself

to be transparent, allowing all things to blend, but allowing them to pass through you, unobstructed. You do not need to, in a sense, manipulate them on the way through; you can allow them to flow through you unimpeded. And you will glean what you need to glean from them, without TRYING to glean from them what you need to glean.

These energies that come to you, you do not have to wrestle with them. Allow them to flow, allow yourself to channel them in, channel them in, channel them through and out in ways that reflect the harmonious, synchronous vibration that is a reflection of the unconditional love that you experience in doing your work. You do not need to express or experience that energy in a stressful way. You do not need to process it in that way. Everyone else's stress is their choice; it does not have to be yours.

Q: Thank you very much.

B: Well, thank you for expressing your creativity. Understand that creation is an act of joy, of love, of ease; it is a natural expression, it is like breathing. So take it in, and let it out. And recognize, that light breathing – the only thing it does while it is within you is refresh you – does not cause you stress. You follow me?

Q: Yes.

B: Thank you.

Q: Thank you.

Creating Your Past from Your Present

Q: About a year ago, I moved into being a very high vibration where all these things that you are saying were very real, perhaps even more real than they are right now. I feel that I moved out of the, as you say, 3^{rd} density into a higher density.

B: Yes.

Q: I also had the concept it wasn't necessary for me to not know who I was last lifetime and previous lifetimes.

B: All right.

Q: At that point I had a certainty of whom I was in previous times.

B: Yes, you do recognize that you are creating your past from your present.

Q: That were, at this point, I'm a little confused.

B: It is very simple, everything is only, always, now. There is only now that you ever experience, is there not?

Q: Yes.

B: Then understand that everything that you consider to be you past and your future is created now, everything in all universes overlap and exist simultaneously and, again, it is simply a matter of tuning the dial.

Q: Ok, now if I change my past life would it then. . . could I then go and look at physical universe records, the birth dates, and would that have changed. . .

B: It is possible, yes. It depends on the *extent* of *your* purpose in creating that particular scenario and what purpose it would serve to seeming effect the scenario that you consider to be the present. But understand, in this way, it is not that the past is changing the present, it is that the present is changing the past. Whatever idea you have of yourself *now* is what your entire projected illusionary timeline can become and reflect and support. And to whatever degree it serves the overall agreement you have made, that will be the degree to which you can alter those ideas. It may not be necessary, in your terms, to have a quote/unquote physiological change in the records, but it is not impossible and it has happened. Thank you.

Q: Thank you very much.

Creating Your Reality: The Four Laws

Denver, CO – May 2 1998

We would like to begin this transmission with the following brief ideas, to lay a little bit of, what you call, a foundation or a groundwork for the primary principles that will generally be contained in almost every subject we will discuss.

Many of you have heard us talk about certain tools, certain states of being, certain states of mind that will allow you to understand who, and what you are as a person, as a being, as a personality, a little bit more clearly. For it is in understanding the structure and the nature of yourself as a person, and as a being, that will allow you to make changes, make shifts in your reality, in the manner that you desire, in the manner that you prefer, more effortlessly, with the idea of less pain and more joy. These ideas now are paramount for what you call the "age of transition," this "age of awareness," on your planet, as you have named it. Thus, we are very happy to help to assist in presenting concepts and tools that are handy, that you can use very easily, so that when applying them you can see the results in yourselves and in your physical reality relatively quickly.

The idea, first and foremost, of course, always begins with self-valuation. We understand, from our experience with many of you, that one of the most difficult things that many of you now have to do on your planet is learn to value yourself. Because you have forgotten your connection with the Infinite, and because for thousands upon thousands of your years, you have been taught to think of yourselves as less than worthy, as undeserving, as possessing little or no value. Then, without an understanding of your worth, without an understanding of your value, no tool we would share with you would really be effective.

Only when you begin to learn, and behave, and hold true that you are a worthwhile aspect of the Infinite, that you are a beautiful and unconditionally loved and supported aspect of Creation, and hold yourself in the same value that the Creation holds you in, only really then, will the tools be effective in the strongest way possible. It only makes sense, for the tools will only be as strong and as powerful as the energy you give them, because the energy comes from you, through you, therefore, you are the one that determines the efficacy of the tool. They do not really have the ability to work of, and by themselves, because they draw their energy from you, they draw their realization capability from you. So, let us briefly lay down a little bit of an outline of these ideas so that we will have an understanding, and will have something to refer back to as a base point, a baseline.

First and foremost, as we have said, self-valuation, from there comes the understanding of what it means to be a personality structure. A personality structure, very briefly, in recap for some of you, in newness for others, is based on three principles. Your personality is an artificial construct, it doesn't mean it isn't natural, but it is a type of mask that is built or created or fabricated from three ideas: belief systems, emotions and behavior.

You can understand the analogy of belief systems being like the blueprints of a building. The emotions are the builders, the activation principles and energies that get the building built, and the behavior is the building material, the thoughts and actions that you do. So, you

can instantly understand the nature of the blueprint – the clarity of the design will determine the ultimate product; the nature of the builders will determine the quality of the product; and the nature of the building material will determine the quality of the final building.

When those three things are in alignment, you can understand that your reality will reflect the idea of a strong structure, a strong reality that is stable in that way. But if either your belief blueprint, your emotional builder, or your behavior building material are somehow lacking, or out of balance in the idea of self worth and self valuation, and are not aligned with the other sides of the three sided prism, then of course it would be obvious that your building should be, as you say in your language, a little bit wonky.

So, this whole idea is to help clarify what those three components are really all about and how to maintain them and bring them back into balance. Now, also, it takes an understanding that physical reality is really just a mirror and it can only reflect what you put out. There are really only four laws in Creation that allow you to experience everything that you experience:

Law Number One: **You Exist.**

Can't do much about that. Now, when we talk first of all about laws, we are not talking about the type of laws that you have on your planet that are in that sense, arbitrary rules and regulations that can be broken, or changed, or rewritten, or ignored. But the idea is even beyond what many of you call laws of physics, because even some of these are only germane to your particular universal reality and in other dimensions many of the so-called laws that you have labeled, do not really apply. We are talking about real laws, because real laws cannot be broken, it is impossible. And it is these four laws that give structure to all of Creation.

So, as we have said, Law number one is that you exist. What that actually means when taken out to its ultimate, logical understanding is that if you exist now, you always will and you always have. Therefore, you may change form but you will always exist in some way, shape or form, because "lsness" is the only quality that existence has. It does not know how to become non-existence. Non-existence is already full of all the things that will never exist, and there is no room in non-existence for that that does exist. That which exists only has one quality – **to be** – and, thus, that is the only thing it will always be. So, if you do exist, you always will, so relax!

Law Number Two: The One is the All, and the All are the One.

This simply means that all of the pieces together form the One, and that the One, is the One that knows itself simultaneously as all the pieces, and as "The One." What this means is that Creation is not separate from the Creator, but is made of the Creator and that there is no outside to it, everything that is, every discrete person, place, thing, every discrete concept, every discrete part is a part of the one same whole. And also, holographically, every single part is the whole expressing itself as a part of the whole. So the second law is, The One is All and the All are One.

Law Number Three: What You Put Out is What You Get Back.

Very simple, the energy you give off, based on your beliefs, your emotions, your behaviors, and the vibrational frequency you give off is what determines the kind of reality experience you have. Because physical reality doesn't exist except, as a reflection of what you most strongly believe is true for you. That is all that physical reality is, it is literally like a mirror. If you are looking in a mirror and you see your face with a frown on it you know that you don't go over to the mirror and try to force the reflection to smile. You know that if you want to see the reflection smile, you must smile first. There is no way to change the reflection without you smiling first, but you can also conversely understand that when you decide to smile the reflection has no choice but to return the smile, because it doesn't have a mind of its own. So the idea to understand is that physical reality very much is really like a mirror; it will not change until you do first, but if you do, it has no choice but to follow suit, because it is only a reflection of what you have put out.

Law Number Four:

Change Is The Only Constant, and Everything Changes Except the First Three Laws.

That is it, one, two, three, and four, that's it! Every experience you have ever had, are having now, or will ever have, is based on a combination of these four laws to varying degrees. That's it.

Now, the idea to understand, again, is that when you allow yourself to make choices, then your choices are based on your motivation, and your motivation is based on your definitions. This is the other way to explain the three-part process. Your behavior, your choices, is based on your motivations, your emotions, which stem from your definitions, which are your beliefs. So anytime you are making a choice it is always because you have been motivated to make that choice. Motivation only has two parts to it, this is all there is to motivation, you will always, in every single case, you will always choose what you perceive to be the choice that is closest to pleasure and furthest from pain. That's it that is your entire motivational force.

But notice, I said you will choose what you perceive to be closest to pleasure and furthest from pain. And that's where definitions come in, because only as you define what you believe to be pleasurable, or painful, will you then be motivated to make choices in accordance to that belief. So, many times you may choose things that on one level seem to be detrimental or destructive to you, but if you keep choosing it, that simply means that you must have a definition in your belief system, somewhere, that says that regardless of how painful it is to keep choosing that, you are somehow defining it as being less painful than making any other choice.

That's why it is so powerful to get in touch with what your belief systems are, because when you find out why you may be defining something as pleasurable, or painful, and you change the definition, you will instantly change your motivation, and you will instantly change the choices that you make. Because you are all motivated people none of you lack motivation, none of you lack trust. It's just a matter of where you are placing your trust and what definitions you are motivated to act upon. That's all there is to it. This is how you simplify the things in your life, by understanding them from the base on up, from definition through motivation to choice, from belief, through emotion to behavior. That's all there is to it, really.

The final thing that we will be including in this "tool kit" is the idea that we have begun to talk about

recently, that is above and beyond the idea of belief and that is simple knowingness, which comes from the idea of surrender, letting go. Now, again, we understand that in many of the definitions many of you have on your planet regarding this word surrender, many of you will label this as a loss of some sort, or a lack of control of some sort, and this is not the case. Surrender, if we may provide our definition, is the letting go of the concept of who you think you're supposed to be, and actually being who you are, because who you are is unlimited possibilities. When you allow yourself to surrender to the idea and the experience that you were created in the image of the Infinite, which means you are infinite possibilities too, then the physical reality, which is only a mirror, can then reflect those unlimited possibilities back to you in the synchronicities, as they naturally unfold in your physical day-to-day life.

Surrender is actually the acceptance of your total self, not in that sense, the forsaking of your total self, as many of you have been led to believe, through the definitions that your world has provided you with, that only serve to limit you. And this is what we want to share with you, and what we suggest you learn to give up, are those limitations. So that is really what we are going to be discussing in all of these interactions are variations of these principles, it will usually all come down to that idea.

And, of course, it will usually always come down to another principle that is all wrapped up in this, and that has to do with being your natural true self, which in many cases is simply another way of saying, "Follow your joy." Follow your excitement to the best of your ability. Because the sensation that you call joy, the sensation that you call excitement, the sensation that you call unconditional love is the frequency of the energy that represents your natural, true, core, original self. So when you are acting on circumstances and opportunities that bring with them the highest level of joy, the highest level of excitement, you are saying you have the faith to take the steps to act upon your true self, and in so doing your physical reality, the mirror, will support you because it has no choice but to do so.

These are the principles that comprise the tool kit of manifestation and change and that's really all there is to it. You will see that almost everything we discuss will come down in one way, shape or form to these ideas, if it has to do with your own personal growth and the expression of who and what you are. So, with all of that in mind, we, once again, thank each and every one of you for the opportunity to experience this gift of sharing with you.

Creative Relationships

Part II

Cont.

The only reason you would have to attract many relationships to show what you are not is that you have either forgotten who you are, or are afraid to face who you are. Who you naturally are is your balanced state and the Universe always attempts to create balance. Therefore, if you resist being your natural balanced self, the real you, you will always attract relationships that give you the best opportunity to remind yourself of what you believe most strongly. Doing it by resisting who you are will usually attract relationships that are not necessarily fulfilling,, or relationships that you have to work very hard at.

Being fully who you are will usually attract relationships that reflect back to you the fullness of your creative being. However, even when you are doing what excites you the most, you can still attract individuals who "may have a lot to learn," as you say. And you might say, "Well, how does this individual reflect to me my excitement in life?" But you see, sometimes you make agreements to assist other individuals to find themselves as well. Then you attract them into your life so you can be a shining example to them of what they can also be, or they attract you into their lives to be a shining example of what you can be.

But if you approach this kind of relationship from a negative point of view you might say, "You’ re not good enough for me," or "l’m not good enough for you." When you understand you cannot be in a relationship unless the agreement is of a similar vibration, you will not have to invalidate what is going on. And then you can simply be who you are, understanding that whoever you attract is who is supposed to be there at that moment. That does not always mean it will be only one individual; at times there can be more than one relationship going on, even on the same level.

In our civilization, we view all relationships as being mutually enhancing, not mutually excluding. Very important point to follow: as long as all of those relationships are created with integrity they enhance each other. If multiple relationships or even single relationships are created from dishonesty and secrecy, then they act as exclusive energies.

But if you know that, to the best of your ability, you are acting as a loving individual and you have open and honest communication with all individuals involved, and these relationships still occur in multiple forms – then they are representative of your natural self. Every individual can, through open and honest communication, understand the existence of all other individuals in the various relationships.

Very often one individual will be in relationship with two other individuals and will think they have nothing to do with each other. But almost anyone you are emotionally involved with in this life you have been involved with in other lives before. It’s very common and very probable that the other individuals you’re involved with may actually have known each other before, in that sense. And perhaps, by both of them knowing the same individual, there are things they are all agreeing to work out among themselves by being a different kind of family unit.

Now, individuals can attract, what you call, a "one-on-one" for the duration of a life span; it certainly

can happen that way. But if you know you're acting within integrity and all members in the relationship are acting within integrity and a change naturally occurs, then that change belongs in the relationship. Fear of change is usually fear of losing something. But if you understand everything is happening as it needs to, then you do not have to fear losing anything. It is usually only the fear of the change that does not allow you to change with the other person.

Very often many individuals will think that they must allow only one particular person in their lives. So from the other point of view, you may find that you are the one that changes, and the other person does not want you to change. You recognize that the change is natural and important to you, but you may still have it in your mind that you still want to be with the other person – even though they do not want to change and do not want you to change.

But understand, if you have a desire that the other person change in order to stay with you then you can recognize the following thing: if they do decide to change – it's not the same person anyway. Therefore, you are not in a relationship with the same person you used to be with; they are a new person. So there really is not necessarily so much need of it being the same physical individual.

Remember that when you change your vibration you will always attract the appropriate individuals into your life. Therefore, they will always feel like the correct individuals anyway. You do not need to spend time in regret for having changed as long as you understand that the change is a part of your natural being and you are being true to yourself.

CREATIVE RELATIONSHIPS

First, we will begin with exploring the relationship of you to yourself. Because when you talk about creative relationships with other people-if the one you have with yourself is not creative it is unlikely anyone else is going to experience it.

We will also discuss the idea of attraction and the idea of involvement in creative relationships. Now, you are all children and creative relationships should be child's play. So let's first talk about the idea of attraction: attracting yourselves to relationships, attracting relationships to you.

Very often you will do the following thing: you will finally allow yourself to discover what you are-by interacting with a number of different individuals that represent what you are not. You will finally allow yourself to be validated through the process of elimination. You will perhaps look back upon different relationships and say, "Oh, that wasn't me and that wasn't me, so this must be what I am." You

can continue to do that for the remainder of your life if you really want to, or you can decide right here and now who and what you prefer to be.

continues...

The New Metaphysics

Creativity

Section One

Thus far we have discussed what, in your society, amounts to one of the primary polarities: the idea of religion and the idea of science. Recognize that we have discussed both of these ideas from the polarity view, faith and proof, and from the integrated view, wherein both faith and scientific proof can be seen to blend within the overall understanding of, simply, the expression and exploration of a viewpoint, through the overall idea that you call philosophy.

Now we will discuss, in this chapter of the work, the idea you call creativity.

For now we have set up the idea of the example between the two polarities. There are many such polarities being expressed in physical reality. Polarity, as we have said, is one of the defining ideas that gives weight, if you will, to the idea of physical reality itself, one of the parameters, one of the borders, one of the underlying structural concepts which allows individuals to create the idea of the personality construct in order to be able to express themselves physically.

Now, this mechanism, this prism of the personality, therefore, is the outlet for the creativity, which arises within the being, and is channeled or funneled to the personality through the mechanism of your imagination.

In this way, recognize that you can consider, as we have said, the dream reality and the physical reality to be both real realities: your dream reality being more awareness of yourself, and, hence, in a way, the truly awake you, and the physical reality being the limited expression that you wish to pursue in physical reality, thus, being the more asleep you, the more truly dream-like you, because it more aptly fits your definition of a dream.

From your separated viewpoint, you think that a dream is a more limited version of your experiences in physical reality, which you deem to be more real, more often than not, than the dream reality.

You can recognize that imagination is the link and the bridge that ties the two together: your dreams, your physical world tied together by your imagination. Therefore, recognize that imagination is the tool and the mechanism, which allows you to draw and blend from both ideas, the physical and nonphysical aspects of your own consciousness. Imagination is applied to the dichotomies of science and of religion, and it is expressed through the particular type of personality construct, which expresses its creativity either through the idea of proof or faith.

Now you will end that the mechanism of imagination will allow individuals who see themselves predominantly exercising one point of view, scientific or religious, to also exercise both. As you well know, any religious individual can be of a scientific mind. Any scientific individual can be of a religious mind, and you will find that many times the ideas of faith carry within themselves many analytical descriptions and definitions which involve a great deal of research into the origins of the faith. Alternately, many scientific endeavors carry within themselves the idea of the spark of imagination, of

instantaneous revelation without analytical process that arises from the conglomerate self, the collected self. And many of the same methodologies are applicable to both dichotomies of science and religion in the creative process, though many individuals in your civilization have, over the years, been reluctant to admit so, allowing both to be created out of the original philosophy, which is, simply, the viewpoint of the consciousness.

Now, your imagination, as the tool of expressing your creative consciousness, is always, always perfectly tuned to the vibration of the being that you have chosen to express yourself as, through the artificial personality construct in this particular life. In this way, you can recognize that what you allow yourself to perceive in your imagination will always represent the portion of your consciousness that you wish or need to explore at any given moment.

Recognize, many individuals are confused between the idea of reality and non-reality, so to speak, in their imagination. Allow me to use the terminology "imagination" and "fantasy" to delineate the ideas. Now, we do not consider imagination to be reality and fantasy to be non-reality. We consider both imagination and fantasy to be reality. However, we are speaking here of what is creatively applicable to your physical life, to the specific personality construct you have created for yourself in order to express the specific purposes you wish to explore in this physical life.

Therefore, the idea we call imagination will be the resonance vibration that represents the purposes that are, in your terms, achievable within a relative degree of physical reality, manifestable because they do apply and resonate to, within harmony, the ideas you have chosen to be physical for. Fantasy will also be real, but simply not applicable to this particular physical life, though it may be applicable to other lives, whether, in your vernacular, in this dimensional reality or alternate dimensions of reality or density levels of consciousness.

In regards to your ability to create within what you perceive to be your immediate universe or neighborhood of physical reality, allow me to point out that you are no strangers to creativity. You have always created. Whether you create positively or negatively, both ideas are creation. You do not ever, in an ultimate sense, "backslide." You are always creating. Even when you create negatively you are not really, in any true sense of the word, losing ground. You are simply giving yourself the opportunity to exercise your preference, not your judgment, but your preference, for what you feel more harmonically resonates to you, to that which you desire in your physical life.

In this way, the first idea of removing creative blocks is to simply allow each and every idea in your reality, each and every situation, each and every relationship, each and every object, each and every idea, each and every encounter, each and every day, each and every night, each and every thought, feeling, and belief, to be a part of what you chose to experience for the purposes you chose to be physical in this present life.

Allowing yourself to view the idea that you can be interrupted from your path, or can be off your path, are simply other ideas, very creatively put into existence to allow you the opportunity to explore the separation of yourself from the All That Is that you are. As we have said, this has been the cycle of your

existence for approximately the past 25,000 of your years. So, this is the habit that you have, even in your creativity.

Recognize, however, that positive and negative creativity use the same mechanisms. It is simply the point of view, the inclusion into your equation of the idea of judgment and separation of yourself from the All That Is that you are, that allows you to feel you are not being creative when a negative occurrence happens in your life.

But, understand, nothing happens to you. It all happens from you. In this way, you can know that your creativity can choose, can prefer positive over negative manifestation, when you allow yourself the opportunity to view this activity within yourself from an integrated rather than a polarized point of view. Not that it is better, and negative manifestation worse; but simply that you now give yourself the opportunity to recognize, within your own creativity, that everything is equal. One of the primary ideas of conscious creativity is that everything in your reality is equal to every other idea. Then you can be, consciously, a free creator.

Preference plays a great part in the act of creation; for you are always aligning yourself to any particular view or idea that you wish to express in your life. It does not have to be judgment; simply, preference.

With the blending of all of the polarity disciplines in your society, you can know that giving preference to this equality and free reign to your creativity, will allow you, as some individuals in your society have from time to time allowed themselves, to partake in creativity in any discipline, any endeavor without, sometimes, the necessary assumption or judgment that a certain idea or expression requires a particular or specific avenue or discipline in order to function in that manner.

In your terms, in other words, you can be multitalented. You can express yourself as the multifaceted, multidimensional being that you are. You can find that you can exercise both faith and scientific reasoning. You can become, in your terms, a philosopher, a scientist. You can become a doctor, a mathematician, an agriculturist, a teacher, a learner, an explorer. You can become an organizer. You can become an engineer. You can know yourself, in your equality of creativity, as anything that you desire to explore within yourself in this life.

In this way, you can know that your creativity is, again, not something separate from yourself. It is not, in all reality, merely a tool that you use, a talent that you have. It is exactly your very nature. You are the creator. You are creation itself. In all reality, you cannot really help yourself, but create; everything you do is a creation.

Therefore, you can recognize that while the idea of creation is, in one sense, complete, in that it contains all possible ideas that can ever be created, you are still creating anew because this idea is also one of the ideas in creation that you can create anew. Creating anew is simply a matter of your perspective of the creation, which already exists, of the creation, which you already are; the totality of existence, which you already are. Whatever perspective of the totality of yourself you wish to explore becomes the act of creating yourself, of creating creation, of expanding creation; the ongoing creation that never ends, even though, paradoxically, as you understand the idea, it is already complete. Recognize that allowance is

the factor that will allow creativity to fill you and the universe that you are. There is no need to make, or force yourself to be creative. If you step back and look at it, even the idea of having to make or force yourself to do anything is, in and of itself, an artistically creative idea, an invention. The idea that you have to force yourself to do something is a creation, in and of itself. Thus, you are always creating.

When you feel yourselves blocked in your explorations, in your creative expression, simply realize that you have given yourself an opportunity to be creative in a direction other than the one that you have placed your expectations upon, expectations usually being judgments upon yourself, limitations. Recognize, therefore, that with allowance, you can even allow a block, a so-called block to serve a creative purpose.

If you find the so-called creative blocks occupying the majority of your exploration time, then feel free to recognize it as a signal that, perhaps, what you really wish to explore, what would really be of service to you, will be the exploration of the blocks themselves, that the study of blocks will, in and of itself, be a creative exploration that will unleash you, that will unblock you, that there is a purpose to the block.

And once you allow the block to have a purpose, it is no longer a block. It will light up rather than being the dark wall or obstacle or void in which you felt yourself to exist. It will light up, reveal its true nature and become one of the messages, one of the purposes, one of the ideas you wished to explore in this physical life.

Once again, nothing is an interruption until you choose to view it that way. Once you accept and allow every idea in your physical life to be a part of the perfectly-timed unfoldment that you have chosen to experience, then your creative flow will be uninterrupted, because that will be the viewpoint and the vibration that you are allowing yourself to perceive about yourself.

Recognize that creativity is very, very locked into how you see yourself. Your self-image, your idea of yourself, the idea you are willing to be, will, along with the degree of conviction you are willing to express about the idea you are willing to be, determine the rate of acceleration of the flow of creativity that you can consciously be aware of.

Therefore, as each individual allows him or herself to begin to integrate all the polarities, to begin to allow every idea to be something, which serves All That Is, and, therefore, automatically the self, the flow of creativity from each individual will seem to increase. It will reach a type of vibrational pitch which will be very much like unto a radiance, a magnetism from that individual which other individuals can sense, which will be an attraction to all individuals expressing freely their creativity, all situations, individuals, relationships, information, objects and ideas that are required to allow the initial creatively expressive individual to be able to draw from an unending supply of perfectly timed occurrences. Which will then fulfill that individual's purpose, and allow them to continue to be of service in reflecting and mirroring every other creative individual's purpose and service.

Now, this is what you do anyway. But, simply, you have been acting out all of these ideas of service and reflection in terms of all the different explorations of separation, whereas now, because this is the transformational timeframe on your planet, you are now willing to include and integrate the idea that

you can explore positive manifestation, allowance, and integration, and therefore, experience, upon your planet, within each and every individual, the type of creative momentum which we call the ecstatic explosion of coincidence.

Individuals, as they know themselves to be performing the service that all other individuals require of them, will automatically allow all information to be attracted to them that is required to fit the service or purpose they chose to perform.

This service is performed for all other individuals by simply allowing yourself to be, consciously, the most complete representative of what you feel yourself to be.

There is no judgment in this; no need for expectation. As you exist, as you have chosen to express yourself in your own unique expression of the physicalized personality, simply being your own path, simply being true, so to speak, to yourself, simply allowing yourself be the individual you know you are, not what other individuals think you should be, but the individual you know you are, freedom of creative expression will be of greatest service to all other individuals, for you will be most completely expressing your particular facet of the multifaceted crystal that your entire civilization is. And by being the fullest facet, the most expressive facet that you can be, you will allow there to be a true and clear reflection to all other facets of the facet that you are. They will be able to know, all these other facets, that you are, in your own eyes, a completeness, and, in this way, you can be and see yourself as connected to all other facets, rather than withdrawn, in the sense of not being connected at all of your borders to the borders of every other facet, feeling yourself to be isolated, separated, and judged. In this way, it would be as if a crystal had facets that never touched each other, which had gaps in between.

Recognize, simply, that with the freedom of creative expression, not only will you allow yourselves to already be a completely expressive facet which supports, automatically, all the other facets in the configuration of the total mental crystal of your society, but you, yourself will become your own complete multifaceted crystal, because every other facet will be reflected in you due to your own integration, and it will contain, within that multifaceted(ness), the awareness of all the totality of your multidimensional being.

Thus, each and every one of you, holographically, as you say, is the completeness and the totality of all of the facets within creation, even as you reflect, within the overall crystal that you are, to every other facet and every other total crystal that every other being in creation is. You can know that you can always draw from an unlimited source of reflections and ideas in all these different facets that you see around you and that you contain yourself; and that the idea of creativity and creation is an ongoing idea with no beginning and no end; a never-ending circular spherical crystal, always reflecting outwardly and inwardly, infinitely, forever.

This will be, primarily, the conclusion of section one of this chapter.

Section Two

Now, as we have discussed, within the integration of faith, within the integration of science and the resulting perspective of philosophy which emerges, you can then allow yourself to recognize that,

within these integrations of polarity and the expression of new creative philosophies, you will find, upon your planet, that your creations may begin to, in your terms, leak into your physical reality from the nonphysical reality in which your creativity has usually been relegated. The idea of your creativity being what you are, will allow you, in your society, to actually experience, in a sense, physically experience, many of your creations that you have heretofore considered only to be mental processes.

Therefore, you will find that many of the situations you will attract do not necessarily have to arrive from the physical universe. They can be materialized, realized from the template idea of yourself, which is the creative consciousness, into and through the imagination, excitement vibration, through the prism of your personality, your beliefs, your emotions and your thoughts, and reflected upon your 360" screen of reality, reflected back to the senses that are created from the mentality of your artificial personality construct, so that you can perceive a true "reflection" of your creativity, your creative self in action... a more, in your terms, real-time experience.

Recognize, that there will be opportunity in your civilization to experience, as you had in the past when the idea of creativity was more integrated with your mentality, to perceive directly projections of your own consciousness embodied in certain types of solidified energy that will represent to you archetypical symbology, archetypical consciousness that you will, at times, be able to view as separate from yourself, as beings, as energy, abstract, concrete, or otherwise. There is no need to fear or feel that you are going crazy, so to speak. You are simply allowing yourself more conscious awareness of more of yourself, but still expressing it in physiological terms because you are still physical.

Now, many ideas that you call creativity hinge upon the two seeming polarities of insanity and genius(ness) which, in all actuality, is the same thing. Many of you have recognized, to some degree, the idea of insanity or craziness and genius(ness) or fullness of expression or realization or enactment into physicality as being similar, but have not understood the mechanism that connects them. Simply recognize that each and every individual is his or her own universe, literally, completely.

What you share with another individual, what seems to be a common factor in your universe between the two of you, or more than one of you, is created by each and every one of you through nonverbal agreement, mental communication, or integrated communication of the soul level. You agreed to share a similar experience, but in order to do so, you and all the other individuals, because you are your own universe, literally create and reflect on your own 360" screen your version of that idea.

Because of the purposes they have chosen, some individuals will create some ideas in their foreseen reality, their foreseen reality that they wish to exemplify to themselves, but not to anyone else. What we call the foreseen reality will be what we call future memory or, in your terms, precognition. Past memory, remembrance, is the same idea; you simply put a time label on it.

Thus, the idea of the foreseen reality will be simply, in your template universe, that which you know you have chosen to experience and it will, many times, come to you in ways that allow you to feel that you are having precognition. And when this radiates down into physical reality, it will take on different aspects that will cloak itself in certain physiological symbols or abstractions.

The foreseen reality can be experienced as the idea you call, deja vu. You can, from time to time, as you say, hear voices that reflect the ideas you know yourself to be exploring. You can see things that "aren't there." All of these ideas come from the foreseen reality; the idea you know you are exploring but cannot make the integrated connection into.

Because you are still judging yourself, you are accepting the idea of judgments from others as you judge yourself, and separating yourself from the ability to communicate your foreseen reality, your future memory, into the present, it stays in the future. You keep the separation.

Thus, those that you label insane are simply those that have not allowed themselves to activate the mechanism of communication that brings their foreseen reality into the present. They keep it to themselves, separated and distant, and they are perceiving something no less real than what you perceive as your normal reality; it is simply not the mass agreed-upon reality. Genius, in your terminology, is simply someone who does not create for themselves the separation of their foreseen reality, their future memory, their precognition, their knowingness into their present state of existence. They have the ability to communicate in that way.

Now, many ideas, within your analyzation of your science and your requirement of proof, remain in the foreseen reality without being able to be experienced and integrated within the present. But the more you integrate your creativity, the more ideas you will allow and accept, then the more things you will see in your physical reality that previously were not there. Now, again, you have done this throughout all of creation, many times, but you always managed, because of your separated ideas of yourself from the All That Is that you are, to do it in a way that you can accept within the parameters you think reflect the structure, some innate structure, of the universe that has nothing to do with you.

Thus, when you make your discoveries, you will find that it will come to you in a way that will be gradual so that you can get used to the idea. But you are already that idea. It is already idea foreseen. You know it is there. Otherwise, you would not be able to perceive yourself "discovering" it. A discovery is truly that: You are uncovering something, which is already there. This is true for every idea you will ever find.

Simply recognize, that the more validity you give to the totality of your imagination as being a real reality, and your dream state as being a real reality, the more you will find that your dream reality and your physical reality can blend and become one.

Now, to many individuals, this will seem insanity. They will fear losing their identity, losing their perspective, losing their anchor into what they consider to be reality. But, understand, this is a feeling that is familiar to all or many of what you call creative artists upon your planet. Each and every individual being is an artist, is a creator. You simply have different palettes, different tools.

Recognize that we are not suggesting that you will be doing anything different from what you are doing now. But you will be conscious of the mechanism of the creativity and you will find that it will be less limiting, and that you will be able to include upon your palette many things which you had previously considered to be unreal and invisible. You will work with new colors, in a literal and figurative sense,

new ideas of yourself. You will paint a new image of yourself, a new image of yourself, a new self-image. And it will be within light and color and vibration that you have yet, and for quite some time, in the recency of your cycle of history, not experienced.

Now, at this time, we will discuss the question, if you will state it for us now.

Dr. Chandley: Allow us to know more about ourselves by explaining to us the various aspects of the total frequency known as Bashar, and how the wholeness of information is achieved at the time the information, as you now present it, is transmitted by the human instrument.

The Association: Thank you.

Recognize, at this time, the idea identity that we have shared with you as "Bashar" will be a conglomerate of many ideas being experienced by ourselves, by the physical channel and all the lives that have been shared and all the ideas that have been created for the purposes now being served in this time of transformation upon your planet.

Now, as we have said, in our society we do not, in your terms, have names; Bashar will be a vibration which will be a convenience for you, but also a reflection of some of the ideas of the channel's past life and present idea identity and activities that will be undertaken for the transformation. The vibration is a combination of a name in a past life in another universal time track, that which you would call another civilization, and a reference to some identifications or names in the present physical channel's time track or heritage.

You will find that the term "Bashar," generally, will translate out to "Commander." Recognize, simply, that this does not mean that the vibration is command over individuals, but the idea of commandment of the self, the idea of the totality of the harmony of the integration, the blending of all levels of consciousness and all aspects of ultra-dimensional consciousness within the fulcrum transitional self-life during this time frame; which, for myself, in my future aspect of the physical channel, as you perceive him, acts as a support mechanism to allow the fulcrum to have enough leverage, in a sense, to offer the service of allowing individuals in your society to see reflected back to them the opportunity to choose the blending of the polarity of positive and negative energy, so they can make a preference for what type of reality they wish to experience upon your planet as a whole.

Now, the idea of knowingness, the idea of the transfer of information in this way, is akin to the mechanisms by which you create, again, as we have just been discussing, all the ideas you explore of yourself in your physical world, imagination.

Simply recognize, that the conjoining and the blending and the formation of the third identity that you perceive to be myself, is not really me, is not really the physical channel. But the idea identity that you communicate with will be a product of the tuning of the vibration that is the imagination of the physical channel, is the imagination of myself, and they meet on the same frequency, so to speak; but they are stepped up, they become coherent. They vibrate in tandem, in a parallel way. They are locked like laser light, vibrating at the same frequency, so that there can be, in your terms, the creation of a polarity that is represented by the relationship of the idea of the physical channel and myself; the polarity being the

expression of the physical channel as his identity and myself as my identity.

We are the product and the result of the relationship of the idea, of the being, the third identity that we become when we blend, which is, in actual fact, in your terms: the real entity is the third identity. The physical channel and myself are products of the interrelationship of the existence of the third identity.

This idea of relationship is what creativity is all about. The recognizing of the relationship between all the seeming polarities in your physical reality and the continuance, or acting upon or expressing, of that relationship as the real reality. Thus, the recognition of connection which is then turned around and re-expressed in a polarized method as long as you are physical.

But it is the recognition of connections that you call genius, creativity. In this way, the relationship itself can be seen to be the real reality. It is not a matter of there being an observer and an observed so much as it is that the observation itself is the actual being, the actual consciousness, the actual fragment and aspect of All That Is, of existence itself Existence is, in your terms of physical reality, nothing more than a series of relationships which give definition to the objects or individuals that are doing the relating.

This, then, will be one of the ideas you will find to occur in every creative act that you call channeling, whether it be the blending of consciousness in a recognizably conscious way or the expression, through the self, of any aspect, viewpoint, or idea that you have termed talent, which does not have existence as something exclusive, but is simply a matter of a point of view.

Dr. Chandley: From one point of view, the key to nourishing creativity is multi-sensory integration. Can you give me an idea of what that means and how this integration is achieved?

The Association: ’Tis very simple and very simply the idea, once again, of knowing that you are connected to everything. By allowing all your doorways to be open, you give yourself ultimate options, and by giving yourself ultimate options, you are unlimited creatively.

Dr. Chandley: Is the multi-sensory idea the idea of balancing all the senses in the physical body to an integrated place?

The Association: In a sense, balancing by allowing all of your imagination to be valid, all that you perceive, on every different level to be valid, and by simply knowing that you always attract to yourself every idea, and it can always be of use to you in some way, shape, or form. And allow yourself the free reign to allow expression to be acted out upon any situation that you give yourself to sense.

Dr. Chandley: Is the idea of multi-sensory integration the same as the idea of the four consciousnesses that we are integrating?

The Association: Now, understand, if you are willing to allow what you call to be multi-sensory integration to take place, you will find that it is connected to all levels of your consciousness, even though, many times, you may create a perception of what you are doing to not be so. But, eventually, the willingness, in and of itself, to attain the idea of multi-sensory integration will allow you to know that you have actually chosen to dissolve all separation on all levels of your being.

Dr. Chandley: Thank you. Will you describe the relationship between creativity and unconditional acceptance?

The Association: Simply, creativity will be the willingness to act upon what you perceive to be the unconditional acceptance of all that you discover about yourself.

Dr. Chandley: Thank you. Based on my understanding of what you have described about creativity, when the idea identity or the physical brain and the imagination or the idea of the higher mind meet on the same frequency, that relationship is what creativity is all about. Can you explain the process or the steps in achieving this relationship or this balance?

The Association: There are many different ideas. Again, first and foremost, the willingness, willingness to act, act upon what you have created in your imagination, will spur the vibration that will allow you to see how simply acting upon what you have created for yourself in your imagination will continue to create circumstances and opportunities in your life for further action and this acceleration of the process of living, in and of itself, is all that is necessary for further creation.

Dr. Chandley: How does mediumship relate to this issue?

The Association: It is simply one more way, one more tool, of allowing an individual to know that, for them, he or she, this particular type of expression can be an allowance, a granting of validity that their imagination is giving them, for them, valid reality, which they can act upon and utilize to be of service in whatever way they wish to for All That Is, and automatically, therefore, for themselves in their own integration and blending.

Dr. Chandley: Would you say that the physical channel and the dream channel form a relationship which is like a third point of view?

The Association: Yes.

Dr. Chandley: And the medium is the vehicle for putting out information from that third point of view?

The Association: Yes. The channel, as you say, is a vehicle for conviction, for willingness, for actualization and, I'll say, reflection and revelation of the fact that anything you perceive in your reality as the product of two ideas, beings coming together to produce a particular relationship, and all that the relationship creates, is an opportunity to reveal to yourselves that it is the relationship itself which is a reflection of the real being involved.

Thus, for example, my consciousness and the consciousness of the physical channel through which I am speaking to you are two ends of the relationship that we are forming to be able to communicate with you. This relationship, in and of itself, is not perceived, so to speak, as any particular being but an action. That is what represents the actual soul or consciousness of which I and the physical channel are a part. Do you follow me?

Dr. Chandley: Yes. How is that relationship achieved between you and the physical channel?

The Association: Trust and faith; willingness to allow the granting of validity to the imagination as a real dimension. Imagination is the dimension in which all universes are created, and faith and trust is all that is necessary to activate the imagination of dimension into any type of reality that you can conceive of in your consciousness.

Dr. Chandley: When the physical channel and you come together to form this relationship, is the physical channel then not filtering through his own belief system?

The Association: A physical channel can filter. But, recognize, as we are speaking of faith and trust, if clear trust, willingness, in this way, to support the idea of all within All That Is and be of service to all within Ail That Is is present, then the blending will be as accurate a representation of the total being as can be expressed in your dimension. Do you follow me?

Dr. Chandley: Yes, I do. And the creativity is the result of that relationship in that dimension?

The Association: It is both the effect and the cause. Creativity creates more creation.

We thank you for the sharing of your questions. And allow us to remind you that when you create the idea of question, it is only that you already contain the answers. The form of the question will simply be that you have separated this idea of the answer you already contain from your knowledge. However, once again, we thank you for the willingness to express your explorations; for your civilization and our civilization is the sharing that continues forever.

There is no one right way, no wrong way, to understand your relationship to creation. Another thing we have said a few times – it there were only one way there would only be one person . And you know that is not the case upon your planet at all. There are many, many individuals and each individual is simply one more way that the infinite creation has of expressing the self, the beingness that it is. Another point before we continue with some specific tools to re-awaken to your own self- empowerment, and it is the whole issue of what you may call the Creator or Creation itself. There are many, many, many confusing, shall we say, dialogues which have taken place now in your New Age of awareness regarding the idea of what you may call the Creator or Creation. Much of the confusion simply comes from what you would call your definitions or your semantics. This, what we are about to say will not necessarily clear anything up , but we will utilize the perspective that we have and see if it makes some sense to some of you.

The idea of the confusion comes in because you are being very used to functioning in what you call a linear time dimension. You talk in terms of before, now and after – that something was, that something is, that something will be. All of these things are real while you're in that dimension but they are arbitrary creations, none the less. They are your creation, your creations of "definitional perception", of perspective. They are what gives life to your ability to experience yourself as a focused physical being, but that still means that they are only definitions – you can change those definitions and in so doing you change the reality in which you exist. Some of the confusion that has created questions such as, "Why does the Creator exist? Where does the Creator exist? What is the Creator? Did the Creator exist by itself before? Did it create this? Did we exist at the same time? What came first?" All of these types of questions are basically the result of using the word Creator to begin with because the word itself implies that there was a beginning, a literal beginning to the idea of Creation, and from our perspective that is not so. Your nomenclature is completely a product of the linear time dimension in which you are used to exist in. You have created the word. Created the word Creator within a time frame because you are used to thinking in terms of beginning, middle and ending.

But you see, Creator to us is not really a creator in your classical sense of the word. It is conscious, dynamic existence. Always existing now. It is not something that creates with a sense of time. Time is, quote, unquote, one of the aspects of this dynamic existence, self-aware consciousness, that All-That-Is. Therefore when we refer to what you call the Creator, that is why we always say, it is simply All-That-Is. No matter what the time frame, no matter what the perspective, it is always All-That- Is. And does nor necessarily imply that the Creator *use* time in which to create things – that there is actually a beginning and an ending to the Creator, for from our perspective, there is not. Realizing that it is simply an on-going, so to speak, existence – right now, always in the now, a dynamic, self-aware, existing consciousness, now – then allows you to understand that some of the questions of why the Creator, where the Creator, how the Creator, do not necessarily apply any longer. Existence simply exists. That is its natural state.

The idea therefore is, that if you are also going to allow yourself to align as strongly as you can with your "being made in the image of God," then living in the moment, living in the now, aligning yourself

with your dynamic existence is the way to attract in your life everything that you want. Now is the only time, the only experiential time in which you actually do exist. When you start focusing, when you start creating worry about the past, about the future, when you divest your focus into the realms of the past and the future which are your creations after all. Just definitions, that's all. Other definitions of the now. When you do that you remove your focus from the now and when you remove your focus from the now all the things you say you want have no place to find you because you're not at home. Living in the now where you exist is being at home. When you are at home, anyone and anything and any circumstance and any situation will know exactly where to find you, and nothing will keep it away, not for any amount of time whatsoever.

So, the first idea of self empowerment, of remembering self-empowerment is to remember where you are, and that is here, and to remember when you are, and that is now. All the other ideas of past realities, future realities – these are valid ways, valid tools, valid methods of perceiving yourself but they are above and beyond all, simply definitions. Other ways to interpret the you, you are, here and now. Sometimes the nomenclature can become confusing, as you say, because so many of you are so steeped in linear time it is difficult sometimes we perceive for many of you to understand the idea that all of your existence is going on simultaneously. . . .

3

Crop Circle Templates

Q: There have been some current crop circles this year in ’95, and the latest one, I think, is a *Galaxy*. It that the sign of the Association?

B: In a sense, yes.

Q: And as far as the non-physical beings or that portion of the etheric creating the crop circles, when they impress that template… can you talk a little bit more about how the inner connection between the etheric and the physical takes place, and how it results in the microwave frequencies?

B: You must understand that what you call the etheric is like a quasi-physical reality and all reality is an extension of your physical reality, a more refined extension of it, more flexible, more clay-like, more malleable, easy to impress within it an image from the mind, from the consciousness. Then, with *focus*, with *intention*, the image, the form that has been impressed, imprinted within the etheric energy is solidified and crystallized into the physical template. In that sense, it is decelerated, so to speak, and thus, manifests in the denser physical reality, translating from the higher quasi-physical to the lower more crystallized physical reality, once it has been impressed in the material of the consciousness energy.

Q: Is there a time line?

B: Not very much, but a little bit. Seconds are all that required.

Q: If someone was in the actual vicinity, would they see anything?

B: Oh, yes.

Q: And hear something?

B: Oh, yes.

Q: And…

B: And feel something, oh yes. There are many side effects of ionization and so forth, and electromagnetic wave forms in your reality from this process. It is one of the reasons why, more often than not, individuals are not allowed to be present. In many cases, the formation of some of the circles would have a tendency to be somewhat detrimental upon their inception to your physical bodies.

Q: What is causing some of the radioactive side effects?

B: As we have just said, the idea of the deceleration of etheric energy into physicality will cause many different restructurizations on the atomic level. One of the side effects is radioactivity for a limited amount of time, it will then dissipate, and it will be, in that sense, safe for your physical bodies to inhabit those circles.

Q: So it could be deleterious if you got into it too soon.

B: Yes.

Q: Thank you.

B: Thank you.

Bashar: Channeled by Darryl Anka

Circa 1995

Crop Circles

Q: A couple of years ago you had said that the crop circles were a certain code that was undeciphered, and that you wouldn't elaborate any more than that, basically. And I was wondering if you could now elaborate at this time ... that time has passed ... or give

us a little more on exactly what it is that they're saying, or ...

B: In many of them there is no specific message. The decodation has a lot to do, simply, with instilling within you, or inspiring within you, the rise of certain energies and frequencies and recognitions within yourself, of yourself. They are, in many ways, "mirrors," they are in many ways "slices," shadow slices of higher dimensional forms that speak a geometric language that would put you in touch squarely, upon making a vibrational connection to them, with the geometric language of the structure of your universal reality.

Some of them, a few of them have specific messages, specific reflections that can be more pragmatically decoded, more linearly decoded, but they are all holographically multidimensional, and for the most part are for the primary purpose of engendering the kind of energy of mystery that lures you into your higher self, your higher consciousness. They are a co-creation of many different kinds of levels of consciousness, including your own future selves, and so they are, in that sense, like you, luring yourself towards yourself, pulling yourself up, as you say, by your own bootstraps ... at least that is one aspect of that. Does that make sense to you?

Q: Yes, are they by one specific being, or...

B: As we have just said, they are a co-creation of all levels of consciousness. There are many, many, many involved, not just one. And there are sometimes different associations to different crop circles, different gatherings, different groupings, different collectives associated with different crop circles, for a variety of reasons and agendas ... but none of them really are the product of just one.

Q: Will they become more ... in the recent year they've been extraordinarily more intricate and complicated...

B: They will continue to do so.

Q: Do they have as many different ways of manifesting the bending of the grass as there are participants?

B: Not as many as there are participants. There is an agreement among the participants for the energies that shall be utilized in general for the manifestation of that particular phenomenology. There are, perhaps, a few ways but, for all intents and purposes, most of the collectives use one of those few ways, perhaps electromagnetic manipulation, more often than not.

Q: Does that come in the microwave field?

B: It does.

Q: Bandwidth?

B: Yes ... anything else?

Q: Not for the moment, thank you.

———

Q: What are the anomalous lights that are always associated with the crop circles? Are they the participants?

B: They are an aspect of the participants, not the total participants. In some senses, some of the anomalous lights are like unto, what you would call, probes ... extensions of the collective consciousness involved in the creation of the crop circles. Extensions that have the capacity to act as outlets or conduits through which manipulation energy can be sent, and through which information about the effects can be received, and in which the collective experience can be processed and recorded.

Q: And what is ... what happens to individuals when they term, "getting zapped?"

B: Their energy frequency has intercepted the energy field of a higher vibration, and their energy is momentarily stepped up to a different level, a level closer to their higher self, and thus, then they are allowed to absorb that energy, integrate that energy at their own pace. Allowing that energy to put them in touch with whatever portions of themselves they have kept separate and allows them the opportunity to integrate those portions in their own good time. But the "zap," as you call it, is like unto simply being stepped up, amplified; literally, in that sense, "amped." You understand?

Q: Yes.

B: And allows them, in their own good way, to integrate that level of energy so that they may arrive on a slightly higher level than when they first arrived upon the scene ... take away with them a new self, become a new self. They are given a charge and a challenge to match that frequency.

Q: Is that similar to what the Great Pyramid can do in Egypt?

B: It is, although it is by a different process.

Q: And is it necessary to have a physical craft to create physical circles?

B: No, not at all.

Q: So they can ... a ray can be projected from the etheric?

B: Yes.

Q: Okay.

B: And even not a ray, but simply a template formed, and imposed upon your reality.

Q: Thank you.

Q: There have been some current crop circles this year in ’95, and the latest one, I think, is a galaxy. Is that the sign of the Association?

B: In a sense, yes.

Q: And as far as the non physical beings, or that portion of the etheric creating the crop circles ... when they impress that template, can you talk a little bit more on how the interconnection between the etheric and the physical takes place ... how it results in the

microwave frequencies?

B: You must understand that what you call the etheric is like a quasi physical reality. And all reality is an extension of your physical reality, a more refined extension of it, more flexible, more claylike, more malleable, easy to impress within it an image from the mind, from the consciousness. Then, with focus, with intention, the image, the form that has been impressed, imprinted within the etheric energy is solidified and crystallized into the physical template. In that sense it is "decelerated," so to speak, and thus, manifests in the denser physical reality, translating from the higher quasi physical to the lower, more crystallized physical reality, once it has been impressed in the material of the consciousness energy.

Q: Is there a time lag?

B: Not very much, but a little bit ... seconds are all that is required.

Q: If someone were in the actual vicinity, would they see anything?

B: Oh, yes.

Q: Would they hear something?

B: Oh, yes.

Q: And...

B: And feel something ... oh, yes. There are many side effects of ionization and so forth, and electromagnetic waveforms in your reality from this process. It is one of the reasons why, more often than not, individuals are not allowed to be present. In many cases the formation of some of the circles would have a tendency to be somewhat detrimental, upon their inception, to your physical body.

Q: And what’s causing some of the radioactivity side effects?

B: As we have just said, the idea of the deceleration of etheric energy into physicality will cause many different restructuralizations on an atomic level. One of the side effects is radioactivity for a limited amount of time; it will then dissipate, and it will be, in that

sense, safe for physical bodies to inhabit those circles.

Q: So it could be deleterious if you got into it too soon?

B: Yes.

Q: Thank you.

Crop Circles as Multidimensional Keys

Q: You're linking harmonic resonance to the crop circles.

B: Yes.

Q: There's a mathematician now in England who's taken the mathematic ratios of the geometric patterns. . .

B: Yes.

Q: . . . of the circles and translated them into harmonic formulas.

B: Yes, yes. This is all part and parcel of what we are talking about in terms of these geometric resonance patterns in the crop circles, as you call them. You are actually seeing, in certain circumstances, shall we say, two dimensional cross-sections of many of the resonant patterns that this infinite particle takes to allow you to see formulas, that when they are translated into harmonics will actually be like keys that will unlock certain dimensional access.

Yes, you can use them that way; you can use them in a variety of ways. I would translate them into sound, translate them into light; translate them into moving patterns; translate them into mathematical understanding, into magnetic resonance, into architectural ratios. They are encoded holographically with every possible direction of understanding this idea of the different pattern expressions of the overall Prime Radiant geometric path. You understand? They're all in different unique keys, expressing a different aspect of the Prime Radiant's primary template geometric path.

You are all, generally, on the right track, though there are many other aspects of the crop circles you have yet to think about in terms of how you interpret them.

Q: What do you do mean?

B: For instance, you can understand that they are, as we said, just two dimensional shadows of much larger fourth dimensional, fifth dimensional, and sixth dimensional, seventh dimensional. . . tenth dimensional forms, so to speak. So you are only seeing a *slice* through these things. If you will start to extrapolate them into unfolding flowers, you will really get a bigger sense of the kind of dimensional resonance they represent. You're just getting shadows on the ground.

Q2: But to be absorbed by the average person who is not into mathematical formulas, or whatever, is then just viewing them in one form or another being absorbed?

B: Yes. We would *suggest* that one particular strong methodology with which you can access this information is to play or, shall we say, project the images of the crop circles at high speeds, one after another, in front of a person's eyes in the order in which they were created. Running though the entire sequence over and over again. And watch the different patterns that form in the animation.

Q: And who is creating them?

B: They are a mutable creation of many different dimensions of consciousness, including your own future, including your own past selves. Including alternate time track selves, including your collective

consciousness, including nature consciousness, including extraterrestrial consciousness. There are many authors to these concepts; you are included in that authorship. You just don't recognize yourselves yet in the picture.

Some of them have specific messages, some of them are more specifically tilted or biased in one direction or favored in one direction or another, but they are a co-creation of ALL the dimensions of consciousness that are intersecting in this space/time right now. Make sense?

Q: Yes, thank you.

B: Thank you.

Crystal Keys

Q: I recently went to Peru, and I took some photos there.

B: All right.

Q: And as a little bit of background to this, I'm going to be doing a short workshop, and I usually teach crystal healing, and touch for health, and rebirthing, and things like that. But I've been asked to do something on UFOs, and I asked the people why they would ask me to do anything on UFOs...

B: Why not?

Q: Well... that's kind of what *they* said! They went into meditation and were told to ask me, so I've been talking with friends and looking around; and I've had a few experiences but I didn't think there was enough to fill a workshop. However, I do have some ways of working with crystals that I think might be helpful to people to tune in with.

But anyway, when they had asked me, the thought was – this is before I went to Peru – that maybe somehow in the summer, in the things that I did, that I might have some kind of greater understanding – which I'm getting – or contact. Well, anyway, I didn't see anything in Peru, but I did have a marvelous time and wonderful other experiences.

But when I developed the photos, there's a photo that was taken at Machu Picchu that has an orange disc on it, and I don't know what the origin of that is or if it, in fact, has anything to do with extraterrestrials, or if...

B: To some degree, there is a consciousness connection, and here is how it can play itself out in your utilization of your knowledge of crystals; recognize that they represent, to some degree, some of the technology that you will be using in what you call your future.

Allow yourself to develop your innate, intuitive understanding of how crystalline forms, in certain relationships physically to each other, will create different energy flows, different gates, different openings within what you call the space/time matrix. That is your first key – that has to do with creating the vibrational harmonics and the resonances necessary to "tunnel through" from one dimension to another.

Use your emotionality; use your heart, that's what the orange represents. It is a projection of consciousness, a reminder for you of things that are familiar to you in what you call the past. Arrange the crystals as you used to in those mountaintop lairs. And allow yourself to remember that you are actually turning keys.

Sense the relationship physically that those crystals need to be to each other. You will open doors and allow others to feel the harmonic resonances within them. That is your first key to the restructuring and remembering of the placement and relationship of those devices. The next step will come later. Understand?

Q: Yes. I'm not quite clear about the orange disc that showed up on the slide that I took...

B: A projection of consciousness in the vibration that represents emotionality. Understand?

Q: Not totally.

B: All right. You have what you call a mental field, yes?

Q: Yes.

B: The intersection of another consciousness within that mental field creates the idea of the cross-section that you are referring to *as* that disc. Its vibrational color represents the level of energy that you are using – the frequency, the emotion band – orange.

Q: Yes.

B: So, using your emotional band, your instinct, your intuition, allow that energy to flow through you as you arrange the crystals. And begin to see the relationships of how the energies amplify and reflect and reinforce each other to create different ideas that eventually, in your society, will turn into actual devices that will have no moving parts and will be constructed out of very precisely machined, different types of crystalline material. Understand?

Q: Yes, I think I do.

B: You are beginning, in a sense, to build the "engines" in a certain way that will translate the idea of locale, of time and space, into an idea back within you, and allow you to transport yourself where and when you wish to go.

Q: Great! (Laughs) All right. So then, the disc on the photo is not a representation of any extraterrestrial...

B: In a sense, yes, but not as you typically think of it.

Q: Not as typically.

B: Yes.

Q: It's a collection of one energy with mine.

B: Yes, of a "beam," in a sense, with yours. And you are seeing the cross-section of a beam, which you call, a disc.

Q: All right.

B: Understand?

Q: Yes.

B: Think holographically when you look at the crystals, and see the planes within them. See the dimensions within them. All right?

Q: All right.

B: You have, to some degree, a mathematical penchant on an instinctive geometric level. Use it.

Q: Thank you, I will.

B: All right. Thank you very much!

Crystal Remnants of Atlantis

Q: A friend of mine was in San Francisco this last weekend going to the first world crystal conference.

B: Yes.

Q: And when he was there, he saw the crystal skull that you mentioned that. . .

B: Yes.

Q: . . . I have asked you about before, that came from Machu Picchu or that area?

B: Yes.

Q: And wound up somewhere in the Aztec civilization? Is that the same one?

AUD: Mayan. Mayan.

B: Yes.

Q: Okay. Um, he also met the lady who's, I think, in her eighties now, who was along with her father when he found the skull, um.

B: Yes.

Q: And I was wondering if you could tell us a little bit more about that, um. . .

B: About what?

Q: About the crystal skull. How, uh, I don't know. There's something I want to know that I don't know how to put in words about it. It's connected to the whole idea of crystals and also the fact that the Cherokee Indians have in their legend that they dreamed themselves here to earth from. . .

B: Yes.

Q: the, uh, planet that circles Sirius.

B: Yes.

Q: With the aid of crystal skulls.

B: Yes. For as we have said, the idea of the crystal skulls is a representation of dimensional doorways. Those that can learn to read them can come through. That is what the Mayans also did.

Q: OK. Well, that particular one that, uh, that was discovered in South America among Mayan ruins, was that, that was the one that originally came from Peru?

B: It has been around; some of the technology is also Atlantean.

Q: Is the skull itself that old?

B: There were others.

Q: Ah. Okay. Also, uh, there's something about a pair of hands that held a crystal from Atlantis and I've heard two different things about that. One about the crystal. All right. In a channeling last Saturday night a girl asked why she didn't like crystals and the channel told her that she had been part of a group of thirty-one people in Atlantis that removed this crystal from a pair of carved hands that held it.

B: Yes. Understand that the idea of the carved hands will have been the connector and supportive base. There will have been the direction of what you call solar energy in the hands in the pyramidal temples.

Q: There's a connection here with Egypt as well.

B: Mostly at this time, Atlantis.

Q: All right.

B: And the idea of the destruction of Atlantis through the crystal technology.

Q: Yes. Um, I heard the very next day, synchronistically, from a friend of mine, that she had heard on a talk show that some diver had discovered this pair of hands when he was diving, and he felt they were remnant of Atlantis.

B: Yes. In the area you call Bahamas.

Q: Would that be Biminis?

B: Yes.

Q: That was a mountain top in Atlantis at one time?

B: A plateau.

Q: A plateau. Yes

B: One of the islands referred to as Poseidia. The larger island is further north, what you now refer to as the sunken Bermuda Rise area off of your eastern seaboard.

Q: Yes.

B: It was mostly those two islands, though there were smaller islands in the chain. Atlantis is not the Atlantic Ocean filling continent that you might think; but it was large islands closer to your Americas.

Q: Hmm. Okay. Can you, would you be willing to give me little of my personal connection with Atlantis and also with Sirius? I feel a tremendous connection and I, whatever you can tell me about it I would be willing to hear.

B: At this time, all we can share with you is the idea that your imagination can delve into gold, white linen, and crystalline forms in circular fashion. Jade, blue crystals, water, pyramidal structures and, what you call, the art form frescoes.

Q: Hmm.

B: Which originated in Atlantis.

Q: And then showed up in Greece.

B: Yes. And what you call Portugal and Spain and Morocco.

Q: Ah. How about Majorca, in Spain?

B: Yes.

Q: (laugh) Well that's good, because I'm going there this summer.

B: Follow your instincts. Retrace your steps.

Q: Great. Thank you. I love you.

B: You may find that it may feel more natural to walk in sandals.

Q: True.

B: Thank you.

Crystal Skull Encoding and Dolphin Communication

Q: I believe you are familiar with the Crystal Skull found in Guatemala and that lives in Toronto now.

B: Yes.

Q: The skull is presently on display in Phoenix, Arizona where a group of people have looked at the skull and seen dolphins in the skull.

B: Yes, it is a gateway and a doorway to many different dimensions and levels of consciousness.

Q: This group is trying to arrange with the...

B: Trying?

Q: They *are* arranging... sorry.

B: Do not be sorry. (Laughter)

Q: ... arranging to transport the skull to Miami and then to Florida to put it in proximity to our dolphins.

B: How exciting! Maybe the dolphins will see humans in the skull! (Laughter)

Q: I wonder if you could comment on that proposed interaction and tell me what you think...

B: What is there to comment on? It sounds very exciting. It is a dimensional doorway, and because you are willing to open up communication between your land humans and water cetaceans, you will allow yourself to learn from them how to telepathically communicate the proper code sequence into the skull to open it up to doorways through which many other civilizations upon your planet have already stepped and closed the door behind them.

Q: All right.

B: The idea is that encoded within the skull is the matrix to open that doorway, and any individual who wishes to find it simply needs to sit down and commune in a meditative state with the skull, locking eye contact to eye contact. If that individual cannot integrate all the fears within themselves they will not be able to unlock the code, and that is the safety valve on the door.

B: You shared that the dolphins would be able to communicate with the skull?

Q: They will know what it is for. Some of them may be able to utilize it. Some of them may be able, when they are in its presence and it is in their presence to activate certain electromagnetic phenomena around it that may be visible to you. Look for ionisation of the air in the dark, look for certain sparklings of light in the air that may represent motes, in a sense, representing what you may call miniature gateways, miniature doorways – the preamble to the opening of a major door, a major gate. You may see them as sparkling light, some of them may be ghostly and nebulous at first, some of them might be very bright pinpoints of light in the air. All of these phenomena will be indicative of the skull recognizing when it is in the presence of an integrated mentality, an integrated consciousness that wishes to use it as a doorway.

Because of your telepathic communications with the dolphins you can allow them to tutor you, to guide you as to the proper use of the opening of that doorway to help integrate the fears and the different levels

that you have fragmented your consciousness into – so that you can approach the doorway as an integrated being. Many individuals, when they approach that doorway as a non-integrated being, will conjure up images and vibrations on the emotional level, in the emotional body, that will generate fear within them and that is what makes them back off, and makes sure the door stays closed to individuals who are not integrated. You follow me?

Q: Yes. When the dolphins are in communication with this skull and they in turn communicate with us, will this communication be along the lines it has been all along – a sort of a subliminal mood perspective, a very subtle shift, or...

B: You may feel great tuggings in your emotional form. Anxiety rushes at first perhaps, temperature differences within your solar plexus. These will all be indications that you are standing in the presence of a very powerful electromagnetic field.

Q: So that our contact with the dolphins will in fact be enhanced and dramatized by the presence of the skull?

B: Oh yes.

Q: Will you be aware of what is happening there?

B: To some degree... we will keep "tabs"... a little bit. (Laughter)

Q: All right, thank you very much.

B: Thank you for following your excitement and your willingness.

Crystal Skulls

Q: I would like to know what is the significance, the origin of the Crystal Skulls, and where they came from. What is their purpose?

B: There are many. In this way, what we will reflect upon is the one that you would associate with, what you would call the Mayan, primarily. And the idea is that it functioned as a model, a model for the rearrangement of the energy pathways within the brain, that allowed them to perform, what you call, operations within the brain that rearranged their ability to rewire themselves, to rewire themselves into another dimensional experience of reality altogether. The crystal skull, in a sense, is left behind, so that others who find this may also enter that doorway, that dimensional doorway; but first they must make an identification with the skull. The skull will be a symbolic reflection, an energizer, and an accelerator.

When you, in a sense, come face to face with it, if you wish... to project your mentality and blend your consciousness with the idea of the consciousness of the civilization that has created it, so you may, in a sense, follow them. You will have to form a blending with all of yourself and that is, let us say, the safeguard, the lock and the key. In that an individual who cannot come to terms with the blending with all portions of their personality, they will not be able to enter the door. You follow me?

Q: Yes. What would happen. . . there's supposed to be thirteen of them, or twelve of them, what would be. . .

B: There exist more than that, but go ahead.

Q: Okay, are they supposed to come together... or certain groups and organizations that have possession of them that.

B: Many of them have, in a way, come together from time to time, and simply, that idea is a symbolic reflection... that in bringing them together, you will be bringing together, as we have just said, different portions of the personality; and forming, let us say, a circle that will allow there to be an energizing and a formation and an opening of a greater doorway to another dimensional experience of yourself from which you can step.

Q: Okay, that's all,

B: Thank you.

Q: I believe you are familiar with the Crystal Skull found in Guatemala, and that lives in Toronto now.

B: Yes.

Q: The skull is presently on display in Phoenix, Arizona, where a group of people have looked at the skull and seen dolphins in the skull.

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Q: Will you be aware of what is happening there?

B: To some degree... we will keep "tabs"... a little bit. (Laughter)

Q: All right, thank you very much.

B: Thank you for following your excitement and your willingness.

Q: A friend of mine was in San Francisco this last weekend, going to the first world crystal conference.

B: Yes.

Q: And when he was there, he saw the crystal skull that you mentioned that. . .

B: Yes.

Q: . . . I have asked you about before, that came from Machu Picchu or that area.

B: Yes.

Q: And wound up somewhere in the Aztec civilization. Is that the same one?

AUD: Mayan. Mayan.

B: Yes.

Q: Okay. Um, he also met the lady who's, I think, in her eighties now, who was along with her father when he found the skull, um.

B: Yes.

Q: And I was wondering if you could tell us a little bit more about that, um.

B: About what?

Q: About the crystal skull. How, uh, I don't know. . . there's something I want to know that I don't know how to put in words about it. It's connected to the whole idea of crystals and also the fact that the Cherokee Indians have in their legend that they dreamed themselves here to earth from. . .

B: Yes.

Q: ...from the, uh, planet that circles Sirius.

B: Yes.

Q: With the aid of crystal skulls.

B: Yes, for as we have said, the idea of the crystal skulls is a representation of dimensional doorways. Those that can learn to read them can come through. That is what the Mayans also did.

Q: OK. Well, that particular one that, uh, that was discovered in South America among Mayan ruins, was that. . . that was the one that originally came from Peru?

B: It has been around; some of the technology is also Atlantean.

Q: Is the skull itself that old?

B: There were others.

Q: Ah. Okay. Also, uh, there's something about a pair of hands that held a crystal from Atlantis and I've heard two different things about that, one about the crystal. All right. In a channeling last Saturday night a girl asked why she didn't like crystals, and the channel told her that she had been part of a group of thirty-one people in Atlantis that removed this crystal from a pair of carved hands that held it.

B: Yes. Understand that the idea of the carved hands will have been the connector and supportive base. There will have been the direction of what you call solar energy in the hands in the pyramidal temples.

Q: There's a connection here with Egypt as well.

B: Mostly, at this time, Atlantis.

Q: All right.

B: And the idea of the destruction of Atlantis through the crystal technology.

Q: Yes. Um, I heard the very next day, synchronistically, from a friend of mine, that she had heard on a talk show that some diver had discovered this pair of hands when he was diving, and he felt they were remnant of Atlantis.

B: Yes. In the area you call Bahamas.

Q: Would that be Biminis?

B: Yes.

Q: That was a mountain top in Atlantis at one time?

B: A plateau.

Q: A plateau. Yes

B: One of the islands referred to as Poseidia. The larger island is further north, what you now refer to as the sunken Bermuda Rise area off of your eastern seaboard.

Q: Yes.

B: It was mostly those two islands, though there were smaller islands in the chain. Atlantis is not the Atlantic Ocean filling continent that you might think; but it was large islands closer to your Americas.

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Q: Hmm.

B: Which originated in Atlantis.

Q: And then showed up in Greece.

B: Yes. And what you call Portugal and Spain and Morocco.

Q: Ah. How about Majorca, in Spain?

B: Yes.

Q: (laugh) Well that's good, because I'm going there this summer.

B: Follow your instincts. Retrace your steps.

Q: Great. Thank you. I love you.

B: You may find that it may feel more natural to walk in sandals.

Q: True.

B: Thank you.

———————————————————————-

Q: We've talked about the crystal skull.

B: Yes.

Q: And I've been getting some information that indicates that some people surmise that its origins are pre-Atlantean, even pre-Lemurian. And we've discussed them in terms of the origin being the (–?) ... being Mayan. Could you comment on that?

B: In this way, you will find that there is some reality, in the sense that it predates the Mayan, but mostly you will find that there have also been other crystalline artifacts. It is mostly the idea of the technology itself, and the utilization of the technology in that way that predated the artifact. It was simply that technology, that understanding, that information, that allowed that civilization to create such an artifact that carries with it a sense of ancientness about it, by its very nature.

Because of the blueprints it was fashioned from, it carries with it intrinsic connections to ancient times. So that each and every artifact that was created in that manner can be perceived, and would, by nature, by definition, be perceived by those sensitive to it, as something that is, quote/unquote, older physiologically than it is.

Q: I see. Is that connection made simply through the technology of its crafting of (–?)

B: In a sense, yes. Because of what it is, because it does function as a dimensional energy gate, then any sensation, any perception of it as an artifact, will always bring with it an understanding of a perception of the fact that it is connected to all places and all times. So it will feel older than it may physically be.

Q: Oh, I see. The concept of energy gate predates that, and connects to all the other areas.

B: Yes. But any time such an artifact is made - following that pattern, following that blueprint - and it functions as an energy gate, it may, to certain sensitivities, seem to be older than it physically is.

Q: I understand. Also, last week I asked you if I had appeared as a virtual personality on your planet, and you indicated, basically, yes.

B: Yes.

Q: And you mentioned you perceived energy of my working with crystal sheets.

B: Yes.

Q: And when you. . . my response was, "I'll take your word for it." The reason I responded that way is because my perception was that I did that in my dream state.

B: All right.

Q: Therefore, I didn't... I don't recall my dreams generally; therefore, I didn't have a specific recollection of it, although it seems fitting. It seems just fine to me that that's what I would have done.

B: All right.

Q: I wanted to find out what the crystal sheets do, what they are, and in what way.

B: Now, we have described them to some degree. They are what you might call a technological manifestation. They are imbued, in a sense, with a type of - loosely termed - circuitry, that allows them to form many functions, according to how they are applied in connection to other manifestations.

In a sense, they can be utilized as remote computers, which can also attach themselves to other crystalline forms, and allow transformations of those crystalline forms according to the programming in the crystalline sheets. They can be broken into different sizes. They can actually perform the function of the idea of becoming a hull, where necessary, upon a craft, if such is necessary.

And they can allow themselves to be re-programmed for many different ideas, many different understandings, that have to do with both physiological technology and mental technology. They are, in a sense, the skeleton keys of our technology. They are multi-versatile.

Q: Uh huh.

B: Multi-applicable.

Q: Is it quartz crystal, such as we have on this planet?

B: Not exactly, no. It is a combination metallic crystalline substance that is a combination of something that you might recognize, to some degree, as combinations of crystalline structures of magnesium and iridium.

Q: Okay. What is the thickness of this crystal?

B: Not more, in your counting, than approximately - although there will be some variation - between what you call one-quarter to one-half inch.

Q: Uh huh! Now, what is my function in dealing with these?

B: Simply you are there to understand the idea of the malleability of such a device as it points out to you the relationship of technology and consciousness.

Q: When you say malleability, are you referring to physical malleability or the. . .

B: Yes.

Q: . . . programming malleability?

B: Both. For what you program it to be, allows it to become also physically malleable.

Q: I'm trying to understand that concept.

B: Let us say that you had a sheet, and you were upon a planet that you were exploring. The sheet - a large sheet - so aptly programmed, could become the idea of what you would call a shelter. And certain portions of it could also function as the exploratory devices that you may need to analyze what you are exploring.

Q: Does that mean it would take a physical shape?

B: Yes.

Q: Without mechanical.

B: All the mechanics are built into its circuitry. It simply will respond according to the energy matrix the circuitry gives it - it will take that form.

Q: Well, does that mean - let's say you - as I conceive of this in my imagination, you land upon a planet with a craft.

B: Yes.

Q: And you've got this hull. . . or this stock load of crystal sheets. And you take a bunch of them out and you say, "well, now, this one is programmed as a shelter, this is programmed as an exploration vehicle," and they just take shape right before your eyes?

B: In a sense, yes.

Q: Wow! That's very wild.

B: You are simply understanding that there can be simplification of your technology to represent the multiplicity of ideas.

Q: Yeah...

B: This you are beginning in your society to explore with new combinations of metallic plastics that are also conductive.

Q: Yeah. Well, we haven't. . . as far as I know, we haven't really tapped into the idea of self-transmogrifying.

B: Oh, just beginning to; just beginning to. For now, one of the first primary steps is the recognition of what you call metal memory, or plastic memory.

Q: Yeah. What do we use it in?

B: Not many things right now, but a few devices.

Q: Well, if you would name one, it would probably jog my memory and give me an example.

B: Certain types of energy engines, but again, most of these are in the experimental stage on your planet.

Q: Yeah.

B: It is not in what you call widespread use. Although there is one idea that - let us say - it is a sort of precursor to this understanding, and it is what you may refer to as the bimetallic strips of what you call your thermostatic controls. When a certain temperature is reached, it takes one shape; another temperature, another shape - and performs the function of a switch, on and off.

Q: I understand that. Well, I would think that that's a primitive form of that.

B: It is a beginning.

Q: Because I would think that what you're talking about in crystal sheets is something, which uses inter-dimensional functioning to change form. . .

B: Yes.

Q: ... in much the same way that you move your spacecraft.

B: Yes. It is simply inter-dimensional engineering.

Q: Yeah. So it just goes into a different dimension in which it has a different shape. Now, does it go into that different dimension in a stuck function, so it goes instantaneously to its final shape? Or does it go through a sequence in which there's a process in which it takes form?

B: You would observe there to be a smooth transition, a small process.

Q: In actual fact, it's changing different dimensions.

B: Yes.

Q: You said earlier tonight that a bunch of symptoms, which you mentioned, which I've had all of, were symptoms of moving into the fourth dimension.

B: There are symptoms of moving into the fourth density while still retaining some connections to third.

Q: Okay. I have a little confusion of relating that to another thing you said at another time. . .

B: All right.

Q: . . . about pain being created by friction?

B: Yes. Thank you. The idea simply is that you have a habit of thinking of yourself in a certain way as a third-density being. When you begin to have the notion, or become aware of the idea of fourth density, then you will find that you usually begin to explore that understanding from a third-density point of view. One of the things that you have created in your society to begin the exploration of fourth density, from a third-density point of view, is the creation of a so-called belief that, as a third-density individual, you have a slower vibration than you will have as a fourth-density individual. But this is still the remnant of a judgment: the creation that the idea or belief that the third density is somehow less than the fourth density.

So you create a separation while you are, quote/unquote, forcing yourself to explore fourth density, and therefore allowing yourselves to experience some acceleration of energy. And you still hold on to the idea that, while you are

doing the exploring, you are still somehow something less than what it is you are becoming. You are moving at a slower vibration in that way.

Therefore, as long as you are exploring the idea of higher vibration - as you create the idea of fourth density to be represented, in your mentality, as a so-called higher vibration, and at the same time still retain a notion that while you are doing this, you are a slower vibration - this judgment and this comparison of separation then creates the scenario wherein you have two different vibrations within the same body. This causes friction, which causes pain.

When you simply know that you are what you are at any given moment - and what you are at any given moment is what you need to be - you will then accelerate as a smooth oneness of vibration, and not create comparisons between something you think is less, to become something you think is more. You will become one vibration; you will erase the friction. There will be no pain.

Q: That helps a lot. Thank you.

B: Thank you.

Crystal Skulls

Crystal Skulls and Crystal Sheets

Q: We've talked about the crystal skull.

B: Yes.

Q: And I've been getting some information that indicates that some people surmise that its origins are pre-Atlantean, even pre-Lemurian. And we've discussed them in terms of the origin being the (–?) ... being Mayan. Could you comment on that?

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B: All right.

Q: . . . about pain being created by friction?

B: Yes. Thank you. The idea simply is that you have a habit of thinking of yourself in a certain way as a third-density being. When you begin to have the notion, or become aware of the idea of fourth density, then you will find that you usually begin to explore that understanding from a third-density point of view. One of the things that you have created in your society to begin the exploration of fourth density, from a third-density point of view, is the creation of a so-called belief that as a third-density individual you have a slower vibration than you will have as a fourth-density individual. But this is still the remnant of a judgment: the creation that the idea or belief that the third density is somehow less than the fourth density.

So you create a separation while you are, quote/unquote, forcing yourself to explore fourth density, and therefore, allowing yourselves to experience some acceleration of energy. And you still hold on to the idea that while you are doing the exploring, you are still somehow something less than what it is you are becoming. You are moving at a slower vibration in that way.

Therefore, as long as you are exploring the idea of higher vibration – as you create the idea of fourth density to be represented in your mentality as a so-called higher vibration, and at the same time still retain a notion that while you are doing this, you are a slower vibration – this judgment and this comparison of separation then creates the scenario wherein you have two different vibrations within the same body. This causes friction, which causes pain.

When you simply know that you are what you are at any given moment – and what you are at any given moment is what you need to be – you will then accelerate as a smooth oneness of vibration, and not create comparisons between something you think is less, to become something you think is more. You will become one vibration; you will erase the friction. There will be no pain.

Q: That helps a lot. Thank you.

B: Thank you.

1

Crystalline Craft and the E-Motion of Light

We refer to our civilization as Essassani, which means, living light;

which is another way of saying crystalline form, in a sense. For the idea of light itself is, the matrix, the crystalline matrix of All That Is,

in physiological primary energy form. The utilization of crystalline forms within our civilization will take some different forms, primarily for the purpose of allowing a multitude of functions to be served by one homogenous, multi-form, metallic crystalline substance, that in this way can form connections to consciousness, All That Is. And also, be projections, or function as projections of the idea that you call our spacecraft. For they are mostly crystalline in nature. They are, in a sense, *grown*, rather than built, according to the resonant frequency.

Now, therefore allow me to point out...the idea of tones, in this way, will also be manifestations of crystalline nature, of the vibratory frequencies within the primal fundamental energy. And in this way you will find that what we will do, is utilize the idea of sonic patterns, so to speak, vibrational resonances, and build out of energy, a frequency form. Upon that frequency form will we allow the metallic crystalline substance to grow. Thus, because that sonic frequency, electro-magnetic form, is representative of one, and only one fragment of the matrix, and because the metallic crystalline form only grows within that particular fragment of the matrix, no matter how thin the material may be, it cannot be bent. Because it cannot exist in another plane other than the form in which it is created. You follow me?

That is how one of the ways of utilizing crystalline substances manufactures itself within our civilization. Another way, is similar to what you understand to be dwellings, although they are mostly dome like. They are usually, in your terms, semi-transparent or translucent, whitish, crystalline in nature; though any section can become transparent when so desired. And the idea of what you would call circuitry, though not exactly as you understand circuitry, will be grown *into* the material itself. So that the idea is that it is activated by our consciousness, and any portion of the crystalline dwelling can extrude itself into a form that will be utilized as the necessary machine.

In our spacecraft you would recognize that there is, so to speak, an engine, but there are no real moving parts. And it is through a particular portion of that engine, that we refer to as a flash matrix, that light itself is converted into the type of consciousness that forms a link with what you call the pilot, yes. That is how the craft are driven, so to speak.

We were talking about tonality...in this way therefore recognize, that again, just like what you call the energy vortices, the chakra points, the tonalities will also be counterparts, corresponding counterparts to all the gateways, the doorways. You will simply recognize that in a sense, everything in your physiological universe is the product of vibration, tonal vibration. And in one sense, in an allegorical sense, this is what is meant by your biblical reference, “In the beginning was the Word.” Tone, sound, resonance. That is why it is that portion of the vibrational matrix that allows you to feel; it is the emotionality of light, in a sense. That is what sound is, the emotionality of light, of the primal energy.

That is why, no pun intended, it strikes a chord within you, that is why it moves you. It is the motion, it is the

e-motion, energy motion of light, sound, tone, vibrational harmonic resonance. The overlapping energy patterns that represent the idea of your consciousness, in motion.

When you form any idea of a fragmentation of yourself, any idea of an integration of yourself, you are dealing with harmonic resonances, in such a way as to set yourself up to be a fragment of, or a total representation of a crystalline form. Because all the facets relate to each other in a specific, let us say, mathematical way, that create the interactions between them that you feel to be the communication between a so-called present, past and/or future self. It is much like the idea of the arrangement of mirrors that allows the reflections back and forth to go on into infinity.

1

2

Cycles

Q: There's a scientific community on this planet right now that's very interested in studying cycles. And one of the cycles that's been documented is the effects that are created on this planet whenever there is a major radiation or explosion of some type on the sun. It's actually been documented – the statistics and the findings on it. It's like there's an incredible peak of some sort, like the stock market goes way up, people are. . .

B: All right. Now understand to a degree, first of all, that within every idea of what you term to be your own domain, that is your solar system, there will be, much in the same way as your own emotional attitudes affect the weather of your planet, the correlation of the cycles between your psychic manifestations and your understanding of the cycles in which your mass consciousness is passing through.

The various doorways will manifest themselves for you, seemingly outwardly, in a manifestation of cycles which will have in a way partial control over your activities and your understandings of yourselves – the ebb and flow of your cycles of energy and expressive form.

Understand, to a degree, this is the basis for the formation of the tool you call astrology. Simply that you have extended your cycles outwardly and allowed your universe to reflect back to you the particular overlap of patterns which represent to you a particular psychic make-up within the cycles you have chosen to experience for your own mass consciousness, in its unfoldment of its awareness of itself.

Q: Okay.

B: You follow me?

Q: I do.

B: All right. Go ahead.

Q: The thing I find peculiar about it, or interesting about it, is that these cycles have been... this particular cycle has been occurring for a very long time, and it happens about every 4.26 something years. And I find that interesting, I mean... as you say that a degree of our consciousness... that it would occur every 4.26 years, not just more randomly than that.

B: Understand to a degree there will be many, many types of cycles, which will overlap in that manner, forming as they will, connections to different cycles within different levels of your consciousness.

Understand you will find there are cycles going on of which you have no conscious cognition at this time, being that your entire understanding of what you consider your own historical existence and civilization to be, will still be occurring in between patterns within this cycle. You follow me?

Q: Sort of. In other words, the...

B: I'll say there are, in your terms, long-range cycles, so long in range in terms of time as you know it to exist, you have not recognized them as cycles.

Q: Right.

B: There are also, in your terms, short-range cycles, too quick to be perceived by the rate of vibration of your particular physical existence.

Q: Okay.

B: But. . .

Q: So in other words we have set these in motion?

B: In a sense. Understand that your entire universe, as you allow yourself to perceive the idea, is created at the moment of your own perception and in accordance with not only your individual perception, but in accordance with that mass consciousness which you have agreed to form an overall universe with. You follow me?

Q: I do on that. Mhmm... okay. I still don't quite understand about what the purpose of that cycle would be.

B: All right. Now, understand again that there will be within that particular cycle that you have referred to, the idea of allowing the self to attain certain physical manifestations. But in the attaining, to unlock the potential to always understand at that moment that the attaining is only *the being equal to*. And as such you may find that there will be tensions or stress, which will manifest whenever the idea of the attaining becomes equal to the idea of judgment. And as such you will find that your cycle will recreate those tensions or stresses which may manifest themselves in any way that you term to be, within your structure at this time, economic in nature.

Q: Okay. Well, it's obvious to me that the awareness of this must be mostly the unconscious. . .

B: Yes.

Q: . . . because most of the individuals around on this planet aren't aware that that's what's happened to them.

B: Yes. Understand that it is still to a degree, a remnant cycle, representative of many remnant cycles that represent certain ideas or tools which your civilization has created for itself. Understand that your cycles will find themselves shifting a little bit after you pass through your doorway of transformation into what you term to be your new understanding of yourself, your new age of yourself. You will find that many of these ideas will assume the tempo of your new vibratory rate, and as such you will perceive some of the cycles to shift.

Q: Okay, I understand that. Thank you.

B: Thank you.
1

Bashar:

Circa: 1986

Tape 33

Questioner: Bashar

Bashar: Yes

Q: Can you explain to me forth density and forth dimension? I've heard the two terms.

B: Primarily they are the same thing, in a sense, although you will find that forth dimension is what is usually refer to as the non-physical side of forth density. Forth density will be the last, so to speak, the highest physical dimension you can experience. And it has a physical and a non-physical counterpart. Forth dimensionality will simply be the opportunity, in a sense, to see the illusions of the third dimension that appears so solid, in the same way that you are thrid dimensional and can appear *through* the illusions of the second dimension. Allow you to use what you have termed to be a mathematical analogy, all right?

Let us say, as you have done on your planet, you create the idea of hypothetical creatures existing in a two dimensional plane, all right? Are you following along? Get a piece of paper, if you will, flat with no up or down but only side to side. All right, now, you have the idea of a sphere in your three dimensions, you follow me?

Questioner: Yes.

B: All right, that has the idea of, what you call, width, length and depth, all right? Now, if you were to take that sphere and you were to intersect the plane in which those flat creatures exist, they would only perceive a cross section of the sphere that you call a circle, you follow me?

Q: Yes.

B: Yet, to you, you understand the reality that it extends above and below their plane of existence, even though they only understand the idea of the circle. You follow me?

Q: Yes.

B: Now if that circle were to completely fill, let us say a passageway, so they find they could not get through it, you would have no problem because to you it is possible to go up and over to clear the idea, whereas they can not do that. So the illusion to them is that the symbol completely blocks their path and the circle does but the sphere does not. Do you follow me?

Q: Yes.

B: It is similar from the forth dimension to the third. What you perceive to be such solid obstacles from a forth-dimensional point of view are very illusionary and you can go through them. You follow me?

Q: Yes.

B: Will that have help explain some of the idea?

Q: Yes

B: Fourth density reality, physical reality, will begin to be an exemplification of the forth dimensional aspect, mathematically, because you will begin to see through the illusions of the third dimension in that way and recognize that you are, in fact, creating all the reality you have for so long considered outside yourselves and to find yourselves at the mercy of. You follow me?

Q: Yes.

B: Thank you very much.

Q: Thank you.

2

Bashar: Channeled by Darryl Anka

From "Overcoming Inertia"

1-28-88

4th Density Children

Questioner: Could you share what the reality is for children on Essassani?

Bashar: The idea is that by, what you term, the three years of physical age has been reached, they will be, in your terms, relatively independent; they will interact with whatever individuals they choose to interact with to learn, as you say on the job, whatever they wish to know. That does not necessarily mean that they will take up the physiological manifestation exactly in the same way that, what you call, an adult may be doing it, but they will go and attract themselves to the teachers and the sharers and the learners that they need to attract themselves to.

We are all telepathically connected, we know where they are, no one is ever out of sight in that sense, and since the adults are the parents of all and since the children are the children of all, everyone is always within the family. But by, what you call, the third year of age, they are off and learning, as you say, absorbing whatever they wish to absorb, to be the person they have chosen to be within our society. It is very ecstatic, very nurturing, and very loving in that way. You might say Essassani is one big playground. Does that help?

Q: Yes, that helps ... and I am, I guess, curious...

B: Yes, well, your curiosity is what drives you.

Q: Yes, yes, definitely. Is there a way from my own self, and the experience that I'm experiencing with children and the opportunities that I have to share, which are becoming very broad, that some of those fourth density realities can be brought into reality for our children here?

B: The more you allow them to experience with all their senses, the more you allow them to interact, the more you create environments in which they can in fact interact and experience many different dimensional levels of reality – the more they will be able to absorb, the faster they can in your terms grow; and the more they will know it's all right to experience a diversity of things. You understand?

Q: Yes, yes ... in other words, give them validation too.

B: Oh, absolutely.

Q: Beside ourselves.

B: Absolutely, and provide for them anything your imagination believes would create inspiration and love of self, absolute self validation. Understand?

Q: Yes.

B: Teach them that they are as powerful as they need to be, to create whatever they want, without having to hurt anyone else or themselves in order to create it.

Q: Yes.

B: And that will do the job.

Q: Thank you.

B: And remember that, of course, they are teaching all of you many things.

Q: Constantly, constantly.

B: We thank you.

Q: Thank you.

4D Earth and Nature Spirits and Christ Consciousness

Q: I was wondering if people who choose love and light and positive experiences...

B: Yes?

Q: ... have to have a counterpart, so to speak, in darkness and negative experiences?

B: You yourself will always contain those *potentials*, but they do not have to manifest physically in your physical reality. It is the allowance that that side of you is equal to the other side, to the positive side; and just as valid in its own terms. It is allowing that equality that allows you to continually choose positive manifestation. Only when you seek to *judge* the negative side are you actually putting more strength and energy towards the manifestation of the negative side.

Q: The way that I understood it, though, was that there were actually people who carried a negative vibration. And perhaps the positive and negative is not meant...

B: Every being, every being in this universe is both positive and negative; no one is one or the other. In that way, it is simply what they choose to *express* that may be perceived to seem overwhelmingly negative. But they *do* contain a deeper manifestation for positive, should they decide to manifest it. Should they decide to choose integration instead of separation, and feel themselves to be a part of All That Is, rather than outside of it, rather than having All That Is outside of them.

Q: Are there people that choose to be the other?

B: Negative?

Q: Yes.

B: Obviously.

Q: I mean... yes, I understand, but I read something you see, and that is what I am asking about.

B: All right, continue.

Q: In the book I'm reading it says that there will actually be a separation between those who choose a fully negative...

B: Ah! All right. It is simply an exemplification. It can take place in that way but simply what is being said is that, as your planet continues its transformation into fourth density, those that choose to experience fourth density will create that experience for themselves, and those who do not will create a parallel existence in which they will exist in that way.

Now simply, you will find that there may be many ways in which they will, and you will, vanish from each other's reality. Either they will seem to die off to you, or you will seem to die off to them. Or in time, as the acceleration proceeds, you can simply witness that those individuals will no longer be within your reality. They will simply disappear.

It is the formation, in a sense, of a particular parallel Earth. One that will experience the fourth density reality and one which may choose to continue another variation of third density and separation, in that way. It will be up to them. They are not lost – eventually, in a sense, they also may choose to proceed.

Q2: Along the lines of this subject, is that what happened to the Earth at one time... when there were fairies and beings of that kind?

B: Oh, in a sense, but understand they are still around. Recognize, the idea of that type of consciousness is the embodiment of a fragment of the overall mass consciousness of your society in unconscious, subconscious terms. You are talking to portions of your own mass consciousness cloaked in ways that represent the symbolic connection to nature which you are projecting that portion of your consciousness through, and having it talk to you *from.* Do you follow me?

Q: Yes.

B: It is a symbolic embodiment. Those beings – not to say they do not have their own self-conscious cognizance – but they are, in a sense, an extension of the unconscious portion of the mass consciousness that all of you are together. It is one way to communicate with a portion of yourself that is considered to be more naturally connected.

Q: So that explains why they were more prevalent in the olden days...

B: Yes.

Q: ... because people believed in them.

B: Because there was, in your terms, a more realized connection.

Q: To nature.

B: Yes.

Q: I also want to ask you about Paganism. Was Paganism. . . ?

B: It is, to some degree, what we are discussing. Its roots find themselves in the understanding of the ability to communicate with other portions of your consciousness in nature, and to have a symbolic representation presented to you in seeming physiological terms.

Q: Paganism?

B: Yes. That is where it comes from, to begin with.

Q: Why did we create Christ at that time and then have that separation from Paganism into Christianity?

B: Now understand...

Q: What was the need?

B: Oh, all right. Well, understand in this way, it was simply that even within the so-called Paganism – not that anything was right or wrong – but there was still the idea of the remnant of separation from All That Is. And the idea of the Christ Consciousness was to let you know that all of those ideas were also you; that you did not have to separate them, in that way. That it is all one; and that you are, in that way, also like unto the Christ Consciousness; you are the creator, in that sense. It was a unification principle.

Q: So people, even though they were more connected with nature, still didn’t realize their connection to All That Is?

B: In that sense, yes, they were perceiving the idea of a connection in removed ways, rather than within themselves. Thus, they assumed the power actually belonged to those beings, rather than within themselves, within their own God-hood. Do you follow me?

Q: Yes.

B: And that is the idea of the Christ Consciousness. Simply, what was confused is the idea that it was not that they were saying that the Paganism was wrong, but that the idolizing, in that way, was the removal of the power from yourself and the placing of the responsibility on something else other than yourself for the creation and the responsibility of your reality.

Q: Still, we didn't really get the hint did we?

B: Some did, some didn't.

Q: We still do that transference onto the "other."

B: You have been in the habit of transference and so many of you simply transferred onto the Christ Consciousness the same idea that was being done within the Pagan idea. You have idolized the Christ Consciousness instead of acting like it. Do you follow me?

Q: Yes.

B: That is the beginning of the idea of religion.

Q: Yes, I understand. Now, I would like to talk about the idea about how we create our own reality... it seems very difficult.

B: All right.

Q: Something in me... I find I still have a doubt about all that. Something within me wants to grasp the fact that I choose my own reality, but there is still that struggle within me... that little doubt.

B: All right, all right. Understand something: there are many individuals who are completely and totally living a fourth density type of life without ever knowing that they even have to make a choice between knowing they create their reality or not.

Q: I know that, but I find I get torn between those two poles.

B: All right, then it is serving you.

Q: But I would like to be one of those people who just...

B: Understand the contradiction you have just made – the paradox. If you would like to be "one of those people," you must have some idea of what being one of those people is like. And if you have some idea of what being one of those people is like, you must be one of those people to be able to imagine it.

Q: To see it, is to be it – yes?

B: Simply, by definition, you can only conceive of what you contain. You can only perceive what you are the vibration of.

Q: I think what it is... is just trusting it enough.

B: Yes.

Q: Trusting.

B: Yes!

Q: I don’t think I trust enough in that.

B: If you say so. Understand that, fundamentally, you do. For you are always acting in the moment; even when you use that moment to create the seeming scenario that you are not. You can do nothing else but act in the moment. Because the now moment is the only time you ever experientially exist in. Therefore, whether you think you are blended and in the moment and trusting or not, that is the mechanism you use to create your reality anyway.

All we are talking about is remembering that you are doing so. We are not telling you that you have to learn something you are not already doing. Therefore, relax. You are creating your reality in the moment. You may also be creating your reality to be one in which you don’t know you’re doing it, but that does not mean you aren’t doing it.

Q: Right.

B: So relax.

Q: Okay.

B: Just ask yourself at any given moment: Where are you? The answer can always and only be: Here and now.

Q: Yes.

B: All right. Ease up on yourself. Lighten up.

Q: Thanks so much. (Gives a big sigh and laughs)

B: Oh! Thank *you* so much.

4D Earth and Nature Spirits and Christ Consciousness

1

Bashar: Channeled by Darryl Anka

From "Association Business: Part II."

5-8-98

Q: You have said that some time around the year 2000, Earth would split between those of us who would go into fourth density reality and those who would remain in third density. Could you...?

B: Yes, but this window is a little bit larger than that. It actually goes from the idea of your year of 2005 until about 2013.

Q: Okay, so the people who will go into fourth density will ... are more likely to join the Association and not the others? Is there...?

B: There will be no third density Association membership.

Q: Right, okay ... but will there still be third density people on Earth?

B: But it will be on third density Earth and fourth density Earth will not perceive them.

Q: So there will be a split?

B: There is always a split. We are talking now about something that goes on all the time. We were simply being precise as an analogy and an euphemistic illustration.

Q: Okay.

B: But the split is occurring every moment.

Q: All right, thank you very much.

B: Does that help you?

Q: Yes.